



# ACTIVITY GUIDE

WINTER/SPRING 2016-17

## Director's Message



Make 2017 the year you learn something new, something that you cannot learn from a book! With the holidays over and school starting again, it is easy to get back into your routine of lunch-packing, school drop-offs, after-school pickups, tutoring, basketball practice, and homework checking. The strong pressure for high grades and getting into the right college has society forgetting to go outside! While academics are a priority, it is also important to live a well-balanced life. Taking a break from your routine can kick your brain into high gear and make you more productive. Why not take a break and learn to sew or take a karate class at one of our facilities?

Studies show that leisure activities lower stress levels and combat depression. With 89% of Americans reporting that they experience high levels of stress on a weekly basis, it is not something to be ignored. Even going outside and enjoying one of our many parks can be an instant mood booster. Put away the iPads and explore as a family. Create unity and experience family bonding while participating in one of our many activities, like one of our Special Events or taking a drop-in fitness class. The Community Services Department makes it easy by providing a variety of activities and classes for the entire family on multiple days and times to fit your busy schedule. We are here to help you reach your New Year's resolutions and improve your mental wellness. We look forward to seeing you at one of our many facilities!

A handwritten signature in black ink that reads "Cherise Brandell".

Cherise Brandell, PhD  
Community Services Director

## City of Menlo Park 4th Annual Summer Camp Fair



FRIDAY, MARCH 10

6:00–8:00 pm

Arrillaga Family Recreation Center  
700 Alma St., Menlo Park

**Get ready for summer camp 2017 by  
stopping by the Summer Camp Fair.**

**Munchkin Madness**

**Camp Menlo**

**Menlo Palooza**

**Mini & Menlo Madness**

**Sports Camps**

**Specialty Camps**

**Sky's the Limit**

**Menlo Madness Counselor in Training**

**Summer of Service**

Learn more about our summer camps and youth activities, games, raffles and enjoy free food

**10% off all city-run camps when you  
register at the camp fair!**

**4** Registration Information & City Class & Service Locations

**6** Youth Classes (Dance, Enrichment, Sports)

**26** Aquatics

**32** Gymnastics (Classes, Circus Arts, Birthday Parties)

**42** Childcare

**44** Adult Classes (Dance, Fitness, Enrichment, Martial Arts, Sports)

**60** Senior Services

**70** Performing Arts Center

**71** Special Events

**PARKS & RECREATION COMMISSION**

Meetings are held the 4th Wednesday of every month at 6:30 p.m. in the Arrillaga Family Recreation Center (location changes are announced in agendas).

- Marianne Palefsky, Chair
- Christopher Harris, Vice Chair
- Kristin Cox
- James Cebrian
- Thomas Stanwood
- Elidia Tafoya

# INSIDE THE GUIDE

## IMPORTANT CITY NUMBERS

Building.....	650-330-6704
Business License.....	650-330-6642
City Clerk.....	650-330-6620
City Council.....	650-330-6630
City Manager.....	650-330-6610
Code Enforcement.....	650-330-6377
Community Services.....	650-330-2200
Engineering.....	650-330-6740
Environmental/Recycling.....	650-330-6720
Finance.....	650-330-6640
Garbage.....	650-595-3900
General Information.....	650-330-6600
Human Resources.....	650-330-6670
Library.....	650-330-2500
Planning.....	650-330-6700
Police.....	650-330-6300
Public Works/Trees and Street Repair.....	650-330-6780
Transportation.....	650-330-6770



Interested in advertising in our next activity guide?

Call 650-330-2222 for information.

# REGISTRATION INFORMATION

## How To Register

### ONLINE

Register online at [www.menlopark.org/registration](http://www.menlopark.org/registration). Online registration is available 24 hours a day and 7 days a week for your convenience.

### MAIL

You can mail any completed registration form to:  
Community Services Department  
701 Laurel St., Menlo Park, CA 94025

### FAX

Registration forms can be faxed to 650-324-1721 if you are paying by credit card.

### WALK-IN

We accept walk-in registrations M–F, 8:30 am–4:30 pm. Visit us at the Arrillaga Recreation Center, Arrillaga Family Gymnasium, Gymnastics Center, Onetta Harris Community Center, or Senior Center to register in person.

## City Class & Service Locations

### COMMUNITY SERVICES DEPARTMENT

701 Laurel St. • 650-330-2200

### ARRILLAGA FAMILY RECREATION CENTER

700 Alma St. • 650-330-2200

### ARRILLAGA FAMILY GYMNASIUM

600 Alma St. • 650-330-2220

### GYMNASTICS CENTER

501 Laurel St. • 650-330-2224

### MENLO CHILDREN'S CENTER

801 Laurel St. • 650-330-2260

### BELLE HAVEN CHILD DEVELOPMENT CENTER

410 Ivy Dr. • 650-330-2270

### BELLE HAVEN AFTER SCHOOL PROGRAM

100 Terminal Ave. • 650-330-2297

### SENIOR CENTER

110 Terminal Ave. • 650-330-2280

### ONETTA HARRIS COMMUNITY CENTER

100 Terminal Ave. • 650-330-2250

### BELLE HAVEN POOL

100 Terminal Ave. • 650-330-2237

### BURGESS POOL

501 Laurel St. • 650-330-2232

## Registration Dates & Policies

### IMPORTANT DATES

Monday, December 5: Menlo Park Residents  
Thursday, December 8: Unincorporated Menlo Park Residents  
Monday, December 12: Non Residents

### Upcoming Summer Registration

Monday, April 24: Menlo Park Residents  
Thursday, April 27: Unincorporated Menlo Park Residents  
Monday, May 1: Non Residents

### REGISTRATION HINTS & POLICIES

We accept VISA and MASTERCARD.

Be sure to include proof of residence (utility bill, CA driver's licence, or California ID.)

Drop-off registration forms are processed randomly.

Non-resident registration forms dropped off early will be held until the first day of processing for non-residents.

Walk-in registrations receive priority over fax and mail-in registrations.

Telephone confirmations are not provided during the first two weeks of processing; receipts are mailed.

Choose an alternative class in case your first choice is full.

Returned checks will be assessed a \$30 service fee.

Anyone under 18 must be registered by a parent or guardian.

Class participants who do not meet the skill level or age group of a class, may be changed to a more appropriate class.

Community Services Department reserves the right to change schedules and fees.

Please see our refund/transfer form for more information regarding refunds, transfers, and quality assurance.

## Class Listings Guide

### CLASS NAME

(Class age limit)

Description and important details about the class. Notes about material and equipment fees and days there will be no class.

Instructor

Location

CLASS CODE	FEES	DAY/TIME	SESSION DATES
####.###	\$Resident/ \$Non-Resident	DAY, TIME RANGE	Month/Date



Every day is a new opportunity to share.

## AGING IN PLACE, BUT NOT SITTING STILL...

At PVI, we believe **active aging** means living at home and sharing in the community you helped build.



**Rosener House**  
ADULT DAY SERVICES



**Little House**  
ACTIVITY CENTER



**Meals on Wheels**  
NUTRITION SERVICES

[www.penvol.org](http://www.penvol.org)

800 Middle Avenue • Menlo Park, CA 94025

650-326-0665



# YOUTH CLASSES

## Dance

### Dance Expressions

Jazz is versatile and easily-fused with other dance styles such as hip hop and lyrical. Expect every class to be a fun and upbeat experience in a caring and positive atmosphere. We focus on all aspects of dance from their technique to their performance ability! Students will have the opportunity to perform in our annual end-of-the-year show in June. Each year it is held at the Menlo-Atherton Performing Arts Center.

#### Dance Expressions Performance Saturday, June 17, 2017

For details, email [danceexpressions5678@yahoo.com](mailto:danceexpressions5678@yahoo.com) or visit [www.danceexpressions5678.com](http://www.danceexpressions5678.com).

Like us on Facebook: Dance Expressions Menlo Park.

### CREATIVE CUTIES DANCE CLASS

(Ages 3–4)

Students are introduced to rhythm patterns, develop gross motor skills, and engage in imaginative play in this fun, high energy class. Ballet basics will be taught all the while expressing creativity. Social skills are developed through learning to take turns and by following directions. Please wear appropriate dance attire such as leotards along with dance skirts, jazz shorts, or leggings. Please no baggy clothing or long skirts/dresses. Students should have their hair pulled back into a pony tail. No class 1/16, 2/20, 4/10, 5/29.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.301	\$139/\$186	M, 3:30–4:15 pm	1/9–3/20
2036.401	\$169/\$227	M, 3:30–4:15 pm	3/27–6/17

## KINDER EXPRESSIONS

(Ages 5–6)

Students will be introduced fundamental dance techniques. Self-expression is encouraged as children glide, hop, skip, and leap across the dance floor. Listening skills, rhythm, and memorization skills are developed. Please wear appropriate dance attire such as leotards along with dance skirts, jazz shorts, or leggings. Please no baggy clothing or long skirts/dresses. Students should have their hair pulled back into a pony tail. No class 3/10, 4/14.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.303	\$154/\$206	F, 3:45–4:30 pm	1/13–3/24
2036.403	\$172/\$231	F, 3:45–4:30 pm	3/31–6/17

## MINI JAZZ DANCE

(Grades 1–2)

Make friends, explore movement, and develop dance skills. Dancers will learn the basics of jazz dance through fun activities and dance combinations. Simple jazz movements that children can easily execute are taught. Emphasis is placed on rhythm, basic technique, locomotor skills and coordination. Please wear appropriate dance attire such as leotards along with dance skirts, jazz shorts, or leggings. Please no baggy clothing or long skirts/dresses. Students should have their hair pulled back into a pony tail. No class 4/12.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.305	\$172/\$231	W, 3:45–4:30 pm	1/4–3/22
2036.405	\$172/\$231	W, 3:45–4:30 pm	3/29–6/17

## INTRO TO JAZZ

(Ages 8–12)

Come join us for this fun and upbeat class including warm ups, stretches, and energetic combinations performed to popular music. For dancers with little to no dance experience. No class 4/11.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.307	\$158/\$212	Tu, 4:30–5:30 pm	1/10–3/21
2036.407	\$172/\$231	Tu, 4:30–5:30 pm	3/28–6/17

## BEGINNING JAZZ

(Ages 9–12)

Continue to build onto the basic dance foundation. For dancers who have had 1-2 years of Intro to Jazz or new students with similar dance experience. This class is offered twice a week – take one or both classes. No class 1/16, 2/20, 4/10, 4/13, 5/29.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.309	\$139/\$186	M, 4:15–5:15 pm	1/9–3/20
2036.310	\$172/\$231	Th, 4:35–5:35 pm	1/5–3/23
2036.409	\$169/\$225	M, 4:15–5:15 pm	3/27–6/17
2036.410	\$172/\$231	Th, 4:35–5:35 pm	3/30–6/17

## BEGINNING INTERMEDIATE JAZZ

(Ages 10–15)

For dancers who have completed at least 2 years of Beginning Jazz or new students with similar experience. Continue building a solid basic foundation, as well as confidence. Previous skills will be reviewed and added on to as well as introducing of new skills. Students in this class this class should be comfortable with single pirouettes, chaine turns, pas de bourrées. No class 4/13.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.311	\$172/\$231	Th, 5:35–6:35 pm	1/5–3/23
2036.411	\$172/\$231	Th, 5:35–6:35 pm	3/30–6/17

## INTERMEDIATE JAZZ

(Ages 11–15)

For dancers who have had at least 3-4 years of dance experience. Emphasis will be placed on technique and proper body alignment. Difficulty will be added to previous skills/steps as well as the introduction of new skills. This class incorporates a warm-up, across the floor, and combinations. We will focus on improving pirouettes, leaps, kicks, and more. Our Saturday Technique class is a highly recommended supplement. No class 4/11.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.313	\$158/\$212	Tu, 4:00–5:00 pm	1/10–3/21
2036.413	\$172/\$231	Tu, 4:00–5:00 pm	3/28–6/17

## ADVANCED INTERMEDIATE JAZZ

(Ages 13+)

This class introduces an advanced intermediate level of jazz movements and terminology. Students must have a solid dance foundation. Focus on style and technique, including longer more difficult combinations requiring more control, incorporating bigger leaps, more turns, and higher kicks. Each class will consist of a warm-up, across the floor, proper jazz technique, and combinations. Our Saturday Technique class is a highly recommended supplement. No class 4/12.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.315	\$172/\$231	W, 4:30–5:30 pm	1/4–3/22
2036.415	\$172/\$231	W, 4:30–5:30 pm	3/29–6/17

## PERFORMING COMPANY

(Middle School)

For those wanting more performance opportunities. The Dance Expressions Performing Company performs at local events throughout the dance year. If you are interested in participating, contact Maryanne. To be in the Performing Company, you must also take another Dance Expressions dance class. No class 1/16, 2/20, 4/10, 5/29.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.317	\$139/\$186	M, 5:15–6:30 pm	1/9–3/20
2036.417	\$169/\$227	M, 5:15–6:30 pm	3/27–6/19

## ADVANCED JAZZ/PERFORMING COMPANY

(High School)

By permission only. For the advanced dancer seeking more performance opportunities and who is comfortable with multiple pirouettes, various types of leaps, fouettes, illusions, and other complex movements. This class will focus on proper body alignment and technique creating a well-rounded and confident dancer. This class will consist of a warm-up and advanced across the floor combinations. Continue to work on strength, flexibility, and coordination. Explore the many fusions of jazz dance, from hip hop to lyrical. This class meets twice a week. Perform at local events throughout the dance year as well as the end-of-the-year performance. If you are interested in participating, contact Maryanne. Interested dancers must have strong dance skills, strong stage presence, and a strong work ethic. Year-long commitment required. No outside activities should interfere with attendance. Saturday Technique class is highly recommended. No class 1/16, 2/20, 4/10, 5/29.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.319	\$294/\$396	M, 6:30–8:00 pm & W, 5:30–7:00 pm	1/4–3/22
2036.419	\$294/\$396	M, 6:30–8:00 pm & W, 5:30–7:00 pm	3/27–6/17

## LYRICAL JAZZ

Lyrical dance uses the mood of the music to bring out the movements from the dancers. This class will consist of a warm-up and include across the floor progressions and center combinations. The mixture of these two styles will make for a powerful, yet graceful class. Our Saturday Technique class is a highly recommended supplement. No class 4/11.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Intermediate/Advanced (Ages 13+)			
2036.321	\$158/\$212	Tu, 5:00–6:00 pm	1/10–3/21
2036.421	\$172/\$231	Tu, 5:00–6:00 pm	3/28–6/17
Intermediate/Advanced (Ages 13+). No new students.			
2036.322	\$158/\$212	Tu, 7:15–8:30 pm	1/10–3/21
2036.422	\$172/\$231	Tu, 7:15–8:30 pm	3/28–6/17

## THURSDAY JAZZ HIP HOP

(Ages 10+)

An upbeat and energetic class that fuses jazz and hip hop. For last session's Thursday dancers and for new students with at least 2–3 years' experience. No class 4/13.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.324	\$172/\$231	Th, 3:35–4:35 pm	1/5–3/23
2036.424	\$172/\$231	Th, 3:35–4:35 pm	3/30–6/17

## FRIDAY JAZZ HIP HOP

(Ages 10+)

An upbeat and energetic class that fuses jazz and hip hop. For last session's Friday dancers and for new students. No class 3/10, 4/14.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.323	\$172/\$231	F, 5:30–6:30 pm	1/6–3/24
2036.423	\$172/\$231	F, 5:30–6:30 pm	3/31–6/17

## ADVANCED JAZZ HIP HOP

(Ages 13+)

Geared towards the advanced dancer. No class 3/10, 4/14.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.325	\$172/\$231	F, 4:30–5:30 pm	1/6–3/24
2036.425	\$172/\$231	F, 4:30–5:30 pm	3/31–6/17

## TEEN JAZZ

(Ages 12+)

Learn to dance in a fun and friendly environment! Students will be given the opportunity to express themselves through dance while developing strength, flexibility, and coordination. No class 4/13.

Instructor: M. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.327	\$172/\$231	Th, 3:35–4:35 pm	1/5–3/23
2036.427	\$172/\$231	Th, 3:35–4:35 pm	3/30–6/17

## SATURDAY TECHNIQUE

(Ages 9+)

For intermediate to advanced students only. Improve on your leaps and turns. Essentials learned in this class can be applied and will be beneficial to all other areas of dance. Take this class along with another Dance Expressions class to see improvement! No class 2/18, 4/15, 5/6.

Instructor: D. Fernandez

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Beginning			
2036.329	\$154/\$206	Sa, 1:30–2:30 pm	1/14–3/25
2036.429	\$139/\$186	Sa, 1:30–2:30 pm	4/1–6/10
Intermediate/Advanced			
2036.330	\$180/\$242	Sa, 11:30 am–1:30 pm	1/14–3/25
2036.430	\$163/\$219	Sa, 11:30 am–1:30 pm	4/1–6/10

## PRE-BALLET

**OHCC**

(Ages 4–5)

The Foundation of Dance! Learn the basic positions, arm movements and steps. Continue to improve through personal attention. Practice at the bar, stretch, jump and move across the room. Learn dance choreography. Note: Girls wear leotard, tights, and ballet slippers. Boys wear t-shirt, leggings and dance shoes. No class 1/16, 2/20, 5/29.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.301	\$25/\$34	M, 3:30–4:00 pm	1/9–3/20
6616.401	\$25/\$34	M, 3:30–4:00 pm	4/3–6/5
6616.302	\$25/\$34	W, 3:30–4:00 pm	1/11–3/22
6616.402	\$25/\$34	W, 3:30–4:00 pm	4/5–6/7

## BALLET 1

**OHCC**

The Foundation of Dance! Learn the basic positions, arm movements and steps. Continue to improve through personal attention. Practice at the bar, stretch, jump and move across the room. Learn dance choreography. Note: Girls wear leotard, tights, and ballet slippers. Boys wear t-shirt, leggings and dance shoes. No class 1/16, 2/20.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Ages 6–10   OHCC Multipurpose Room			
6616.303	\$25/\$34	M, 4:00–4:45 pm	1/9–3/20
Ages 6–12   OHCC Classroom 1			
6616.308	\$25/\$34	Th, 5:00–5:45 pm	1/12–3/23

## BALLET 1 & 2 - NEW

**OHCC**

(Ages 6–10)

The Foundation of Dance! Learn the basic positions, arm movements and steps. Continue to improve through personal attention. Practice at the bar, stretch, jump and move across the room. Learn dance choreography. Note: Girls wear leotard, tights, and ballet slippers. Boys wear t-shirt, leggings and dance shoes. No class 5/29.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Ages 6–10   OHCC Multipurpose Room			
6616.403	\$25/\$34	M, 4:00–4:45 pm	4/3–6/5
Ages 6–12   OHCC Classroom 1			
6616.408	\$25/\$34	Th, 5:00–5:45 pm	4/6–6/8

## BALLET 2 - NEW

**OHCC**

(Ages 6–12)

Ballet is really the foundation of dance and the goal of this is to continue working on that foundation by and through various ballet exercises. Through individual and group attention the class will focus on practicing at the bar to assist in furthering various types of flexibility. Students will continue to stretch, jump and move across the floor as done in Ballet 1, but with a greater emphasis on technique and form. Additionally, I will be introducing to more complex forms of ballet including leaps, jumps and turns. In order to register for Ballet 2, students must have had Ballet 1 and or had previous Ballet experience and teacher approval. Note: Girls must wear leotard, tights and ballet slippers. Boys must wear a t-shirt, leggings and dance shoes.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.305	\$25/\$34	W, 4:00–4:45 pm	1/11–3/22

## BALLET 3 - NEW

OHCC

(Ages 6–12)

Ballet is really the foundation of dance and the goal of this is to continue working on that foundation by and through various ballet exercises. Through individual and group attention the class will focus on practicing at the bar to assist in furthering various types of flexibility. Students will continue to stretch, jump and move across the floor as done in Ballet 1, but with a greater emphasis on technique and form. Additionally, I will be introducing to more complex forms of ballet including leaps, jumps and turns. In order to register for Ballet 3, students must have had Ballet 2 and or had previous Ballet experience and teacher approval. Note: Girls must wear leotard, tights and ballet slippers. Boys must wear a t-shirt, leggings and dance shoes.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.405	\$25/\$34	W, 4:00–4:45 pm	4/5–6/7

## CHEER/DANCE

OHCC

(Ages 6+)

Have fun moving to the music you like! Jazz and Hip Hop steps with and without pom poms! Fitness and a good time! No class 1/16, 2/20.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.304	\$25/\$34	M, 5:00–5:45 pm	1/9–3/20

## CHEER/DANCE 1 & 2

OHCC

(Ages 6+)

Have fun moving to the music you like! Jazz and Hip Hop steps with and without pom poms! Fitness and a good time! No class 5/29.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.404	\$25/\$34	M, 5:00–5:45 pm	4/3–6/5

## CHEER/DANCE 2

OHCC

(Ages 6–12)

Have fun moving to the music you like. Jazz and Hip Hop steps will be taught while using Pom Poms. Students will focus on fitness while have fun. In order to qualify for Cheer Dance 2, students must have completed one session of Cheer 1 and all students wishing to enter must first have teacher approval.

Instructor: S. Wolper

Location: OHCC Classroom 1

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.307	\$25/\$34	Th, 4:00–4:45 pm	1/12–3/23

## CHEER/DANCE 3

NEW OHCC

(Ages 6–12)

Have fun moving to the music you like. Jazz and Hip Hop steps will be taught while using Pom Poms. Students will focus on fitness while have fun. In order to qualify for Cheer Dance 3, students must have completed one session of Cheer 2 and all students wishing to enter must first have teacher approval.

Instructor: S. Wolper

Location: OHCC Classroom 1

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.407	\$25/\$34	Th, 4:00–4:45 pm	4/6–6/8

## JAZZ

OHCC

(Ages 6–12)

Learn Broadway Jazz and musical theater style of dance. Students will have fun doing various styles of walks across the floors. Students will also work on turns, stretching and fosse style jazz hand motions. Note: Students are required to wear leggings and Jazz shoes.

Instructor: S. Wolper

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.306	\$25/\$34	W, 5:00–5:45 pm	1/11–3/22
6616.406	\$25/\$34	W, 5:00–5:45 pm	4/5–6/7

## Sports

### Jim Heebner Tennis

Jim has been teaching for over 20 years and is a USPTA Certified Tennis Professional. He was nationally a top junior and ranked #16 in Men's Open Northern California. If the weather is questionable, call 650-814-6734 one hour prior to the class start time. Weekends may be used for make-ups. Tennis shoes and racket are required. No class 2/20, 2/21, 4/10, 4/11, 4/13, 5/29.

Racket Sizing Guide: 5 & 6 Year: 21" or 22", 7-9 Years: 23"-25", 10-14 Years: 25"-27"

If you're unsure about the appropriate level, call 650-814-6734.

### HOT SHOT TENNIS

(Ages 5-6.9)

A fun introduction to tennis played on a smaller court, using soft tennis balls, making the game easier. Classes combine basic fundamentals, drills and games.

Instructor: J. Heebner  
Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.301	\$184/\$247	M, 3:45-4:30 pm	1/23-3/6
2615.401	\$274/\$369	M, 3:45-4:30 pm	3/20-5/22
2615.302	\$274/\$369	Th, 3:00-3:45 pm	1/12-3/9
2615.402	\$274/\$369	Th, 3:00-3:45 pm	3/23-5/25

### KIDS TENNIS 1

(Ages 7-10.9)

Classes will be a combination of basic fundamentals, drills and fun games while learning the rules, trying to rally and serve from the area between the service line and baseline.

