

CITY OF LOS ALTOS RECREATION & COMMUNITY SERVICES

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REGISTRATION BEGINS JANUARY 3

SPECIAL EVENTS

Special Events At-A-Glance

LAYC DANCES UPCOMING DANCE: FRIDAY, FEB 2 7-9PM at LAYC More info? LosAltosRecreation.org click on Teen Programs

EGAN GYM BASKETBALL DROP-IN WEDNESDAYS, FEB 22-MAY 10 8-10PM at Egan Gym More info? LosAltosRecreation.org click on Adult Basketball League

Egan Gym Monday Basketball League

REGISTRATION DEADLINE FEB 16 GAMES BEGIN MARCH 5 GAME TIMES 7:10PM, 8:05PM, 9PM at Egan Gym More info? LosAtlosRecreation.org click on Programs & Classes

EGAN GYM ADULT PICKLEBALL DROP-IN WEDNESDAYS 6-8PM at Egan Gym

More info? 947-2790

🖒 Like us on Facebook

Los Altos Recreation & Community Services Los Altos Recreation.org 947-2790

LAYC Dances are LIT! February 2 April 6 May 25

LAYC Dances are for all 7th and 8th grade students living in Los Altos or attending a school within Los Altos. 7pm - 9pm // Only \$10 per dance! All dances at the Los Altos Youth Center located at 1 N. San Antonio Road, Los Altos

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EGAN GYM DROP-IN

PRESCHOOL PROGRAMS TINY TOTS & KINDER PREP



FABULOUS 4s*

9:30 AM-12:00 Pm Mon/WED/Fri @ San Antonio Club KINDER PREP

8:45-11:45 am Monday-Friday @ Hillview Room 14 waitlist Available



NOW ENROLLING FOR THE 2017–2018 SCHOOL YEAR







For more information, please visit LosAltosRecreation.org
or call 947-2790 to schedule your tour today!

*Children must be of age by September 1.

WELCOME



Los Altos Recreation & Community Services 97 Hillview Avenue Los Altos, California 94022 Tel: 947-2790 Fax: 947-2738 LosAltosRecreation.org

Office hours: Monday-Friday, 8am-5pm

Recreation & Community Services Commissions

Parks & Recreation

Neysa Fligor *Chair* Jonathan D. Weinberg *Vice Chair* Katie Heley Grace Lilygren Tanya Lindermeier Pradeep Parmar

Library

Ibrahim Bashir Chair Rebecca Colman Vice Chair Mukesh Agarwal John Dixon Cindy Hill Garo Kiremidjian Richard Liu

Senior

- Tracie Murray *Chair* Janet Harding *Vice Chair* Jim Basiji Kevin O'Reilly Doris Torbeck Bert Vincent
- Youth Vikram Bharati *Chair* Krish Gujral *Vice Chair* Nesyah Galatin Drishaan Jain Mahi Kolla Brianna McKean Medha Rajagopalan Anooshkha Shetty Vignesh Suresh Wilson Xu Rebecca Zhu

Commissions serve as advisory bodies to the Los Altos City Council. Find more information about these commissions at losaltosca.gov/cc.

Look Inside For...

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ABOUT THE COVER...

Awww ... this young Tiny Tot participant is certainly bright eyed as she heads into the New Year! We'll be presenting "New Year Resolution Solutions" throughout 2018 (in the form of classes for all ages, fun events such as summer concerts and camps for the kiddos, to name but a few). Hope you will join us in 2018!

Unless otherwise stated, all telephone numbers herein are area code (650).

Printed on recycled paper with eco-friendly ink.

CONCERT SERIES

HELLU, PROSPECTIVE Sponsorsi

We're booking bands and making plans for the 2018 Summer Concert Series!

By the numbers:

- 8 DISTINCTIVE BANDS
- 1 UNIQUE OPPORTUNITY!
- 5 SPONSORSHIP PACKAGES from \$500 to \$5000

The Summer Concert Series draws enthusiastic crowds from Los Altos, Los Altos Hills and throughout the surrounding area. Have your company be front and center as a sponsor of this hugely popular (and growing) concert series.

Contact Coordinator Candace Avina at cavina@losaltosca.gov or 947-2890 to determine which sponsorship package will work best for your company.



ADULT BASKETBALL 8-10 pm \$3 at the door



JOIN US ON WEDNESDAY NIGHTS AT EGAN GYM FOR DROP IN BASKETBALL & PICKLEBALL! YOU MUST BE 18 YEARS OR OLDER TO PARTICIPATE.

FOR MORE INFORMATION, CALL 947-2790



ADULT PICKLEBALL 6-8 PM \$3 AT THE DOOR

ADULT Classes

ARTS & CRAFTS

PAINTING WITH CHAN

Chinese Painting: Beginning

This is an introductory class where students will explore painting with Chinese brushes, and have fun with the flow and shades of Chinese ink while learning basic skills and elements in Chinese paintings.

Hillview Rm 18	3	Chan
330552-01		18+yrs
Wed	1/17-3/14	12-2pm
No class 2/21		·
Residents \$252*		All Others \$300*
*Materials fee of	\$10 due first	day.

Splash-Ink Painting: Beginning

This is an introductory class where students will explore various techniques to mix color and ink, and play with the flow and shades of ink and color while having fun creating spontaneous, contemporary and abstract paintings.

Hillview Rm 18	3	Chan
330553-01		18+yrs
Fri	1/19-3/16	12-2pm
No class 2/23		
Residents \$252*		All Others \$300*
*Materials fee of	\$10 due first	day.

WATERCOLOR WITH OLSEN

Equipment Note for ALL Watercolor with Olsen classes: Supply list will be sent out prior to start of class; painters should bring supplies to first class.

Watercolor without Fear

This course is designed to acquaint the medium to new painters, and re-introduce it to those who have previously tried. A few basic, but very effective and fun techniques will be introduced and you will produce paintings almost immediately. Demonstrations, lectures, and one-on-one coaching included.

Hillview Rm 1	3	Olsen
330515-01		18+yrs
Wed	1/17-3/21	6:30-9:30pm
No class 2/21		
Residents \$124*		All Others \$147*
*Materials fee of	\$5 due first d	lay.



Watercolor with Confidence

This course is for those with experience with watercolor who feel ready to expand their command of the medium. A strong focus will be on problem-solving and experimentation. Painters will work on personal projects. Short demonstrations, lectures and one-onone coaching included.

Hillview Rm 13	3	Olsen
330514-01		18+yrs
Fri	1/19-3/23	10am-1pm
No class 2/23		
Residents \$124*		All Others \$146*
*Materials fee of	\$5 due first d	lay.

DANCE & FITNESS

BALLROOM DANCE

Ballroom & Latin Dance

Ballroom dancing produces significant mental and physical health benefits: it relieves stress, stimulates the brain and builds confidence, all while toning the whole body! For this session, we'll concentrate on the waltz, tango, rumba, cha cha, East Coast swing and Latin dances.

Equipment Note: Please wear non-stick shoes.

LAYC		Minev
330202-01	Beginner	18+yrs
Thu	1/18-3/22	7-7:45pm
330202-02	Intermediate	18+yrs
Thu	1/18-3/22	7:45-8:30pm
Residents \$232		All Others \$276



BELLY DANCE WITH RAWIYAH

Belly Dance: Beginning

Challenge yourself to belly dance in a glamorous "cabaret" style to Middle Eastern music. Learn muscle group isolations and progressing quickly to more intricate movements and combos while playing zills (finger cymbals). We'll even take a show "field trip" (cover charge, extra)!

Equipment Note: Finger cymbals (zills) required; information regarding purchase given at first class.

Note: Wear comfortable clothing, a hip wrap and dance slippers.

Hillview Rm 4		Rawiyah
330208-01		16+yrs
Wed	1/17-3/14	7-8pm
No class 2/14		•
Residents \$78		All Others \$92

Belly Dance: Intermediate

This class is for belly dancers ready to move up to performance level. The focus is on technique, precision, musicality, expression, and dancer etiquette. Last class is Student Night - a belly dance "hafla" (party) for students and invited guests only.

Prerequisite: Beginning Belly Dance or teacher approval.

Hillview Rm 4		Rawiyah
330236-01		16+yrs
Wed	1/17-3/18	8-9pm
No class 2/14		
Residents \$78		All Others \$92

JENNY LI DANCE

Dance & Aerobics

If you know you need to stretch more but feel yoga isn't quite your thing, then this is DEFINITELY the class for you! Come and join us as we stretch and move to great music. Your body will see the benefits!

Hillview Rm 4		Li
330315-01		18+yrs
Fri	1/19-3/23	9:20-10:20am
No class 2/23		
330315-02		18+yrs
Tue	1/23-3/20	9:20-10:20am
330315-03		18+yrs
Tue	1/23-3/20	3:30-4:30pm
No class 2/20		
Residents \$76		All Others \$89

Ballet & Chinese Dance

Whether you are looking for dance training, getting into shape, or performing on stage, this class is perfect for you. Class is taught by a professionally trained dancer. Students will perform on the last day of class.

Equipment Note: Leotards and ballet shoes are required.

Hillview Rm 4		Li
330247-01		18+yrs
Fri	1/19-3/23	4:30-5:30pm
No class 2/23		
Residents \$162*		All Others \$192*
*Materials fee of	\$20 due first	day.
Hillview Rm 4		Li
330247-02		18+yrs

	18+yrs
1/23-3/20	5:30-6:30pm
	All Others \$168*
\$20 due first	day.

ADULT Classes

LINE DANCING

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music and good workout will keep you high stepping all week. Call Richard Campbell at (408) 377-6978 with questions.

Registration Note: Register for the month or drop-ins welcome: \$6 for Senior Program members; \$8 for all others. Register for drop-ins before each class at the Senior Center.

Hillview Social Hall		Campbell
645511-01		18+yrs
Tue	1/23-1/30	<u>1-2pm</u>
Senior Proara	m Members \$12	All Others \$16*

Hillview Social Hall		Campbell
645511-02		18+yrs
Tue	2/6-2/27	<u>1-2pm</u>
645511-03		18+yrs
Tue	3/6-3/27	1-2pm
645511-04		18+yrs
Tue	4/3-4/25	<u>1-2pm</u>

Senior Program Members \$24 All Others \$32* *For Senor Program membership info, plus all our Senior Program offerings, please see pg 30.

JAZZERCISE®

JAZZERCISE is a 60-minute class incorporating cardio, strength and stretch moves for a total body workout. We've taken moves from hip hop, yoga, Pilates, kickboxing, and resistance training and bundled them into one hour. All ages, levels and sizes welcome.

New Student Note: Try Jazzercise on us! Come in and receive a FREE week pass!

Georgi Shea	269-5111
Jerome Flowers	(408) 279-5277
Barbara Peterson	464-9758
Nisa Leone	408) 505-2048

JAZZERCISE IS AN ON-GOING PROGRAM. REGISTER AT CLASS, ANYTIME!

Blach Gym		Shea
No code required		18+yrs
Mon/Wed on	-going	<u>6-7pm</u>
No code required	0 0	18+yrs
Tue/Thu on	-going	6:30-7:30pm
No code required		18+yrs
Sat on	-going	8:30-9:30am
Grant MPR		Leone
No code required		18+yrs
M/Tu/Th on	-going	<u>9-10am</u>
No code required		18+yrs
<u>Sun</u> on	-going	8:30-9:30am
LAYC		Flowers
No code required		18+yrs
Tue/Thu on	-going	9:15-10:30am
No code required		18+yrs
Sat on	-going	9-10am
LAYC		Peterson
No code required		18+yrs
M/W/F on	-going	9:15-10:30am



Jazzercise: Body Sculpting

Tone your muscles and strengthen your body with this class. Although there are no fast moving dance steps, you will still increase your heart rate in this class. For beginners and advanced participants. Workouts modified to each ability level.

