



# ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive



## BADMINTON

Tuesday thru Friday  
11:30am-1:30pm

\*Saturday 3:30-5:30pm & 5:45-7:45pm

\*Sunday 12:30-2:30pm & 2:45-4:45pm

Must be at least 16 years of age or older to participate unless supervised by parent or legal guardian (Badminton only)

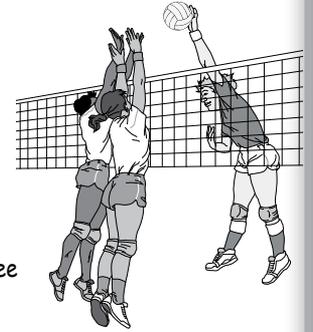
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident  
Spectators must also pay the fee

Discount passes available:  
Sunnyvale Resident (10 visit pass \$40)  
Non-Resident (10 visit pass \$50)

Fee includes use of showers & locker room

## VOLLEYBALL

Tuesday 5:00-7:00pm



\* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

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## Adult Sports Leagues

The City of Sunnyvale offers leagues in each of the sports below for teams interested in playing other teams.



**Basketball:** 10-week season + playoffs  
Winter: early January through late March  
Spring/Summer: early April through late June  
Fall: early September through early December

**Volleyball:** 8-week season + playoffs



Winter: early January through mid March  
Spring: late March through early June  
Summer: late June through late August  
Fall: late September through mid November.

Registration is for teams only. Individuals can call to be placed on a waiting list for players looking for a team. For registration information call (408) 730-7334.

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## Columbia DROP-IN GYM

Columbia Neighborhood Center  
785 Morse Avenue, Sunnyvale

For Middle & High School Students Only  
(All students must show current school ID at check in)

FEE: \$0.50 Resident, \$1 Non-Resident

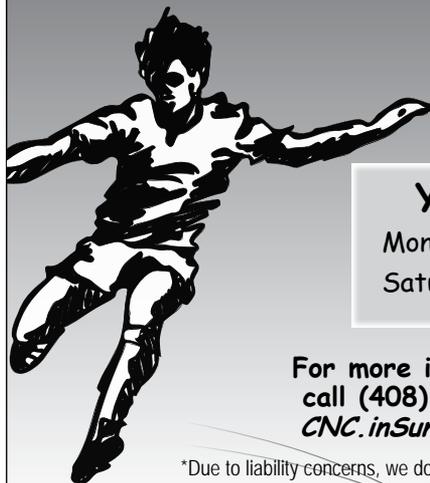
### Youth Basketball\*

Fridays 7-10pm

### Youth Soccer\*

Mondays 7-9pm

Saturdays 7-10pm



For more information, call (408) 730-7334  
[CNC.inSunnyvale.com](http://CNC.inSunnyvale.com)