Instructor: J. Heebner  
Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.303	\$214/\$288	M, 4:30-5:30 pm	1/23-3/6
2615.403	\$319/\$429	M, 4:30-5:30 pm	3/20-5/22
2615.304	\$284/\$382	Tu, 3:45-4:45 pm	1/10-3/7
2615.404	\$354/\$477	Tu, 3:45-4:45 pm	3/21-5/30

### KIDS TENNIS 2

(Ages 7-10.9)

Kids Tennis 2 is for players who can play a game and know how to keep score, have pretty good fundamentals, and are fairly consistent with groundstrokes between the service line and baseline and can serve ok.

Instructor: J. Heebner  
Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.305	\$364/\$490	Th, 3:45-5:00 pm	1/12-3/9
2615.405	\$364/\$490	Th, 3:45-5:00 pm	3/23-5/25

### JIM HEEBNER TENNIS 1

(Ages 10-14.9)

Classes will be a combination of fundamentals, drills and playing the game with the goal being to serve and rally from the baseline. You'll also learn the rules and etiquette of tennis.

Instructor: J. Heebner (Tu); Jim Heebner Tennis Staff (F & Sa)  
Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.306	\$324/\$436	Tu, 4:45-6:00 pm	1/10-3/7
2615.406	\$404/\$544	Tu, 4:45-6:00 pm	3/21-5/30

### JIM HEEBNER TENNIS 2

(Ages 10-14.9)

For players who have good fundamentals, are fairly consistent with topspin groundstrokes from the baseline and can hit a spin serve. They should also be able to rally 10 balls in a row hitting groundstrokes from the baseline. This is a high energy and fun workout for enthusiastic tennis players!

Instructor: J. Heebner  
Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.307	\$409/\$551	Th, 5:15-6:45 pm	1/12-3/9
2615.407	\$409/\$551	Th, 5:15-6:45 pm	3/23-5/25

## Euro School of Tennis

Enjoy superior tennis instruction from the talented staff of the Euro School of Tennis.

For more information, call 510-491-3007 or visit [www.EuroSchoolofTennis.com](http://www.EuroSchoolofTennis.com).

### MOMMY, DADDY AND ME TENNIS

(Ages 2.5–4)

Searching for the perfect way to introduce your child to the game of tennis? This class offers a fun way to interact with your child, while teaching them the basics of the game! Kids learn in a number of different ways, and when they're under the age of four, they primarily learn through play. Working with them in an active setting is an important part of both their physical and mental development. During the class, parents and children participate together in fun, age-appropriate activities that will help your little one develop the motor and socialization skills necessary to continue with tennis as they grow. Wear tennis shoes and bring a racquet size 19. No class 2/18, 4/15, 5/6, 5/27.

Instructor: Euro School of Tennis Staff

Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.301	\$199/\$267	Sa, 9:45–10:15 am	1/7–3/11
2616.401	\$177/ \$238	Sa, 9:45–10:15 am	3/25–6/3

### PEE WEE TENNIS

(Ages 4–5)

Have fun and learn tennis basics at the same time with our Pee Wee Tennis sessions. Our program offers your small tennis star a fun introduction to the game in a setting that's perfect for their learning abilities. We use low compression red balls to help your child learn the fundamentals. From strokes and movements to the motor skills they will need to move forward as they grow, we make certain they learn in an environment that works for them. Wear tennis shoes and bring a tennis racquet size 19 or 21. No class 2/18, 4/15, 5/6, 5/27.

Instructor: Euro School of Tennis Staff

Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.302	\$199/\$267	Sa, 10:15–11:00 am	1/7–3/11
2616.402	\$177/\$238	Sa, 10:15–11:00 am	3/25–6/3

### MINI ACES TENNIS

(Ages 6–8)

For athletes looking to keep active or those interested in learning tennis fundamentals. Perfect for those with no tennis experience or mild exposure to the game. Work on hand-eye coordination, movement drills and various strokes. Wear tennis shoes and bring a tennis racquet size 21 or 23. No class 2/18, 4/15, 5/6, 5/27.

Instructor: Euro School of Tennis Staff

Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.303	\$226/\$303	Sa, 11:00 am–12:00 pm	1/7–3/11
2616.403	\$201/\$270	Sa, 11:00 am–12:00 pm	3/25–6/3

### TEEN TENNIS STARS NOVICE

(Ages 9–14)

For students with little or no tennis experience, focusing on having fun while learning the fundamentals. Students will learn to hit the ball with consistency. Wear tennis shoes and bring a tennis racquet size 25 or 27. No class 2/18, 4/15, 5/6, 5/27.

Instructor: Euro School of Tennis Staff

Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.304	\$226/\$303	Sa, 12:00–1:00 pm	1/7–3/11
2616.404	\$201/\$270	Sa, 12:00–1:00 pm	3/25–6/3

### SPRING BREAK TENNIS CAMP

(Ages 6–14)

Don't spend your spring break on the couch, get out and play tennis! Develop tennis skills, and compete in a fun, safe environment with students at your level. All skill levels welcome. Learn a new sport or improve your game.

Instructor: Euro School of Tennis Staff

Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.405	\$300/\$404	M–F, 9:00 am–12:00 pm	4/10–4/14
2616.406	\$475/\$640	M–F, 9:00 am–2:00 pm	4/10–4/14

## Kidz Love Soccer (KLS)

Kidz Love Soccer is a recreational setting for children to learn and play the world's most popular sport. A session experience includes age-appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer in a safe, non-competitive environment, facilitated by our professional coaches in the Kidz Love Soccer method. Each participant will receive a KLS soccer jersey.

For more information, log onto [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com).  
Rainout hotline is 1-888-372-5803. No class 5/27.

Instructor: Kidz Love Soccer Staff  
Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
<b>Tot Soccer (Ages 3.5–4)</b>			
4611.301	\$117/\$157	Sa, 4:30–5:00 pm	2/4–3/25
4611.401	\$127/\$170	Tu, 4:00–4:30 pm	4/18–6/13
4611.402	\$127/\$170	Th, 5:15–5:45 pm	4/20–6/15
4611.403	\$127/\$170	F, 4:15–4:45 pm	4/21–6/16
4611.404	\$127/\$170	Sa, 4:30–5:00 pm	4/22–6/24
<b>Pre-Soccer (Ages 4.1–5)</b>			
4611.302	\$117/\$157	Sa, 3:10–3:45 pm	2/4–3/25
4611.405	\$127/\$170	Tu, 4:30–5:05 pm	4/18–6/13
4611.406	\$127/\$170	Th, 5:45–6:20 pm	4/20–6/15
4611.407	\$127/\$170	Fr, 4:45–5:20 pm	4/21–6/16
4611.408	\$127/\$170	Sa, 3:10–3:45 pm	4/22–6/24
<b>Tot/Pre-Soccer (Ages 3.5–5)</b>			
4611.303	\$117/\$157	Tu, 10:10–10:45 am	1/31–3/21
4611.304	\$117/\$157	Tu, 4:30–5:05 pm	1/31–3/21
4611.305	\$117/\$157	Th, 5:15–5:50 pm	2/2–3/23
4611.306	\$117/\$157	F, 10:10–10:45 am	2/3–3/24
4611.307	\$117/\$157	F, 4:15–4:50 pm	2/3–3/24
4611.409	\$127/\$170	Tu, 10:10–10:45 am	4/18–6/13
4611.410	\$127/\$170	F, 10:10–10:45 am	4/21–6/16

CLASS CODE	FEES	DAY/TIME	SESSION DATES
<b>Soccer 1: Techniques &amp; Teamwork (Ages 5.1–6.9)</b>			
4611.308	\$117/\$157	Th, 3:45–4:30 pm	2/2–3/23
4611.309	\$117/\$157	F, 3:30–4:15 pm	2/3–3/24
4611.310	\$117/\$157	Sa, 3:45–4:30 pm	2/4–3/25
4611.411	\$127/\$170	Th, 3:45–4:30 pm	4/20–6/15
4611.412	\$127/\$170	F, 3:30–4:15 pm	4/21–6/16
4611.413	\$127/\$170	Sa, 3:45–4:30 pm	4/22–6/24

## MOMMY/DADDY AND ME SOCCER

(Ages 2–3.5 with parent participation)

Participate in soccer activities designed to develop large motor and socialization skills. The fun happens on the field—you won't want to watch from the sidelines. Each participant will receive a KLS soccer jersey. No class 5/27.

Instructor: Kidz Love Soccer Staff  
Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.311	\$117/\$157	Tu, 9:30–10:00 am	1/31–3/21
4611.312	\$117/\$157	Tu, 5:15–5:45 pm	1/31–3/21
4611.313	\$117/\$157	F, 9:30–10:00 am	2/3–3/24
4611.314	\$117/\$157	Sa, 5:10–5:40 pm	2/4–3/25
4611.414	\$127/\$170	Tu, 9:30–10:00 am	4/18–6/13
4611.415	\$127/\$170	Tu, 5:15–5:45 pm	4/18–6/13
4611.416	\$127/\$170	F, 9:30–10:00 am	4/21–6/16
4611.417	\$127/\$170	Sa, 5:10–5:40 pm	4/22–6/24

## SOCCKER 2: SKILLZ AND SCRIMMAGES

(Ages 7–10)

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. First-timers and experienced players alike will benefit from the emphasis on skills development, team play and sportsmanship. Each participant will receive a KLS soccer jersey.

Instructor: Kidz Love Soccer Staff

Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.315	\$117/\$157	Th, 4:30–5:15 pm	2/2–3/23
4611.316	\$117/\$157	F, 4:50–5:35 pm	2/3–3/24
4611.418	\$127/\$170	Th, 4:30–5:15 pm	4/20–6/15
4611.419	\$127/\$170	F, 5:20–6:05 pm	4/21–6/16



Menlo Park Volleyball 6th Grade Champions – Hillview School

## HOOPSTERS BASKETBALL

(Ages 5–12)

Your child will not want to miss this fun class and exciting non-competitive introduction to basketball for boys and girls. Young hoopsters will learn the fundamental skills of dribbling, catching and shooting, as well as basic rules, while having a great time. Low hoops and small basketballs will be used. Participants must wear gym shoes. Coach Tim Bowler is a National Board Certified Physical Education Teacher and Coach at Menlo Atherton High School.

Instructor: T. Bowler

Location: Arrillaga Family Gymnasium

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4112.401	\$304/\$409	W, 5:00–6:00 pm	3/22–5/10

## PARENT & ME GYM NEW OHCC

(Ages walking–3 years)

Parent & Me Gym is a 40-minute parent (caregiver) and child participation class. During this class the child will experience different motor planning activities in an obstacle course type setting. Children will be given the opportunity to practice different motor skills, work on balance, and coordination and body strength in a safe fun environment. The class also offers caregivers and children the opportunity to interact with peers in a social setting. The class will take place at the Onetta Harris Community Center. Please call the Gymnastics facility at 650-330-2224 for more information.

Instructor: Staff

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5131.409	\$25/\$34	W, 9:00–9:40 pm	4/5–6/7

## LITTLE GYM NEW OHCC

(Ages 3–5)

Little Gym is a 40 minute, non-parent (caregiver) participation class. An instructor will work with the class on social skills like taking turns and staying in line. The instructor will also work on rolling activities, balance activities and gross motor skills. If the child is unable to participate without the aid of a caregiver, they will be asked to go to the Parent & Me Gym class. The class will take place at the Onetta Harris Community Center. Please call the Gymnastics facility at 650-330-2224 for more information.

Instructor: Staff

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5131.410	\$25/\$34	W, 10:00–10:40 am	4/5–6/7
5131.411	\$25/\$34	W, 11:00–11:40 am	4/5–6/7

## Ice Skating

Skate rental is provided for lessons. Mittens or gloves, socks, and warm clothing are recommended. Classes will be assigned practice times. For details, contact Susan at 650-364-8090 x116.

Instructor: Nazareth Ice Oasis Staff  
 Location: Nazareth Ice Oasis  
 3140 Bay Road, Redwood City, CA 94063

### PARENT & CHILDREN ICE SKATING

(Ages 2.5–5.9)

The Parent and Me class is designed for a child and one parent/guardian, and is geared towards development of independence in the child so they may progress to a class without the adult.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.301	\$134/\$180	Sa, 12:00–12:30 pm	1/14–2/18
2689.401	\$134/\$180	Sa, 12:00–12:30 pm	3/18-4/22

### TOT BEGINNING ICE SKATING

(Ages 3–5.9)

Class is designed for children without a parent/guardian on the ice. Learn forward and backward skating, and stopping. Classes are fun and build confidence. No class 2/8.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.303	\$134/\$180	Tu, 3:30–4:00 pm	1/24–2/28
2689.304	\$134/\$180	W, 5:20–5:50 pm	1/18–3/1
2689.305	\$134/\$180	Sa, 12:00–12:30 pm	1/14–2/18
2689.403	\$134/\$180	Tu, 3:30–4:00 pm	3/21–4/25
2689.404	\$134/\$180	W, 5:20–5:50 pm	3/22–4/26
2689.405	\$134/\$180	Sa, 12:00–12:30 pm	3/18–4/22

## YOUTH ICE SKATING

(AGES 6–12)

Learn forward and backward skating, and stopping. Classes are fun and build confidence. No class 2/8.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.309	\$134/\$180	Tu, 4:00–4:30 pm	1/24–2/28
2689.310	\$134/\$180	W, 5:20–5:50 pm	1/18–3/1
2689.311	\$134/\$180	Sa, 12:00–12:30 pm	1/14–2/18
2689.409	\$134/\$180	Tu, 4:00–4:30 pm	3/21–4/25
2689.410	\$134/\$180	W, 5:20–5:50 pm	3/22–4/26
2689.411	\$134/\$180	Sa, 12:00–12:30pm	3/18–4/22
2689.414	\$112/\$150	M–F, 10:30–11:00 am	4/10–4/14

## Hi-Five Sports Clubs

### HI-FIVE TOT TRIFECTA

(Ages 3–5)

Learn how to dribble, pass, and shoot a soccer ball; carry, run with, and throw a football; catch, throw, and hit a baseball. Focus on player development and understanding each sport, stressing sportsmanship, teamwork, and fun. Build strong physical, intellectual and emotional foundations that help you succeed on and off of the field. For details, visit [www.hifivesports.com](http://www.hifivesports.com). No class 2/19, 4/16, 4/23.

Instructor: Hi-Five Sports Staff  
 Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.301	\$254/\$342	Tu, 10:30–11:20 am	1/10–2/28
4615.302	\$254/\$342	W, 1:00–1:50 pm	1/11–3/1
4615.303	\$254/\$342	W, 4:00–4:50 pm	1/11–3/1
4615.304	\$254/\$342	Th, 4:00–4:50 pm	1/12–3/2
4615.305	\$254/\$342	Tu, 10:30–11:20 am	3/7–4/25
4615.306	\$254/\$342	W, 1:00–1:50 pm	3/8–4/26
4615.307	\$254/\$342	W, 4:00–4:50 pm	3/8–4/26
4615.401	\$130/\$170	Tu, 10:30–11:20 am	5/2–5/23



## HI FIVE HOOPS LEAGUE

(Grades K–2)

This clinic features a series of drills and scrimmages designed to prepare everyone for the upcoming season. At the conclusion of the clinic, using a traditional draft format, our coaching staff will create the teams as evenly as possible based on what we see in the clinics and our familiarity with the students. For details, visit [www.hifivesports.com](http://www.hifivesports.com). No class 2/19.

Instructor: Hi-Five Sports Staff  
Location: Arrillaga Family Gymnasium

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.315	\$320/\$430	Su, 10:00 am–3:00 pm	1/8–3/19

## HI-FIVE LIL BALLERS

(Ages 3–5)

Hi-Five Little Ballers is a weekly developmental basketball program. Basketball builds self-esteem, gross motor skills, coordination, athleticism, and so much more. We help each child to get a feel for the ball and develop their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program is the training ground for our Hi-Five Hoops League for grades K–2. Players will be introduced to new skills each week. For details, visit [www.hifivesports.com](http://www.hifivesports.com). No class 2/19, 4/16, 4/23.

Instructor: Hi-Five Sports Staff  
Location: Arrillaga Family Gymnasium

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.308	\$254/\$342	Tu, 9:15–10:05 am	1/10–2/28
4615.309	\$254/\$342	Tu, 2:30–3:20 pm	1/10–2/28
4615.311	\$254/\$342	Su, 9:00–9:50 am	1/8–3/5
4615.312	\$254/\$342	Tu, 9:15–10:05 am	3/7–4/25
4615.313	\$254/\$342	Tu, 2:30–3:20 pm	3/7–4/25
4615.314	\$254/\$342	Su, 9:00–9:50 am	3/12–5/14

## HI-FIVE SPORTS CAMP

(Ages 4–10)

Hi-Five Sports Camp is back in Menlo Park! Camp will focus on the core team sports—basketball, baseball, flag football, soccer, floor hockey, and more. We'll work on key fundamentals and facilitate competitions in each sport throughout the week, culminating in a series of championship games Thursday and Friday for week long camps. Visit [www.hifivesportsclubs.com](http://www.hifivesportsclubs.com) or email [info@hifivesports.com](mailto:info@hifivesports.com) for details.

Instructor: Hi-Five Staff  
Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.316	\$284/\$382	M–Th, 9:00 am–3:00 pm	12/19–12/22
4615.317	\$79/\$105	M, 9:00 am–3:00 pm	1/16
4615.402	\$324/\$436	M–F, 9:00 am–3:00 pm	4/3–4/7
4615.403	\$324/\$436	M–F, 9:00 am–3:00 pm	4/10–4/14

## Martial Arts

### TINY NINJAS MARTIAL ARTS (KARATE) NEW OHCC (Ages 3–5)

Fitness, fun, self-discipline and confidence! Develop strength, balance and speed. Learn respect, focus and awareness. The class has broad breaking and padded sticks for sparring exercises. Wear loose clothing and sneakers. No clogs, flip flops, or dress shoes. Girls no dresses or skirts without tights or shorts underneath. Uniforms are available but, not required. At the end of each quarter there is a belt test. Belt testing is not required, nor is guaranteed. All students must earn their rank. No class 4/21.

Instructor: B. Lin  
Location: Onetta Harris Community Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6639.301	\$25/\$34	Th, 4:00–5:00 pm	1/12–3/23
6639.401	\$25/\$34	Th, 4:00–5:00 pm	4/6–6/8
6639.302	\$25/\$34	F, 4:00–5:00 pm	1/13–3/24
6639.402	\$25/\$34	F, 4:00–5:00 pm	4/7–6/9

### YOUNG SAMURAI MARTIAL ARTS (KARATE) NEW OHCC (Ages 6–11)

This class is a blend of Karate, Jujutsu and Escrima. The kids will learn focus and discipline. They will develop power and strength. The class has broad breaking, padded sticks for sparring exercises. Get ready to have lots of fun! Wear loose clothing and sneakers. No clogs, flip flops, or dress shoes. Girls no dresses or skirts without tights or shorts underneath. Uniforms are available but, not required. At the end of each quarter there is a belt test. Belt testing is not required, nor is guaranteed. All students must earn their rank. No class 4/21.

Instructor: B. Lin  
Location: Onetta Harris Community Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6639.303	\$25/\$34	Th, 5:00–6:00 pm	1/12–3/23
6639.403	\$25/\$34	Th, 5:00–6:00 pm	4/6–6/8
6639.304	\$25/\$34	F, 5:00–6:00 pm	1/13–3/24
6639.404	\$25/\$34	F, 5:00–6:00 pm	4/7–6/9

## Enrichment

### MUSIC & MAGIC (INFANT/TODDLER) (Ages 3–18 Months)

For little ones and their parents/caregivers. Experience the joy and magic of music and nursery rhymes in a supportive and gentle environment. Sing songs accompanied by guitar as well as provided musical instruments. You will also receive a music CD as part of this class. Come and join the fun!

Instructor: R. Sampson  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.301	\$175/\$235	W, 10:00–10:40 am	1/4–3/22
2879.401	\$153/\$205	W, 10:00–10:40 am	4/5–6/7

### MUSIC & MAGIC (PRE-TOTLAND) (Ages 18 months–3 years)

For children and their parents/caregivers. Experience the joy and magic of music, creative movement and stories in a supportive and gentle environment. Sing songs accompanied by guitar and percussion instruments provided as well as act out stories, and make musical instruments. You will also receive a music CD. No class 1/16, 2/20, 5/29.

Instructor: R. Sampson  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.302	\$163/\$219	M, 10:00–10:40 am	1/2–3/20
2879.402	\$151/\$202	M, 10:00–10:40 am	4/3–6/5

### FAIRY TALE THEATER (Ages 4–6)

Act out a variety of different folk and fairy tales in a supportive and cooperative setting. Dress up costumes and jewelry will be provided! This is a great class to experience the magic of make-believe while enhancing self-esteem and language skills. Come and join the fun! No class 1/16, 2/20, 5/29.

Instructor: R. Sampson  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.304	\$180/\$242	M, 4:00–4:50 pm	1/2–3/20
2879.404	\$168/\$225	M, 4:00–4:50 pm	4/3–6/5

## THEATER PERFORMANCE

(Ages 7–12)

In a supportive and cooperative setting, learn stage presence, blocking techniques, and character development and participate in a final performance of a one-act play. Come and join the fun in this exciting and dynamic class!

Instructor: R. Sampson

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.305	\$215/\$289	W, 4:00–5:00 pm	1/4–3/22
2879.405	\$185/\$248	W, 4:00–5:00 pm	4/5–6/7

## MUSICAL THEATRE FOR TOTS

(Ages 4–6)

Does your child love to sing, dance or play pretend? Join us for a truly magical theatre experience. Every class is packed with singing, dancing, games, costumes, music and fun! At the end of the season, little actors and actresses will perform an original musical for family and friends. Let your child explore their creativity in a supportive, caring, and upbeat environment.

Instructor: Blue Elephant Theater

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2865.301	\$136/\$182	Tu, 2:15–3:00 pm	1/3–3/14
2865.302	\$136/\$182	Tu, 5:30–6:15 pm	1/3–3/14
2865.401	\$136/\$182	Tu, 2:15–3:00 pm	3/21–5/23
2865.402	\$136/\$182	Tu, 5:30–6:15 pm	3/21–5/23

## HORSEBACK RIDING LESSONS

(Ages 6–18)

Learn English-seat riding, jumping, and horsemanship skills. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. A parent or guardian must sign a release form prior to the first session.

Instructor: Glenoaks Staff

Location: Glenoaks Equestrian Center

3639 Alpine Rd., Portola Valley, 94028

650-854-4955 | glenoaksstables@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2632.301	\$504/\$679	Su, 10:00–11:00 am	1/7–3/4
2632.401	\$504/\$679	Su, 10:00–11:00 am	3/26–5/20

## PONY CAMP AT PASTORINO FARMS

(Ages 3–12)

Enjoy daily riding lessons and the responsibility of caring for our lovely ponies. Our ponies are friendly, love children, and are specially chosen to match your child's size, skill and personality. Emphasis on equine principles in and out of the saddle ensures that your child will learn about pony behavior, riding techniques, safety, tack, grooming, equine care, good communication, understanding, and respect. Hands-on activities featuring horse-related crafts, fun and games, nature hikes, and keeping a daily journal will round out your child's pony camp experience. Before/After Care is available for \$10/hour. Activities and programs structured to age/level of each child. Camp cancellation may occur due to low enrollment. May join another session.