BODY SCULPTING IS AN ON-GOING CLASS. REGISTER AT CLASS, ANYTIME!

Equipment Note: Please bring a mat and water bottle.

Grant MPR		Leone
No code required		18+yrs
Tue/Thu on-going		10:15-11:15am
\$45 per class – for one or two participants		
\$25 per class – for 3 or more participants		

NEW! BOMBAY JAM

The ultimate dance fitness, total body workout that incorporates cardio and toning routines packed with authentic Bollywood flavor! Cardio routines incorporate basic, easy to follow dance fitness moves and the toning segment focuses on sculpting the arms, abs and legs. For all levels.

Hillview Rm 4		Shah
330316-01		13+yrs
Sun	1/21-3/18	<u>9-10am</u>
Residents \$112		All Others \$132

JACKI SORENSEN'S STRONGSTEP

Jacki's StrongStep is an easy-to-follow, low impact workout to motivating music that incorporates aerobics, strength training, abs work, and stretching. Participate at your own level.

Equipment Note: Bring mat or towel for floor work. Steps provided.

New Student Note: Arrive early for your first class to meet the instructor and set your personal fitness goals. Call 961-5411 for more info.

Hillview Social Hall		Franich
No code required		18+yrs
Mon/Wed on-going		8:30-9:30am
Register at class; 10 classes for \$65		\$65
First week FREE!		

CROSS TRAINING WITH TEAM FITNESS

teamfitness.com

Geared for beginner to well-conditioned athletes, each one-hour class varies training elements for complete fitness. Indoors and outdoors, we integrate weights, agilities, sprints, power walking, flexibility, ropes, sports, and lots of fun. Join us for a free trial week.

Note: For new members, January through March: get your first 2 months at 50% off.

Registration Note: To set up your first visit: call or email Team Fitness staff at (877) 751-5100 x3, or tomgordon@teamfitness.com.

Blach Gym	Т	eam Fit Staff
No code required	co-ed class	i 18+yrs
M/W/F	on-going	6-7am
No code required	co-ed class	i 18+yrs
Tue/Thu	on-going	6-7am
No code required	co-ed class	i 18+yrs
Sat	on-going	6-7am
No code required	co-ed class	i 18+yrs
Sat	on-going	7-8am

Egan Gym		Team Fit Staff
No code requiredco-ed class		18+yrs
M/W/F	on-aoina	6-7am

FITNESS HALPERS

fitnesshalpers.com 479-5955

Bodyweight Boot Camp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends: our Bodyweight Boot Camps are perfect for you.

Equipment Note: Please bring yoga mat.

Hillview MPR		Halper
No code required	l	18+yrs
Mon/Wed	on-going	8:45-9:45am
Residents & All Others		
\$160/month or \$200 for 8 sessions:		
contact Fitness Halpers for more info.		info.

Los Altos Hills Town Hall		Halper
No code require	d	18+yrs
Mon/Wed	on-going	6-7am
	thers \$200 for 8 sessions: alpers for more info.	

Fitness for Seniors

Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance.

Equipment Note: Resistance band, Pilates ball, and your choice of dumbbell weight between 1-10lbs required.

Los Altos Hills Town Hall	Halper
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No code required 55+yrs <u>Mon/Wed</u> on-going 11:45am-12:45pm *Residents & All Others \$160/month or \$200 for 8 sessions: contact Fitness Halpers for more info.*

NORA'S EXERCISE CLASSES

Strength & Balance: Chair Exercise

Join Functional Aging Specialist Nora Beltran and enjoy gentle exercises that strengthen the body and improve balance.

Equipment Note: Bring your own dumbbells (optional).

Hillview Social Hall	Beltran
545108-03	50+vrs

Tue/Thu 1/18-3/29 11:15am-12pm No class 2/20

Senior Program Members \$82 All Others \$96* *For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.



Stretch, Flex & Tone

Lengthen and strengthen in this class. Tone your muscles and improve range of motion in your joints.

Equipment Note: Bring a mat and dumbbells to each class.

Hillview Social Hall		Beltran
645108-01		50+yrs
Tue/Thu	1/18-3/29	8:45-9:45am
No class 2/20		
645108-02		50+yrs
Tue/Thu	1/18-3/29	10-11am
No class 2/20		

Senior Program Members \$92 All Others \$108*

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

YOGA

PILATES-YOGA WITH BALL & BAND

If you want to have a healthier back and to feel more relaxed, this class is for you. Strengthen your abdominal and back muscles through a series of mat Pilates-yoga techniques improving your flexibility, correcting your posture, and releasing tension throughout the body.

Hillview MPR		Mojgani
331717-01		18+yrs
Tue	1/23-3/20	8:30-9:30am
Residents \$112		All Others \$132

YOGA FOR ADULTS

Hatha yoga encourages healing of the body by releasing physical, mental and emotional tension. It also promotes strength and flexibility. These beginning and intermediate classes offer instruction based on the teaching of BKS lyengar in asana practice, breathing techniques and end with deep relaxation.

Equipment Note: Yoga sticky mat, thick towel or blanket required. Wear comfortable clothes.

Hillview Rm 4		Graul
331702-01	Beginning	18+yrs
Thu	1/18-3/22	6-7:15pm
Residents \$132		All Others \$156
Hillview Rm 4		Graul
Hillview Rm 4 331702-02	Continuing	Graul 18+yrs
	Continuing 1/22-3/19	
331702-02	5	18+yrs



YOGA WITH MIKI

Certified Yoga Therapist yogawithmiki.ca.nf

Yoga-Pilates

Through a series of Pilates and yoga exercises, students will strengthen their abdominals, build core stability, improve posture and alignment, increase flexibility, mobilize the spine, stretch, and release tension throughout the body.

Equipment Note: Bring a yoga mat and towel and wear loose clothing.

Shoup Park Ga	arden House	e Bousso
331706-01		16+yrs
Wed	1/17-3/28	10:45-11:50am
331706-02		16+yrs
Fri	1/19-3/30	9:40-10:40am
Residents \$133		All Others \$158

Gentle Yoga for a Healthy Spine

This class focuses on increasing flexibility, mobilizing and strengthening the spine, releasing tension, toning the core, and achieving a sense of well-being. You will leave class feeling relaxed and energized. Suitable for beginners.

Equipment Note: Bring a yoga mat and towel and wear loose clothing.

Shoup Park Ga	arden House	Bousso
331707-01		16+yrs
Wed	1/17-3/28	9:30-10:30am
331707-02		16+yrs
Mon	1/22-3/26	9:15-10:15am
Residents \$133		All Others \$158

Dance-Yoga-Pilates

Enjoy this fun workout: 25 minutes lowimpact dance based on yoga, tai-chi, tae kwon do, jazz, and world dance. (No dance experience necessary.) Then to the mat for yoga-Pilates to strengthen the abs, build core stability, and improve posture.

Equipment Notes: Please bring yoga mat and towel.

Shoup Park Garden House		Bousso
331715-01		16+yrs
Fri	1/19-3/30	9:15-10:40am
Residents \$166		All Others \$197



MARTIAL ARTS

JUJITSU

For beginning and advanced students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world, practical self-defense techniques. Join this exciting class and improve your self confidence, condition your physical self and develop a positive self-image.

Grant MPR		Gearhart
331101-01		16+yrs
Mon/Thu	1/18-3/29	7:30-9pm
No class 2/19		
Residents \$232		All Others \$276

TAI CHI FOR LIFE!

Learn new ways to RELAX, REVITALIZE and HAVE FUN. Tai chi is a mindful, internal martial art that flows in gentle and slow whole body movements. It promotes health, balance, flexibility, strength, and clarity.

Registration Note: Register for the quarter or drop-ins welcomed: \$10 for Senior Program members; \$12 for all others. Register for drop-ins before each class at the Senior Center.

Hillview Rı	m 4	Scheer
645534-01		18+yrs
Tue	1/23-3/27	11:45am-12:45pm
No class 2/2	20, 3/15	
Senior Progra	am Members \$	100
All Others \$1	120*	
Hillwing Co		Seboor

HIIIVIEW	V Social Hall	Scheer
645534-	05	18+yrs
<u>Thu</u>	1/18-3/29	12-1pm
Senior Pr	ogram Members \$120	
All Other	s \$144*	
*For Seni	or Program membership	info_plus_all

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

QIGONG FOR HEALTH

A Chinese health practice that involves breathing technique and easy flowing movements. It rejuvenates spine, hips, shoulders and improves immune system, reduces pain, stabilizes blood pressure plus boosts energy levels! Join Instructor Anya Kroth as she leads you through each motion!

Hillview Rm 11		Kroth
645558-02		18+yrs
Fri	on-going	10:30-11:30am

Senior Program Members \$45 All Others \$53* *For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.

SPECIAL INTEREST

FINANCIAL

RETIREMENT TALK

Passport to Retirement

Learn how to calculate how much money you'll need, make the most of your current resources, select the appropriate pension options, get a higher return on your investments, and "inflation-proof" your income. Other topics include Social Security, long term care and lifestyle issues.

Hillview Rm 17		Evans
331801-01		40+yrs
Tue	3/6-3/20	6:30-9pm
331801-02		40+yrs
Thu	3/1-3/15	6:30-9pm
Residents \$75*		All Others \$88*
*Spouse/guest mag	y attend at n	o charge.

Rejuvenate Your Retirement

This unique and comprehensive course focuses on the issues and concepts important to retirees. In straightforward language, explained are financial strategies such as tax efficient income planning, lifestyle preservation, inflation protection, and providing a legacy. Includes 143-page workbook.

Hillview Rm 16	5	Evans
330824-01		55+yrs
Mon	3/5-3/12	10am-12:30pm
Residents \$54*		All Others \$63*
*Spouse/guest me	ay attend at	no charge.

Hillview Rm 17		Evans
330824-02		55+yrs
Wed	3/14-3/21	<u>1-3:30pm</u>
Residents \$5	4*	All Others \$63*
*Spouse/aue	st mav attend at r	no charae.

PETS

ADOBE DOG TRAINING

For dogs five months of age or older. Introduces basic and intermediate dog-training skills. Content includes discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval is received from instructor.

Equipment Notes: 1. Flat buckle collar. (Other collar choices may be approved by instructor.) 2. Six-foot lead/leash of fabric or leather. No retractable leashes. 3. Do not feed dog on morning of class; bring lots of small, tasty treats (or a favorite toy) to reward your dog at class.

Prerequisite for advanced class: Must have successfully completed the beginner class.

BEGINNING

Hillview Baseball Field		Hughes
330837-01		18+yrs
Wed	1/17-2/14	10:15-11:15am
330837-02		18+yrs
Wed	2/28-3/28	10:15-11:15am
Residents \$97		All Others \$114

ADVANCED

Hillview Baseball Field		Hughes
330801-01		18+yrs
Wed	1/17-2/14	9-10am
330801-02		18+yrs
Wed	2/28-3/28	9-10am
Residents \$97		All Others \$114

VARIOUS

INTRO TO CHINESE: MANDARIN

Learn basic speaking, listening, reading, and writing using simplified Chinese characters in a small group setting.

Equipment Note: Students will buy textbooks through the teacher on first day.

Hillview Rm 18 LA Chinese School Staff

331298-01		18+yrs
Wed	1/17-3/28	6:30-8pm
No class 2/21		
Residents \$262	*	All Others \$312*
*Materials fee o	f \$40 due first	day.



AMERICAN MAH-JONGG

American Mah-Jongg uses 152 tiles to make patterns from The Card which changes annually. Come and lean this social table game. It is similar to both Chinese Mah-Jongg and Gin Rummy and is based on both skill and luck.

Equipment Note: If you need to purchase a Mah-Jongg playing card, the cost is \$9. Purchase at Los Altos Senior Center.