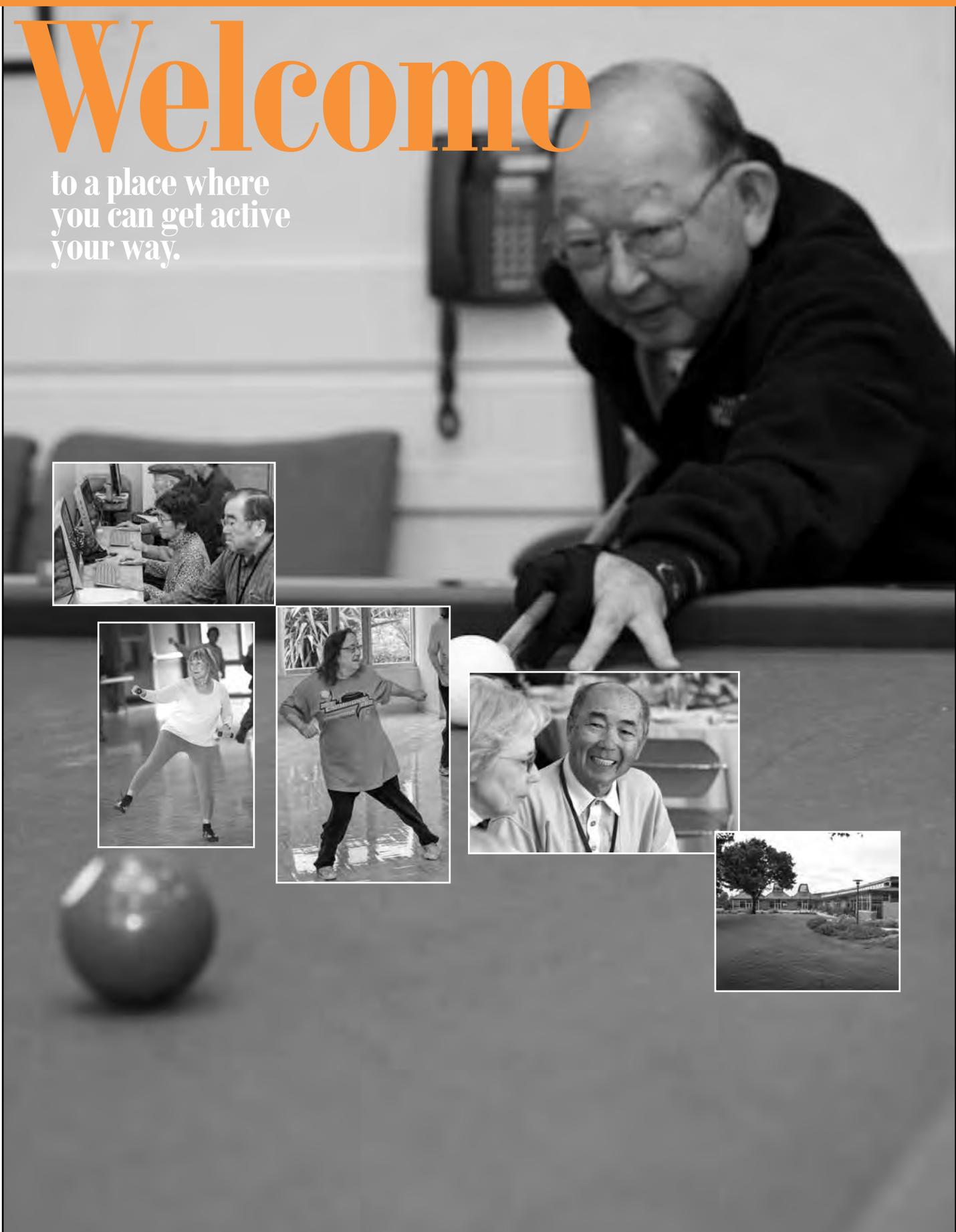
\*Due to liability concerns, we do not allow adults to participate in games against students. Thanks for your cooperation.

GB



# Welcome

to a place where  
you can get active  
your way.





The Sunnyvale

# Senior Center



You are invited to become a member of the Sunnyvale Senior Center

- Learn new skills
- Make new friends
- Stay healthy
- Get in shape
- Attend lectures
- And more!

**2014 Senior Center Membership Drive**  
Buy your membership now and get active your way!

### Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of residency and age (photo ID or utility bill)
3. Have your photo taken and receive your personalized card. For more information, call (408) 730-7360.

Older Adult

## Membership Benefit Structure

Prices effective January 2, 2014\*

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
	Resident	*\$28/Year	*\$32/Year
	Non-resident	\$43/Year	\$50/Year
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		✓	✓
Free drop-in programs, lectures, game days and movies		✓	✓
Discounts on special events, daily lunches and dances listed in the Older Adult Section		✓	✓
Free health screening services (blood pressure and hearing)		✓	✓
Activity Guide mailing		✓	✓
Free use of Computer Lab and free computer repairs (parts not included)		✓	✓
Free use of Billiard Room		✓	✓
Free Table Tennis (does not include ball fee)			✓
Free use of fitness equipment in Fitness Room			✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✓
Two Drop-In Passes; good for Back Care, Cardio Mix, Enhance Fitness, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Total Body Fitness, Body Core (10:30 am only) and Current Events.			✓

The Sunnyvale Senior Center is now on Facebook! LIKE US at [www.facebook.com/SunnyvaleSeniorCenter](http://www.facebook.com/SunnyvaleSeniorCenter) to see what is new at the Senior Center, and to keep in touch with friends, both old and new.