Instructor: Friendly Pony Parties

Location: Pastorino Farms

12391 San Mateo Rd (Hwy 92), Half Moon Bay

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Full Day Camp			
2878.301	\$500/\$674	M–F, 9:00 am–3:00 pm	12/19–12/23
2878.302	\$500/\$674	M–F, 9:00 am–3:00 pm	12/26–12/30
2878.303	\$500/\$674	M–F, 9:00 am–3:00 pm	1/2–1/6
2878.401	\$500/\$674	M–F, 9:00 am–3:00 pm	4/10–4/14
Half Day Camp			
2878.312	\$350/\$471	M–F, 9:00 am–12:00 pm	12/19–12/23
4611.313	\$350/\$471	M–F, 9:00 am–12:00 pm	12/26–12/30
4611.314	\$350/\$471	M–F, 9:00 am–12:00 pm	1/2–1/6
4611.412	\$350/\$471	M–F, 9:00 am–12:00 pm	4/10–4/14

## SPANISH FOR KIDS OHCC

(Ages 3–6)

Learn the culture and the language in a project-based program with music, games and dialogue. All projects, including songs, contain a didactic element to develop understanding and appreciation of the Spanish language. Taught by a native speaker and professional educator with specific emphasis in learning differences.

Instructor: E. Roldan  
Location: OHCC Conf. Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6634.301	\$25/\$34	W, 5:45–6:30 pm	1/11–3/22
6634.401	\$25/\$34	W, 5:45–6:30 pm	4/5–6/7

## SEWING FOR KIDS!

(Ages 8–12)

Learn to use a sewing machine and layout, cut and sew a project. This class is hands-on, with lots of guidance and support. A materials list will be provided approximately 1 week before the first session, or materials can be purchased from the instructor for \$25. Sewing machines available for use during class for an additional \$25, payable to instructor. For details, contact the instructor at hopkince@yahoo.com.

Instructor: C. Hopkins  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2817.301	\$64/\$85	Sa, 10:00 am–12:00 pm	1/14–2/4
2817.401	\$64/\$85	Sa, 10:00 am–12:00 pm	3/11–4/1

## BEGINNING GUITAR OHCC

(Ages 12+)

Learn the fundamentals of playing guitar. Lessons include, but are not limited to, fingering/strumming technique, chords and scales. By the end of the course beginners will be able to play a full song. Please bring your own guitar.

Instructor: J. Bayless  
Location: OHCC Conf. Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6644.301	\$25/\$34	Th, 6:30–7:30 pm	1/12–3/23
6644.401	\$25/\$34	Th, 6:30–7:30 pm	4/6–6/8

## GROUP PIANO CLASSES FOR CHILDREN

(Ages 6–9)

Learning to play the piano is fun! Students are grouped by age and ability, giving them a chance to share learning experiences with others, creating a built-in support system of friends, and encouraging students to practice. Activities include music-oriented games, EZ music theory, and ear-training. Classes are progressive. Each student has access to a piano or keyboard in class, however, a piano or keyboard is needed to practice at home. There is a recital at the end of the session. A \$25 material fee is payable to instructor on the first day of class. Classes with 3 students will be reduced to 35 minutes. No class 4/12.

Instructor: S. Tuchinsky  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Piano 1 (For Beginners)			
2840.301	\$315/\$424	W, 3:45–4:35 pm	1/18–3/15
2840.401	\$315/\$424	W, 3:45–4:35 pm	3/22–5/24
Piano 2			
2840.302	\$315/\$424	W, 4:40–5:30 pm	1/18–3/15
2840.402	\$315/\$424	W, 4:40–5:30 pm	3/22–5/24
Piano 3			
2840.303	\$315/\$424	W, 5:35–6:25 pm	1/18–3/15
2840.403	\$315/\$424	W, 5:35–6:25 pm	3/22–5/24

## MELODY'S GROUP GUITAR FOR BEGINNERS

A beginner's class focusing on learning basic skills and techniques. No experience required. A non-refundable materials fee of \$25 is due on the first class meeting. Bring your own guitar.

Instructor: Melody Academic of Music  
Location: 4000 Middlefield Ave., Room V  
Cubberly Community Center, Palo Alto

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Ages 7–10			
2856.403	\$172/\$231	Su, 5:00–5:45 pm	3/12–4/16
Ages 10–13			
2856.404	\$172/\$231	Su, 6:00–6:45 pm	3/12–4/16

# SPRING SESSION



## What is Kinder Kicks™?

Kinder Kicks™ is a program developed for parents and children to exercise, learn and play with a martial arts flair. Children develop perseverance, self-control, courage and respect through a fun fitness curriculum with their parents.



Includes a **FREE** Kinder Kicks T-shirt

if you register TODAY  
\*With FIRST enrollment you get a free t-shirt for child

Ages 0 month - 5 yrs



### AGE GROUPS



#### Remarkable Me (0 month to 18 months)

An exercise class for a parent and their Baby to enjoy together which includes learning, play and development for baby, and a good workout for mom. Anyone interested in this class should come dressed and ready to work out!



#### Jumping Joey (18 months to 3 years old)

This class is for parents and children to learn, play and exercise together through a fast paced fun fitness curriculum. The Remarkables are a team of characters who will help to teach the children all about COURAGE, CONFIDENCE, LOYALTY, CONCENTRATION, SELF-CONTROL and ENERGY through life lesson stories and class discussion.



#### Leadership Lion (3 years to 5 years old)

The children will learn basic martial arts techniques through a fast paced and fun fitness curriculum. The Remarkables are characters who help teach children about PERSEVERANCE, DETERMINATION, FOCUS, DISCIPLINE, POWER and RESPECT through life lesson stories. Parents will join the class for the last 15 minutes to help reinforce the class focus of the day.

Kinder Kicks Schedule

**Saturdays:  
January to  
June**

Reserve your **FREE** trial today!



In the Cypress Room  
at the Arrillaga Rec  
Center in Menlo Park!

(650) 714-0626



### FREE TRIAL CLASS

Join us today for a FREE trial class. You will get to workout with your child as you both learn, explore, play and have fun in a safe and nurturing environment.

Show this coupon to receive a FREE TRIAL CLASS  
\*New Families Only



### 20% OFF A BIRTHDAY PARTY

Let us make your child's birthday memorable. We'll do all the work while you enjoy the party. Book your party today & receive 20% OFF.

Show this coupon to receive 20% OFF  
\*One Per Family



[www.MENLOPARKMOMMYANDME.com](http://www.MENLOPARKMOMMYANDME.com)

# Community Services

## MELODY'S GROUP UKULELE FOR BEGINNERS

(Ages 8–12)

Try the ukulele! Learn chords, strum patterns, scales, read music, develop rhythm and listening skills. A non-refundable materials fee of \$25 is due on the first class meeting. Please bring your own ukulele.

Instructor: Melody Academic of Music  
Location: 4000 Middlefield Ave., Room V  
Cubberly Community Center, Palo Alto

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2856.405	\$172/\$231	Su, 4:00–4:45 pm	3/12–4/16

## MELODY'S GROUP VIOLIN FOR BEGINNERS

(Ages 6–10)

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. Parent participation is recommended. Only registered students are permitted in the classroom. A \$45 material fee is due at the first class and includes 6-week violin rental, \$25 material fee if bringing your own violin.

Instructor: Melody Academic of Music  
Location: 4000 Middlefield Ave., Room V  
Cubberly Community Center, Palo Alto

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2856.301	\$172/\$231	Su, 1:00–1:45 pm	1/21–2/25
2856.302	\$172/\$231	Su, 12:00–12:45 pm	2/12–3/19

## CHESS WIZARDS

(Ages 6–12)

Be part of one of the most successful chess academies in the nation! Learn the game of kings with a fresh approach tailored to suit students of all skill levels. From basic piece movement to advanced tactics, you'll be challenged by fun games and lessons. Upon course completion participants will receive a trophy! No class 2/20, 4/10.

Instructor: Chess Wizards Staff  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2820.301	\$214/\$288	M, 4:00–5:00 pm	1/2–3/13
2820.401	\$214/\$288	M, 4:00–5:00 pm	3/20–5/22

## MELODY'S TODD-O-PIANO BASICS

(Ages 3–4)

MAM Todd-o-Piano is a new approach to lead toddlers into musical world with a pre-piano/keyboard lesson introducing music terminology, keyboard playing and rhythm training using a storytelling method. This prepares students for future piano lessons by developing musicality and movement ability. Note that parent participation is REQUIRED. Only registered students are permitted in the classroom. A \$45 materials fee is due on the first class meeting.

Instructor: Melody Academic of Music  
Location: 4000 Middlefield Ave., Room V  
Cubberly Community Center, Palo Alto

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2856.307	\$172/\$231	W, 10:30–11:15 am	1/18–2/2
2856.308	\$172/\$231	M, 10:30–11:15 am	1/23–3/6
2856.309	\$172/\$231	Tu, 10:30–11:15 am	2/7–3/14
2856.310	\$172/\$231	Th, 10:30–11:15 am	3/9–4/13

## MOVE, GROOVE, AND GAMES

(Ages 4–16)

Fun and fitness with structure and facilitation. Students of all abilities (siblings and friends welcome!) join us for movement, games and fitness in an inclusive environment. We will run obstacle courses, play interactive games and practice gross motor skills. Mr. Barry is an experienced coach, and has been an inventive movement and games professional for nearly 30 years in the Bay Area. Participants should wear comfy gym-type clothes. Students needing support in class should be accompanied by a parent/caregiver or 1:1 aide. Age exceptions with instructor approval. Drop in fee \$22.

Instructor: B. Ruttenberg  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2556.301	\$214	Th, 3:30–4:30 pm	1/5–3/16
2556.401	\$214	Th, 3:30–4:30 pm	3/30–6/8

# Get Started On Your Path To Success TODAY At Menlo Park's #1 Martial Arts Academy!



## KUK SOOL WON<sup>™</sup> OF MENLO PARK

Located  
in the  
Arrillaga  
Rec Center



[www.KUKSOOLWONMENLOPARK.com](http://www.KUKSOOLWONMENLOPARK.com)

- Building Community
- Developing Leaders
- Transforming Lives

### PROGRAMS:

**Kinder Kicks - Ages 0-5 years**

**Mighty Mites - K-1<sup>st</sup> Grade\***

**Kids & Families - 2<sup>nd</sup> Grade and up\***

**Summer Camps - Ages 5 and up\***

\*Some restrictions may apply.

- Please call for schedule
- Mid-session enrollments available
- No non-resident fees
- Birthday Party packages available

**650.787.2226**

Call NOW  
And Ask  
About Our Special  
Introductory  
Offer!

All programs include the  
**POWERFUL  
WORDS**  
CHARACTER DEVELOPMENT  
System developed by the  
internationally acclaimed  
Dr. Robyn Silverman!



"I LOVE that the students have a "word of the month" and that they learn important values and lessons that they can use as they grow. It has been rewarding to see my son excel in an activity that he enjoys and which allows him to progress according to his skill level."

~ Proud Parent



# Pediatric Weight Control Program

## **CURRENTLY ENROLLING**

Early intervention for a lifetime of healthy weight

### Concerned about a Child's Weight?

One out of three children in the United States is overweight. Without intervention, an overweight child has a significant risk of lifetime health issues such as diabetes, heart and chronic liver disease.

Based on nearly 20 years of research, the Pediatric Weight Control Program is nationally recognized for its success rate of over 80% in achieving age-appropriate weight reduction. Parents lose weight too!

#### The keys to our success:

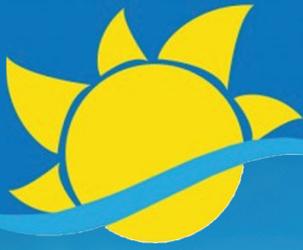
- A curriculum rooted in evidence-based medical research
- Weekly health coaching for both parents and kids to achieve long term changes
- Six-month program offered in both English and Spanish for overweight 8-15 year olds



*“Joining this program was one of the best parenting decisions I ever made.” – Participant's Parent*

Learn more at [weightcontrol.stanfordchildrens.org](https://weightcontrol.stanfordchildrens.org)

**Contact us at (650) 725-4424**



# EARLY REGISTRATION DISCOUNT



# SUMMER BREAK CAMP *is here!*



**Space is Limited!  
Register Now!**

## Several Action-Filled Weeks to Choose From!

**Each week of camp includes:**

- **2+ hours/day of Martial Arts**  
(no experience necessary)
- **Weekly themed activities**
- **Weekly themed Arts & Crafts**
- **Pizza & a Movie Fridays**
- **Swimming at Burgess Pool**



**Visit our website to register and for more info**

<http://menloparksummercamp.com/>

***For ages 5 & in Kindergarten-12!***





# AQUATICS

## Burgess Park Pools

501 Laurel St., Menlo Park, CA 94025  
Front Desk: 650-328-7946 (SWIM)  
Service Center and Registration: 650-330-2232  
[www.menloswim.com](http://www.menloswim.com)

### REGISTRATION

Visit [www.menloswim.com](http://www.menloswim.com) and find your program for details and a link to our online registration system. You may pay for drop-in programs at the front desk and get assistance with registration in-person from our Service Center during hours of operation.

### FACILITIES INFORMATION

The facility features two mixed-use pools and a baby pool, and includes locker rooms and showers, a central lobby area, Pro Shop, picnic tables and shade under the oak trees. Visit our facilities information web page for pool temperatures, conduct, and safety rules. **DIAPER POLICY:** You must use both a disposable swim diaper and reusable diaper cover for children who are not fully toilet-trained (available for purchase at the Pro Shop).

### WATER SAFETY AND FIRST AID INSTRUCTION

Menlo Swim and Sport regularly offers Blended Learning Lifeguard and Lifeguard Review Courses. The classes are open to the public as well as our own staff. Come join us and help our community by learning lifesaving skills.

Review Courses: 1/6–1/7, 4/7–4/8, 5/5–5/6  
Blended Learning Courses: 1/27–1/29, 2/24–2/26, 3/24–3/26, 4/28–4/30, 5/12–5/14, 5/26–5/28

### PARTY SPACE RENTAL

Have a birthday party or special event at the pool! Reserve two hours of fun for your family and friends that includes Open Swim admission for a group and reservation of picnic table space. Book on weekends from: 12:00–2:00 pm and 2:30–4:30 pm. Rate: \$100.

### OPEN SWIM

The pool is open to the community 7 days per week. Lifeguards are on duty at all times during open swim. No registration required. When you visit the pool for open swim, you will receive a wristband good for the entire day.

### Non-Summer Season

Monday, September 28, 2015–May, 2016

M–F: 12:00–4:00 pm; M, Tu, Th: 6:45–8:00 pm;  
Sa, Su: 10:00 am–5:00 pm

### FEES PER DAY

#### NOTE: 2017 PRICES MAY DIFFER.

Please call us at 650-328-7946 (SWIM) for more information.

Adults (18+): \$6 Resident/\$7 Non-resident  
Youth (17 & under): \$4 Resident/\$5 Non-resident  
Family\*: \$15 Resident/\$18 Non-resident  
Seniors (65+): \$5 Resident/\$6 Non-resident

\*A family is up to 5 members of the same household with a maximum of 2 adults.

# Menlo Swim School

## WATERBABIES

Parent participation class introducing ages 6 months to under 3 years to the water through songs and games. When parents are ready, children will go under water and learn to swim. Each game that we play together can be adjusted to accommodate a parent's comfort level and the swimming ability of the child. This is a 30-minute group class with a 6:1 ratio.

FEES	DAY/TIME
\$86/month	M-F, 9:00 am-12:00 pm; 2:00-7:00 pm Sa, 9:00 am-2:00 pm; Su, 9:00 am-2:00 pm

## WATER TOTS

For students ages 2 to under 3 years who are comfortable in water without a parent and are ready to learn the next set of swimming skills. The 3:1 class ratio allows a small, safe learning environment to introduce fundamental water skills. Breathing, floating, and safety will be emphasized.

FEES	DAY/TIME
\$86/month	M-F, 9:00 am-12:00 pm; 2:00-7:00 pm Sa, 9:00 am-2:00 pm; Su, 9:00 am-2:00 pm

## BEGINNER TO ADVANCED STROKES

Menlo Swim School provides year-round, professional, goal-oriented swim lessons for all ages and levels, developing life-long competency and a love of swimming. From age 3 on up, choose small group, semi-private or private 30-minute lessons for our 10-week sessions. Visit [www.menloswim.com](http://www.menloswim.com) for details.

FEES/MONTH	DAY/TIME
Group (4:1) \$86	M-F, 9:00 am-12:00 pm; 2:00-7:00 pm
Semi-Private (2:1) \$144	Sa, Su, 9:00 am-2:00 pm

## ADULT LESSONS BEGINNER TO ADVANCED

Adults enjoy group and semi-private swim lessons, with trained instructors and flexible scheduling. Learn to swim and enjoy the benefits of this popular recreational sport!

FEES/MONTH	DAY/TIME
Group (4:1) \$86	M-F, 9:00 am-12:00 pm; 2:00-7:00 pm
Semi-Private (2:1) \$144	Sa, Su, 9:00 am-2:00 pm

## SWIM SCHOOL SELECT

Swim School Select are private lessons with the our most requested instructors. These instructors each have 5+ years of experience instructing swim lessons and have completed multiple levels of training certification.

Instructors provide half hour private lessons for parents and students who seek consistent top notch instruction. The instruction follows the Menlo Swim School level progression.

FEES/30 MINUTE LESSON	DAY/TIME
Private (1:1) \$65	Class times and instructors vary
Semi-Private (2:1) \$43	dependent upon availability

## CAMP MENLO SCHOOL HOLIDAY CAMPS

(Ages 4.5-12)

Camp Menlo offers aquatics and tennis instruction, water sports and dry land activities for a variety of ages. Our goal is to give campers a unique and inspiring experience while cultivating skills for a lifetime of aquatics and sports safety, health, and enjoyment. Camp Menlo offers school holiday swim, tennis and sport camps, available throughout the school year. For details, visit [www.campmenlo.com](http://www.campmenlo.com)!

FEES	DAY/TIME	SESSION DATES
\$350	M-F, 8:45 am-2:00 pm	12/19-12/23
\$350	M-F, 8:45 am-2:00 pm	12/26-12/30
\$350	M-F, 8:45 am-2:00 pm	1/2/17-1/6/17
\$75	M, 8:45 am-2:00 pm	1/9
\$75	M, 8:45 am-2:00 pm	1/16
\$150	M, Tu, 8:45 am-2:00 pm	2/20-2/21

## Menlo Aquatics

For ages 5–18, the Menlo Aquatics is a year-round swim and water polo team that is extremely positive about being in and around the water. We emphasize learning sound techniques through our committed coaches in a positive environment. Workouts in smaller groups are tailored to meet the needs of athletes of all ability levels and provide the best quality of coaching, instruction, camaraderie, and fun. For details about ongoing programs, summer-only schedule and meets visit [www.menloaquatics.com](http://www.menloaquatics.com).

LEVEL	PRACTICES/ WEEK	FEES/MONTH	DAY/TIME
<b>Menlo Mavericks Swim at Burgess Pool</b>			
Level 1	1–3+ days	\$55/\$65/\$76	See website for specifics.
Level 2	1–3+ days	\$60/\$70/\$81	See website for specifics.
Level 3	1–3+ days	\$65/\$76/\$86	See website for specifics.
Level 4	2–3+ days	\$81/\$91	See website for specifics.
Level 5	Up to six days	\$107	See website for specifics.
Level 6	Up to six days	\$118	See website for specifics.
Senior	Up to six days	\$135	See website for specifics.
<b>Menlo Mavericks Water Polo at Belle Haven Pool</b>			
Girls 12U & 14U	3 days	\$80	Tu, Th, F, 4:30–6:30 pm
Boys 12U & 14U	3 days	\$80	M, W, F, 4:00–6:00 pm
Coed 10U	3 days	\$40	Tu, Th, F, 3:45–4:30 pm

## Adult Programs

(Burgess Pool)

### LAP SWIM

Lanes are dedicated to lap swimming in the performance pool and the instructional pool seven days per week year-round with a lifeguard on duty at all times. The number of lanes for lap swimming varies according to scheduled activities in each pool, but you will find designated lap lanes daily. You can pay for unlimited access or drop-in.

FEES	DAY/TIME	SESSION DATES
\$47 Resident/ \$54 Non-resident monthly	Non-Summer Season 9/28–May, 2016	Ongoing
\$135 Resident/ \$153 Non-resident quarterly	M–Th, 6:00 am–8:00 pm; F, 6:00 am–7:00 pm; Sa, 10:00 am–5:00 pm Su, 8:00 am–5:00 pm	
\$6 Resident/ \$7 Non-resident drop-in		
Student & senior discounts available, please call the Service Center at 650-330-2232.		

### SWIM PRO LESSONS

For adults and children, held by appointment, private lessons with our experienced Swim Pro. Learn to swim, improve your stroke, or simply get a workout at a relaxed, individual pace.

PROGRAM	FEES	DAY/TIME	SESSION DATES
Swim Pro Individual Lessons: Beginner to Advanced	Half Hour: \$65 Hour: \$120	Scheduled Individually	Ongoing

### WATER EXERCISE: AQUA FIT

Aqua Fit classes use the natural resistive forces of water to strengthen both muscles and the cardiovascular system. Water exercise has proven to be one of the healthiest, most versatile whole-body workouts for top athletes, fitness enthusiasts, youth and seniors alike. Your fee covers all classes, come to as many as you'd like. Drop in \$20/class.

FEES	DAY/TIME	SESSION DATES
\$79/month or \$226/quarter	<b>Aqua Fit</b> Su–F, 7:50–8:50 am; Tu & Th, 7:00–8:00 pm	Ongoing
Student & senior discounts available, please call the Service Center at 650-330-2232.		
	<b>Aqua Wellness Plus</b> M, W, F, 9:00–10:00 am	
	<b>Aqua Wellness Basic</b> M, W, F, 10:00–11:00 am	

### MENLO MASTERS SWIMMING

Menlo Masters welcomes swimmers of all abilities, ages 19+, who are interested in regular structured workouts. Previous experience in competitive swimming is not necessary—our teammates are all ages, shapes, and sizes. Menlo Masters offers 21 coached workouts per week along with stroke instruction, intra-club activities, competitions, and social events throughout the year. Come meet the coaches and get on the road to a lifetime of fitness through swimming. Membership provides unlimited access to all workouts. USMS membership and team fees are extra. Visit [www.menlomasters.com](http://www.menlomasters.com) for details.

FEES	DAY/TIME	SESSION DATES
\$79/month or \$226/quarter	M–F, 5:45–6:45 am, 7:00–8:00 am, 12:00–1:00 pm; Tu, Th, 7:00–8:00 pm; Sa, 6:00–7:00 am, 7:00–8:00 am, 8:00–9:00 am; Su, 7:00–8:00 am	Ongoing
Student, senior and additional family member discounts available, please call the Service Center at 650-330-2232.		