Hillview Rm 11		Steiman
645556-01	Beginner	50+yrs
Wed	on-going	9:30-11:30am
Senior Program Members \$37		All Others \$44*

Hillview Rm 11		NA
645557-01	Intermediate	50+yrs
Wed	on-going	<u>12-3pm</u>
Senior Proarai	n Members & All Oth	ners FREE!

FOREIGN AFFAIRS

The United States today must cope and lead in a hazardous, close-knit world. Working within our complex democratic system, we must produce foreign policies appropriate to situations that develop with great speed. Terrorism and other disasters are a constant threat. Global Industrial economies destabilize at electronic velocity. The foreign policy process and current world crises will be discussed in class.

Hillview Rm 12		Raymond	
645543-03		50+yrs	
Fri	1/19-4/6	10am-12pm	
No class 2/23, 3/	30	·	
Senior Program M	embers \$61	All Others \$71*	
*For Senior Progra	m mambarsk	nin info nlus all	

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 30.



TACO

TERRIBLE ADULT CHAMBER ORCHESTRA

Terrible Adult Chamber Orchestra is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

Equipment Note: Must bring own instrument and stand.

Required: Please contact the director before the first class at tacosv.com.

LAYC	Hump	hers-Smith
330111-01		18+yrs
Sun	1/28	<u>2-5pm</u>
330111-02		18+yrs
Sun	2/25	<u>2-5pm</u>
330111-03		18+yrs
Sun	3/25	<u>2-5pm</u>
Residents & A	ll Others \$10	

LAYC	Humpher	s-Smith
330111-04		18+yrs
Sun	1/28,2/25,3/25	<u>2-5pm</u>
Residents & All Othe	ers \$25	





SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn and develop their archery skills. Instructor Ray Roan has practiced archery for over 35 years and has been teaching for more than 30 years.

Archery 2/3

This class is a continuation for those who are ready to move on to the next level (contact instructor via the recreation office to see if you qualify), or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

Equipment Note: Basic archery equipment will be provided.

RWG Field		Roan
310839-01		8+yrs*
Fri	1/19-3/2	4-5pm
No class 2/23		
Residents \$251		All Others \$299
*Also listed in the quite suitable for	,	,



BASKETBALL

ADULT BASKETBALL DROP-IN

Looking for some hoop action? Whether you like pick-up games or simply to shoot around, this is the time and place to do it! Bring a friend or come alone. See you there!

Equipment Note: All equipment provided.

Note: Bringing a water bottle is recommended.

Egan Gym

LA Recreation	on & Community Sr	vs Staff
550966-01		18+yrs
Wed	2/22-5/10	<u>8-10pm</u>
Residents & A	ll Others \$3 at the door	



EQUESTRIAN

ZURAEK STABLES

11854 Page Mill Rd, Los Altos Hills (408) 460-7226

Passionate about horses? Come fulfill your dreams! Scheduled visit includes grooming, tacking and riding lesson. Trail rides and arena work available. All level riders are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

Equipment Notes: Boots and long pants required. Helmets provided. Boots may possibly be supplied depending on size; inquire at registration.

Registration Note: To set up your session, call instructor Kristen Zuraek at (408) 460-7226.

Zuraek Stables	Zuraek	
No code required	10-99yrs*	
By appointment only; call to set up.		
Residents \$81	All Others \$95	
*Also listed in the youth section, this class is		
auite suitable for adults (18+v	/rs)!	



GOLF

DEEP CLIFF GOLF

10700 Clubhouse Ln, Cupertino

Equipment Note for ALL golf classes: Golf clubs provided; however, if you have your own clubs, please bring them.

Weather Policy: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408) 253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.

Adult Golf

This class emphasizes building good fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start your golf career or move your golf game forward.

Deep	Cliff	Golf C	ourse	Deep	Cliff	Staff
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330914-01		18+yrs
Sat	2/10-3/3	12:30-2pm
Residents \$117		All Others \$138

Golf for Women

Ladies, come join a class of all women to learn the skills of putting, chipping, pitching, and full swing. This is a really fun class for new golfers, as well as for those who want to improve their skills. Meet new friends as you play. Rules and etiquette are also covered.

Deep Cliff Golf	Course	Deep Cliff Staff
330915-01		18+yrs
Sat	1/13-2/2	<u>3 10-11:30am</u>
330915-02		18+yrs
Sat	3/3-3/24	<u>4 10-11:30am</u>
Residents \$151		All Others \$179



ICE SKATING

NAZARETH ICE OASIS (NIO)

3140 Bay Road, Redwood City

Ice Skating: Adult

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Note: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required: 1. Please arrive 15 minutes before class begins. 2. Bring warm clothing and mittens/gloves.

Nazareth Ice (NIO Staff	
330903-01		15+yrs
Wed	1/17-2/21	6:20-6:50pm
330903-02		15+yrs
Sat	1/20-2/24	<u>11-11:30am</u>
Residents \$142		All Others \$168

PICKLEBALL

PICKLEBALL DROP-IN

Heard about pickleball and want to try it? Or already crazy into it? Come join us for some fun and friendly matches. All abilities are welcome.

Equipment Note: All equipment is provided.

Note: Bringing a water bottle is recommended.

Egan Middle School Gym LA Recreation & Community Srvs Staff

No code required	l	18+yrs
Wed	on-going	6-8pm
Senior Program M	embers FREE!	
Residents and All	Others \$3 at the door	

Hillview MPR

LA Recreation & Community Srvs Staff

No code requi	18+yrs			
Wed	on-going	11am-1pm		
Senior Program Members FREE!				
Residents and A	All Others \$3 at th	ne door		



SOCCER

COACH KEN'S WOMEN'S SOCCER

This program provides an innovative way for women to learn and play the game of soccer while achieving their fitness goals in a fun, social environment, among friends. Beginners and former players who are looking to rejoin and enjoy the game are welcome.

Equipment Note: Shin guards are mandatory. Water is recommended.

Heritage Oaks	Park	Coa	nch Ken's Staff
330929-01			18+yrs
Thu	1/18-3	3/22	9:15-10:45am
No class 2/23			
Residents \$182			All Others \$216

TENNIS

WHITLINGER/SARSFIELD TENNIS

whiltlingersarsfieldtennis.com

Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes!

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Adult and Youth (8-14) classes of 3-8 students will consist of six hours of instruction. Classes of two students will consist of four hours of lessons.

Make-up Policy: Make ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, makeup lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy: In case of rain, contact Recreation & Community Services at 947-2790 Monday-Friday, 8am-Spm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or Recreation & Community Services.

Adult Novice Tennis

Develop the essential techniques with emphasis on control, depth and direction. Lessons will also incorporate rules, etiquette and basic doubles play.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

330948-01		15+yrs
Sat	1/20-2/24	9-10am
Residents \$89		All Others \$105

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff				
330948-02		15+yrs		
Wed	1/24-2/28	<u>10-11am</u>		
Residents \$89		All Others \$105		

Adult Intermediate Tennis

For players who can maintain a medium pace rally but need to develop more spin, power, and/or variety. Basic to advanced strokes, strategy, and tactics will be introduced by performance enhancing drills.

Marymeade Courts 2/3 Whitlinger/Sarsfield Tennis Staff

3

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	15+yrs
1/23-2/8	7-8pm
	15+yrs
2/27-3/15	7-8pm
	15+yrs
1/24-2/28	11am-12pm
	All Others \$105
	2/27-3/15

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:

For lessons at Montclaire Park Co	urt 1·
James Knofler)-0434
Francois Chan	-8768

	 ••••••	,	
Joe Bassi	 		576-0988

For lessons at Court 1:	Rosita	&	McKenzie Parks,
David Panconi .			(408) 893-1405

David Panconi	(408) 893-1405
Sharon Lamond	(408) 712-7361
James Knofler	(408) 410-0434

Hourly Rate* & Payment

for one player: \$75 per hour for two players: \$40 per hour each for three players: \$30 per hour each for four players: \$25 per hour each

*Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day. Visit whitlingersarsfieldtennis.com for more information.

TRIPS

SENIOR PROGRAM TRIPS Did you know that the Senior Program hosts the Senior Center or look in at The Spotlight newsletter upcoming trips.

WINTER CAMPS



PLAY-WELL STEM FUNDAMENTALS

Learn engineering skills with Play-Well TEKnologies tens of thousands of LEGO! Apply real-world concepts in physics, engineering, and architecture with projects like: Mini-Golf courses, forklifts, and the London Tower Bridge. Explore your craziest ideas in a supportive environment.

Hillview Rm 18	B Play-	Well TEK Staff
312622-01		5-11yrs
Tu-F	2/20-2/23	9am-12pm
Residents \$157		All Others \$198

BRICKS 4 KIDZ

Two exciting themes -- Campers explore the creative process of model design and then build their very own amusement park! They will learn the function of different LEGO components to create structures with motorized models to maximize the action and fun.

MODEL DESIGNER & WORLD OF AMUSEMENTS CAMP

Grant Rm 3	Bric	ks 4 Kidz Staff
312623-01		5-12yrs
Tu-F	2/20-2/23	<u>9am-4pm</u>
Residents \$297		All Others \$354

MODEL DESIGNER CAMP

Grant Rm 3	Bric	ks 4 Kidz Staff
312623-02		5-12yrs
Tu-F	2/20-2/23	9am-12pm
Residents \$207		All Others \$246

WORLD OF AMUSEMENTS

Grant Rm 3	Bric	ks 4 Kidz Staff
312623-03		5-12yrs
<u>Tu-F</u>	2/20-2/23	<u>1-4pm</u>
Residents \$207		All Others \$246

IMAGINEERZ i-CAN[™] CAMPS! i-Can Mindset through Theatre

Using theatre, children learn "i-Can" - a mindset of confidence, perseverance, and creative problem solving. Campers work collaboratively to create an imaginative story about problem solving. They tackle obstacles as they write dialogue, build puppets, and stage a show. What story will your child bring to life?

Hillview Rm 17	/ Im	agineerz Staff
311237-01		5-9yrs
M-F	2/19-2/23	9am-12pm
Residents \$251		All Others \$299

Creative Making & Design Thinking

Cardboard and egg cartons will never be the same! Campers use Stanford design thinking to tackle maker challenges and build inspiring creations. A fun space full of possibilities, children learn to celebrate creativity and embrace failure as a step towards success.

Hillview Rm 1	7 Im	agineerz Staff
311237-02		5-9yrs
M-F	2/19-2/23	12:30-3:30pm
Residents \$251		All Others \$299

SKYHAWKS BASKETBALL CAMP

This fun, skill-intensive program is designed for the beginning to intermediate player. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular camps. Our basketball staff will also focus on respect, teamwork and responsibility.

Equipment Note: Campers should bring appropriate clothing, athletic shoes, two snacks, lunch and water bottle. All participants receive a Skyhawks T-shirt and player evaluation card.

Whisman Sports Center Skyhawks Staff

	-	
311225-01		6-12yrs
M-F	2/19-2/23	9am-3pm
Residents \$259		All Others \$309



YOUTH Classes

ACADEMIC FUN!

GREEN BEAN KIDZ

Green Bean Kidz

Green Bean Kidz is an outdoor education program for children. Participants experience nature in many fun ways including hiking and observing their surroundings. The program incorporates music, art, science, games, and environmental awareness.

Note: Program takes place at various local parks in Los Altos. First class meets at Redwood Grove. (Must park on University Ave. and walk to the park).

Required: Parent must accompany child.

Local Parks & Open Spaces Green Bean Kidz Staff

361808-01		2-6yrs
Tue	2/20-3/27	9:30-11am
361808-02		2-6yrs
Tue	2/20-3/27	<u>3:30-5pm</u>
361808-03		2-6yrs
Wed	2/21-3/28	9:30-11am
361808-04		2-6yrs
Wed	2/21-3/28	3:30-5pm
361808-05		2-6yrs
Thu	2/22-3/29	9:30-11am
Residents \$172*		All Others \$204*

*Materials fee of \$15 due first day.