## Art

### Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

**Instructor:** Helen Jurado

**Location:** Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
359901.AA	Beg	50 & older	10/28-12/16	M	8:30am-11:30am	\$42/\$53
359902.AA	Int/Adv	50 & older	10/28-12/16	M	12:30pm-3:30pm	\$42/\$53
459901.AA	Beg	50 & older	1/27-3/24	M*	8:30am-11:30am	\$42/\$53
459902.AA	Int/Adv	50 & older	1/27-3/24	M*	12:30pm-3:30pm	\$42/\$53

\*No class 2/17



## Dance

### Daytime Ballroom Dance & Lessons

**Every Wednesday;** 10:45am-12:00pm, Apricot and Cherry Rooms  
\$2 members/\$3 non-members; pay at the door for dance and lessons.

November	Chinese Tango
December	Night Club 2-Step
January	East Coast Swing
February	Hustle

### Line Dancing (50 & older)

Have fun, meet new friends and keep moving to burn calories. No partners needed.

**Level 1:** Designed for new beginners, this line dance includes basic steps and 8-10 classic beginning dances, such as Waltz Across Texas, Elvira, New York New York, Mamma Mia, etc.

**Level 2:** Designed for more advanced dancers who know basic steps-pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle step, vines, etc. and have taken at least 2 line dance courses and/or know at least 12 dances.

**Drop in fee: \$5 resident, \$6 non-resident**

**Instructor:** Donna Frankel

**Location:** Recreation Center Ballroom

454002.AA	2	50 & older	1/27-3/24	M*	10:00am-11:30am	\$46/\$58
454002.BA	2	50 & older	1/29-3/26	W	9:00am-10:30am	\$46/\$58

\*No class 2/17

**Location:** Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	1	50 & older	1/29-3/26	W	10:30am-12:00pm	\$46/\$58

## Fitness

### Back Care Conditioning (50 & older)



Plus Stretch, Strengthen, and Relax

Move more easily and reduce chronic pain with gentle exercises that strengthen, and stretch your back. Exercising with a chair, belt and mat, you'll build a stronger, more vital torso while relaxing and rejuvenating the whole body. Bring a mat and yoga belt, and wear comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident.

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50 & older	10/28-1/6	M*	10:00am-11:00am	\$40/\$50
458750.AA	50 & older	1/27-3/24	M*	10:00am-11:00am	\$40/\$50

\*No class 12/16, 12/23, 12/30, 2/17

### Body & Core (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone-a perfect complement to regular cardio workouts. Bring a mat and handweights. Class registration forms will be accepted on 10/1. Priority registration given to walk in residents. Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

**Instructor:** Christina Vargas

**Location:** Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
358303.AA	3	50 & older	10/29-1/9	TuTh*	9:00am-10:00am	\$56/\$70
358302.AA	2	50 & older	10/29-1/9	TuTh*	10:15am-11:15am	\$56/\$70
458303.AA	3	50 & older	1/21-3/13	TuTh	9:00am-10:00am	\$56/\$70
458302.AA	2	50 & older	1/21-3/13	TuTh	10:30am-11:30am	\$56/\$70

\*No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31



**Cardio Mix (50 & older)**

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kick-boxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. Drop-in Fee \$5 resident, \$6 non-resident

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358200.AA	50 & older	10/29-1/9	TuTh*	8:00am-9:00am	\$49/\$61
458200.AA	50 & older	1/21-3/13	TuTh	8:00am-9:00am	\$49/\$61

\*No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31



**EnhanceFitness (50 & older)**



Enhance Fitness is an evidence-based group exercise class that will help you become more active, energized, and empowered to sustain an independent life. The class will focus on dynamic cardiovascular exercise, strength training, balance, and flexibility. EnhanceFitness is an exercise program with proven results! Exercises can be done seated or standing. Wrist/ankle weights provided. This class meets 3 times per week. Drop-in fee \$5 resident, \$6 non-resident.