### MENLO MAVENS: WOMEN’S WATER POLO

Menlo Swim and Sport offers women’s water polo for all experience levels, ages 19+. Our team, the Menlo Mavens, is a fun, inclusive, and diverse group with a passion for water polo. Give the game a first-time try or come hone your skills. Visit [www.menloswim.com](http://www.menloswim.com) for more information.

FEES	DAY/TIME	SESSION DATES
\$79/month or \$226/quarter	W, 6:30–8:00 pm Su, 8:00–10:00 am	Ongoing
Student & senior discounts available, please call the Service Center at 650-330-2232.		

### TEAM SHEEPER TRIATHLON

Team Sheeper is a full-service multisport team providing group coaching and training to athletes of all levels and ages. With a passion for people and performance, the team is devoted to building community around sports. The team environment is welcoming, positive, and supportive, offering a weekly schedule of swim, bike, run, and strength workouts. With a number of levels to choose from, you can start with Level 1 or hop right into our competitive group. Come try a workout and find out more at [www.teamsheeper.com](http://www.teamsheeper.com).

## Belle Haven Pools

100 Terminal Ave., Menlo Park, CA 94025  
 Front Desk: 650-330-2237  
 Service Center and Registration: 650-330-2237  
[www.menloswim.com](http://www.menloswim.com), [www.bellehavenpool.com](http://www.bellehavenpool.com)

### REGISTRATION

Please visit [www.bellehavenpool.com](http://www.bellehavenpool.com) for details about our programs and to register online. You may pay for drop-in programs at the front desk and get assistance with registration in-person from our Service Center during hours of operation. ¡Se habla español!

### FACILITIES INFORMATION

The facility features a 25-yard pool and a baby pool, locker rooms and showers. Outside, there are benches and lots of open space on the pool deck. Visit our website for pool temperatures, conduct, and safety rules. **DIAPER POLICY:** You must use both a disposable swim diaper and reusable diaper cover for children who are not fully toilet-trained (available for purchase at the Pro Shop).

### WATER SAFETY AND FIRST AID INSTRUCTION

Menlo Swim and Sport regularly offers General First Aid, Lifeguard Certification, CPR for the Professional Rescuer, and Title 22 courses. These classes are open to the public as well as our own lifeguards and instructors to maintain required certification. Come join us and help our entire community become more safety trained and safety conscious!

### PARTY SPACE RENTAL

Have a birthday party or special event at the pool! Sunday pool rentals available by request; \$150/hour includes Open Swim admission for a group and 2 lifeguards, 2 hour minimum.

## MENLO MAVERICKS WATER POLO

Brenda Villa won gold at the 2012 London Olympics with Team USA women's water polo squad, and now coaches year-round teams at Belle Haven. Scholarships available through Beyond Barriers Athletic Foundation. Conditioning offered on off days. Email [bvilla@menloswim.com](mailto:bvilla@menloswim.com) for practice updates.

LEVEL	PRACTICES/ WEEK	FEES/ MONTH	DAY/TIME
Coed 5U	2 days	\$40	M, W, 3:45–4:30 pm
Winter Polo Schedule			
Girls 12U & 14U	2 days + 2 Su/month	\$100	M, W, 4:30–6:00 pm; Su, 9:00–11:00 am
Boys 12U & 14U	2 days + 2 Su/month	\$100	M, W, 4:30–6:00 pm; Su, 9:00–11:00 am
Coed 10U	2 days	\$50	M, W, 3:45–4:30 pm
Spring Polo Schedule			
Girls 12U & 14U	2 days + 2 Su/month	\$100	M, W, 4:30–6:00 pm; M,W, 6:00–7:30 pm; Sun 9:00–11:00 am
Boys 12U & 14U	2 days + 2 Su/month	\$100	M, W, 4:30–6:00 pm; M,W, 6:00–7:30 pm; Sun 9:00–11:00 am
Coed 10U	2 days	\$50	M, W, 3:45–4:30 pm

## BEGINNER TO ADVANCED STROKES

(Ages 3+)

Seasonal, professional, goal-oriented swim lessons for all ages and levels. Visit [www.bellehavenpool.com](http://www.bellehavenpool.com) for details or call 650-330-2237. Scholarships available through Beyond Barriers Athletic Foundation.

FEES/LESSON	DAY/TIME	SESSION DATES
Group (4:1): \$15	Tu, Th, 4:00–6:00 pm	4/3–5/26

## ADULT LAP SWIM

Lanes are dedicated to lap swimming in the performance pool and the instructional pool seven days per week year-round with a lifeguard on duty at all times. The number of lanes for lap swimming varies according to scheduled activities in each pool, but you will find designated lap lanes daily. You can pay for unlimited access or drop-in.

FEES	DAY/TIME	SESSION DATES
\$40 Resident/ \$45 Non-resident monthly	M–F, 3:00–7:00 pm	Ongoing
\$4 Resident/ \$5 Non-resident drop-in		

## SWIM PRO LESSONS

For adults only, held by appointment, private lessons with our experienced Swim Pro. Learn to swim, improve your stroke, or simply get a workout at a relaxed, individual pace.

LEVEL	FEES	DAY/TIME
Beginner–Advanced	\$120/hour	Scheduled individually

## RECREATION THERAPY

Recreation Therapy is using recreation or leisure based activities as purposeful tools of intervention to help the client achieve a specific goal. Our program is unique in that it uses client assessments to plan a unique combination of interventions that cater to a client's specific needs and goals. People experience healing best when they are having fun and are engaged in their treatment process. Our Recreation Therapy Pro, Jenna Holden is a NASM Certified personal trainer and has several certifications in aquatics and coaching.

Contact our Recreation Pro, Jenna Holden, via email: [Jenna@menloswim.com](mailto:Jenna@menloswim.com) with any questions, to sign up, or to set up a free consultation.



*Promoting healthy, balanced lifestyles through aquatic sports, fitness and outdoor family activity.*

## Menlo Tennis Academy

at Burgess Park



- Weekly group lessons for kids
- Private lessons for kids and adults
- Summer Tennis & Swim Camp

[www.menlotennisacademy.com](http://www.menlotennisacademy.com)

## Menlo Fit Boot Camp



- 21 classes a week, Monday – Saturday
- Dynamic and experienced coaching team
- All fitness levels welcome!

[www.menlofit.com](http://www.menlofit.com)

## BEYOND STUDIO CYCLING



- 10 classes a week, Monday – Saturday
- 60-75 minute classes, including cardio combo classes
- All fitness levels welcome!

[www.menlofit.com](http://www.menlofit.com)

## Our Pros



- Private one-to-one coaching in 9 sports
- Convenient and flexible schedule, package pricing
- Youth and adult programs available

[www.menloswim.com](http://www.menloswim.com)

**Menlo Swim and Sport**

501 Laurel Street, Menlo Park, CA 94025-3449

 [menloswimandsport](https://www.facebook.com/menloswimandsport)

 650-328-SWIM (7946)



# GYMNASTICS

## Gymnastics Center

501 Laurel St., Menlo Park, CA  
Phone: 650-330-2224

### CLASSES

The Menlo Park Gymnastics Program is a fun, comprehensive, educational, recreational, and developmental program for gymnasts of all ages. Classes are held at the Arrillaga Family Gymnastics Center, Monday through Saturday.

Our purpose is to teach Children First, Gymnastics Second, and Safety Always. Our mission is to create a class in which children experience the joy of movement, have the opportunity to make new friends, and learn skills that apply to gymnastics and other sports.

Please see "Registration Information" on the page after the table of contents. A \$9 mandatory insurance fee along with a \$4 equipment fee per student is included in each registration. The equipment fee is used to directly purchase equipment for the Gymnastics facility.

### HELPFUL INFORMATION

Due to the nature of our developmental program and the fact that most classes are at maximum enrollment, absolutely no make-ups or trial classes will be allowed. We do allow make up classes for our preschool program, please call 650-330-2224 for more information. Only 2 make-up classes permitted per session.

Registration is not accepted over the phone; however, please call 650-330-2224 with any questions.

Students are asked to wait in designated areas until directed into the gym by an instructor.

No students allowed on any equipment until a coach is present.

Girls should wear a leotard or shorts and a T-shirt, long hair must be tied back, and no jewelry should be worn.

Boys should wear shorts and a T-shirt or sweats.

Shoes, socks, and all personal belongings should be left in the cubbies.

Absolutely no food or gum is allowed in the gym at any time.

Parents are welcome to observe classes from the viewing area.

Parents are not allowed on the gym floor at any time (exception being a parent enrolled with a child in the KinderGym or KinderStars program).

Parents in a parent participation class are respectfully asked not to use their cell phones and stay with their class.

No flash photography in the gym at any time.

Please make every effort to have your child arrive for class on time and prepared to participate.

Teacher's assignments will be posted at the Gymnastics Lobby however; we reserve the right to make schedule/teacher changes as necessary to accommodate the program.

## Preschool Classes

Our preschool program offers a range of motor skills designed to encourage whole body exercise, strength development, and coordination. It has been proven that gymnastics activities help children develop the foundation for learning the skills necessary to read and develop math skills. Classes are structured in order to provide a fun, nurturing, safe environment in which all children have the same opportunity to participate and learn at their own pace.

### KINDERGYM

(Ages 1–3)

KinderGym is a loosely structured parent participation class. Our instructors encourage parents to help their children explore by climbing, crawling, rolling, walking and running on different types of equipment in a safe environment. The class provides an opportunity for socialization for children of the same age as well as for the parents and caregivers.

TIMES	MON	TUES	WED	THURS	FRI	SAT
Winter Session (1/3–3/31)						
<b>FEES</b>	\$173/ \$226	\$218/\$286				\$203/ \$266
9:00–9:50 am	5110.309	5120.309	5130.309	5140.309	5150.309	5160.309
10:00–10:50 am	5110.310	5120.310	5130.310	5140.310	5150.310	5160.310
11:00–11:50 am	5110.311	5120.311	5130.311	5140.311	5150.311	5160.311
2:00–2:50 pm			5130.302			
Spring Session (4/4–7/2)						
<b>FEES</b>	\$178/ \$236	\$208/\$276				\$193/ \$256
9:00–9:50 am	5110.409	5120.409	5130.409	5140.409	5150.409	5160.409
10:00–10:50 am	5110.410	5120.410	5130.410	5140.410	5150.410	5160.410
11:00–11:50 am	5110.411	5120.411	5130.411	5140.411	5150.411	5160.411
2:00–2:50 pm			5130.402			

### KINDERSTARS

(Ages 2.5–3.5)

KinderStars is a parent participation class that is slightly more structured than KinderGym. In this transitional class the caregiver helps the child to follow directions, stay with the group and participate in class activities. The goal of this class is to prepare the child for a successful transition into the NewStars class. This is a great class for parents of children who want to participate in a gymnastics class together and feel the child is too old for KinderGym.

TIMES	MON	TUES	WED	THURS	FRI	SAT
Winter Session (1/3–3/31)						
<b>FEES</b>	\$173/ \$226	\$218/\$286				\$203/ \$266
9:00–9:50 am	5210.309	5220.309	5230.309	5240.309	5250.309	
10:00–10:50 am	5210.310	5220.310	5230.310		5250.310	
11:00–11:50 am		5220.311	5230.311	5240.311	5250.311	
12:00–12:50 pm						5260.312
1:00–1:50 pm						5260.301
Spring Session (4/4–6/30)						
<b>FEES</b>	\$178/ \$236	\$208/\$276				\$193/ \$256
9:00–9:50 am	5210.409	5220.409	5230.409	5240.409	5250.409	
10:00–10:50 am	5210.410	5220.410	5230.410		5250.410	
11:00–11:50 am		5220.411	5230.411	5240.411	5250.411	
12:00–12:50 pm						5260.412
1:00–1:50 pm						5260.401

## NEWSTARS

(Age 3)

A non-parent participation class, allowing students to develop independence. Students will be guided through games, gross and perceptual motor activities. Participants practice taking turns and following directions. Children experiencing difficulty with separation may be asked to join a KinderStars class.

TIMES	MON	TUES	WED	THURS	FRI	SAT
Winter Session (1/3–3/31)						
<b>FEES</b>	\$173/ \$226	\$218/\$286				\$203/ \$266
9:00– 9:50 am	5310.309	5320.309	5330.309	5340.309	5350.309	5360.309
10:00– 10:50 am	5310.310	5320.310	5330.310	5340.310	5350.310	5360.310
11:00– 11:50 am	5310.311	5320.311	5330.311	5340.311	5350.311	5360.311
12:00– 12:50 pm						5360.312
1:00– 1:50 pm	5310.301	5320.301	5330.301	5340.301	5350.301	5360.301
2:00– 2:50 pm	5310.302	5320.302	5330.302	5340.302	5350.302	
3:00– 3:50 pm	5310.303	5320.303	5330.303	5340.303	5350.303	
Spring Session (4/4–6/30)						
<b>FEES</b>	\$178/ \$236	\$208/\$276				\$193/ \$256
9:00– 9:50 am	5310.409	5320.409	5330.409	5340.409	5350.409	5360.409
10:00– 10:50 am	5310.410	5320.410	5330.410	5340.410	5350.410	5360.410
11:00– 11:50 am	5310.411	5320.411	5330.411	5340.411	5350.411	5360.411
12:00– 12:50 pm						5360.412
1:00– 1:50 pm	5310.401	5320.401	5330.401	5340.401	5350.401	5360.401
2:00– 2:50 pm	5310.402	5320.402	5330.402	5340.402	5350.402	
3:00– 3:50 pm	5310.403	5320.403	5330.403	5340.403	5350.403	

## MINISTARS

(Age 4)

MiniStars are introduced to a number of skills. Through the course of the class some of the skills will be mastered while others will require more strength before this occurs. This is also a time of rapid growth for children, balance and coordination will be consistently worked on. Participants will continue to work on turn taking and following a series of directions. MiniStars is a non-parent participation class.

TIMES	MON	TUES	WED	THURS	FRI	SAT
Winter Session (1/3–3/31)						
<b>FEES</b>	\$173/ \$226	\$218/\$286				\$203/ \$266
9:00– 9:50 am	5410.309	5420.309	5430.309	5440.309	5450.309	5460.309
10:00– 10:50 am	5410.310	5420.310	5430.310	5440.310	5450.310	5460.310
11:00– 11:50 am	5410.311	5420.311	5430.311	5440.311	5450.311	5460.311
12:00– 12:50 pm						5460.312
1:00– 1:50 pm	5410.301	5420.301	5430.301	5440.301	5450.301	5460.301
2:00– 2:50 pm	5410.302	5420.302	5430.302	5440.302	5450.302	
3:00– 3:50 pm	5410.303	5420.303	5430.303	5440.303	5450.303	
Spring Session (4/4–6/30)						
<b>FEES</b>	\$178/ \$236	\$208/\$276				\$193/ \$256
9:00– 9:50 am	5410.409	5420.409	5430.409	5440.409	5450.409	5460.409
10:00– 10:50 am	5410.410	5420.410	5430.410	5440.410	5450.410	5460.410
11:00– 11:50 am	5410.411	5420.411	5430.411	5440.411	5450.411	5460.411
12:00– 12:50 pm						5460.412
1:00– 1:50 pm	5410.401	5420.401	5430.401	5440.401	5450.401	5460.401
2:00– 2:50 pm	5410.402	5420.402	5430.402	5440.402	5450.402	
3:00– 3:50 pm	5410.403	5420.403	5430.403	5440.403	5450.403	

## SUPERSTARS

(Age 5)

Build on skills learned in the two previous classes. Cartwheels and handstands are re-introduced with emphasis on form. Floor exercise skills are introduced for more advanced progressions, preparing for Level A. Non-parent participation class.

TIMES	MON	TUES	WED	THURS	FRI	SAT
Winter Session (1/3–3/31)						
<b>FEES</b>	\$173/ \$226	\$218/\$286				\$203/ \$266
9:00– 9:50 am						5560.309
10:00– 10:50 am						5560.310
11:00– 11:50 am						5560.311
12:00– 12:50 pm						5560.312
1:00– 1:50 pm	5510.301	5520.301	5530.301	5540.301	5550.301	5560.301
2:00– 2:50 pm	5510.302	5520.302	5530.302	5540.302	5550.302	
3:00– 3:50 pm	5510.303	5520.303	5530.303	5540.303	5550.303	
3:20– 4:10 pm	5510.333	5520.333	5530.333	5540.333	5550.333	
Spring Session (4/4–7/2)						
<b>FEES</b>	\$178/ \$236	\$208/\$276				\$193/ \$256
9:00– 9:50 am						5560.409
10:00– 10:50 am						5560.410
11:00– 11:50 am						5560.411
12:00– 12:50 pm						5560.412
1:00– 1:50 pm	5510.401	5520.401	5530.401	5540.401	5550.401	5560.401
2:00– 2:50 pm	5510.402	5520.402	5530.402	5540.402	5550.402	
3:00– 3:50 pm	5510.403	5520.403	5530.403	5540.403	5550.403	
3:20– 4:10 pm	5510.433	5520.433	5530.433	5540.433	5550.433	

## PARENT & ME GYM

**NEW**

**OHCC**

(Ages walking–3 years)

Parent and Me Gym is a 40-minute parent (caregiver) and child participation class. During this class the child will experience different motor planning activities in an obstacle course type setting. Children will be given the opportunity to practice different motor skills, work on balance, and coordination and body strength in a safe fun environment. The class also offers caregivers and children the opportunity to interact with peers in a social setting. The class will take place at the Onetta Harris Community Center. Please call the Gymnastics facility at 650-330-2224 for more information.

Instructor: Staff

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5131.409	\$25/\$34	W, 9:00–9:40 pm	4/5–6/7

## LITTLE GYM

**NEW**

**OHCC**

(Ages 3–5)

Little Gym is a 40 minute, non-parent (caregiver) participation class. An instructor will work with the class on social skills like taking turns and staying in line. The instructor will also work on rolling activities, balance activities and gross motor skills. If the child is unable to participate without the aid of a caregiver, they will be asked to go to the Parent & Me Gym class. The class will take place at the Onetta Harris Community Center. Please call the Gymnastics facility at 650-330-2224 for more information.

Instructor: Staff

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5131.410	\$25/\$34	W, 10:00–10:40 am	4/5–6/7
5131.411	\$25/\$34	W, 11:00–11:40 am	4/5–6/7

## Grade School Development

(Ages 6+, Prerequisite skills are required for levels B&C)

As students' tactile and physical strength improves, more complex gymnastic skills can be introduced. Levels A–C are fitness-oriented in a gymnastics-specific curriculum, encouraging lifelong physical and mental well-being. Gymnastics provides unparalleled challenges for the body, mind, and spirit. By meeting challenges, children continue their development toward becoming confident, fit, and able adults.

### LEVEL A

No prior experience is necessary for this 50-minute class. Class stresses coordination, strength development, and basic gymnastic skill progressions on all appropriate Olympic apparatus.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session Girls Ages 6+			
5611.303	\$163/\$216	M, 3:00–3:50 pm	1/3–3/31
5611.304	\$163/\$216	M, 4:00–4:50 pm	1/3–3/31
5611.305	\$163/\$216	M, 5:00–5:50 pm	1/3–3/31
5621.304	\$208/\$276	Tu, 4:00–4:50 pm	1/3–3/31
5621.305	\$208/\$276	Tu, 5:00–5:50 pm	1/3–3/31
5621.306	\$208/\$276	Tu, 6:00–6:50 pm	1/3–3/31
5631.304	\$208/\$276	W, 4:00–4:50 pm	1/3–3/31
5631.305	\$208/\$276	W, 5:00–5:50 pm	1/3–3/31
5631.306	\$208/\$276	W, 6:00–6:50 pm	1/3–3/31
5641.304	\$208/\$276	Th, 4:00–4:50 pm	1/3–3/31
5641.305	\$208/\$276	Th, 5:00–5:50 pm	1/3–3/31
5651.304	\$208/\$276	F, 4:00–4:50 pm	1/3–3/31
5651.305	\$208/\$276	F, 5:00–5:50 pm	1/3–3/31
5661.303	\$193/\$256	Sa, 3:00–3:50 pm	1/3–3/31
5661.304	\$193/\$256	Sa, 4:00–4:50 pm	1/3–3/31

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Spring Session Girls Ages 6+			
5611.403	\$178/\$236	M, 3:00–3:50 pm	4/4–6/30
5611.404	\$178/\$236	M, 4:00–4:50 pm	4/4–6/30
5611.405	\$178/\$236	M, 5:00–5:50 pm	4/4–6/30
5621.404	\$208/\$276	Tu, 4:00–4:50 pm	4/4–6/30
5621.405	\$208/\$276	Tu, 5:00–5:50 pm	4/4–6/30
5621.406	\$208/\$276	Tu, 6:00–6:50 pm	4/4–6/30
5631.404	\$208/\$276	W, 4:00–4:50 pm	4/4–6/30
5631.405	\$208/\$276	W, 5:00–5:50 pm	4/4–6/30
5631.406	\$208/\$276	W, 6:00–6:50 pm	4/4–6/30
5641.404	\$208/\$276	Th, 4:00–4:50 pm	4/4–6/30
5641.405	\$208/\$276	Th, 5:00–5:50 pm	4/4–6/30
5651.404	\$208/\$276	F, 4:00–4:50 pm	4/4–6/30
5651.405	\$208/\$276	F, 5:00–5:50 pm	4/4–6/30
5661.403	\$193/\$256	Sa, 3:00–3:50 pm	4/4–6/30
5661.404	\$193/\$256	Sa, 4:00–4:50 pm	4/4–6/30
Winter Session Girls Ages 10+ (For students with no prior experience)			
5611.306	\$163/\$216	M, 6:00–6:50 pm	1/3–3/31
Spring Session Girls Ages 10+ (For students with no prior experience)			
5611.406	\$178/\$236	M, 6:00–6:50 pm	4/4–6/30
Winter Session Boys Ages 6+			
5612.304	\$163/\$216	M, 4:00–4:50 pm	1/3–3/31
5622.304	\$208/\$276	Tu, 4:00–4:50 pm	1/3–3/31
5632.304	\$208/\$276	W, 4:00–4:50 pm	1/3–3/31
5642.304	\$208/\$276	Th, 4:00–4:50 pm	1/3–3/31
Spring Session Boys Ages 6+			
5612.404	\$178/\$236	M, 4:00–4:50 pm	4/4–6/30
5622.404	\$208/\$276	Tu, 4:00–4:50 pm	4/4–6/30
5632.404	\$208/\$276	W, 4:00–4:50 pm	4/4–6/30
5642.404	\$208/\$276	Th, 4:00–4:50 pm	4/4–6/30