Green Bean Kidz Yoga

Yoga for kidz is a beginner yoga class for kids ages 2-6 plus their parent or guardian. Focusing on easy to do and hold poses, breathing techniques, and early meditation strategies, this class will center and calm your child and yourself.

Note: Please bring a yoga mat for each participant and wear comfortable clothing.

Los Altos Hills Town Hall Green Bean Kidz Staff

361719-01		2-10yrs
Fri	2/23-3/30	10-11am
Residents \$132		All Others \$156

ECONOMIC DRIVING SCHOOL

Online Driver's Ed

This online class is approved by the DMV. Reading, flash graphics, videos, and quizzes prepare the reader to pass the DMV test. To register, visit economicdrivingschool.com/online. Complete the question "How did you hear about us?" Choose activity code 2790.

Residents & All Others \$68.50

GURUS EDUCATION

guruseducation.com

Personal Finance Investments

Middle school is an excellent time for students to start learning about managing their money, an important part of becoming self-sufficient. This course teaches students the different types of investment vehicles in which they can put their money and identify the risk factors.

Hillview Rm 16		Gurus Staff
311826-01		10-16yrs
Fri	2/2-3/30	6:30-7:30pm
No class 2/23		
Residents \$172		All Others \$204

Public Speaking: Confident Speakers & Writers

This is an extremely helpful course that teaches young students how to present and write speeches, poems and stories in six easy steps and with confidence. Children have fun in writing rhyming poems, stories from pictures and much more.

Hillview Rm 16		Gurus Staff
311824-01		6-9yrs
Fri	2/2-3/30	4:30-5:30pm
No class 2/23		
Residents \$172		All Others \$204

Advanced Debate & Public Speaking

This course helps students structure their thoughts and express them confidently making them strong, confident and happy! Students become better listeners, learn note-taking strategies making them effective communicators. With topics of their interest and our encouragement, we make learning easy and exciting!

Hillview Rm 16		Gurus Staff
321829-01		10-14yrs
Fri	2/2-3/30	5:30-6:30pm
No class 2/23		
Residents \$172		All Others \$204



INTRO TO CHINESE: MANDARIN

Learn basic speaking, listening, reading, and writing using simplified Chinese characters in a small group setting.

Equipment Note: Students will buy textbooks through the teacher on first day.

Hillview Rm 1 LA Chinese Sc	-	
361928-01		4-5yrs
Sat	1/20-3/31	10-11:45am
No class 2/24		
Residents \$312*		All Others \$372*
*Materials fee of	\$40 due first	day.

Hillview Rm 16

LA Chinese School Staff			
311928-01		6-8yrs	
Sat	1/20-3/31	10-11:45am	
No class 2/24			
Residents \$312 ³	ł	All Others \$372*	
*Materials fee of \$40 due first day.			

Hillview Rm 17

LA Chinese School Staff			
311928-02		9-12yrs	
Sat	1/20-3/31	10-11:45am	
No class 2/24			
Residents \$312	*	All Others \$372*	
*Materials fee of \$40 due first day.			

JEU D'ENFANT

Come play and meet new friends in a French immersion environment. Qualified instructors enhance learning through play and activities. This is a drop off and pick up program. No French experience necessary.

Required: Child must be potty-trained and able to participate without a parent present.

Grant Rm 1	Jeu	d'Enfant Staff
360868-01		2-5yrs
Mon	1/22-3/26	9am-12pm
No class 2/19		
Residents \$417		All Others \$498
Grant Rm 1	Jeu	d'Enfant Staff
360868-02		2-5yrs
Wed	1/17-3/28	9am-12pm
360868-03		2-5yrs
Fri	1/19-3/30	9am-12pm
Residents \$507		All Others \$606
Grant Rm 1	Jeu	d'Enfant Staff
360868-04		2-5yrs
M/W/F	1/17-3/30	9am-12pm
No class 2/19		· .

No class 2/19	
Residents \$1307	All Others \$1567



FUN, HANDS ON SCIENCE

Join us as we discover the shocking facts about electricity! We'll dig for gemstones, and learn about weather, plants, and forces. Try your hand at dissecting owl pellet, and learn about the wonder molecule that supports life on the planet!

Hillview Rm 16 Hands on Science Staff

311832-01		5-10yrs
Thu	1/18-3/29	4:30-5:30pm
Residents \$361*		All Others \$431*
*Materials fee of \$	\$39 due first	day.

ARTS & CRAFTS

MY FIRST ART CLASS

Spend quality time with your young child. Each week features a new theme with five art stations. Art projects continue to change all year long! Process rather than product is emphasized. Each class ends on a musical note with singing and dancing.

Required: 1. Parent/caregiver must attend class with child. 2. Wear your grubbies! 3. Aprons provided.

Hillview Rm 15	Му	First Art Staff
350501-01		1.5-3yrs
Wed	1/24-3/14	9-10am
No class 2/22		
350501-02		2-4yrs
Wed	1/24-3/14	10:15-11:15am
No class 2/22		
Residents \$127*		All Others \$150*

*Materials fee of \$15 due first day.

KIDS CARPENTRY

Kids learn to safely use hand woodworking tools to build an ever-increasing range of projects as their skills increase. Instructor will show kids how to build an age appropriate project, then let them do it, helping as necessary.

Hillview Rm 18	3	Ramirez
310602-01		5-12yrs
Fri	1/19-2/16	2:30-3:30pm
310602-02		5-12yrs
Fri	1/19-2/16	3:30-4:30pm
310602-03		5-12yrs
Fri	1/19-2/16	4:30-5:30pm
310602-04		5-12yrs
Fri	3/2-3/30	2:30-3:30pm
310602-05		5-12yrs
Fri	3/2-3/30	3:30-4:30pm
310602-06		5-12yrs
Fri	3/2-3/30	4:30-5:30pm
Residents \$131*		All Others \$155*
*Materials fee of	\$40 due first	day.

CHINESE TRADITIONAL PAINTING

Students learn and practice basic brush strokes and characters in order to create traditional Chinese ink paintings.

Hillview Rm 13 LA Chinese School Staff

LA Chinese Sch	iour starr	
360552-01 Thu	1/18-3/29	4-5yrs 2-3pm
No class 2/22		
360552-02		6-7yrs
Thu	1/18-3/29	4:30-5:30pm
No class 2/22		
360552-03		8-11yrs
Thu	1/18-3/29	3:30-4:30pm
No class 2/22		
Residents \$162*		All Others \$192*
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*Materials fee of \$30 due first day.

DANCE & PERFORMING ARTS

TIPTON'S TUTUS

Tiny Tutu

This class is an introduction to ballet and creative movement using many props and activities aimed toward your child's development. Parents are welcome to observe their little dancers from the back of the classroom.

Equipment Note: Leotards and soft ballet shoes required.

Hillview Rm 4		Tipton
360209-01		2.5-3yrs
Wed	1/17-3/28	10-10:30am
No class 2/21		
360209-02		2.5-3yrs
Thu	1/18-3/29	10-10:30am
No class 2/22		
Residents \$137		All Others \$161



Ballet & Jazz: Beginners

A great introduction to both tap and ballet. Students will stretch and learn the basics of tap and ballet that will develop their dancing skills. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Leotard and ballet and tap shoes are required.

Hillview Rm 4		Tipton
310245-01		5.5-8yrs
Thu	1/18-3/29	<u>5-6pm</u>
Residents \$157		All Others \$186

Ballet: Beginners

Basic ballet emphasizing correct technique in barre work and center work. Technique will be taught enabling the student to perform on stage for the annual dance recital.

Equipment Note: Leotards and soft ballet shoes required.

Hillview Rm 4		Tipton
310214-01		5.5-8yrs
Wed	1/17-3/28	3:45-4:30pm
No class 2/21		
Residents \$147		All Others \$174

Тар

A great introduction to both tap and ballet. Students will stretch and learn the basics of tap and ballet that will develop their dancing skills. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Leotard and ballet and tap shoes are required.

Hillview Rm 4		Tipton
310206-01		7-10yrs
Wed	1/17-3/28	4:30-5:15pm
Residents \$147		All Others \$174



Ballet & Tap

A great introduction to both tap and ballet. Students will stretch and learn the basics of tap and ballet that will develop their dancing skills. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Leotard and ballet and tap shoes are required.

Hillview Rm 4		Tipton
360205-01		3.5-5yrs
Wed	1/17-3/28	12:30-1:15pm
No class 2/21		
360205-02		3.5-5yrs
Thu	1/18-3/29	12:30-1:15pm
No class 2/22		
Residents \$147		All Others \$174

Ballet

A beginning dance class designed for your little dancer. This is an introduction to positions, barre work, across-the-floor fundamentals, and dance routines. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Leotards and soft ballet shoes are required.

Hillview Rm 4		Tipton
360203-01		3.5-5yrs
Wed	1/17-3/28	10:45-11:15am
No class 2/21		
360203-02		3.5-5yrs
Thu	1/18-3/29	10:45-11:15am
No class 2/22		
Residents \$132		All Others \$156

Ballet & Tap: Beginner/Intermediate

This mixed level ballet and tap class is a great way for your child to increase their dance skills, whether they are brand new or are looking to improve their technique. Half the class is devoted to ballet technique and the other half we'll be tapping our feet!

Equipment Note: Soft ballet and tap shoes required.

Hillview Rm 4		Tipton
310246-01		5.5-8yrs
Thu	1/18-3/29	3:45-4:45pm
No class 2/22		
Residents \$157		All Others \$186



JENNY LI DANCE Ballet & Chinese Dance

The lessons come through dancing, music, nursery rhymes and fun, interesting, creative movement to help children's physical coordination and enhance muscle development. Class taught by a professionally trained dancer. Students will perform on the last day of class.

Note: Leotards and soft ballet shoes are required.

Hillview Rm 4		Li
360247-01		2.5-4yrs
Fri	1/19-3/23	10:30-11am
No class 2/23		
360247-02		3-5.5yrs
Fri	1/19-3/23	11:15am-12pm
No class 2/23		
360247-03		6-9yrs
Fri	1/19-3/23	3:30-4:30pm
No class 2/23		· · · · ·
Desidents \$1(2*		All Others \$102*

Residents \$162* All Others \$192* *Materials fee of \$15 due first day.

MARTIAL ARTS

CHANG TAI DO KARATE & FITNESS (CTD)

changtaido@yahoo.com

Equipment Note for ALL Chang Tai Do classes: Participants must contact instructor at above email to determine mandatory materials fee due first day. Fees based on specific materials needed by participant.

Note for ALL Chang Tai Do classes: 1. Hitting or striking another student is not permitted. 2. Testing and private lessons available for additional fees.

CTD: Karate for Tots

Introduction to proper stretching, basic blocks, kicks, punches, strikes, body part awareness, and what to do to fend off an attacker. Children's natural curiosity and playfulness, combined with basic karate drills, help develop coordination, mental focus and alertness.

Hillview Social Hall		CTD Staff
311104-01		4-7yrs
Thu	1/26-3/30	<u>5-6pm</u>
Residents \$172		All Others \$201

CTD: Karate for Families

Introduction to proper stretching and students will train in a variety of stances, blocks, punches, kicks, self-defense, forms (kata), sparring (kumite) and instruments (escrima sticks), as well as combination techniques.

Prerequisites: Class is suitable for beginners over 8 years old and students who have met requirements from Chang Tai Do Karate: Tots classes. Instructor will inform students if they meet requirements to advance to next level class.