**Instructor:** Christel Ligocki

**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50 & older	10/28-1/10	MWF*	10:00am-11:00am	\$87/\$109
458130.AA	50 & older	1/22-3/19	MWF*	10:00am-11:00am	\$87/\$109

\*No class 11/29, 12/16, 12/18, 12/20, 12/23, 12/25, 12/27, 12/30, 1/1, 2/17

**Everyday Fitness (50 & older)**



Designed for those with arthritis, back problems, or who just want to maintain and improve fitness. Strength and cardiovascular training, endurance, flexibility and bone density, warm-up, sit-and-be-fit aerobics, back exercises, and information on body mechanics are offered. Exercises may be done in a chair.

**Instructor:** Fred Brovold

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358150.AA	50 & older	10/28-1/8	MW*	1:00pm-2:15pm	\$50/\$63
458150.AA	50 & older	1/22-3/19	MW*	1:00pm-2:15pm	\$50/\$63

\*No class 12/16, 12/18, 12/23, 12/25, 12/30, 1/1, 2/17

**Gentle Core Fitness (50 & older)**



Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone, and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.AA	50 & older	10/29-1/7	Tu*	12:00pm-1:00pm	\$40/\$50
358120.BA	50 & older	10/31-1/9	Th*	12:00pm-1:00pm	\$40/\$50
458120.AA	50 & older	1/21-3/11	Tu	12:00pm-1:00pm	\$40/\$50
458120.BA	50 & older	1/23-3/13	Th	12:00pm-1:00pm	\$40/\$50

\*No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31

**Strength Training (See Page 27)**

**Sunny Fit-Low Impact (50 & older)**



This entry level fitness class will help you gain independence in your activities of daily living and increase your confidence in exploring other fitness workouts. Class will include low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing. Drop-in Fee \$5 residents, \$6 non-residents.

**Instructor:** Fred Brovold

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358140.AA	50 & older	10/28-1/8	MW*	2:30pm-3:30pm	\$45/\$56
458140.AA	50 & older	1/22-3/19	MW*	2:30pm-3:30pm	\$45/\$56

\*No class 12/16, 12/18, 12/23, 12/25, 12/30, 1/1, 2/17

**Personal Training Program (50 & older)**

We are offering one-hour long, personalized fitness training sessions. Our certified and knowledgeable trainers will design a fitness program based on your personal exercise and wellness needs. Our programs can accommodate all fitness and ability levels. *Reminder: For your safety, always check with your physician before starting a new exercise program.*

# of Sessions	One Person Rates*		Two-Person Rates*	
	Residents	Non-Residents	Residents	Non-Residents
1	\$65	\$81	\$100	\$125
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

To schedule your personalized training session, please call (408) 730-7360

\*Current Senior Center members receive a \$5 discount.



### Zumba Gold (50 & older)

Are you ready to join the PARTY? Zumba® Gold is a fun, low-impact and high-energy workout that will make you SMILE! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves to an exciting mix of Latin and international music. Please wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee: \$5 residents, \$6 non-residents.