## LEVEL B

Prior experience is required. Prerequisite skills: forward and backward rolls, cartwheel, and kick over on bars.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
<b>Winter Session Girls Ages 7+</b>			
5711.304	\$163/\$216	M, 4:00–4:50 pm	1/3–3/31
5711.305	\$163/\$216	M, 5:00–5:50 pm	1/3–3/31
5711.306	\$163/\$216	M, 6:00–6:50 pm	1/3–3/31
5721.304	\$208/\$276	Tu, 4:00–4:50 pm	1/3–3/31
5721.305	\$208/\$276	Tu, 5:00–5:50 pm	1/3–3/31
5731.303	\$208/\$276	W, 3:00–3:50 pm	1/3–3/31
5731.304	\$208/\$276	W, 4:00–4:50 pm	1/3–3/31
5731.305	\$208/\$276	W, 5:00–5:50 pm	1/3–3/31
5731.306	\$208/\$276	W, 6:00–6:50 pm	1/3–3/31
5741.304	\$208/\$276	Th, 4:00–4:50 pm	1/3–3/31
5741.305	\$208/\$276	Th, 5:00–5:50 pm	1/3–3/31
5741.306	\$208/\$276	Th, 6:00–6:50 pm	1/3–3/31
5751.304	\$208/\$276	F, 4:00–4:50 pm	1/3–3/31
5751.305	\$208/\$276	F, 5:00–5:50 pm	1/3–3/31
5761.304	\$193/\$256	Sa, 4:00–4:50 pm	1/3–3/31
<b>Spring Session Girls Ages 7+</b>			
5711.404	\$178/\$236	M, 4:00–4:50 pm	4/4–6/30
5711.405	\$178/\$236	M, 5:00–5:50 pm	4/4–6/30
5711.406	\$178/\$236	M, 6:00–6:50 pm	4/4–6/30
5721.404	\$208/\$276	Tu, 4:00–4:50 pm	4/4–6/30
5721.405	\$208/\$276	Tu, 5:00–5:50 pm	4/4–6/30
5731.403	\$208/\$276	W, 3:00–3:50 pm	4/4–6/30
5731.404	\$208/\$276	W, 4:00–4:50 pm	4/4–6/30
5731.405	\$208/\$276	W, 5:00–5:50 pm	4/4–6/30
5731.406	\$208/\$276	W, 6:00–6:50 pm	4/4–6/30
5741.404	\$208/\$276	Th, 4:00–4:50 pm	4/4–6/30
5741.405	\$208/\$276	Th, 5:00–5:50 pm	4/4–6/30



CLASS CODE	FEES	DAY/TIME	SESSION DATES
5741.406	\$208/\$276	Th, 6:00–6:50 pm	4/4–6/30
5751.404	\$208/\$276	F, 4:00–4:50 pm	4/4–6/30
5751.405	\$208/\$276	F, 5:00–5:50 pm	4/4–6/30
5761.404	\$193/\$256	Sa, 4:00–4:50 pm	4/4–6/30
<b>Winter Session Boys Ages 7+</b>			
5722.305	\$208/\$276	Tu, 5:00–5:50 pm	1/3–3/31
5742.304	\$208/\$276	Th, 4:00–4:50 pm	1/3–3/31
<b>Spring Session Boys Ages 7+</b>			
5722.405	\$208/\$276	Tu, 5:00–5:50 pm	4/4–6/30
5742.404	\$208/\$276	Th, 4:00–4:50 pm	4/4–6/30

## LEVEL C

Progressive skills are taught on all Olympic events, as well as explanations of technique and biomechanics. Prerequisite skills include three-second handstand, round-off, back bend to bridge, cartwheel, 120 degree split, and back hip circle on bars.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session Girls Ages 8+			
5811.304	\$193/\$256	M, 4:00–5:10 pm	1/3–3/31
5811.306	\$193/\$256	M, 6:00–7:10 pm	1/3–3/31
5821.306	\$247/\$329	Tu, 6:00–7:10 pm	1/3–3/31
5831.304	\$247/\$329	W, 4:00–5:10 pm	1/3–3/31
5831.305	\$247/\$329	W, 5:00–6:10 pm	1/3–3/31
5831.306	\$247/\$329	W, 6:00–7:10 pm	1/3–3/31
5841.306	\$247/\$329	Th, 6:00–7:10 pm	1/3–3/31
5861.303	\$229/\$305	Sa, 3:00–4:10 pm	1/3–3/31
Spring Session Girls Ages 8+			
5811.404	\$193/\$256	M, 4:00–5:10 pm	4/4–6/30
5811.406	\$193/\$256	M, 6:00–7:10 pm	4/4–6/30
5821.406	\$247/\$329	Tu, 6:00–7:10 pm	4/4–6/30
5831.404	\$247/\$329	W, 4:00–5:10 pm	4/4–6/30
5831.405	\$247/\$329	W, 5:00–6:10 pm	4/4–6/30
5831.406	\$247/\$329	W, 6:00–7:10 pm	4/4–6/30
5841.406	\$247/\$329	Th, 6:00–7:10 pm	4/4–6/30
5861.403	\$229/\$305	Sa, 3:00–4:10 pm	4/4–6/30
Winter Session Boys Ages 8+			
5842.305	\$247/\$329	Th, 5:00–6:10 pm	1/3–3/31
Spring Session Boys Ages 8+			
5842.405	\$247/\$329	Th, 5:00–6:10 pm	4/4–6/30



## TUMBLING

(Ages 8+)

Prerequisite skills include forward & backward rolls, handstand, cartwheel round off, and walkovers. For students interested in tumbling and acrobatic skills only. No apparatus work is included in this class other than occasional Tumb-Trak exercises.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5010.305	\$163/\$216	M, 5:00–5:50 pm	1/3–3/31
Spring Session			
5010.405	\$178/\$236	M, 5:00–5:50 pm	4/4–6/30

## HIGH SCHOOL/ADULT CLASSES

(Ages 14+)

Designed for recreational athletes, former competitive gymnasts, and any adults interested in gymnastics. For vaulters, divers, cheerleaders, cross athletes, or those looking to work on tumbling skills, acrobatics, and gymnastic apparatus skills.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5020.307	\$273/\$364	Tu, 7:00–8:20 pm	1/3–3/31
5040.307	\$273/\$364	Th, 7:00–8:20 pm	1/3–3/31
Spring Session			
5020.407	\$273/\$364	Tu, 7:00–8:20 pm	4/4–6/30
5040.407	\$273/\$364	Th, 7:00–8:20 pm	4/4–6/30

## Circus Arts

Learn a variety of circus skills including aerial silks, trapeze, and partner acrobatics. If you are interested in a specific circus skill not listed please let us know. All students must demonstrate the physical requirements list. New students begin at level 1 and move up as the instructor recommends. Expect to take at least 3 sessions at each level before advancing. Class limit 6 students.

**Level 1 Requirements:** 10 second long arm hang. Hold plank position for 30 seconds. Jump Rope for 1 minute. Hold hollow body position on the floor for 10 seconds.

**Level 2 Requirements:** 1 straddle inversions. 12 second long arm pike hang. 3 pull ups. 5 burpees with push-ups. 4 v ups.

**Level 3 Requirements:** 4 long arm straddle inversions. 25 second long arm pike hang. 5 pull ups. 10 burpees with push-ups. 10 v ups.

**Level 4 Requirements:** 10 long arm straddle inversions. 35 second long arm pike hang. 10 pull ups. 20 burpees with push-ups. 20 v ups.

### AERIAL SILKS & ROPE: LEVEL 1

(Ages 7+)

Focusing on climbing, holding static poses, building to inversions, and conditioning. \$10 materials fee due to the instructor on the first day of class. Class suitable for kids and adults. Class max 6 students. No make-up classes, except in case of instructor cancellation. No drop-ins for this level.

Instructor: M. Santini-Kelly  
650-996-9906 • fliris84@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5019.343	\$216/\$279	M, 4:30–5:30 pm	1/9–3/20
5049.343	\$264/\$341	Th, 4:30–5:30 pm	1/12–3/23
Spring Session			
5019.443	\$288/\$372	M, 4:30–5:30 pm	4/3–6/19
5049.443	\$288/\$372	Th, 4:30–5:30 pm	4/6–6/22

### AERIAL SILKS & ROPE: LEVEL 1

(Ages 7+)

Focusing on climbing, holding static poses, building to inversions, and conditioning. \$10 materials fee due to the instructor on the first day of class. Class max 8 students. No make-up class, except in case of instructor cancellation.

Instructor: K. Turkle

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5039.343	\$264/\$341	W, 4:40–5:40 pm	1/11–3/22
Spring Session			
5039.443	\$288/\$372	W, 4:40–5:40 pm	4/6–6/22

### AERIAL SILKS & ROPE: LEVEL 2

(Ages 7+)

Building short sequences, increasing climbing endurance, improving inversion skills. \$10 materials fee due to the instructor on the first day of class. Class max 8 students. No make-up class, except in case of instructor cancellation.

Instructor: K. Turkle

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5039.354	\$264/\$341	W, 5:50–6:50 pm	1/11–3/22
Spring Session			
5039.454	\$288/\$372	W, 5:50–6:50 pm	4/6–6/22

### TRAPEZE AND PARTNER ACROBATICS

(Ages 8+)

This will be a mix level class for learning trapeze and partner acrobatics. This class will build on core strength, conditioning, and partner counterbalances.

Instructor: S. Hom  
sookuenhom@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5029.307	\$244/\$325	Tu, 7:00–8:00 pm	1/10–3/21
Spring Session			
5029.407	\$265/\$377	Tu, 7:00–8:00 pm	4/4–6/20

## AERIAL SILKS & ROPE: LEVEL 2 & 3

(Ages 7+)

Building short sequences, increasing climbing endurance, improving inversion skills, conditioning, learning some drops. \$10 materials fee due to the instructor on the first day of class. Class suitable for kids and adults. Class max 6 students. No make-up class, except in case of instructor cancellation. No more than 3 drop-ins per session.

Instructor: M. Santini-Kelly  
650-996-9906 • fliris84@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5029.343	\$264/\$341	Tu, 4:30–5:30 pm	1/10–3/21
5059.343	\$264/\$341	F, 4:30–5:30 pm	1/13–3/24
Spring Session			
5029.443	\$288/\$372	Tu, 4:30–5:30 pm	4/4–6/20
5059.343	\$288/\$372	F, 4:30–5:30 pm	4/4–6/23

## AERIAL SILKS & ROPE: LEVEL 3

(Ages 7+)

Teaching aerial silks, moving into more complex climbs, momentum inversions, dynamic tricks and drops, and more challenging poses, wraps and sequences. \$10 materials fee due to the instructor on the first day of class. Class suitable for kids and adults. Class max 6 students. No make-up class, except in case of instructor cancellation. No more than 3 drop-ins per session.

Instructor: M. Santini-Kelly  
650-996-9906 • fliris84@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5019.354	\$216/\$279	M, 5:40–6:40 pm	1/9–3/20
Spring Session			
5019.454	\$288/\$372	M, 5:40–6:40 pm	4/3–6/19

## AERIAL SILKS & ROPE: LEVEL 4

(Ages 7+)

Teaching aerial silks, increasing endurance, complexity of routines, performance standards and difficulty of moves, flexibility, and conditioning. \$10 materials fee due to the instructor on the first day of class. Class suitable for kids and adults. Class max 6 students. No make-up class, except in case of instructor cancellation. No more than 3 drop-ins per session.

Instructor: M. Santini-Kelly  
650-996-9906 • fliris84@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5019.365	\$216/\$279	M, 6:45–7:45 pm	1/9–3/20
5029.354	\$264/\$341	Tu, 5:45–6:45 pm	1/10–3/21
5049.354	\$264/\$341	Th, 5:45–6:45 pm	1/12–3/23
Spring Session			
5019.465	\$288/\$372	M, 6:45–7:45 pm	4/3–6/19
5029.454	\$288/\$372	Tu, 5:45–6:45 pm	4/4–6/20
5049.454	\$288/\$372	Th, 5:45–6:45 pm	4/6–6/22

## AERIAL CONDITIONING AND TRICKS: LEVEL 5

(Ages 7+)

Instructor permission required for enrollment. Intensive conditioning, trick building, and sequence work. \$10 materials fee due to the instructor on the first day of class. Class max 2 students. No make-up class, except in case of instructor cancellation.

Instructor: K. Turkle

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5039.355	\$264/\$341	W, 6:50–7:50 pm	1/11–3/22
Spring Session			
5039.455	\$288/\$372	W, 6:50–7:50 pm	4/13–6/24

## AERIAL SILKS MULTI LEVELS CLASS: ALL LEVELS

(Ages 7+)

Students with some aerial experience learn how to create and work on their own repertoire, train and choreograph their routines, engage on aerial conditioning, build up strength. \$10 materials fee due to the instructor on the first day of class. Class suitable for kids and adults. Class max 6 students. Class duration 1 hour and 30 minutes. No more than 3 drop-ins per session. No make-up class, except in case of instructor cancellation.

Instructor: M. Santini-Kelly  
650-996-9906 • fliris84@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5069.303	\$275/\$352	Sa, 2:30–4:00 pm	1/14–3/25
Spring Session			
5069.403	\$240/\$320	Sa, 2:30–4:00 pm	4/8–6/24

## AERIAL FITNESS ADULTS

(Ages 15+)

Class open to all fitness levels. Very beginner students join this class to familiarize with the aerial apparatus, learn the basics and build up strength while conditioning and performing the first steps on an aerial dance routine. Using aerial silks and rope.

Intermediate and advanced level students join this class to keep progressing with their training repertoire and conditioning. \$10 materials fee due to the instructor on the first day of class. Class max 4 students. No more than 3 drop-ins per session. No make-up class, except in case of instructor cancellation.

Instructor: M. Santini-Kelly  
650-996-9906 • fliris84@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Winter Session			
5028.364	\$264/\$341	Tu, 6:45–7:45 pm	1/10–3/21
5048.365	\$264/\$341	Th, 6:45–7:45 pm	1/12–3/23
Spring Session			
5028.464	\$288/\$372	Tu, 6:45–7:45 pm	4/4–6/20
5048.465	\$288/\$372	Th, 6:45–7:45 pm	4/4–6/23



# GYMNASTICS BIRTHDAY PARTIES

**\$300 RESIDENT • \$405 NON-RESIDENT**

Games, organized activities, and gymnastics activities are scheduled for up to 20 children followed by 50 minutes for cake and refreshments in our party room. We will allow you to have up to 30 guests however, you must notify us two weeks in advance and there will be a \$15 charge for each child over the 20 guests. We encourage parents to sit and relax while our professional staff entertains the celebrants. For party participants under the age of 5, parents are allowed to help with the activities on the gym floor. For party participants over the age of 5 we respectfully request that participants are not accompanied onto the floor by parents.

We regret to inform you that March 2017 will be the last month we will be offering gymnastics birthday parties.

## SUNDAYS

**10:00–11:50 AM, 12:30–2:30 PM & 3:00–4:50 PM**

For more information, call the Gymnastics Center at 650-330-2224 or make reservations online at [www.menlopark.org/registration](http://www.menlopark.org/registration).

Cancellation fee applies.

## Childcare

### Belle Haven Preschool Program

410 Ivy Dr., Menlo Park, CA 94025

(Across from Belle Haven Library)

Monday–Friday

7:30 am–5:30 pm (full-day)

Except holidays.

Ages 3–5 years

Belle Haven Child Development Center (BHCDC) provides full-time and part-time high quality preschool childcare. The program is funded by the State Department of Education and administered by the City of Menlo Park. Our program offers weekly storytime visits to the Belle Haven Library, monthly garden activities and summer swimming. Our program encourages parent participation through a parent group that builds a community from within. Our program builds and enhances children's self-esteem by offering developmentally appropriate materials, activities and curriculum that assist children in being:

- Effective learners
- Personally, socially and physically competent
- Safe and healthy
- Supported in their learning by their families
- Better prepared for kindergarten and able to achieve their goals

**Staff:** The program features a highly trained, committed, nurturing, and bi-lingual staff with a teacher to child ratio of 1:8

**Meals:** Children are provided with an organic breakfast, lunch, and snack daily.

**Tuition:** \$959/month for residents and \$1,295/month for non-residents

**License:** #414001146 - Department of Social Services

The program provides subsidized care on a sliding fee scale based upon family income and family size. Tuition assistance is funded by the State Department of Education and the City of Menlo Park.

Proof of income is required and all fees are subject to change.

For additional information, call 650-330-2270 or visit [www.menlopark.org](http://www.menlopark.org).

## BELLE HAVEN SCHOOL-AGE PROGRAM

GRADES K-6

12:00–6:00 pm

650-330-2297

Where education and fun come together.

Licensed Facility

Homework Assistance

Large and Small Group Activities

Subsidized Fees

Menlo Park residents only  
Monthly fees range from \$99–\$129 for subsidized costs

Nutritious Snacks

Interest Clubs

Transportation from Local Schools

Early Dismissal, Professional Days,  
and School Vacation Camps

We accept children from the Tinsley program.

Facility #414002172





# MENLO CHILDREN'S CENTER



801 Laurel Street, Menlo Park, CA 94025  
650-330-2262

## PRESCHOOL PROGRAMS

AGES 18 MONTHS-5 YEARS



The City of Menlo Park offers high quality childcare programs at MCC and is licensed by the Department of Social Services (License # 414002020). MCC is open Monday-Friday (except holidays) from 7:30 a.m.-6:00 p.m. The program consists of a wide range of developmentally appropriate activities that foster a child's intellectual, social, and emotional well-being in a warm nurturing environment. Our center encourages parent participation through a parent group that builds a community from within. Our play-based philosophy ensures children may explore the environment freely and discover the world around them at their own pace. Our fun, age-appropriate, curriculum promotes self-expression and self-discovery. Our warm and nurturing teachers provide opportunities for each child's social development skills to strengthen which helps build life-long relationships.

## FULL DAY PROGRAMS

**TODDLERS** | 8:00 AM-6:00 PM  
5-day Program (M-F): \$1823/\$2460  
3-day Program (M, W, F): \$1330/\$1795  
2-day Program (T, Th): \$1038/\$1401

**EARLY PRESCHOOL** | 8:00 AM-6:00 PM  
5-day Program (M-F): \$1433/\$1935  
3-day Program (M, W, F): \$1047/\$1413  
2-day Program (T, Th): \$817/\$1103

**PRESCHOOL** | 8:00 AM-6:00 PM  
5-day Program (M-F): \$1433/\$1935  
3-day Program (M, W, F): \$1047/\$1413  
2-day Program (T, Th): \$817/\$1103



## HALF DAY PROGRAMS

**MORNING BIRDS** | 8:30 AM-12:00 PM  
5-day Program (M-F): \$549/\$741  
3-day Program (M, W, F): \$348/\$469  
2-day Program (T, Th): \$244/\$335



## AFTER SCHOOL PROGRAMS

KINDERGARDEN-5TH GRADE

We provide transportation for children attending Laurel, Oak Knoll and Encinal schools. Children attending other schools will be accepted, but must provide their own transportation. This program follows the Menlo Park School District calendar, and provides a unique environment to facilitate the development of each child's physical, social, emotional, and creative growth. The staff promotes self-respect, confidence, creative expression, positive peer interaction and lifelong learning. Activities include inside/outside games, arts and crafts, cooking, open areas for exploration and homework clubs for grades 1-5. Nutritional snacks are provided. We also offer recreation and academic classes for an additional fee. Space is limited.



### MORNING & AFTERNOON KINDERKATS

5 days/week: \$483/\$652  
4 days/week: \$430/\$581  
3 days/week: \$348/\$470  
2 days/week: \$275/\$371  
1 day/week: \$177/\$239

### GRADES 1-5

5 days/week: \$446/\$602  
4 days/week: \$400/\$540  
3 days/week: \$326/\$440  
2 days/week: \$254/\$343  
1 day/week: \$150/\$203



# ADULT CLASSES

## Dance

### FOLKDANCES OF HUNGARY & TRANSYLVANIA

This class teaches authentic Hungarian, Romanian, and Gypsy dances. These folkdances, centuries old, resemble ballroom dances on steroids. They are still done today at dance clubs throughout Hungary by people of all ages, so if you plan to visit Hungary this class is for you. We do mostly couple dances, but also include some men's and women's dances. Todd Wagner will teach the men's parts and Sarah Tull will teach the women's parts. Teaching will be at a beginning level. Partners are not necessary since we rotate partners during the teaching. For more information call 650-941-0227 or email todd@wagnerhaz.com.

Instructor: T. Wagner  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1843.301	\$8 drop-in	Tu, 7:30–9:55 pm	1/10–3/14
1843.401	\$8 drop-in	Tu, 7:30–9:55 pm	3/21–5/23

### PALOMANIAN INTERNATIONAL FOLK DANCE

Learn folk dances from around the world: Europe, Asia and the Americas. All levels welcome. The complexity of dances increases through the evening, with appropriate level of teaching based on the attendees beginning with warm-up and introductory dances. Both partner and non-partner dances will be presented, however, you do not need a partner to attend. \$8 drop-in fee. For details, call 408-252-8106 or 408-249-6104.

Instructor: D. Heenan, Coordinator: A. Lisin  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1013.301	\$58/\$77	Tu, 7:30–9:45 pm	1/3–3/14
1013.401	\$53/\$70	Tu, 7:30–9:45 pm	3/21–5/23

### THE HEARTBEAT OF HULA

ALOHA! Come move your body, improve your memory, and soothe your soul. Dance your heart out to the rhythms of the islands. No experience nor costume necessary. Open to both men and women. New students are welcome to attend one trial class. \$15 drop-in fee. No class 1/16, 2/20.

Instructor: I. Dragan  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1073.301	\$126/\$169	M, 10:30–11:30 am	1/2–3/13
1073.401	\$140/\$188	M, 10:30–11:30 am	3/20–5/22

## BALKAN FOLKDANCE

Learn a repertoire of lively dances from Macedonia, Yugoslavia, Bulgaria, Romania, Greece, and Hungary from internationally known teachers Martin Frost and Todd Wagner. Information about customs, history, and costume is also presented. This course complements other courses offered at the recreation center with very little overlap in material. \$8 drop-in fee.

Instructors: M. Frost, T. Wagner; Coordinator: S. Ritz  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1029.301	\$54/\$72	Th, 7:45–9:55 pm	1/5–3/16
1029.401	\$49/\$65	Th, 7:45–9:55 pm	3/23–5/25



## TRADITIONAL AZTEC DANCING

**OHCC**

(Ages 10+)

Learn the traditional Aztec Dance that has been taught for centuries in Mexico and other Latin American countries. No class 1/16, 2/20, 5/29.

Instructor: G. Salinas  
Location: Onetta Harris Community Center Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6837.301	\$25/\$34	M, 6:00–8:00 pm	1/9–3/20
6837.302	\$25/\$34	W, 6:00–8:00 pm	1/11–3/22
6837.401	\$25/\$34	M, 6:00–8:00 pm	4/3–6/5
6837.402	\$25/\$34	W, 6:00–8:00 pm	4/5–6/7

## SOUL LINE DANCING

**OHCC**

(Ages 10+)

Learn to do the Cupid Shuffle, Electric Slide, Wobble, Bus Stop and many other line dances in this energetic class and make new friends. Note that this class is held every other Friday.

Instructor: J. Croft  
Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6690.302	FREE	F, 1:30–3:00 pm	1/13, 1/27, 2/10, 2/24, 3/10, 3/24
6690.402	FREE	F, 1:30–3:00 pm	4/7, 5/5, 5/19, 6/2

## MIDDLE EASTERN BELLYDANCE

Learn the sensuous movements of this ancient art form while building strength, flexibility and stamina. Bellydancing is for all ages and body types! Cover basic bellydance muscle isolations and dance technique, using music and movement from Egypt, Turkey, Iran and North Africa. Wear bare feet and loose, comfortable pants or a full skirt (bare stomach optional). \$15 drop-in fee, \$10 for advanced classes. No class 1/16, 2/20.