Hillview Social Hall		CTD Staff
311106-01		8+yrs
<u>Tue/Thu</u>	1/24-3/30	<u>6-7pm</u>
Residents \$192*		All Others \$228*
*Fee is per person.		

JUJITSU

For beginning students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world practical selfdefense techniques. Join this exciting class and improve your self-confidence, condition your physical self and develop a positive self-image.

Grant Park MP	PR	Gearhart
311101-01		7-16yrs
Mon/Thu	1/18-3/29	6-7pm
No class 2/19		
Residents \$232		All Others \$276





MUSIC MELODY ACADEMY OF MUSIC (MAM)

4000 Middlefield Rd, Rm V, Palo Alto (inside the Cubberley Community Center)

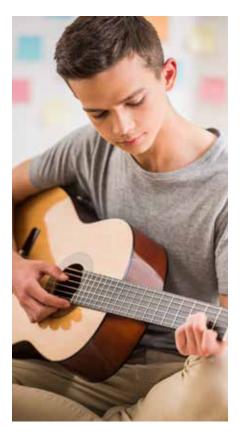
Group Flute Lessons

This class is a group flute class for beginner students. The students will learn music fundamentals such as note reading, rhythm, music theory, and basic flute playing.

Equipment Note: Must bring own flute.

Melody Academy of Music		c MAM Staff
310110-01		7-12yrs
Fri	2/2-3/9	5-5:45pm
Residents \$180*		All Others \$214*

*Materials fee of \$25 due first day and does not include flute rental.



Group Guitar: Beginners

This is a beginner's class for kids. Focus will be on learning basic skills and techniques for the instrument. No former musical knowledge required.

Equipment Note: Must bring your own guitar.

Melody Acader	ny of Musi	c MAM Staff
310112-01		7-13yrs
Sun	1/21-2/25	4:30-5:15pm
Residents \$180*		All Others \$214*
*Materials fee of include guitar ren		day and does not

Group Ukulele

Try the ukulele! This group class is designed for young beginners to help them learn basic ukulele skills which include, but is not limited to, chords, strum patterns, scales, and music reading.

Equipment Note: Please bring own ukulele or contact us to purchase one.

Melody Acader	ny of Musi	c MAM Staff
320113-01		8-12yrs
Sun	1/21-2/25	3:30-4:15pm
Residents \$180*		All Others \$214*
*Materials fee of \$	\$25 due first	day and does not
include ukulele rei	ntal.	



Group Violin

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory.

Equipment Note: Melody's Academy of Music provides a violin for each family to use in class.

Melody Academy of Musi		c MAM Staff
310105-01		6-10yrs
Sat	1/20-2/24	<u>3-3:45pm</u>
310105-02		6-10yrs
Thu	2/22-3/29	<u>6-6:45pm</u>
Residents \$180*		All Others \$214*

*Materials fee of \$45 due first day and includes 6-week violin rental. Materials fee is \$25 if student has own violin.

Melody's Piano Beginners: 4-5yrs

This course will enrich children who have never studied music through a variety of fun activities. It provides students with the opportunity to learn various music skills such as singing, ear training, keyboard playing, rhythm ensemble, and reading music.

Equipment Note: Melody Academy of Music provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Academy of Music		c MAM Staff
310104-01		4-5yrs
Tue	1/16-2/20	4:30-5:15pm
310104-02		4-5yrs
Sat	1/20-2/24	<u>1-1:45pm</u>
310104-03		4-5yrs
Mon	1/22-3/5	5-5:45pm
No class 2/19		
310104-04		4-5yrs
Sun	2/4-3/11	11-11:45am
Residents \$180*		All Others \$214*
*Materials for of \$15 due first day		

*Materials fee of \$45 due first day.

Melody's Piano Beginners: 5-7yrs

Music theory, keyboard skills and techniques are included in this class. Ear-training and sight-singing skills will be emphasized. Children will also receive instruction in performing keyboard and rhythm instruments.

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Acader	ny of Musi	c MAM Staff
310115-01		5-7yrs
Tue	1/16-2/20	5:30-6:15pm
310115-02		5-7yrs
Sat	1/20-2/24	<u>2-2:45pm</u>
310115-03		5-7yrs
Mon	1/22-3/5	6-6:45pm
No class 2/19		
310115-04		5-7yrs
Sun	2/4-3/11	<u>1-1:45pm</u>
Residents \$180*		All Others \$214*

*Materials fee of \$45 due first day.



SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn and develop their archery skills. Instructor Ray Roan has practiced archery for over 35 years and has been teaching for more than 30 years.

Equipment Note for ALL archery classes: Basic archery equipment will be provided

Archery 1

Participants will learn the technique of shooting a bow, as well as the names for each of the parts of the bow and arrow. This safe and fun class allows each individual to focus on their accomplishments.

RWG Field		Roan
310918-01		7-17yrs
Thu	1/18-3/1	4-5pm
No class 2/22		
Residents \$251		All Others \$299

Archery 2/3

This class is a continuation for those who are ready to move on to the next level (contact instructor via the recreation office to see if you qualify), or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

RWG Field		Roan
310839-01		8+yrs*
Fri	1/19-3/2	4-5pm
No class 2/23		
Residents \$ 251		All Others \$ 299

Residents \$251 All Others \$29! *Also listed in the adult section, this class is quite suitable for youth (8-17yrs)!

EQUESTRIAN

ZURAEK STABLES

Passionate about horses? Come fulfill your dreams! Scheduled visit includes grooming, tacking and riding lesson. Trail rides and arena work available. All level riders are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

Equipment Notes: Boots and long pants required. Helmets provided. Boots may possibly be supplied depending on size; inquire at registration.

Registration Note: To set up your session, call instructor Kristen Zuraek at (408) 460-7226.

Zuraek Stables	Zuraek
No code required	10-99yrs*
By appointment only; call to se	et up.
Residents \$81	All Others \$95

Residents \$81 All Others \$93 *Also listed in the adult section, this class is quite suitable for youth (10-17yrs)!

GOLF

DEEP CLIFF GOLF

10700 Clubhouse Ln, Cupertino

Equipment Note for ALL golf classes: Golf clubs provided; however, if you have your own clubs, please bring them.

Weather Policy: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408) 253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.





Parent/Child Golf

Parents and children, come spend quality time together learning the game that may be enjoyed for a lifetime! You will receive instruction in skills, etiquette and some rules.

Deep Cliff Golf	Course	Deep Cliff Staff
350914-01		6+yrs
Sat	2/10-3/3	8:30-10am
Residents \$117*		All Others \$138*
*Fee is per person.		

Junior Golf

Young golfers, come learn and develop the basic skills of golf, including the proper etiquette and the most common rules. You will learn and strengthen your abilities and knowledge of the game to prepare yourself for the next level, Intermediate Junior Golf.

Deep Cliff Golf	Course	Deep Cliff Staff
310936-01		7-17yrs
Sat	2/10-3/3	10:30am-12pm
Residents \$117		All Others \$138

GYNMASTICS

TWISTERS SPORTS

1165 N Fair Oaks, Sunnyvale

Leaping Lions

This class is designed to enhance motor development and encourage a love of physical fitness. Students and parents will be introduced to gymnastics concepts and equipment. We'll help your child develop muscle coordination, body control, and social interaction in an educational environment.

Required: Parent participation is required.

Twisters Sport	s	Twisters Staff
352101-01		1.5-3yrs
Tue	1/23-3/13	<u>10-10:45am</u>
352101-02		1.5-3yrs
Thu	1/25-3/15	<u>11-11:45am</u>
Residents \$132		All Others \$156



Jumping Giraffes

In this class, students will experience class structure in a safe and fun environment that further enhances motor skills, coordination, and self-confidence. Your child will learn the most fundamental gymnastics skills from Twisters' trained instructors.

Twisters Sport	S	Twisters Staff
362102-01		3-4yrs
Tue	1/23-3/13	11-11:45am
362102-02		3-4yrs
Thu	1/25-3/15	10-10:45am
Residents \$164		All Others \$195

Cartwheel Kangaroos

Our Cartwheel Kangaroos class further expands physical, mental and social development. Students will learn basic gymnastics terminology, positions and skills. They will be carefully spotted by a trained instructor until they can complete the skills successfully.

Prerequisite: Must have prior sports or gymnastics experience.

Twisters Sport	ts	Twisters Staff
362103-01		3-4yrs
Wed	1/24-3/14	10-10:45am
362103-02		3-4yrs
Fri	1/26-3/16	<u>11-11:45am</u>
Residents \$164		All Others \$195

Bouncing Bears

This class prepares students to transition to our recreational gymnastics classes. Students will develop coordination, strength, balance, and flexibility as they learn new gymnastics skills. Class also focuses on the development of self-confidence and social skills with an emphasis on safety and fun.

Twisters Sports		Twisters Staff
312104-01		4-5yrs
Mon	1/22-3/12	3:45-4:30pm
Residents \$164		All Others \$195



Beginner Girls

Students build strength and flexibility as they learn fundamental gymnastics skills in a structured and fun class. Students will be introduced to gymnastics concepts, terminology and equipment through dynamic exercises and drills. This class will help students develop positive life skills and encourage a healthy lifestyle.

Twisters Sport	S	Twisters Staff
312105-01		6-8yrs
Fri	1/26-3/16	<u>6-7pm</u>
312105-02		9-13yrs
Tue	1/23-3/13	4:45-5:45pm
Residents \$212		All Others \$252

Beginner Boys

Build strength and flexibility as they develop skills on vault, pommel horse, bars, rings, and floor exercise. All programs and skill charts are designed by Twisters staff and cover all the skills necessary to build a strong foundation. Twisters believes that this curriculum, combined with the Character Counts Program, will help your child build a healthy and character-driven lifestyle.

Twisters Sports		Twisters Staff
312106-01		6-8yrs
Thu	1/25-3/15	<u>6-7pm</u>
Residents \$212		All Others \$252

ICE SKATING

NAZARETH ICE OASIS (NIO)

3140 Bay Road, Redwood City

Note for ALL Nazareth Ice Oasis classes: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required for ALL Nazareth Ice Oasis classes:1. Please arrive 15 minutes before class begins.2. Bring warm clothing and mittens/gloves.

Ice Skating: Parent & Me

This ice skating class is designed for a child and one parent/guardian, and is geared toward development of independence in the child so they may progress to a tot ice skating class without the adult.

Nazareth Ice Oasis		NIO Staff
350903-01		3-5yrs
Sat	1/20-2/24	<u>12-12:30pm</u>
Residents \$142* All Others \$168		
*Fee includes both parent and child.		

Ice Skating: Tot & Youth

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Nazareth Ice 0 360903-01	asis	NIO Staff 3-5yrs
Wed 360903-02	1/17-2/21	5:20-5:50pm 3-5yrs
<u>Sat</u> 310903-01 <u>Wed</u> 310903-02 Sat	1/20-2/24 1/17-2/21 1/20-2/24	<u>12-12:30pm</u> 6-12yrs <u>5:20-5:50pm</u> 6-12yrs 12-12:30pm
Residents \$142	1/20 2/21	All Others \$168





MULTI-SPORT SKYHAWKS

Required for ALL Skyhawks classes: Participants should bring appropriate clothing, athletic shoes, snacks and a water bottle.

Skyhawks Mini-Hawk: Soccer & Basketball

This multi-sport program was developed to give children a positive first step into athletics. The essentials of soccer and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun.

Whisman Sports Center Skyhawks Staff

 310907-01
 4-6yrs

 Sat
 2/3-3/24
 11:30am-12:30pm

 Residents \$165
 All Others \$196

Skyhawks Basketball

Skyhawks Basketball coaches focus on the development of fundamental skills through a variety of fun and creative drills, exercises and scrimmages. Curriculum is age-appropriate and pays special attention to ball handling, passing, shooting, defense, rebounding, and conditioning.