**Instructor:** Kathleen Hill

**Location:** Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.AA	50 & older	10/28-1/10	MF*	8:45am-9:45am	\$64/\$80
458210.AA	50 & older	1/24-3/21	MF*	8:45am-9:45am	\$64/\$80

**Instructor:** Marla Yonamine

**Location:** Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.CB	50 & older	10/30-1/8	W*	8:45am-9:45am	\$35/\$44
458210.CB	50 & older	1/22-3/12	W	8:45am-9:45am	\$35/\$44

**Instructor:** Irene Ortiz

**Location:** Recreation Center Ballroom

358210.BA	50 & older	10/29-1/9	TuTh*	4:15pm-5:15pm	\$64/\$80
458210.BA	50 & older	1/21-3/13	TuTh	4:15pm-5:15pm	\$64/\$80

**Location:** Senior Center Orchard Pavilion

358210.DA	50 & older	10/28-1/8	MW*	6:00pm-7:00pm	\$64/\$80
458210.DA	50 & older	1/22-3/19	MW*	6:00pm-7:00pm	\$64/\$80
358210.CA	50 & older	10/30-1/8	W	4:15pm-5:15pm	\$35/\$44
458210.CA	50 & older	1/22-3/12	W	4:15pm-5:15pm	\$35/\$44

\*No class 11/28, 12/16-12/31, 1/1, 2/17

## Lectures

Sign up is required to attend and can be done at the reception counter or call (408) 730-7360. All seniors welcome!

### Crime Prevention

Tuesday, November 5

Sunnyvale Senior Center, Laurel Room  
10 – 11 a.m.

Join us for this informative presentation where you'll learn about personal safety for seniors, how to help prevent being a victim and current financial crime trends targeting seniors.

Guest Speaker: Greg Othon, PS Officer II/Investigations Police Bureau of Special Operations

### Glitches in the Road of Life

Wednesday, February 19, 2014

Sunnyvale Senior Center, Laurel Room  
1 – 2:30 p.m.

At any time we can be stopped in our tracks by a glitch while on our life's journey. Are you going through an unwanted change in your life or are you interested in learning how to better manage life's surprises? Vivian I. Silva, (educator, gerontologist and geriatric care manager) presents ways to identify our strengths and manage life's surprises based on her experience working with mid-life and older adults.

Guest Speaker: Vivian Silva, Sunnyvale Senior Center Care Mgr.

## Special Interest

### AARP Safe Driving Program

Contact the Senior Center for more information. Pre-registration required.

### Current Events (50 & older)

Discover how today's current news may affect you. The class will cover the analysis and discussion of world, national and local news, science and technology, medicine and health care, and business and the economy.

**Instructor:** Peggy Nissen

**Location:** Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50 & older	10/31-1/9	Th*	10:15am-11:30am	\$16/\$20
457000.AA	50 & older	1/23-3/13	Th	10:15am-11:30am	\$16/\$20

\*No class 11/28, 12/19, 12/26

### Symphony & Concerto (50 & older)

Survey the rich musical activities in the Santa Clara Valley. Lectures focus on concerts presented at Flint Center, California Theater in San Jose and at other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. The instructor is a cellist and lecturer with many years in the symphonic life of the Valley.

**Instructor:** Roger Emanuels

**Location:** Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
354800.AA	50 & older	11/18-12/9	M	1:00pm-2:30pm	\$26/\$33
454800.AA	50 & older	1/6-2/24	M*	1:00pm-2:30pm	\$37/\$46

\*No class 1/20, 2/17

### Threads of Life: Senior Support Group

A confidential, safe and non-judgmental forum to discuss and process problems, changes and transitions with a trained professional. Topics may include getting your needs met, communication, relationships, grief and loss, depression and loneliness. Group meets 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

Tuesday, 2:30pm-4:00pm

**Instructor:** Kathy Krueger, M.A., LMFT

**Location:** Senior Center, Laurel Room

**Fee:** \$10/day resident, \$13/day non-resident

### Adult and Community Education

Adult & Community Education (ACE) and De Anza/Foothill College work in partnership with the Senior Center to provide a variety of educational courses. Classes are held at the Senior Center and membership is required. For class listing and registration, call:  
ACE, (408) 522-2700 • De Anza College, (408) 864-8885  
Foothill College, (650) 949-7102



### Trips

#### Registration

You can now register for all trips as soon as they are publicized by coming to the Senior Center, or mailing your registration form. For extended trips you can pick up flyers, or print them from our website; **Seniors.inSunnyvale.com**, then click on Senior Trips. For more information call 408-730-7360.