Instructor: S. Troutman  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
<b>Beginner</b>			
1047.301	\$76/\$101	M, 6:30–7:45 pm	1/9–3/13
1047.302	\$94/\$126	Th, 6:20–7:35 pm	1/12–3/16
1047.401	\$85/\$113	M, 6:30–7:45 pm	3/27–5/22
1047.402	\$85/\$113	Th, 6:20–7:35 pm	3/30–5/25
<b>Intermediate</b>			
1047.303	\$76/\$101	M, 8:00–9:15 pm	1/9–3/13
1047.304	\$94/\$126	Th, 7:45–9:00 pm	1/12–3/16
1047.403	\$85/\$113	M, 8:00–9:15 pm	3/27–5/22
1047.404	\$85/\$113	Th, 7:45–9:00 pm	3/30–5/25
<b>Advanced</b>			
1047.305	\$68/\$90	M, 9:15–9:55 pm	1/9–3/13
1047.306	\$94/\$126	Th, 9:00–9:55 pm	1/12–3/16
1047.405	\$68/\$90	M, 9:15–9:55 pm	3/27–5/22
1047.406	\$85/\$113	Th, 9:00–9:55 pm	3/30–5/25

## IRANIAN DANCE

Move to the rhythms of Persian music. Classical miniature and regional folkloric Iranian dances will be presented, with a focus on classical – the flowing, soft style. Movements vary from tribal and upbeat from the south of Iran to delicate arm movements originating from your core. Nourish your soul and connect to an ancient culture with the beautiful art of Iranian dance. Winter and spring sessions focus on technique and possibly learning choreography, as students prefer. \$15 drop-in. For more information, visit <http://persiandancing.wix.com/shadan> or [facebook.com/Persiandancing/](https://www.facebook.com/Persiandancing/).

Instructor: S. Mirabedi  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1086.301	\$116/\$155	Th, 6:45–7:45 pm	1/5–3/16
1086.401	\$105/\$140	Th, 6:45–7:45 pm	3/23–5/25

## DANCE MIXX BY JAZZERCISE®

The Jazzercise method fuses cardio, resistance training, Pilates, yoga, kickboxing and, of course, the demanding forms of dance. We continually change moves and music to stay motivated and break through plateaus. Register in class or at [jazzercise.com](http://jazzercise.com). Contact (650) 703-1263, [meredithozbil@hotmail.com](mailto:meredithozbil@hotmail.com) or visit [facebook.com/JazzerciseMenloPark](https://www.facebook.com/JazzerciseMenloPark) for details. Make-ups allowed during weekday classes or crossovers. No class 4/15, 5/6.

Instructor: M. Ozbil  
Location: Arrillaga Family Recreation Center

FEES	DAY/TIME	SESSION DATES
\$20 drop-in	Sa, 9:00–10:00 am	January–May
\$130/\$175 10-class pass	Sa, 9:00–10:00 am	January–May
\$49/\$70 per month unlimited, 1 class/week	Sa, 9:00–10:00 am	January–May

## JANE KELLAM'S ADULT JAZZ "GOTTA DANCE!"

Learning jazz technique improves your body awareness and enhances other aspects of your life. Jazz is all about dancing from your "center" while you stretch, kick, turn, extend, perspire and move through space with freedom and fluidity. Learn fun combinations danced to a variety of music and dance your way to a healthier, more fit YOU! We have a few performance opportunities throughout the year if you are interested! Missed classes can be made up in any of Jane's classes during this session. \$20 drop-in fee. For details, call 650-400-3252 or email [janekeellamdance@yahoo.com](mailto:janekeellamdance@yahoo.com).

Instructor: J. Kellam  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.304	\$124/\$166	W, 10:00–11:30 am	1/11–3/29
1060.305	\$124/\$166	F, 11:15 am–12:45 pm	1/13–3/31
1060.306	\$172/\$231	W, 10:00–11:30 am & F, 11:15 am–12:45 pm	1/11–3/31
1060.404	\$124/\$166	W, 10:00–11:30 am	4/5–6/21
1060.405	\$124/\$166	F, 11:15 am–12:45 pm	4/7–6/23
1060.406	\$172/\$231	W, 10:00–11:30 am & F, 11:15 am–12:45 pm	4/5–6/23

## "CATCH UP JAZZ"

Want to learn the steps and technique of Jazz Dance so you can join the W/F class or improve your dance skills in other classes? Now's your chance to learn all the moves you think look cool. You will learn chasses, pas de bourees, jazz squares, 3 count turns, kick ball changes, and so much more. Co-ordinating arms and legs has been proven to be highly beneficial for brain strength. Join this basic class and have a blast! It's dance and it's fitness!

Instructor: J. Kellam  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.301	\$124/\$166	F, 10:00–11:00 am	1/13–3/31
1060.401	\$124/\$166	F, 10:00–11:00 am	4/7–6/23

## Enrichment

### BEGINNING DIGITAL PHOTOGRAPHY

In this fun hands-on introduction to digital photography, we will work with your camera's menus and function modes, metering, focusing, filters, the flash, white balance, light, color and basic composition, which will prepare us for portraiture, night shooting and printing activities in class. This class will cover basic photographic concepts. Also included is a one-hour private printing workshop the weekend of 2/25. Bring your camera, fully charged battery, and instruction manual to the first class. A \$40 materials fee is payable to the instructor.

Instructor: M. Rose Springer  
 Location: Red Morton Community Center  
 1120 Roosevelt Avenue, Redwood City, CA

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1812.301	\$148/\$198	Tu, 7:00–9:30 pm	1/10–2/28
1812.401	\$148/\$198	Tu, 7:00–9:30 pm	4/11–5/30

### BEGINNING SEWING

Have a sewing machine and don't know where to start? We'll cover the basics and get you sewing! Learn how to select and read a pattern. Prepare, lay out and cut pattern pieces and sew the items in class. We will make two easy projects, perfect for beginners. Don't worry if you have no sewing experience—just come to class with a willingness to learn, and you will be sewing in no time. A materials list will be provided approximately one week before the first session. \$5 materials fee payable to the instructor. Rental machines available for use during class for an additional \$20, payable to the instructor. For details, email hopkinsce@yahoo.com. No class 11/24.

Instructor: C. Hopkins  
 Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.301	\$64/\$85	Th, 6:30–8:30 pm	1/12–2/2
1817.401	\$64/\$85	Th, 6:30–8:30 pm	3/9–3/30

### INTERMEDIATE SEWING

Know how to sew, but want to learn more? Develop techniques to expand and improve your sewing in this hands-on class. A materials list will be provided approximately one week before the first session. \$5 materials fee payable to the instructor. Rental machines available for use during class for an additional \$20, payable to the instructor. For details, contact the instructor at hopkinsce@yahoo.com.

Instructor: C. Hopkins  
 Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.403	\$64/\$85	Th, 6:30–8:30 pm	5/4–5/25

### BEGINNING QUILTING

This class will cover the basics of quilting—how to cut and piece blocks, how to sew the quilt top and how to put it all together into a finished quilt. We will make a baby-sized quilt. We will cover the tools and techniques used for fast and easy quilting. Sewing machines available for use during class for an additional \$25, payable to instructor. \$5 materials fee. If you have questions, email hopkinsce@yahoo.com. No class 10/31.

Instructor: C. Hopkins  
 Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.407	\$64/85	M, 6:30–8:30 pm	5/1–5/22

### CAKE DECORATING: WORKING WITH BUTTERCREAM & FONDANT

We will work with buttercream icing and fondant in this class. We will cover how to make icing and how to level and ice a cake. We will learn a variety of decorating techniques and spend one session is all about cupcakes! We will work with fondant during the last class. We will cover a cake and make a variety of decorations using fondant. Materials are required for the class. The supply list will be provided during the first session. For details, email hopkinsce@yahoo.com. No class 1/16.

Instructor: C. Hopkins  
 Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.304	\$64/\$85	M, 6:30–8:30 pm	1/9–2/6
1817.404	\$64/\$85	M, 6:30–8:30 pm	3/27–4/17

## LEARN TO BEAD!

(Ages 16+)

Learn the basics of making beaded jewelry by making a bracelet and earrings. We will cover what tools and supplies are needed and where to find them. This hands-on class will allow you to make finished jewelry that is sure to impress! A materials list will be sent out approximately a week before class or you can purchase a beading kit from the instructor for \$15. If you have questions, email hopkinsce@yahoo.com.

Instructor: C. Hopkins

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.305	\$39/\$51	W, 6:30–8:30 pm	3/20
1817.405	\$39/\$51	W, 6:30–8:30 pm	4/24

## SPANISH FOR ADULTS

**OHCC**

(Ages 10+)

Discover the delightful feeling of understanding your neighbors and coworkers. No homework assignments or grammatical rules, only practicing conversation and applying new techniques to gain confidence. We will cover specific vocabulary related to jobs/professions and every-day dialogue.

Instructor: E. Roldan

Location: OHCC Conference Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6634.302	\$25/\$34	W, 6:45–7:30 pm	1/11–3/22
6634.402	\$25/\$34	W, 6:45–7:30 pm	4/5–6/7

## CHICANO/LATINO FILM APPRECIATION

**OHCC**

(Ages 14+)

Examine topics and issues raised in films by Chicano/Latino directors and producers, such as history, immigration, family dynamics, cultural norms and political representation. Participants will have the opportunity to write an essay that may be used toward an elective credit for their middle school or high school courses arranged with the instructor.

Instructor: A. Vilchez

Location: OHCC Conference Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6642.401	\$25/\$34	Tu, 6:30–8:00 pm	4/4–6/6

## IKEBANA

Japanese flower arrangements for beginner, intermediate and advanced students. New students will learn the basics and continuing students will further explore Ikebana arrangements. Students should bring a shallow container, scissors, and frog (needle point holders). \$65 materials fee is payable to instructor first day of class.

Instructor: K. Shibata

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1827.301	\$64/\$85	Tu, 1:00–3:00 pm	1/10, 1/24, 2/7, 2/21
1827.401	\$64/\$85	Tu, 1:00–3:00 pm	3/21, 4/25, 5/9, 5/23

## BASIC MUSICIANSHIP FOR ADULTS

Learn the mechanics of music! In this class you will learn the basic elements of music theory. We will cover the musical alphabet, the basic principles of rhythm, key, scale, intervals, chords, and music terminology. Emphasis will be placed on sight-singing and ear-training.

Instructor: A. McNeely

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1884.301	\$135/\$180	Tu, 6:00–7:00 pm	1/10–4/25

## MENLO PARK CHORUS

The Menlo Park Chorus combines musical training and discipline with a relaxed, neighborly atmosphere. The ensemble performs many types of music and gives several concerts a year. Our singers span a wide range of ages and backgrounds. Bay Area concert soloist April McNeely directs the chorus and also teaches voice. A \$50 lab fee is payable to instructor.

Instructor: A. McNeely

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1884.302	\$104/\$139	Tu, 7:15–9:45 pm	1/10–4/25

## TECH PROJECTS OHCC

(Ages 16+)

This hybrid course (online and face-to-face) is designed to introduce high school students and adults to a variety of computer technology tools and skills for use in school and workplace environments.

Instructor: J. Croft

Location: OHCC Computer Lab

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6690.301	FREE	W, 6:00–7:30 pm	1/11–3/22
6690.402	FREE	W, 6:00–7:30 pm	4/5–6/7

## SAILING LEVEL 1

(Ages 16+)

Take the helm and “sail away” in your own 14’ long sloop. Learn all the basics needed to get you out on the water, safely maneuvering your sailboat (a Capri dinghy) around the Lake. After successfully completing the course, students receive certification to rent boats on their own. Includes a 1-hour private lesson to be scheduled at your convenience following completion of the course. Swimsuit and/or change of clothes and a towel recommended. Remember to bring sunscreen and wear closed-toe shoes (no flip-flops).

Instructor: Shoreline Aquatic Center Staff

Location: Shoreline Aquatic Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1693.306	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	2/11–2/12
1693.307	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	2/18–2/19
1693.308	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	2/25–2/26
1693.309	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	3/4–3/5
1693.310	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	3/11–3/12
1693.406	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	3/25–3/26
1693.407	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	4/8–4/9
1693.408	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	4/22–4/23
1693.409	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	5/6–5/7
1693.410	\$279/\$375	Sa, Su, 9:00 am–1:00 pm	5/20–5/21

## Health and Fitness

### TRX SUSPENSION TRAINING

Enjoy a revolutionary total body workout! TRX uses gravity and the individual’s own body weight to simultaneously develop strength, balance, flexibility, and core stability. Exercises are performed using TRX straps, which allow the user to achieve a full body workout experience and develop lean and powerful muscle throughout the body! Modifications and progressions will be introduced to accommodate all fitness levels. New to TRX? Sign up for free 15-minute demo to help get you started by emailing kbaker@twycoaching.com (offered Wednesdays at 11:45 am). \$20 drop-in fee; based on availability. No class 2/14, 2/15.

Instructor: K. Baker

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1392.301	\$130/\$174	Tu, 6:15–7:15 pm	1/10–3/14
1335.302	\$130/\$174	W, 12:00–1:00 pm	1/11–3/15
1392.401	\$144/\$193	Tu, 6:15–7:15 pm	3/21–5/24
1392.402	\$144/\$193	W, 12:00–1:00 pm	3/22–5/24

## New Year Cleanse Workshop

Do you suffer from fatigue, bloating, headaches, brain fog, excess weight, joint pain, itchy skin, sweet cravings, or sleeplessness? You may be able to eliminate all of these symptoms through a healthy 10 day detox. Holistic Health and Nutrition Coach Monique Story will show you how to rid your body of toxins, boost your immune function, increase energy and focus, and lose belly fat once and for all! You’ll learn how to detox safely and receive worksheets and simple recipes. You deserve to feel better.

Instructor: M. Story

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1322.305	\$34/\$45	Sa, 2:00–3:15 pm	1/21

## PERSONAL TRAINING & WELLNESS COACH

Having support improves your chances of getting and staying healthy. Monique is a certified personal trainer, health coach and nutritionist, and a yoga and Pilates instructor. Enjoy a safe, well-rounded fitness program tailored to your needs by combining strength, core, cardio and flexibility training. Call 650-367-6559 to arrange an appointment. No class 1/16, 2/20, 3/10, 4/15, 5/6.

Instructor: M. Story

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1322.301	\$74/\$99 per class	TBD by instructor and client	January–March
1322.302	\$284/\$382 4 sessions	TBD by instructor and client	January–March
1322.401	\$74/\$99 per class	TBD by instructor and client	April–May
1322.402	\$284/\$382 4 sessions	TBD by instructor and client	April–May

## ADULT KICKBOXING/SELF DEFENSE NEW OHCC

(Ages 12+)

This class is a blend of Thai boxing and Jujutsu. Learn how to defend yourself while getting a great workout. If you are a fan of the U.F.C and wonder, can I learn to do that? The answer is yes. Learn basic kicking and punching as well as more advanced Jujutsu techniques. It does not matter if you never have taken martial arts before. Beginners are always welcome. Learn how to defend from would be attackers in a safe and positive environment. Wear loose clothing and sneakers.

Instructor: B. Lin

Location: OHCC Classroom 1

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6639.305	\$25/\$34	W, 7:00–8:00 pm	1/11–3/22
6639.405	\$25/\$34	W, 7:00–8:00 pm	4/5–6/7

## ZUMBA TONING NEW OHCC

(Ages 16+)

This class puts an emphasis on toning to define muscle. There will be a half hour portion of the class which focuses on weights and body sculpting. Then the second part of the class will be focused on Zumba to increase your cardio levels.

Instructor: S. Gutierrez

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6838.301	\$25/\$34	Tu, 6:00–7:00 pm	1/10–3/21
6838.401	\$25/\$34	Tu, 6:00–7:00 pm	4/4–6/6

## (HIP HOP) ZUMBA NEW OHCC

(Ages 16+)

This is a Zumba class with a Hip Hop twist. Enjoy easy to follow moves to a dynamic workout, plus step and toning, while listening to your favorite hip hop beats.

Instructor: K. Ubungen

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6801.301	\$25/\$34	Th, 6:00–7:00 pm	1/12–3/23
6801.401	\$25/\$34	Th, 6:00–7:00 pm	4/6–6/5

## ZUMBA® OHCC

(Ages 16+)

Zumba® combines Latin rhythms and easy-to-follow moves to create a dynamic workout, including strength and toning. No class 4/21.

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Instructor: S. Gutierrez			
6838.302	\$25/\$34	Tu, 7:00–8:00 pm	1/10–3/21
6838.402	\$25/\$34	Tu, 7:00–8:00 pm	4/4–6/6
6838.303	\$25/\$34	F, 6:00–7:00 pm	1/13–3/24
6838.403	\$25/\$34	F, 6:00–7:00 pm	4/7–6/8
Instructor: K. Ubungen			
6801.302	\$25/\$34	Th, 7:00–8:00 pm	1/12–3/23
6801.402	\$25/\$34	Th, 7:00–8:00 pm	4/6–6/5

## JANE KELLAM'S BODY SHOP AND TUNE-UP

This wonderful class starts with a total body warm-up leading into a fusion of ballet, pilates, yoga and strength training—a mixture that will not only make sense to your body but you will feel as though “no muscles was neglected”(even your laugh muscles).Using bands and tubing, handheld weights and body bars, stability balls and foam rollers—time flies as you look forward to a luxurious stretch and a quiet moment for yourself at the end of a good workout! Join today and tune, tone, and tighten your body. All levels welcome. Make a commitment to a better body, better fitness, and healthier lifestyle. Miss a class? and Make it up in the other classes Jane offers during this session! \$15 drop-in fee. For details, contact 650-400-3252 or janekellamdance@yahoo.com. No class 1/16 and 2/20.

Instructor: J. Kellam

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.307	\$104/\$139	M, 8:30–9:45 am	1/9–3/27
1060.308	\$124/\$166	W, 8:00–9:15 am	1/11–3/29
1060.309	\$124/\$166	F, 8:30–9:45 am	1/13–3/31
1060.310	\$158/\$212	M/W or M/F	1/9–3/31
1060.311	\$172/\$231	W/F	1/11–3/31
1060.312	\$208/\$279	M/W/F	1/9–3/31
1060.407	\$114/\$153	M, 8:30–9:45 am	4/3–6/19
1060.408	\$124/\$166	W, 8:00–9:15 am	4/5–6/21
1060.409	\$124/\$166	F, 8:30–9:45 am	4/7–6/23
1060.410	\$165/\$221	M/W or M/F	4/3–6/23
1060.411	\$172/\$231	W/F	4/5–6/23
1060.412	\$214/\$288	M/W/F	4/3–6/23

## THE JANE KELLAM FANTASTIC FUN WORKOUT!

Join Jane for dance movement, body toning and stretching. This class is for people of all shapes, sizes and ages who want to get fit and stay fit. Class includes Cardio Dance, resistance training using weights and tubing to strengthen muscles and bones. Double your benefits and save by signing up for 2 classes per week. \$15 drop-in fee. Missed classes may be made up within the session in any of Jane’s classes!

Instructor: J. Kellam

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.314	\$124/\$166	Tu, 8:30–9:45 am	1/10–3/28
1060.315	\$124/\$166	Th, 8:30–9:45 am	1/12–3/30
1060.316	\$172/\$231	2 classes/week	1/10–3/30
1060.414	\$124/\$166	Tu, 8:30–9:45 am	4/4–6/20
1060.415	\$124/\$166	Th, 8:30–9:45 am	4/6–6/22
1060.416	\$172/\$231	2 classes/week	4/4–6/22

## JOINT POINT ♦ FOREVER FIT

This class has been called many things since its beginnings as an experimental “posture class” for dancers at the Perry Mansfield Dance Camp in Steamboat Springs, Colorado. Marianne Crowder taught it for over 50 years in and around Menlo Park and eventually called it “Mariantics”. This is a “no pain, no sweat” exercise form, with strong roots in modern dance and liberally sprinkled with exercises designed to correct bad posture and its negative effects. Why Joint Point? Because the joint is the point of so many of these exercises. Of course, the muscles are involved, but this class is not about strength training or building aerobic capacity—it is all about feeling really good! Cyndi Jung, long-time student and admirer of founder Marianne Crowder, has been teaching since 2009. \$10 drop-in fee. For details, call 650-678-5487. No class 2/6, 2/13, 3/13, 4/3.

Instructor: C. Jung

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1310.301	\$34/\$44	M, 9:30–10:30 am	1/8–3/6
1310.401	\$52/\$69	M, 9:30–10:30 am	3/20–5/22

## CARDIO DANCE FITNESS

Get a fabulous aerobic workout and have fun with easy-to-follow choreography that can be performed at any intensity and impact level. From beginner to advanced, this class is for you! Includes up to 50 minutes of cardio, followed by core strengthening. Regular participation improves cardiovascular fitness and body composition, boosts metabolism, and promotes bone and muscle strength. Register for two or three classes per week at a discount, and attend any day you like! Wednesdays feature the Cardio Strength Combo class, which alternates intervals of cardio and strength training (See Cardio Strength Combo class description for details). \$15 drop-in fee. For more information, contact [fitstart@gmail.com](mailto:fitstart@gmail.com) or visit [www.menlopark-fitness.com](http://www.menlopark-fitness.com). No class 1/16, 2/20, 3/24.

Instructor: L. Vande Voorde  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1337.301	\$124/\$166 1 class/week	M, W (Cardio Combo) or F, 8:30–9:40 am	1/9–3/31
1337.302	\$202/\$271 2 classes/week	M, W (Cardio Combo) and/or F, 8:30–9:40 am	1/9–3/31
1337.303	\$252/\$339 3 classes/week	M, W (Cardio Combo) & F, 8:30–9:40 am	1/9–3/31
1337.401	\$74/\$99 1 class/week	M, W (Cardio Combo) or F, 8:30–9:40 am	4/10–5/26
1337.402	\$120/\$161 2 classes/week	M, W (Cardio Combo) and/or F, 8:30–9:40 am	4/10–5/26
1337.403	\$162/\$217 3 classes/week	M, W (Cardio Combo) & F, 8:30–9:40 am	4/10–5/26

## TABATA EXPRESS

Looking for a quick workout you can squeeze in during your lunch hour, with time to change and get back to work? This class focuses on high intensity interval training similar to the early morning Tabata Boot Camp class, emphasizing short bursts of simple, intense, exercises designed to immediately increase your heart rate to varying training levels. This 30-minute class is perfect for those looking for a challenging workout in the shortest time possible, including cardio, lower body, upper body, and core for a high-energy total body workout! Designed for all fitness levels, progressions and modifications will be shown.

Instructor: L. Vande Voorde  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1337.314	\$124/\$166	Tu, 12:15–12:45 pm	1/10–3/28
1337.414	\$74/\$99	Tu, 12:15–12:45 pm	4/11–5/23

## CARDIO STRENGTH COMBO

A combination of cardio and strength for total body fitness! This class alternates timed intervals of aerobic exercise and resistance training, including core strengthening. Designed for all fitness levels. Progressions will be shown so that beginners can adjust intensity and impact while more advanced participants can take it to the next level! If you're looking for a great cardio/strength workout, but want to avoid dance or boot camp-based cardio classes, this one's for you. Take it as a stand-alone class (Wednesday only) at the standard rate, or at increasingly discounted rates in combination with one or two Group Strength Training classes

NOTE: Registration in Combo Plus One REQUIRES a separate concurrent registration in ONE Group Strength Training class. Registration in Combo Plus Two REQUIRES a separate concurrent registration in TWO Group Strength Training classes.