Whisman Sports Center Skyhawks Staff

310906-01		6-12yrs
Sat	2/3-3/24	1-2:30pm
Residents \$185		All Others \$220

Skyhawks Track & Field

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun while introducing young athletes to many Olympic-style events!

Graham Middle	e School	Skyhawks Staff
310933-01		6-12yrs
Fri	2/2-3/30	3:30-5pm
No class 2/23		
Residents \$185		All Others \$220

Skyhawks Volleyball

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled class. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving.

Whisman Sports Center Skyhawks Staff

SKYHAWKS SLAI		
311273-01		8-14yrs
Sat	2/3-3/24	<u>3-4:30pm</u>
Residents \$185		All Others \$220



REBOUND ACADEMY

Rebound Basketball Academy

Basketball classes focus on developing sports skills, improving self-esteem, and fair play while teaching the fundamentals of basketball such as dribbling, passing, and shooting. Fun games will be played in each class. Each participant receives a participation ribbon.

Note for ALL Rebound Academy classes: Please bring a water bottle and have your child dressed in proper sports-wear.

PARENT & ME

Egan Gym		Minzer
360974-01		2-3yrs*
Sat	1/20-3/31	9:05-9:30am
Residents \$150		All Others \$178
*Parent or adult must participate in class.		

Egan Gym		Minzer
360974-03		2-3yrs*
Sat	1/20-3/31	9:35-10:10am
No class 2/19		
Residents \$135		All Others \$160
*Parent or adult	must participo	ate in class.

GAMES & SKILLS

Egan Gym		Minzer
310974-01		5-7yrs
Sat	1/20-3/31	10:15-11am
Residents \$170		All Others \$202

Rebound Gymnastics: Parent & Me

This parent-child class develops gross motor skills and coordination pertinent to gymnastics. Repetition permits children to build their confidence and esteem. Activities include, organized games to develop skills and follow instructions.

Hillview MPR

Residents \$155

362111-01		2-3yrs*
Thu	1/18-3/22	10:35-11am
No class 2/22		
Residents \$140		All Others \$166
*Parent or adult	must participa	te in class.

Minzer

Minzer

All Others \$184

Hillview MPR		Minzer
362111-02		3.5-5yrs
Thu	1/18-3/22	11:05-11:40am

Rebound Gymnastics: 5-10**y**rs

Gymnastics classes will focus on developing basic skills, performed on mats. Moves include forward rolls, cartwheels, walkovers, and more. This class will provide fun and safe program for your child. The fee includes a ribbon reward.

LAYC		Minzer
312111-01		5-10yrs
Thu	1/18-3/22	5:15-6pm
No class 2/22		
Residents \$195		All Others \$232

SOCCER

KIDZ LOVE SOCCER (KLS)

This soccer "school" is a non-competitive, recreational environment for children to learn and play the world's most popular sport. A session experience includes age-specific warm up, demonstration, thematic progressions (drills), and recreation games.

Bonus: Each participant receives a KLS jersey!

Equipment Note: For ALL KLS classes: No equipment required for Mommy/Daddy & Me classes. For all other KLS classes, shin quards are required for all levels after the first meeting. NO EXCEPTIONS!

Note: KLS Rain-Out Hotline: (888) 372-5803

KLS Mommy/Daddy & Me

As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines!

Required: Parent participation is required.

Rosita Field		KLS Staff
350916-01		2-3.5yrs
Tue	1/23-3/20	9:30-10am
350916-02		2-3.5yrs
Sat	1/27-3/24	<u>11-11:30am</u>
Residents \$120		All Others \$142

KLS Tot Soccer

Encourages large motor development through soccer skills and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids!

Rosita Field		KLS Staff
360904-01		3.5-4yrs
Thu	1/25-3/22	3:45-4:15pm
360904-02		3.5-4yrs
Sat	1/27-3/24	10:20-10:50am
Residents \$120		All Others \$142

KLS Pre/Tot Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activity. Children learn to follow instructions in a nurturing, teaching environment.

Rosita Field		KLS Staff
310904-01		3.5-5yrs
Tue	1/23-3/20	10:10-10:45am
310904-02		3.5-5yrs
Tue	1/23-3/20	4:30-5:05pm
310904-03		4-5yrs
Thu	1/25-3/22	4:15-4:50pm
310904-04		4-5yrs
Sat	1/27-3/24	9:45-10:20am
Residents \$120		All Others \$142

KLS: Techniques & Teamwork

Teaches the basic techniques of soccer for beginning players including dribbling, passing and receiving, shooting, age-specific defense, etc. Every participant will have a ball at their feet! Fun skill games will be played at every session.

Rosita Field		KLS Staff
310967-01		5-6yrs
Tue	1/23-3/20	3:45-4:30pm
310967-02		5-6yrs
Thu	1/25-3/22	4:50-5:35pm
310967-03		5-6yrs
Sat	1/27-3/24	9-9:45am
Residents \$120		All Others \$142



COACH KEN'S SOCCER ACADEMY

Learn new and exciting soccer skills with Coach Ken. We have a proven record of helping kids achieve their full potential as soccer players. Our coaches are knowledgeable and passionate about the game. All lessons are age-appropriate, challenging and fun. All levels are welcome.

Equipment Note for ALL Coach Ken's classes: Shin guards are mandatory; water and sunscreen recommended.

Coach Ken's Soccer: 4-5yrs

Young players are introduced to soccer in a positive environment and they eventually play the real game. They learn FUNdamental touches and moves. They enjoy running through "the obstacle course" of speed ladders, hurdles and flags, which builds their coordination, speed and stamina.

Heritage Oaks Park Coach Ken's Staff

310923-01		4-5yrs
Wed	1/17-3/21	4:15-5:15pm
310923-02		4-5yrs
Fri	1/19-3/23	12:30-1:30pm
No class 2/23		
310923-03		4-5yrs
Fri	1/19-3/23	4:15-5:15pm
No class 2/24		
310923-04		4-5yrs
Sat	1/20-3/24	9-10:15am
No class 2/18		
310923-05		4-5yrs
Tue	1/23-3/27	12:30-1:30pm
No class 2/20		
310923-06		4-5yrs
Tue	1/23-3/27	4:15-5:15pm
<u>No class 2/20</u>		
Residents \$182		All Others \$216

Coach Ken's Soccer: 6-10yrs

We emphasize ball control and acquiring movement on and off the ball. Kids learn to use all foot surfaces, plus basic fakes and moves to get around opponents. We use 1 versus 1 matches, and conclude daily with a scrimmage. Kids separated into smaller groups by age and ability.

Heritage Oaks Park Coach Ken's Staff

310942-01		6-10yrs
Wed	1/17-3/21	4:15-5:15pm
No class 2/21		
310942-02		6-10yrs
Fri	1/19-3/23	4:15-5:15pm
No class 2/23		
310942-03		6-10yrs
Sat	1/20-3/24	10:15-11:45am
No class 2/24		
310942-04		6-10yrs
Tue	1/23-3/27	4:15-5:15pm
No class 2/20		·
Residents \$182		All Others \$216

TENNIS

WHITLINGER/SARSFIELD TENNIS

whiltlingersarsfieldtennis.com

Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes!

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Adult and Youth (8-14) classes of 3-8 students will consist of six or eight hours of instruction. Classes of two students will consist of four hours of lessons. Terrific Tiny Tennis classes will consist of six 40 minute or four hours of lessons.

Make-up Policy: Make ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make-up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy: In case of rain, contact Recreation & Community Services at 947-2790 Monday-Friday, 8am-Spm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or Recreation & Community Services.

Terrific Tiny Tennis

Children 5-7 years of age play FUN activities and games with low-compression tennis balls on the "42-foot court" that will enhance their skill development in a success-oriented environment. Small group lessons with only 2-6 students per class!

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

310902-01		5-6yrs
Sat	1/20-2/24	2:30-3:10pm
310902-02		6-7yrs
Sat	1/20-2/24	<u>3:10-3:50pm</u>
Residents \$89		All Others \$105

Marymeade Courts 2/3 Whitlinger/Sarsfield Tennis Staff

310902-03		5-7yrs
<u>Tue/Thu</u>	1/23-2/8	<u>3:20-4pm</u>
310902-04		5-7yrs
<u>Tue/Thu</u>	2/27-3/15	<u>3:20-4pm</u>
Residents \$89		All Others \$105

Youth Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction on the "78-foot court" with regulation tennis balls. Lessons will also incorporate rules, etiquette and basic doubles play.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

320946-01		11-14yrs
Sat	1/20-2/24	<u>10-11am</u>
Residents \$89		All Others \$105

Marymeade Court 2/3 Whitlinger/Sarsfield Tennis Staff

winninger/sarsheid tennis statt			
320946-02		11-14yrs	
<u>Tue/Thu</u>	1/23-2/8	5-6pm	
320946-03		11-14yrs	
Tue/Thu	2/27-3/15	5-6pm	
Residents \$89		All Others \$105	



Quickstart Tennis

Kids 8-10 years old will enhance their skill development with low-compression tennis balls on the "60-foot court." Play to learn!

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

320902-01		8-10yrs
Sat	1/20-2/24	1:30-2:30pm
Residents \$89		All Others \$105

Marymeade Courts 2/3 Whitlinger/Sarsfield Tennis Staff

320902-02		8-10yrs
Tue/Thu	1/23-2/8	4-5pm
320902-03		8-10yrs
Tue/Thu	2/27-3/15	4-5pm
Residents \$89	9	All Others \$105

Junior Intermediate Tennis

For players who are consistent on a slow to medium paced rally but needs to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

320947-01		11-14yrs
Sat	1/20-2/24	<u>11am-12pm</u>
Residents \$89		All Others \$105



Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:

Francois Chan	345-8768
James Knofler	(408) 410-0434

For lessons at Montclaire Park, Court 1:

For lessons at Rosita & McKenzie Parks, Court 1:

Hourly Rate* & Payment for one player: \$75 per hour for two players: \$40 per hour each for three players: \$30 per hour each for four players: \$25 per hour each *Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day. Visit whitlingersarsfieldtennis.com for more information.

TEEN PROGRAM





THE CITY OF LOS ALTOS RECREATION & COMMUNITY SERVICES

IS NOW HIRING!

FOR MORE INFO, CALL BRIDGET MATHESON AT 947.2887





General Requirements SUMMER CAMPS LEAD CAMPERS IN CRAFTS, SPORTS, MUSIC, & OTHER ACTIVITIES BE A POSITIVE ROLE MODEL FOR CAMPERS

FACILITY ATTENDANT MONITOR CITY FACILITIES DURING WEEKENDS & AFTER HOURS RENTALS

CALL 947.2887 FOR MORE INFO

APPLY ONLINE AT WWW.LOSALTOSCA.GOV/HR

SENIOR Program

@ Hillview Community Center 97 Hillview Ave, Rooms 10-12 947-2797 Hours: Monday-Friday, 8:30am-3:30pm



Find Like-Minded Folks at the Senior Center!

BECOME A MEMBER and enjoy both locations, plus off-site activities.

Membership forms are online at LosAltosRecreation.org and at all locations utilized for activities.

Mail the form with a check payable to "City of Los Altos" to: Los Altos Senior Program 97 Hillview Ave Los Altos, CA 94022

Residents \$26

All Others \$40

Get *The Spotlight* delivered to your door for a year with a \$6 subscription!

@ Grant Park

1575 Holt Ave Hours: Monday & Wednesday, 10am-2pm

Adults 50+ are enjoying classes, activities, events, and programs. For more information read *The Spotlight* newsletter, or come by the Senior Center!

For new and/or on-going classes, see ADULT CLASSES listings.



Come for your favorite activity and stay for lunch or coffee with a snack!

Our programs start at 8:30am and continue until 3pm, sometimes until 8pm if you're interested in sports activity!

Check the schedule in our newsletter, *The Spotlight*, plan your day here at the Senior Center and bring your friends for a good time! Drop in is FREE, membership is encouraged and donations are welcomed!



WEDNESDAY ACTIVITIES @ GRANT

- 10am-2pm: Intermediate Bridge, Mah-Jongg, Card Games 10:15am: Stretch
- 10:45am: Chair Workout
 11:30am: Bring Lunch (Interesting Speaker Provided on 3rd Wed)
- 1pm: Zumba Dance (1st & 3rd Wed); Book Club (2nd Wed); Garden Club (4th Wed)

DAILY ACTIVITIES @ HILLVIEW

Tuesday

For new and/or on-going classes, see ADULT CLASSES listing.

Wednesday

Monday

Bocce Ball: Advanced 10am-12pm **Bocce Courts**

Monkey Toy Project 9:30-11:30am / Rm 11

Pinochle or Poker 11:30am / Rm 11

Scrabble 1:30-2:30pm / Rm 10

Technology Tutoring 2-3pm / Rm 10 By appointment

Yoga (Chair) 1:30-2:30pm / Rm 12

Bocce Ball: Beginner 10-11:30am **Bocce** Courts

Bridge 8:30am-3:30pm / Rm 11

Chess 1pm / Rm 10

Ping Pong 9am-3pm / Rm 12

Members, let us know if you have a MEET UP you would like to host or see offered.

ArtVentures 9:30am-12pm / Rm 12 Fee: Members \$1 All Others \$3

Bocce Ball: Advanced 10am-12pm **Bocce Courts**

Bridge 8:30am-12pm / Rm 11

American Mah-Jongg: Beginning Class 9:30-11:30am / Rm 11 Fee: Members \$37 All Others \$44

American Mah-Jongg: Intermediate 12-3pm / Rm 11 FREE Play

Pickleball

11am / Hillview MPR* 6pm / Egan Gym *check The Spotlight for evening Pickleball info

MONTHLY MEET UPS @ HILLVIEW

Monday

1st Monday **Senior Commission** Meeting 4pm / Various

Tuesday

2nd Tuesday **Fuschia Society** 7:30pm / Rm 17

3rd Tuesdav HICAP 10am-12pm / Rm 12 By appointment

4th Tuesday **Real Estate Corner** 9am / Conf Rm 3 By appointment

Wednesday

1st Wednesday Legacies **Board Meeting** 10am / Neutra House (Meets quarterly; call Senior Center for date)

Rhododendron Society 7:30pm / Rm 12

Thursday

Thursday

10-11:30am

Bocce Courts

12pm / Rm 11

NOTE:

Senior

Program

Pinochle

Bocce Ball: Beginner

Some activities

are FREE with

membership!

Actual dates

may vary; call to

verify schedule.

1st & 3rd Thursday Men's Group 10-11:30am / Rm 10

2nd Thursday **Book Club** 1-2pm / Rm 18

3rd Thursday **Camera Club** 7pm / Rm 12

Friday FESTIVITIES!

Holiday dates may vary.

OiGong 10:30am / Rm 10

Bridge 12-3pm / Rm 11

1st Friday Movie Day 1pm / Rm 12 Donations accepted

2nd Friday **Birthday Lunch** 12pm / Room 11 Donations accepted

*Birthday month? FREE lunch during your birth month if you are a Senior Program Member!

3rd Friday **Cultural Lunch:** 12pm / Hillview MPR Donations accepted

4th Friday Friday Lunch: The Terraces 12pm / Hillview MPR Donations accepted

5th Friday Lunch: **Volunteers Cook!** 12pm / Hillview MPR Donations accepted

Various Fridays **Smart Driver** Safety Class 1-5:30pm / Rm 12 Fee: AARP Members \$15 All Others \$20

SENIOR Program

TEEN PROGRAM

TEEN VOLUNTEERISM



The City of Los Altos is FULL of opportunities for volunteerism for everyone in the community, including our teens. We have volunteer options available throughout the City. If you have a specific interest, let us know ... we might have a volunteer opportunity just for you! Call Recreation Specialist Brandon Council at 947-2897 or email him at bcouncil@losaltoca.gov to find out how to volunteer!



LOS ALTOS YOUTH COMMISSION

The 11-member Youth Commission is comprised of 7th-12th graders who live in Los Altos. Representing the needs of youth and teens in Los Altos, the Youth Commission meets the first Monday of every month at 6:30pm at Hillview Community Center Room 2. All teens are welcome to attend meetings and provide feedback on issues and programming.

NEED MORE INFO?

If you'd like more information about The Underground, Teen Programs, and/or Youth Commission, call our front office at 947-2790 or email info@losaltosrecreation.org.

THE UNDERGROUND



400 University Ave (at Shoup Park) A drop-in facility for teens ages 11-17

Winter Hours*

Fridays 3-6pm Saturdays 2-6pm

The place to hang out with friends and relax is back for winter! Teens can hang out playing pool, shuffle board, Playstation 3, and more! The Underground is supervised by Recreation & Community Services staff and is a fun, safe place for teens in Los Altos.

Activities are FREE (unless noted)!

*The Underground is closed on LAYC Dance dates.



LAYC Dances are LIT! February ² April 6 May 25

DATEE

LAYC Dances are for all 7th and 8th grade students living in Los Altos or attending a school within Los Altos. 7pm - 9pm // Only \$10 per dance!

All dances at the Los Altos Youth Center located at 1 N. San Antonio Road, Los Altos

VOLUNTEER Program

REDWOOD GROVE Happenings

City of Los Altos Municipal Volunteer Program



Winter Volunteer Opportunities



Intergenerational Tech Tutor Workshop Back by popular demand! This is a great opportunity for teens to connect and share their knowledge with our seniors. High schoolers create and run classes to teach seniors all about devices, apps, websites, etc.

Ongoing on the third Wednesday of every month through February 21, 3:30-5pm in the Computer Lab at the Hillview Community Center (97 Hillview Avenue).

Contact Recreation Specialist Brandon Council for volunteer info.

947-2897 or bcouncil@losaltosca.gov

losaltosca.gov/volunteer

Redwood Grove Restoration Workdays

Come Volunteer!

See the difference you can make by removing invasive species, planting native plants, and helping to improve habitat for native plants and wildlife.

Weekend workdays are held 1-2 times per month. For dates and to register, visit our website at: grassrootsecology.org



Redwood Grove Nature Preserve 482 University Avenue, Los Altos

For more information or to arrange a separate workday for your group, please contact Kristen Williams: kristen@grassrootsecology.org.



PARTY Packages

Booking your next party is as easy as...

Upca

Choose your party package

📿 Pick a date (and a few alternates)

3 Call or drop by our office to book it!

All Ages (with kids under 18 accompanied by an adult

Celebrate your special occasion while enjoying a spirited game of bocce ball and a barbecue! We supply the equipment; you supply the food and good times! 4 hrs/30 guest max At the Hillview Community Ctr

Bocce Ba

Bocce Ball Courts + Classroom*

Residents: **\$200** All Others: **\$238**

San Antonio Club For Kids 3-6 Years

Party

Party tykes will delight in the San Antonio Club with its table and chairs at just the right height for the 4-7 year old set, a stage to play on, and a park-like outdoor space (complete with playhouse and large sand box). Much fun to be had by all attendees! 4 hrs/30 guest max

At the San Antonio Club*

Residents: **\$285** All Others: \$340

Archery

mpanied by an adul

You'll definitely hit a bull's-eye with this party! Archery instructor Ray Roan provides 1.5 hours of instruction (and all equipment) for this fun experience. 2.5 hrs/15 guest max

At Redwood Grove

Residents: **\$200** All Others: \$238

Book Now!

To book your party, please complete the Party Application Form, which can be found online at LosAltosRecreation.org or picked up at the Recreation & Community Services office.

Return the completed application to our office in person or via mail (97 Hillview Ave, Los Altos, CA 94022). Questions? Call us at 947-2790 or email us at info@losaltosrecreation.org!

* Friendly facility attendant included

Teen Center

@The Underground

For Kids 11-18 Years

The entirety of the teen center will

be open to your party goers. Pool table? Yes. Video games? Sure. 47" flat screen TV? You bet. Ping pong, foosball and more? Absolutely!

4 hrs/30 guest max

At The Underground Teen Center in Shoup Park*

Residents: \$225

All Others: \$268

SERVICES & Organizations

YOUTH Theatre

Sports

A.Y.S.O. Region 43
A.Y.S.O. Region 45
C.Y.S.A. District IIwww.cysadistrict2.org
Futsal Kingz (indoor soccer) futsalkingz.com / (408) 440-7878
Los Altos/Los Altos Hills
American Little League
Los Altos Mountain View Aquatic Club (LAMVAC) (Adult & Youth)
lamvac.org / (408) 732-3432
Los Altos Pony Baseball registrar@lamvpb.org
Los Altos Tennis Club (Adult) losaltostennisclub.com
Mountain View Los Altos Soccer Clubmvlasc.org
Mountain View Los Altos Girls Softball mvlags.org / 964-6489
Mountain View Masters Swim & Social Club (Adult)mvm.org
336-8603
National Junior Basketball Foothill njbfoothill.com
Pop Warner Football mvmarauders.com
Red Star Soccer redstarsoccer.com / 380-0099
Tomahawks Lacrosse tomahawkslacrosse.org / (888) 599-5096
YMCA Youth Sports

Adults

Community Emergency Response Team (CERT) & Personal Emergency Preparedness (PEP) sccfd.org / (408) 378-4010 Community Health Awareness Council (CHAC) chacmv.org 965-2020 Fit4Mom midpeninsula@fit4mom.com/losaltos / 395-7558 Foothill College foothill.edu / 949-7777 Garden Club of Los Altos gardencluboflosaltos.org Grassroots Ecology. grassrootsecology.org / 419-9880 Greentown Los Altos greentownlosaltos.org / 383-7540 Kiwanis Club of Los Altos losaltoskiwanis.org / 735-1552 Las Madres lasmadres.org League of Women Voters lwv.org / 429-8382 Los Altos Chamber of Commerce losaltoschamber.org / 948-1455 Los Altos Community Foundation losaltoscf.org / 949-5908 BAT, LEAD Los Altos/Los Altos Hills Newcomers Club . . . losaltosnewcomers.com Los Altos Stage Companylosaltosstage.org / 941-0551 Mountain View/Los Altos Adult Ed Office.....adulted@mvla.net 940-1333 Midpeninsula Regional Open Space District.... info@openspace.org 691-1200 Midpeninsula Widows & Widowers Assn Ye Olde Town Band windband.org/oldtowne

<u>Youth</u>

American Red Cross Babysitter Training	733-2767
Boy Scouts of America Pacific Skyline Council	327-5900
Children's Corner Inc lamvchildrenscorner.org / 9	948-8950
Music for Minors	237-9130

Los Altos Youth Theatre

At Los Altos Youth Theatre, our goal is to create a caring family environment where all members of the family are treated well and are respected. Theatre is a celebration of the human spirit. We honor that spirit.

Both the **quality of the productions** and the **quality of the actors' experiences** are considered and **consciously cultivated** when we hire staff, choose shows, run rehearsals, and work with actors.

Plays **suitable for audiences of various ages** and at **various levels of difficulty** are included in each season. We emphasize **teaching acting skills**. We expect that **everyone cast will be a better actor** by the end of each show.