\$15 drop-in fee. For details, contact [fitstart@gmail.com](mailto:fitstart@gmail.com) or visit [www.menlopark-fitness.com](http://www.menlopark-fitness.com).

Instructor: L. Vande Voorde  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1337.304	\$124/\$166 1 class/week	W, 8:30–9:30 am	1/11–3/29
1337.305	\$103/\$138 2 classes/week	Cardio Combo Plus One	1/11–3/29
1337.306	\$76/\$101 3 classes/week	Cardio Combo Plus Two	1/11–3/29
1337.404	\$74/\$99 1 class/week	W, 8:30–9:30 am	4/12–5/24
1337.405	\$62/\$82 2 classes/week	Cardio Combo Plus One	4/12–5/24
1337.406	\$46/\$61 3 classes/week	Cardio Combo Plus Two	4/12–5/24

## TABATA BOOT CAMP: EARLY MORNING WORKOUT

Not martial arts, but high intensity interval training emphasizing short bursts of simple, intense, exercises designed to immediately increase your heart rate to varying training levels so you'll work hard, harder, hardest! This 45-minute class is perfect for those looking for a quick, challenging, early morning workout before starting a busy day. Mondays provide a calorie-torching cardio workout that includes lower body strengthening. Wednesdays instructor choice, and Fridays focus on core and upper body, with all days including aerobic conditioning and intense 4-minute cardio segments. For maximum flexibility, attend any days to suit your fitness needs and schedule, and note the discounted rates for multiple day registrations. For best results, and a total body workout, come all three days and enjoy a significant cost savings! This class is designed for all fitness levels, progressions and modifications will be shown. Lisa Vande Voorde is a certified Tabata Boot Camp trainer. \$20 drop-in fee. For more information, contact [fitstart@gmail.com](mailto:fitstart@gmail.com) or visit [www.menlopark-fitness.com](http://www.menlopark-fitness.com). No class 1/16, 2/20, 3/24.

Instructor: L. Vande Voorde

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1337.311	\$160/\$215 1 class/week	M, W, or F, 7:30–8:15 am	1/9–3/31
1337.312	\$292/\$393 2 classes/week	M, W and/or F, 7:30–8:15 am	1/9–3/31
1337.313	\$334/\$450 3 classes/week	M, W, & F, 7:30–8:15 am	1/9–3/31
1337.411	\$95/\$127 1 class/week	M, W, or F, 7:30–8:15 am	4/10–5/26
1337.412	\$172/\$231 2 classes/week	M, W and/or F, 7:30–8:15 am	4/10–5/26
1337.413	\$214/\$288 3 classes/week	M, W, & F, 7:30–8:15 am	4/10–5/26

## Cross-Training Discount!

Reward your body, and your wallet. Enroll in any five full-session Winter and/or Spring Session classes, and get 10% off your total registration! Discount applies only to classes taught by L. Vande Voorde. In-person registration only; discount is not available online.



## GROUP STRENGTH TRAINING

This popular non-aerobic workout is carefully designed to strengthen all major muscle groups of the upper body, lower body, and core using free weights, resistance tubing, stability balls, or your own bodyweight as resistance. With regular strength training you can increase bone density, gain lean muscle, reduce body fat, and increase your metabolic rate. All levels are welcome, and all equipment is provided. Come experience this total body workout and realize a stronger, fitter you! For best results, attend twice a week; however, please do not register for consecutive days. Want to add cardio to your weekly fitness routine? Register for the Cardio Strength Combo class, at a discounted rate! Please contact instructor for details. \$15 drop-in fee. For more information, contact [fitstart@gmail.com](mailto:fitstart@gmail.com) or visit [www.menlopark-fitness.com](http://www.menlopark-fitness.com). No class 1/16, 2/20, 3/24.

Instructor: L. Vande Voorde

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1337.307	\$87/\$116	M, 10:00–11:00 am	1/9–3/27
1337.308	\$103/\$138	Tu, 10:00–11:00 am	1/10–3/28
1337.309	\$103/\$138	Th, 10:00–11:00 am	1/12–3/30
1337.310	\$95/\$127	F, 10:00–11:00 am	1/13–3/31
1337.407	\$62/\$82	M, 10:00–11:00 am	4/10–5/22
1337.408	\$62/\$82	Tu, 10:00–11:00 am	4/11–5/23
1337.409	\$62/\$82	Th, 10:00–11:00 am	4/13–5/25
1337.410	\$62/\$82	F, 10:00–11:00 am	4/14–5/26

## FELDENKRAIS METHOD®: AWARENESS THROUGH MOVEMENT®

Experience dramatic improvement in your strength, flexibility, posture and overall performance. Results are often visible after one session. This method is very helpful for knee, back, shoulder and repetitive strain injuries. All exercises are done lying on the floor so your neutral posture allows muscles to work together in an easy and efficient way. \$20 drop-in. No class 2/20.

Instructor: D. Dutton  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1390.301	\$100/\$134	M, 6:00–7:00 pm	1/23–3/6
1390.401	\$160/\$215	M, 6:00–7:00 pm	3/20–5/22

## YOGA AND BACK CARE WITH KAREN

Learn how to use slow, deliberate movements to address aches and pains, release stress, tension, and discomfort, and most importantly to leave class filled with a deep sense of calm. Classes are designed to deepen your mind-body connection, improve your posture, increase your range and ease of movement, improve your alignment, stabilize your joints, and strengthen your core. Dress in layers and bring two blankets.

Instructor: K. Stepp  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1390.302	\$184/\$247	Tu, 6:00–7:15 pm	1/3–3/7
1390.402	\$184/\$247	Tu, 6:00–7:15 pm	3/21–5/23

## YOGA

Build strength and tone muscles, increase flexibility, improve endurance and leave feeling invigorated and relaxed. Simple and easy-to-follow back care exercises are presented. Designed for beginning and continuing students. Bring a yoga mat and dress comfortably. \$15 drop-in fee.

Instructor: B. Coleman  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1311.301	\$124/\$166	W, 9:30-10:30 am	1/4–3/15
1311.401	\$84/\$112	W, 9:30-10:30 am	3/22–5/24

## PILATES AND YOGA

For beginner and intermediate students with options for every level. Strengthen and stretch the core muscles that support the spine as you realign the body, decrease tension, increase flexibility, improve posture and balance, and develop strength from the inside out. Learn to connect movement and breath, feeling grounded and calm. Yoga mats are available, but please bring a mat if you like. \$20 drop-in fee.

Instructor: S. Kim  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1361.301	\$44/\$58	Tu, 5:45–7:00 pm	1/10–1/24
1361.302	\$44/\$58	Tu, 5:45–7:00 pm	1/31–2/14
1361.303	\$44/\$58	Tu, 5:45–7:00 pm	2/28–3/14
1361.401	\$44/\$58	Tu, 5:45–7:00 pm	4/18–5/2
1361.402	\$44/\$58	Tu, 5:45–7:00 pm	5/09–5/23

## SUP YOGA

(Ages 16+)

Take your yoga practice outside and on the water. Your mat is a stand up paddleboard; the world is your studio and all the elements have been invited – sun, wind, water, and earth. Enjoy learning while adapting to the motion of the board, the continuous challenge to balance, the instant instability created by minor energy and weight shifts, and the focus required to ground while afloat. All levels welcome. No previous yoga or SUP experience required.

Dress in layers as you would come to any yoga class. No Cotton. Sunglasses recommended. Swimsuit if you don't want to get clothes wet.

Instructor: Shoreline Aquatic Center Staff  
Location: Shoreline Aquatic Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1693.401	\$29/\$38	Sa, 9:00–10:15 am	4/15
1693.402	\$29/\$38	Sa, 9:00–10:15 am	4/22
1693.403	\$29/\$38	Sa, 9:00–10:15 am	4/29
1693.404	\$29/\$38	Sa, 9:00–10:15 am	5/6
1693.405	\$29/\$38	Sa, 9:00–10:15 am	5/13

## WINDSURFING LEVEL 1

(Ages 16+)

You've watched those on the Bay and seen those amazing pictures on magazine covers...now, you're ready to try it! With an outstanding curriculum and the use of simulators, students will be sailing in a matter of hours! You'll learn all the basics needed to get you out on the water safely. After class, students will be ready to rent the equipment and practice their new skills! Students should plan on getting wet so bring a swimsuit and change of clothes, towel, sunscreen, and shoes appropriate for wear in the water (no flip-flops).

Instructor: Shoreline Aquatic Center Staff

Location: Shoreline Aquatic Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1693.301	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	2/11–2/12
1693.302	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	2/18–2/19
1693.303	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	2/25–2/26
1693.304	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	3/4–3/5
1693.305	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	3/11–3/12
1693.401	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	3/25–3/26
1693.402	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	4/8–4/9
1693.403	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	4/22–4/23
1693.404	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	5/6–5/7
1693.405	\$199/\$267	Sa, Su, 9:00 am–1:00 pm	5/20–5/21

## Martial Arts

### CHINESE MARTIAL ARTS:

#### XINGYIQUAN/BAGUAZHANG

(Ages 14+)

The art of Xingyiquan, or Form-Intention Boxing, is famous throughout China, both for the health and longevity of its practitioners and for its effectiveness in combat. One of the four "internal arts" of Chinese boxing, Xingyi emphasizes breath work and postural training to develop relaxed whole-body power. Students are introduced to Shen Long Xingyiquan (Spirit Dragon Form-Intention Boxing), Gao-Style Baguazhang, as well as other concepts through conditioning exercises and training drills, and practicing "stillness in movement; movement in stillness." This class is a vigorous workout that balances and strengthens the body, improves coordination and flexibility, and increases mental clarity and relaxation. In addition to the class fee, students are required to maintain membership in the North American Tang Shou Tao Association (\$100 annually). For more information about NATSTA, visit [www.natsta.org](http://www.natsta.org). No class 2/21.

Instructor: J.Groschwitz, N. Koike

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1668.302	\$115/\$154	Tu, 6:30–8:30 pm	1/3–3/14
1668.402	\$115/\$154	Tu, 6:30–8:30 pm	3/21–5/23

### JUJITSU

Bushin Ryu Taojitsu is a martial art system based on the dynamic techniques common to both Jujitsu and Aikido focusing on techniques and strategies for self-defense. Students learn the principles of striking, kicking, pressure points, joint locks, throws and submissions as well as the values of: discipline, self-control, friendship and respect. The art of Jujitsu is a highly effective method of self-defense practiced by men and women both young and old of all backgrounds. A \$60 fee for uniform is payable to the instructor on the first day of class. For details, visit [www.bushinryutaojitsu.com](http://www.bushinryutaojitsu.com). No class 3/16, 5/25.

Instructor: T. Chow

Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1631.301	\$99/\$132	Th, 6:30–8:00 pm	1/5–3/9
1631.401	\$99/\$132	Th, 6:30–8:00 pm	3/23–5/18

## KAJUKENBO

Kajukenbo is a hybrid martial art that combines Kenpo Karate, Jujutsu, Judo, Eskrima, Western Boxing, Tang Soo Do, and Kung Fu. Created in Hawaii in 1947 by five martial artists who extracted the most effective and practical techniques from their respective styles, Kajukenbo focuses on two-person drills which emphasize realistic contact to develop the power, timing, and flow necessary for self-defense and self-protection. In addition to the class fee, students are required to maintain membership in the North American Tang Shou Tao Association (\$100 annually). For more information about NATSTA, visit [www.natsta.org](http://www.natsta.org). No class 4/15, 5/6.

Instructor: J. Groschwitz, N. Koike  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1668.301	\$115/\$154	Sa, 9:00–11:00 am	1/7–3/18
1668.401	\$115/\$154	Sa, 9:00–11:00 am	3/25–5/27

## TAIJI (TAI CHI) CHUAN

Taiji Chuan, is an internal martial art that cultivates power and relaxation. The Chen style encompasses both hard and soft aspects of the art. Learn the Old Frame form that Taiji Chuan originated from. The beginning class will focus on learning fundamentals such as correct posture and moving from the center. Push hands and weapons such as sword, spear, and Guan Dao are covered in the intermediate class.

Instructor: E. Horvath  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
<b>Beginning Taiji</b>			
1339.301	\$114/\$153	W, 7:10–8:30 pm	1/4–3/15
1339.401	\$104/\$139	W, 7:10–8:30 pm	3/22–5/24
<b>Intermediate Taiji</b>			
1339.302	\$114/\$153	W, 8:30–9:40 pm	1/4–3/15
1339.402	\$104/\$139	W, 8:30–9:40 pm	3/22–5/24

## TRADITIONAL JAPANESE GOJURYU KARATEDO NEW

Students learn a traditional style of Karate from Okinawa, Japan focusing on self-defense and awareness, coordination, sportsmanship, athletic endurance and personal well-being. As the 2020 Olympics approach, Karate training adopts the aerobic and coordination science of the US Olympic committee while following standards of the Japan Karate Federation. Students may also participate in local, regional and international competitions following World Karatedo Federation rules and have the opportunity to train in Japan. No class 1/16, 2/6, 2/8, 2/20, 4/10, 4/12.

Instructor: J. Williams  
Location: Arrillaga Family Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1669.301	\$164/\$220	M, W, 7:00–8:30 pm	1/2–3/15
1669.401	\$164/\$220	M, W, 7:00–8:30 pm	3/20–5/24

## Parent Workshop Series

6:15–7:45 pm

Menlo Children's Center  
801 Laurel St., Menlo Park

Please join us for an opportunity to learn, grow, and connect with your child and other parents as we host Parent Education Workshops facilitated by Parents Place.

### Building Your Child's Self Esteem and Personal Power

Tuesday, January 24

Participants discuss the stages of social and emotional development, including development of empathy and social skills. Learn specific ways to guide and support children to develop positive and healthy relationships.

### Flexible, Fearful & Feisty: Children's Temperament and Parenting Styles

Tuesday, March 21

Personality and temperament of both child and parent play an important role in family dynamics. Learn practical tools and strategies to support children to reach their full potential at school and at home.

Limited space. To reserve your spot and request childcare email Natalya Jones at [nrjones@menlopark.org](mailto:nrjones@menlopark.org).



### **Is a highly successful morning fitness workout program.**

Our effective 60-minute sessions will not only help you get in great shape, but they will help you build lean muscle, lose body fat, and increase your strength and endurance, not to mention being fun and habit forming.



### **The Proof**

Our average Team Fitness membership is over 10 years. When members are getting the results they want and really having fun, they stay. So come take a fresh look at how you can get fit and stay fit for the next decade.

### **Early Morning workouts**

For over 25 years, Team Fitness has provided expert, local coaching for professional and family minded members – here’s what you can expect:

- Get fit quickly and safely.
- Coed, women only, and men’s basketball classes all before work or after morning school drop-off.
- Build strength and endurance, lose weight, change shape, and enjoy the process.
- An extremely broad range of fitness modes to maximize your training and keep it creative, effective, and fun.
- Attend 3-6 times a week with all ability levels welcome.
- A Team Fitness unique mix of **fun, variety, and camaraderie** that keeps members fit and healthy for years.

### **Our Guarantee**

**Simply put, your first month is free.** We’re so convinced that we can help you get in great shape, we’ll put our money where our mouth is. No contracts, no arm twisting. Give us 30 days and you’ll see and feel the results.

### **Schedule a week of free workouts**

Take a FREE week to try us out. Visit any classes at any locations and see if we’re the right program for you. **Email Head Coach Tom Gordon at [tomgordon@teamfitness.com](mailto:tomgordon@teamfitness.com) or call (877) 751-5100 x3.**

### **Need more?**

Nutrition counseling, new Women Only class sign-ups for 2017, new 2nd location in Los Altos in 2017.

**Call for more info. (877) 751-5100 x3 or email [tomgordon@teamfitness.com](mailto:tomgordon@teamfitness.com)**

**Menlo Park and Los Altos ~ [www.teamfitness.com](http://www.teamfitness.com)**

**FREE TRIAL WEEK ~ FIRST MONTH - FREE**

## Sports

### BEGINNING ICE SKATING

(Ages 16+)

This class teaches forward skating, backward skating, and stopping. Classes are designed to be fun and build confidence. All classes will be assigned practice times. Skate rental is provided for lessons. Mittens/gloves, socks and warm clothing is recommended. For information or more advanced classes contact NIO. No class 2/8.

Instructor: Nazareth Ice Oasis Staff

Location: Nazareth Ice Oasis

3140 Bay Road, Redwood City  
650-364-8090 x116

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.318	\$134/\$180	Sa, 11:00–11:30 am	1/14–2/18
2689.319	\$134/\$180	W, 6:20–6:50 pm	1/18–3/1
2689.418	\$134/\$180	Sa, 11:00–11:30 am	3/18–4/22
2689.419	\$134/\$180	W, 6:20–6:50 pm	3/22–4/26

### HORSEBACK RIDING LESSONS

(Ages 18+)

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, and horsemanship skills. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. All participants must sign a release form before the first session.

Instructor: Glenoaks Staff

Location: Glenoaks Equestrian Center

3639 Alpine Rd., Portola Valley  
650-854-4955 | glenoaksstables@gmail.com

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1632.301	\$504/\$679	Th, 10:00–11:00 am	1/5–3/2
1632.401	\$504/\$679	Th, 10:00–11:00 am	3/23–5/18

## JIM HEEBNER'S ADULT TENNIS PROGRAM

(Ages 18+)

Jim has taught tennis for over 20 years and is a USPTA Certified Tennis Professional. He was nationally a top junior and ranked #16 in Men's Open NCTA. Class placement is at the discretion of the teacher. If you are unsure of which class is appropriate, call Jim. If weather is questionable, call 650-814-6734 one hour prior to the class start time. Weekends may be used for make-ups. Tennis shoes and racket are required. Students are welcome to practice after class. No class 2/20, 2/21, 4/10, 4/11, 5/29.

### ADULT TENNIS 1: BEGINNER-ADVANCED BEGINNER

For students just starting to play, or with limited or inconsistent playing experience. Beginners are welcome and encouraged to join! Work on basic fundamentals of all strokes, focusing on being able to rally, serve and working on playing a game.

Instructor: J. Heebner

Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1615.301	\$214/\$288	M, 7:00–8:00 pm	1/23–3/6
1615.401	\$319/\$429	M, 7:00–8:00 pm	3/20–5/22

### ADULT TENNIS 2: INTERMEDIATE

For players able to sustain a rally, are fairly consistent, and most common doubles formation is one up, one back. Develop fundamentals, while working on consistency, solid groundstrokes, transition from the baseline to the net, serve, return of serve and doubles strategy.

Instructor: J. Heebner

Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1615.302	\$284/\$382	Tu, 7:00–8:00 pm	1/10–3/7
1615.402	\$354/\$477	Tu, 7:00–8:00 pm	3/21–5/30



## Onetta Harris Community Center Drop-in Activities

100 Terminal Avenue, Menlo Park, CA 94025  
 Hours of operation: M–F, 12:00–8:00 pm; Sa, Su, as scheduled  
 Phone number: 650-330-2250

FEES	DAY/TIME	LOCATION
Drop-in Basketball		
\$1/person	M–F, 12:00–3:30 pm	OHCC Gym
Fitness/Weight Room		
\$1/person	M–F, 12:00–8:00 pm	OHCC Fitness Room
Drop-in Class		
\$3/person	M–F, when class is in session	OHCC

## Adult Leagues

### MEN'S BASKETBALL LEAGUE

(Ages 18+)

For more information, contact David at [dlhill@menlopark.org](mailto:dlhill@menlopark.org).

Location: Arrillaga Family Gymnasium

FEES	SESSION DATES	DAYS
\$775/team	Offered in January, April, September	B: Mondays
10% Non-Resident Team Surcharge		A: Wednesdays
		Ages 40+: Fridays

### SOFTBALL LEAGUES

(Ages 18+)

For more information, contact Jarrod at [jwharden@menlopark.org](mailto:jwharden@menlopark.org) or call 650-330-2220.

Location: Nealon Park

FEES	SESSION DATES
\$896/Men's Team	Offered in April, July
\$698/Coed Team	
10% Non-Resident Team Surcharge	

## Drop-In Activities

Location: Arrillaga Family Gymnasium

FEES	DAY/TIME
Adult Basketball (Ages 18+)	
For more information, contact David at <a href="mailto:dlhill@menlopark.org">dlhill@menlopark.org</a>	
\$2/person	M, W, F, 12:00–2:00 pm
Adult Volleyball (Ages 18+)	
\$2/person	Tu, Th, F, 12:00–2:00 pm
\$3/person	Su, 6:30–9:30 pm



# SENIOR SERVICES

**Menlo Park Senior Center**  
110 Terminal Ave., Menlo Park

**Monday–Friday, 8:30 am–3:30 pm**

For details about programs or events, call the front desk at 650-330-2280. The Senior Center will be CLOSED MLK Day 1/16, Presidents’ Day 2/20, Closure 4/21, Memorial Day 5/29.

We create community through high quality social and recreational programs by which seniors feel valued, nurtured, and appreciated. We promote a healthy, diverse senior community and encourage cross-cultural interactions by building bridges through positive, multicultural and enriching activities.

## Healthy Choices



**MENLO DINER**

M–F, 12:00–12:30 pm

Delicious food, great service, and a chance to meet other seniors from the community in a restaurant setting. \$2.50 for seniors and \$5 for non-seniors supports the senior center activities. Come early because the food is so healthy and good, we almost always run out! **Thanks to Facebook for being our Title Sponsor and supporting our meal program.**

## FREE HEALTH SCREENINGS

FREE blood pressure and blood sugar screenings for seniors over 62. No appointment needed. Please fast for best results. Total Health Screening on Tuesday, March 21. Call 650-330-2283 for details.

Staff: Mills Peninsula Senior Focus  
Location: Menlo Park Senior Center Lobby

DAY/TIME	PROVIDER
2nd Tuesday of the month, 9:30–11:30 am	Mills Peninsula Health Services: Wise & Well

**STRONG FOR LIFE**

Stanford Hospital invites you to an exercise class which will help improve your balance, doing daily activities, and more! Register required. Donations requested.

Instructor: Stanford Hospital Staff

Location: Ballroom

CLASS CODE	DAY/TIME	SESSION DATES
1934.301	F, 9:15–10:00 am	1/14–3/17
1934.401	F, 9:15–10:00 am	3/31–6/2

**SOUL LINE DANCING**

Put on your dancing shoes and put a little groove in your life! Socialize while you learn easy-to-follow dance steps! Beginners welcome. No partner needed. Registration required. Donations requested.

Soul Line Dance Party on February 20.

To purchase tickets call 650-330-2283.

Instructor: J. Croft of Foothill College

Location: Ballroom

CLASS CODE	DAY/TIME	SESSION DATES
1945.301	M, 1:00–2:30 pm	1/9–3/13
1945.401	M, 1:00–2:30 pm	3/27–5/22

**ARMCHAIR YOGA & MEDITATION - NEW**

Take a deep breath and focus on inner peace. In this highly beneficial class, the instructor will walk you through a combination of yoga and meditation to help you relax from daily stresses. In Spanish and English.

Instructor: Lu of Foothill College

Location: Ballroom

CLASS CODE	DAY/TIME	SESSION DATES
1958.301	Tu, 9:30–11:45 am	1/10–3/14
1958.401	Tu, 9:30–11:45 am	3/28–5/30



**FOLKLORIC DANCING**

Start your morning by putting on your dancing shoes and join us for this energetic class. Not only will you learn new dance moves, you'll have fun exercising, too. No partners needed. Donations requested.

Instructor: M. Hernandez

Location: Ballroom

CLASS CODE	DAY/TIME	SESSION DATES
1955.301	W, 11:00 am–12:00 pm	1/11–3/15
1955.401	W, 11:00 am–12:00 pm	3/29–5/31

## CHAIR DANCE WITH PATTY NEW

Let's sit down and dance! We put on the music, and guide you with the moves. You bring your smile and get ready to dance. From Samba, to Fox trot, from Ballet to Jazz, we will be dancing the morning away!

Instructor: P. Barrera  
Location: Ballroom

CLASS CODE	DAY/TIME	SESSION DATES
1957.301	M, 9:15–10:00 am	1/9–3/13
1957.401	M, 9:15–10:00 am	3/27–5/22



## WELLNESS CLASSES

Increase your stamina, gain flexibility, and better balance. Most classes are geared towards the frail, and those who have a difficult time standing up or balancing while exercising. Donations requested.

Location: Ballroom

CLASS CODE	DAY/TIME	SESSION DATES
<b>Chair Dance with Patty <span style="background-color: #FFD700; padding: 2px;">NEW</span></b>		
1957.301	M, 9:15 –10:00 am	1/9–3/13
1957.401	M, 9:15 –10:00 am	3/27–5/22
<b>Armchair Yoga and Meditation with Lu</b>		
1958.301	Tu, 9:30–11:45 am	1/10–3/14
1958.401	Tu, 9:30–11:45 am	3/28–5/30
<b>Stretch &amp; Tone with Lori</b>		
1923.303	W, 9:00–10:00 am	1/11–3/15
1923.403	W, 9:00–10:00 am	3/29–5/31
<b>Exercising with Lori</b>		
1923.305	Th, 9:00–10:00 am	1/12–3/16
1923.405	Th, 9:00–10:00 am	3/30–6/1
<b>Strong for Life with Stanford Hospital</b>		
1934.301	F, 9:15–10:00 am	1/14–3/17
1934.401	F, 9:15–10:00 am	3/31–6/2

## MIND EXERCISES!

We have on-going scrabbles, card games, chess, checkers, dominoes and puzzles to challenge yourself, exercise your mind and expand your knowledge. Have fun while you interact with others and improve your skills playing billiards. Don't miss out on the entertainment and good times with friends!

Location: Ballroom

DAY/TIME	ACTIVITY
W, 11:00–11:45 am	Loteria
M–F, 9:00 am–3:00 pm	Dominos, Billiards, Chess, Checkers, Puzzles & More!



## Arts & Crafts

### ART CIRCLE

Use creative process as a means of communication, to overcome stress, and explore different aspects of your personality. Bilingual. Limit 20 participants. Free. Registration required.

Instructor: Lu of Foothill College  
Location: Imagination Room

CLASS CODE	DAY/TIME	SESSION DATES
1981.301	M, 10:00 am–12:00 pm	1/9–3/13
1981.401	M, 10:00 am–12:00 pm	3/27–5/22

### SEWING & CRAFTS NEW

This class is designed for adults who would like to learn basic sewing techniques, as well as to create simple and easy projects. Make a project to take home weekly. Limit 20 participants. Free. Registration required.

Instructor: B. Urrutia of Foothill College  
Location: Community Room

CLASS CODE	DAY/TIME	SESSION DATES
1905.301	Tu, 12:30–2:30 pm	1/10–3/14
1905.401	Tu, 12:30–2:30 pm	3/28–5/30

### PINCH, SLAB & ROLL

Make a pinch pot, use press molds, roll a slab and glaze your pieces to become beautiful finished products. Use your creativity to grow in leaps and bounds in this friendly, relaxing, ceramics class! Fee includes use of molds, tools, some low-fire glazes and firings. Plan on spending about \$12 on clay.

Instructor: L. Rock of Foothill College  
Location: Imagination Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1989.301	\$15 Seniors \$40 Non-Seniors	Th, 10:30 am– 12:00 pm	1/12–3/16
1989.401	\$15 Seniors \$40 Non-Seniors	Th, 10:30 am– 12:00 pm	3/30–6/1

### ART FOR RELAXATION NEW

We provide the supplies, and tranquil music to help you move your soul into relaxation in this open studio class. From watercolor to paint by numbers, or just coloring using pencils, this class is meant for relaxing you after a long day, by allowing you to be creative. Free. Registration required.

Location: Imagination Room

CLASS CODE	DAY/TIME	SESSION DATES
1982.301	W, 12:30–2:30 pm	1/11–3/15
1982.401	W, 12:30–2:30 pm	3/29–5/31

### CREATIVE HANDS GIFT SHOP

Looking for unique, handmade, beautiful gifts at reasonable prices? Visit our Senior Center's gift shop and pick something irresistible from our selection. Shop hours are M–F, from 9:00 am–3:00 pm. Open to the public. Gift wrapping is available upon request.

## Special Interest

### SENIORS IN CYBERSPACE

Expand your knowledge, learn to compose effective emails, and explore cyberspace. Beginners welcome. Bilingual in Spanish/English. You must pre-register. Limit 5 students per class. Seniors have priority.

Instructor: A. De La Quintana  
Location: Computer Lab

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1990.301	\$15	M, 9:15–10:00 am	1/9–3/13
1990.302	\$15	F, 9:15–10:00 am	1/14–3/17
1990.401	\$15	M, 9:15–10:00 am	3/27–5/22
1990.402	\$15	F, 9:15–10:00 am	3/31–6/2

### FELLOWSHIP CIRCLE: SPANISH

Want to feel empowered as you hold meaningful conversations with others? Join this friendly study group. In Spanish only.

Instructor: A. De La Quintana  
Location: Ballroom

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1902.302	FREE	F, 11:00 am–12:00 pm	1/14–3/17
1902.402	FREE	F, 11:00 am–12:00 pm	3/31–6/2

### ENGLISH AS A SECOND LANGUAGE (ESL)

Learn useful words and improve your conversational skills in English. All levels are welcome.

Instructor: A. De La Quintana  
Location: Community Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1901.301	\$20	F, 10:00–11:00 am	1/14–3/17
1901.401	\$20	F, 10:00–11:00 am	3/31–6/2

### CONVERSATIONAL SPANISH

Learn to speak and write in Spanish with simple phrases, and make new friends, too!

Instructor: A. De La Quintana  
Location: Community Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
Beginner Spanish			
1901.302	\$20	M, 10:00–11:00 am	1/9–3/13
1901.402	\$20	M, 10:00–11:00 am	3/27–5/22
Intermediate Spanish			
1901.303	\$20	M, 11:00 am–12:00 pm	1/9–3/13
1901.403	\$20	M, 11:00 am–12:00 pm	3/27–5/22

### FRIENDS & FOLLOWERS GROUP

This supportive and welcoming study group is here for you. You will feel enlightened and empowered through discussions and sharing knowledge with others in this comfortable setting provided by a passionate leader.

Location: Community Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1902.303	FREE	W, 11:00 am–12:00 pm	1/11–3/15
1902.403	FREE	W, 11:00 am–12:00 pm	3/29–5/31

### MENLO PARK SENIOR CLUB

Discuss issues facing today's older adults, fundraising ideas for scholarships, and local news, plan for trips and outings, and more. \$10 annual membership fee.

Location: Community Room

DAY/TIME	DATE
Tu, 11:00 am–12:00 pm	Ongoing

## MEN SUPPORTING MEN

Grab a cup of coffee and join this great group of men and enjoy the support of friends as you walk through life issues. This nurturing, relaxed, supportive men's group can offer you advice and useful information you can use daily. Men's Social Hour is in collaboration with San Mateo Senior Peer Counseling, La Esperanza Vive. In Spanish only.

Location: Game Room

DAY/TIME	DATE
Tu, 11:00 am–12:00 pm	Ongoing

## WOMEN'S PEER COUNSELING

Find peace of mind, and enjoy the support of friends as you walk through life issues. This nurturing, relaxed, supportive women's group can offer you advice and useful information you can use daily. Senior Peer Counseling is in collaboration with San Mateo Senior Peer Counseling, La Esperanza Vive. In Spanish only.

Location: Imagination Room

DAY/TIME	DATE
Tu, 11:00 am–12:00 pm	Ongoing

## BIRTHDAYS OF THE MONTH

Join us for lunch, and socialize with your friends as we celebrate birthdays of the month. Delicious cake and goodies provided for everyone!

Location: Ballroom

DAY/TIME	DATE
F, 12:00 pm	1/7, 2/4, 3/4, 4/1, 5/6, 6/3

## Social Services

### INSURANCE COUNSELING

Counselors from HICAP are available on the 4th Thursday of the month at Menlo Park Senior Center to offer valuable medical insurance information and comparison of policies you may be considering. Call 1-800-434-0222 to make an appointment.

### HOT TOPICS

Drop in at one of our Hot Topic sessions and learn something new! Contact the Senior Center at 650-330-2287 for details about upcoming speakers.

### LEND A HELPING HAND!

Socialize, support your local senior center, and create community as a volunteer! Learn about new volunteer openings every 1st Thursday of the month, or call 650-330-2287.

### OPERATION BROWN BAG

Receiving a FREE bag full of groceries on 2nd & 4th Thursday of the month can assist you during difficult times and improve your nutrition. If you are a senior and would like to receive a bag, stop by and find out how to qualify.

Location: Community Room

DAY/TIME	DATE
Th, 10:00–11:45 am	Ongoing

### ASSISTANCE TO SENIORS & CAREGIVERS

Maintain your independence and find community resources. We refer you to services and support that addresses your needs. Bilingual in Spanish/English. Call 650-330-2287 and ask for Airel.

## SENIOR CENTER SPECIAL EVENTS & LUNCHEONS

Our special events and luncheons each month reflect the diversity of our members and celebrate special occasions throughout the year. Please join us!

### Martin Luther King Day Fish Fry

Friday, January 13 • 12:00 pm

### Chinese New Year Celebration

Friday, January 27 • 12:00 pm

### Valentine's Dance

Tuesday, February 14 • 12:00 pm

### Black History Month Movie Series

Wednesdays in February • 12:30 pm

### Black History Month Lunch and Gospel Fest

Friday, February 24 • 11:30 am

### Mardi Gras

Tuesday, February 28 • 12:00 pm

### St Patrick's Day Luncheon

Friday, March 17 • 12:00 pm

### Easter Egg Hunt & Lunch

Thursday, April 14 • 12:00 pm

### Volunteer Appreciation Event

Thursday, April 20 • 12:00 pm

### Cinco de Mayo Fiesta

Friday, May 5 • 12:00 pm

### Senior Art Fair

Thursday, May 25 • 10:30 am

### Juneteenth BBQ

Thursday, June 15 • 12:00 pm



## Quality Assurance

We guarantee 100% satisfaction with all of our programs and classes. If you are not satisfied for any reason, please contact us immediately. We will make every attempt to meet the customer's expectations or will provide a refund or credit. You must notify us before the end of the class session to receive a refund or credit.

## Online Customer Credit for Classes

You can process your own credit online and place the class fees on your City of Menlo Park Citizen Account for future use. The credit must be processed at least 48 hours prior to the start of the first class session.

To request a credit:

1. [Log into your citizen account and view purchases.](#)
2. [Select the transaction you want the credit for.](#)
3. [On the Purchase Receipt page, click "Process Credit".](#)
4. [On the Process Credit page, click the green "Process" button.](#)

Once complete, your funds are available on your account for use the next time you are ready to register for a class!

# Menlo Park Facility Rentals

## Arrillaga Family Recreation Center

700 Alma St. | 650-330-2200

The Arrillaga Family Recreation Center offers rooms of various sizes for rent. Host your wedding, corporate meeting, birthday, or holiday event with us! Beautiful landscaped patios and full-size catering kitchen are available at a discounted rate when reserved in conjunction with a room. Room rental fees include use of available tables and chairs.

## Onetta Harris Community Center

100 Terminal Ave. | 650-330-2250

The Onetta Harris Community Center is a wonderful option for your next event. Our conference room is great for any meeting and our multi-purpose room is perfect for any personalized event! Don't forget you can reserve our gym too! Rentals include tables, chairs, and use of our kitchen. Prices vary. Take advantage of our current availability Monday–Friday from 12:00–3:00 pm.

## Arrillaga Family Gymnasium

600 Alma St. | 650-330-2220

The Arrillaga Family Gymnasium is available for rentals on an hourly, daily, monthly and reoccurring basis. The gym can be divided into 2 halves and there are 2 high school length basketball courts, 4 smaller basketball courts, 3 volleyball courts and 4 badminton courts.

## Menlo Park Senior Center

110 Terminal Ave. | 650-330-2280

The Menlo Park Senior Center, next to beautiful Kelley Park, can be the perfect location for your upcoming gathering, company event, or on-going meetings. Two classrooms, and a large ballroom can accommodate most events. Rentals include tables, chairs, and the use of our industrial kitchen.

# Parks and amenities

Parks and Schools	Baseball Diamond	Basketball Court	BBO Pits	Dog Park	Picnic Area	Playground	Restrooms	Soccer Field	Tennis Court
Bedwell Bayfront Park							•		
Kelly Park		*					•	*	*
Belle Haven School	•	•						•	
Willow Oaks Park	•			•		•		•	*
Seminary Oaks Park						•			
Burgess Park	•	•	•		•	•	•	•	*
Nealon Park	•			•	•	•	•		*
Fremont Park					•				
Jack Lyle Park	•	•				•		•	
Tinkers Park					•	•			
Hillview School		•					•	•	
Oak Knoll School	•	•						•	
La Entrada School	•	•				•		•	•
Sharon Park					•	•			
Stanford Hills Park						•			

\*Denotes lights available at respective facilities.

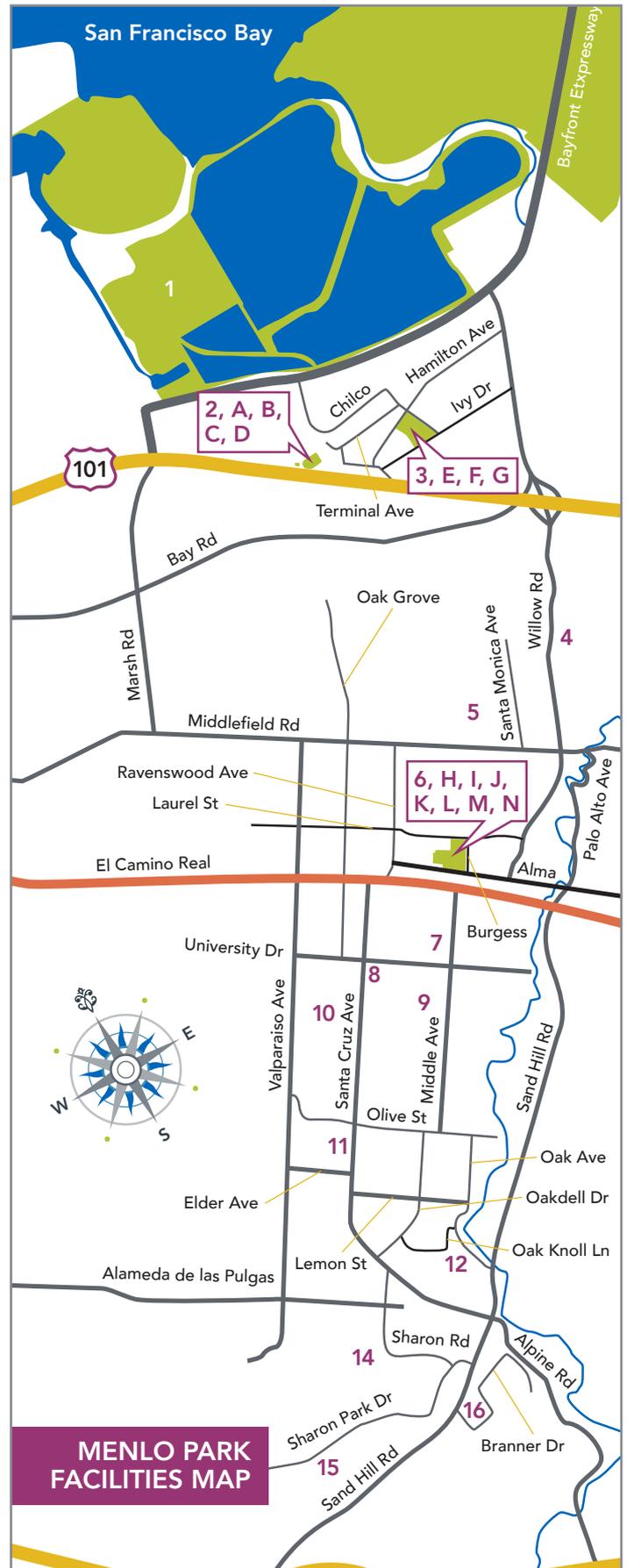
## FACILITIES

Senior Center .....	A
Onetta Harris Community Center .....	B
Belle Haven Pool .....	C
Belle Haven After School Program .....	D
Belle Haven Library .....	E
Belle Haven School .....	F
Belle Haven Child Development Center .....	G
Menlo Children Center .....	H
City Council Chambers .....	I
City Hall .....	J
Arrillaga Family Gymnastics Center .....	K
Burgess Pool .....	L
Menlo Park Library .....	M
Arrillaga Family Recreation Center & Gymnasium .....	N

## PARKS AND SCHOOLS

Bedwell Bayfront Park .....	1
Kelly Park .....	2
Belle Haven School .....	3
Willow Oaks Park .....	4
Seminary Oaks Park .....	5
Burgess Park .....	6
Nealon Park .....	7
Fremont Park .....	8
Jack Lyle Park .....	9
Tinkers Park .....	10
Hillview School .....	11
Oak Knoll School .....	12
La Entrada School .....	14
Sharon Park .....	15
Stanford Hills Park .....	16

The Menlo Park Community Services Department has state-of-the-art facilities and a variety of parks and open spaces offering various activities and services. To reserve fields, contact the Sports Department at 650-330-2220. The Burgess and Nealon picnic areas are available for reservation by visiting [menlopark.org/facility-reservations](http://menlopark.org/facility-reservations) or by calling 650-330-2220. Tennis keys can be purchased at the Arrillaga Family Gymnasium. Forms, photos and more information are available at [www.menlopark.org](http://www.menlopark.org).



# MENLO-ATHERTON PERFORMING ARTS CENTER

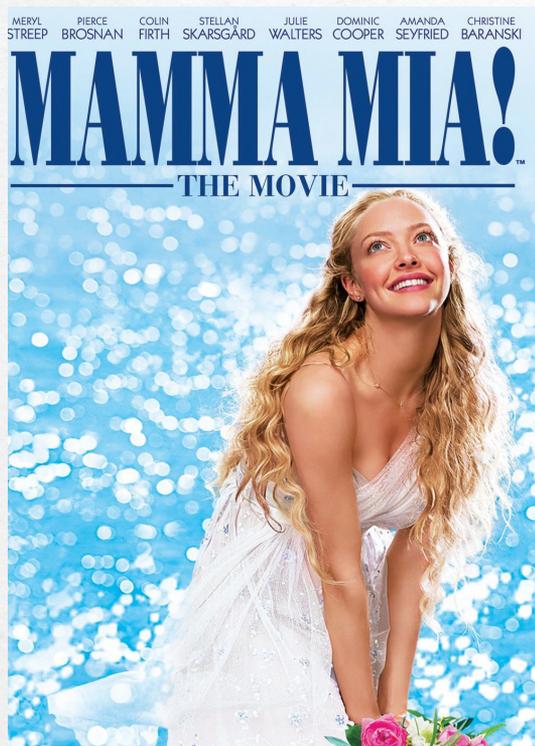
Located at 555 Middlefield Rd., Atherton, CA. If you are interested in renting the facility, want information on the Menlo Park Grant for the Arts, or have program ideas, please call 650-330-2223.

## HOLIDAY SHOWCASE

Tuesday, December 13 | 6:00–8:00 pm

\$5 Ages 13+ | FREE 12 and under

Presenting the City's best programs and classes of the year! We pride ourselves on creating a community that is vibrant, diverse, and fun! Come see our fabulous collection of classes and programs where you, our talented community, enter into the spotlight.



## MAMMA MIA! SING-ALONG

Friday, May 12 | 6:00–8:00 pm

\$5 General Admission

In celebration of Mother's Day, Sing-along to ABBA's greatest hits. The Mamma Mia! Sing-along! is back by popular demand. Enjoy a highly interactive experience with in-movie antics and a special "Fun Pack" for advance ticket buyers. Tickets available at [www.menlopark.eventbrite.com](http://www.menlopark.eventbrite.com).

FOR MORE INFORMATION, VISIT  
[MENLOPARK.ORG/CALENDAR](http://MENLOPARK.ORG/CALENDAR).

# ONETTA HARRIS COMMUNITY CENTER SPECIAL EVENTS

## SKY'S THE LIMIT

Monday–Friday, June 19–August 11

Grades 6–8

Onetta Harris Community Center  
100 Terminal Ave., Menlo Park, CA 94025

Do you want something fun to do this summer? Do you like to go on fieldtrips geared towards teens? Do you want a place where you can feel safe and free to be yourself? Look no further–Sky's the Limit is for you! Sky's The Limit is a free program, but there is a \$20.00 field trip fee every 2 weeks. No class on 7/4.

Registration dates will be posted soon.

## EGG HUNT

Saturday, April 15

Kelly Park  
100 Terminal Ave.,  
Menlo Park, CA 94025

10:00 AM

Crafts • Jelly Bean Guess • Bunny Arrives

10:30 AM – EGG HUNT BEGINS!

10:30 am: Ages 2 and under with their parents

10:45 am: Ages 3–4 (parents optional)

11:00 am: Ages 5–6

11:15 am: Ages 7–8

11:30 AM

Special Performance • Jelly Bean Guess Winner Announced



PLEASE NOTE: Parents are not allowed to participate in the Egg Hunt unless noted. Children should bring their own basket or bag. Eggs are filled with candy and small toys which may be a choking hazard for small children. Be sure to bring your camera.



## CITY OF MENLO PARK

Community Services  
701 Laurel St.  
Menlo Park, CA 94025

PRSRT STD  
U.S. Postage paid  
Menlo Park, CA  
Permit No. 6

ECRWSS

### RESIDENTIAL CUSTOMER



## Egg Hunt

Saturday, April 15  
10:00 am–12:00 pm

Join us for some Springtime fun! This free event is co-sponsored by the Menlo Park Firefighters Association and the Menlo Park Fire District and includes festive activities at Burgess and Kelly Parks.

**Photos with the Bunny • Jump Houses  
Crafts • Candy Guess • Music**



## Kite Day

Saturday, May 6  
12:00–3:00 pm

Enjoy face-painting, jump houses, and for \$6 receive a kite, hot dog, and drink. All ages welcomed! Bedwell-Bayfront Park is located at Marsh Road & Bayfront Expressway.

**Kite flying  
Hot dog lunch  
Mega Fish (46' giant kite)  
Facepainting  
Music**



VISIT [MENLOPARK.ORG/EVENTS](http://MENLOPARK.ORG/EVENTS) OR [FACEBOOK.COM/MENLOPARKEVENTS](https://FACEBOOK.COM/MENLOPARKEVENTS) FOR MORE INFORMATION OR CALL 650-330-2220