Past Performances A Very Partial Listing

A Year with Frog and Toad Anne of Green Gables Anything Goes Arabian Nights As You Like It Cheaper by the Dozen Chitty Chitty Bang Bang **David Copperfield** Great Expectations Jane Eyre Little Mermaid Little Women the Musical Midsummer Night's Dream Nicholas Nickleby **OKLAHOMA!** Disney's Peter Pan JR. Ramona Quimby Sarah, Plain and Tall Snow White and the Prince Seussical Ir. The Lion, the Witch & the Wardrobe The Wiz Willy Wonka You're a Good Man, Charlie Brown

For more info:

TTY & LOS ALTOS

YOUTH

THEATRE

losaltosca.gov/recreation/page/los-altos-youth-theatre

LIBRARY

HISTORY Museum

Los Altos Library

Woodland Branch Library 1975 Grant Road

13 S San Antonio Road Mon-Thu10am-9pm Fri-Sun10am-7pm

Library telephone numbers Main...948-7683 Woodland...969-6030 TeleCirc...(800) 471-0991

Santa Clara County Library website: sccl.org

KIDDIE PROGRAMS (partial listing)

at the Main Library

Toddler Storytime (1-2yrs) Tue, Wed, Thu at 10:15am **Preschool Storytime** (3+yrs) Tue & Wed at 11am

Baby Lapsit (0-18 mos & adults) Wed at 1pm (including a baby sign language series) **Mandarin Bilingual Storytime** (all ages) Thu at 11am

series) Family Games & Lego Building (all ages) Reading Buddies (grades K-5) 4th Sat of each month at 2:30pm from 4-6pm

at Woodland Library

Baby Lapsit (0-18 mos & adults) Mon at 1:15pm Toddler Storytime (1-2yrs) Thu at 11:15am

TEEN PROGRAMS

Youth Game Afternoon at Los Altos Main Library Teen Room Every Wed from 3-4:30pm

ADULT PROGRAMS

English Conversation Club at Los Altos Main Library Program Room Meet with other English learners (18+yrs) for weekly discussions, in a friendly and supportive setting. Some English knowledge is recommeded to participate, and no registration is required. Every Thu from 1:30-3pm

BOOK GROUPS FOR ADULTS

The Whodunit? Mystery Readers Group at Los Altos Main Library 1st Wed of each month from 10:15-11:30am

The Los Altos Senior Book Club at the Los Altos Senior Center Come at 12:30pm for an optional brown bag lunch and social time before the book discussion. 2nd Thu of each month at 1pm

The Great Books Club at Los Altos Main Library Program Room 3rd Tue of each month at 7pm

Adult Book Discussion Group at Los Altos Main Library Join us as we discuss the latest in contemporary fiction. Light refreshments served. 4th Tue of each month at 7pm

The Woodland Library Book Club at the Woodland Library 2nd Tue of each month at 2pm



Tour the Historic Smith House Thursday – Sunday 12-4pm

Built from 1901 to 1905 by Oregon native, J. Gilbert Smith, this craftsman-style farmhouse typifies the early orchard homes of the local area. Furnished in 1930s décor, visitors to the Smith House time-travel to the scene of a much simpler life style. Admission is free!

Visit your museum all year 'round!

There is something for everyone at the Los Altos History Museum. Enjoy our historic gardens surrounding the Museum to displays of agricultural equipment form our early orchard era. Or visit our permanent galleries and take a journey with the native peoples, Mexican land grantees, early California settlers, and apricot growers as they make what is now Los Altos their home.

Make Your Own History!

Rent the museum for your special event. Please call 948-9427 x12 to book now.

LosAltosHistory.org visit | get details| sign up for emails| join/renew | rent | volunteer

51 S San Antonio Road, in the Civic Center next to the library Open Thu–Sun, 12–4pm, **FREE!**

REGISTRATION Form

City of Los Altos Recreation & Community Services • 97 Hillview Avenue, Los Altos, CA 94022

Head of Household Information (Please Print)	Home Phone					
Last Name	First Name					
E-mail Adress	Cell Phone					
Home Address	City	Zip				
Emergency Contact	Emergency Contact Phon	e				

READ & SIGN BELOW: Through this registration form, I hereby absolve the City of Los Altos, its employees & officers from all liability which may arise as the result of my participation in the activities listed below, and in the event that the below-named participant is a minor.

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, at its sole discretion. Money paid in advance for any class or program that is canceled by the City of Los Altos will be refunded in full.

REFUNDS & TRANSFERS Refund and transfer requests must be submitted in writing up to the day prior to the second class meeting. All refunds will be charged a \$20 service fee. Email your refund and transfer request to info@losaltosrecreation.org. No refunds or transfers will be given after the day prior to the second class meeting.

PARTICIPANT SIGNATURE (Parent or Guardian if under 18)

Date

□ I have special needs requiring specific accommodations to fully enjoy a class or facility. Please contact us at info@losaltosrecreation.org or 947-2790.

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS TITLE	FEE
				TOTAL DUE:	

CREDIT CARD PAYMENT (check one)								
🗌 Visa	🗌 MasterCard 🛛 Discover 📄 American Express							
Cardholder Na	me:							
Card Number:								
Exp. Date:								
Signature:								

PAYMENT OPTIONS:

- Checks made payable to City of Los Altos
- Visa, MasterCard, Discover or American Express credit cards
- Cash payments must be made in person; please do not mail cash

REGISTRATION FORM RETURN OPTIONS:

- Email form to info@losaltosrecreation.org
- Mail form to 97 Hillview Ave, Los Altos, CA 94022
- Fax form to 947-2738
- Walk in to the Recreation Office at 97 Hillview Ave, Los Altos

REGISTRATION Info

Winter 2018 Registration Opening Date

Registration Opens January 3

4 Easy Ways To Register

ONLINE La

LosAltosRecreation.org

FAX

MAIL IN

Los Altos Recreation & Community Services 97 Hillview Ave Los Altos, CA 94022 WALKIN Hillview Community Center 97 Hillview Ave Los Altos, CA 94022

947-2738

Registration Details

- Any class canceled by Recreation & Community Services will be refunded in full.
- Returned checks will be charged a \$25 service fee.
- A resident is anyone living within the City of Los Altos. All others living outside the city limits (including unincorporated areas, Los Altos Hills and Mountain View, etc.) are non-residents.

Refunds & Transfers

- Refund and transfer requests must be submitted **<u>in writing</u>** up to the day prior to the second class meeting.
- All refunds will be charged a \$20 service fee.
- Email your refund and transfer requests to info@losaltosrecreation.org.
- No refunds or transfers will be given after the day prior to the second class meeting.

City of Los Altos Recreation & Community Services Office 97 Hillview Ave, Los Altos, CA 94022

Office Hours

Monday – Friday 8am – 5pm Contact Info

Phone: 947-2790 Fax: 947-2738 info@losaltosrecreation.org



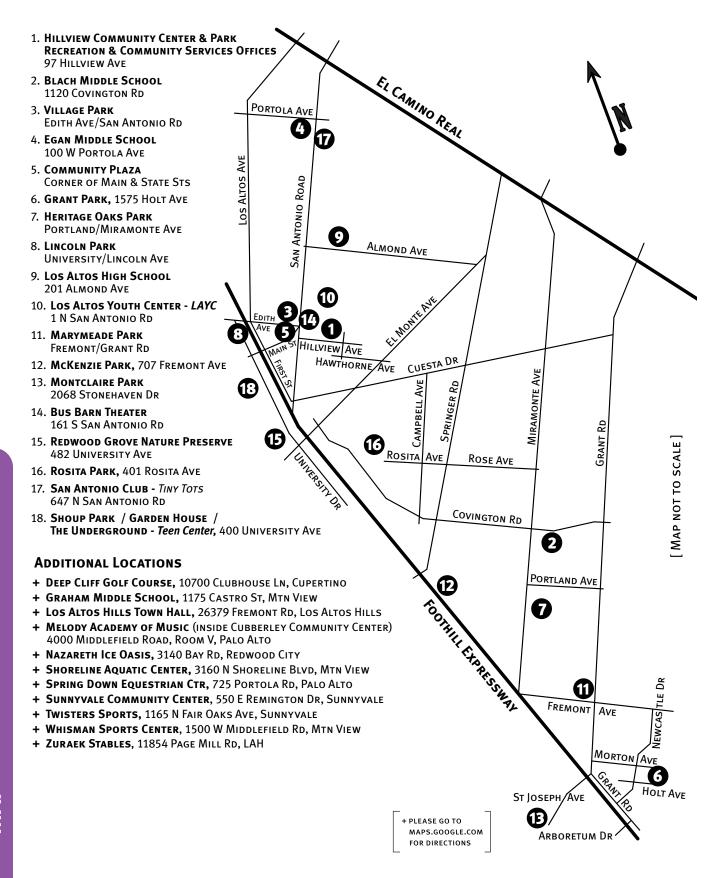
Become a fan of Los Altos Recreation

Recreation & Community Services Department Mission Statement

The Los Altos Recreation & Community Services Department strives to enrich community members through active participation in life-long learning, health and wellness, community involvement, and recreational activities.



RECREATION LOCATIONS Parks, Indoor Facilities & Schools



FACILITY & PARK RENTALS



The newly upgraded Grant MPR ... "freshly" available for your next gathering!

	Map Location	Acres	Ballfield	Multi-Use Fields	Basketball	Tennis Courts	Playground	Picnic Tables	BBQ Pits	Restrooms	Rental	Kitchen
PARK/FACILITY		Ac	ğ	ΣĒ		ц С Ц	Ы	Ta Ta	B		Å	Ϋ́
Blach Gym	2				~					~	~	
Veterans Community Plaza (corner of Main & State Sts)	5	.16						~			~	
Egan Gym	4				~					~	~	
Garden House & The Underground at Shoup	18									~	~	~
Grant Classrooms & Multi-Purpose Room	6	4.5		~	~		~	~	~	~	~	~
Heritage Oaks	7	5.3		~			~	~	~	~		
Hillview Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room & Bocce Ball Courts	1	8.3	~	~			~		~	~	~	~
Lincoln	8	4.4		~								
Los Altos Youth Center (LAYC)	10							~	~	~	~	~
Marymeade	11	2.5				~	~	~	~	~		
McKenzie	12	4.3		V		~	~	V	~	~		
Montclaire	13	1.1				~	~	~	~			
Redwood Grove	15	5.9	Featu as we	ires inclu ell as pic	ide a ci nic tab	reekside les. Not	and re	dwood t able.	r ail,			
Rosita Snack Shack	16	6.4	~	~		~	~	~		~	~	
San Antonio Club	17						~			~	~	V
Shoup	18	3.9		~			~	~	~	~	~	
Village	3	.78	Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable.									

For facility & group picnic reservations, please call **947-2790**

or email info@losaltosrecreation.org

PARK FACILITIES

All park facilities are available on a first-come, first-served basis. Only the Patriot Corner Group Picnic Area at Shoup Park may be reserved in advance.

GYMNASIUMS & FIELDS

Blach & Egan Middle Schools (map locations 2 & 4). For gym reservations: Eddie Valdez at 947-2712 or evaldez@losaltosca.gov For field reservations: Jaime Chew at 947-2848 or jchew@losaltosca.gov

Indoor Rental Facilities

Meeting rooms, classrooms & multi-purpose rooms with kitchens are all available for rent.

RESERVATIONS

We welcome walk-ins Monday through Friday at the Hillview Community Center, 97 Hillview Ave, Los Altos. Detailed information and reservation forms are available online at LosAltosRecreation.org or can be requested by phone or email.



CITY OF LOS ALTOS RECREATION & COMMUNITY SERVICES 97 HILLVIEW AVENUE, LOS ALTOS, CA 94022 PRSRT STD U.S. POSTAGE **PAID** LOS ALTOS, CA PERMIT NO. 258

POSTMASTER: Please deliver between 12/27 and 12/29

******ECRWSSEDDM****** Residential Customer







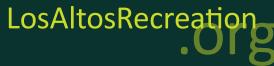


Play! You've still got it!

We're offering Solutions to your New Year Resolutions!



Volunteer! Sign up to help out





Camaraderie! Engage with friends and neighbors