#### Day Trips

<b>Classic Cars - Canepa</b> <i>Lunch at the Crow's Nest, wine tasting</i>	Th, 11/7	\$76 R/\$95 NR
<b>Peter &amp; the Starcatcher</b> <i>At SF's Curran Theatre, no lunch</i>	W, 11/13	\$112 R/\$140 NR
<b>Porgy and Bess</b> <i>At SF's Golden Gate Theatre, no lunch</i>	W, 12/4	\$117 R/\$146 NR
<b>Historic Houses</b> <i>Lunch at Paradiso</i>	Th, 12/12	\$102 R/\$128 NR
<b>City Lights, Bay Bridge</b> <i>Holiday lights, dinner at Palomino's</i>	Tu, 12/17	\$98 R/\$123 NR
<b>Hockney &amp; SF Art Museums</b> <i>Lunch on your own</i>	F, 1/17	\$79 R/\$99 NR
<b>Cirque du Soleil's Amaluna</b> <i>Dinner at Los Gatos Brewing Co.</i>	Tu, 1/28	\$147 R/\$184 NR
<b>Benicia, Then and Now</b> <i>History, ArtGlass + Lunch</i>	Th, 2/6	\$94 R/\$118 NR

We're working on more day trips for January and February - so please check out the upcoming winter edition of the *Steppin' Out* Newsletter for more details.



#### Extended Trips

<b>Holiday Shows in Branson</b> , Fri. 11/15/13 – Tue. 11/19/13
<b>Costa Rica Eco Adventure</b> , Sat. 2/1/14 – Mon. 2/10/14
<b>Palm Springs Desert Fun</b> , Tue. 3/11/14 – Fri. 3/14/14
<b>Washington DC</b> , Wed. 4/23/14 – Tue. 4/29/14
<b>New York City</b> , Thur. 6/5/14 – Mon. 6/9/14
<b>Black Sea Voyage</b> , Thurs. 7/31/14 – Tue. 8/12/14
<b>American Canyonlands</b> , Thurs. 9/18/14 – Fri. 9/26/14
<b>Rails of New England</b> , Fri. 10/3/14 – Fri. 10/10/14

#### Upcoming Trip Slide Shows

(10 a.m. - Noon, Senior Center, Laurel Room)

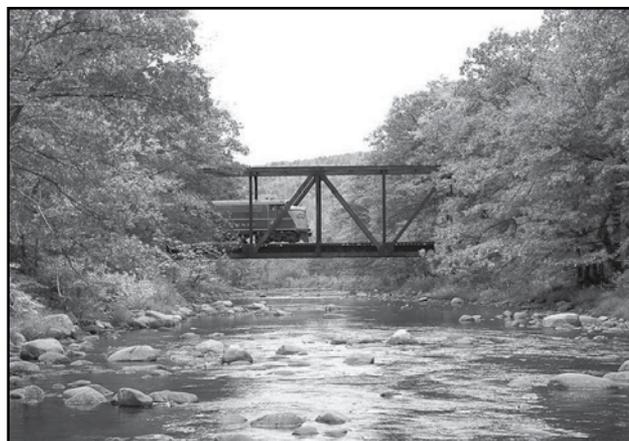
- Tue., 12/3/13: Costa Rica Eco Adventure, Black Sea Voyage and American Canyonlands, Rails of New England
- Fri., 12/6/13: Washington DC, New York City, and Palm Springs Desert Fun.
- \$100 Early Booking Discounts (EBD) available on Washington DC (ends Oct. 23), New York City (ends Dec. 4.) and Rails of New England (ends Jan. 24) trips. Come to the slide shows for details. See you there!



SF Museums



Washington DC



American Canyonlands

Older Adult



# Upcoming Events



## Thanksgiving Luncheon

Join us as we begin the Holiday Season with a delicious Thanksgiving Luncheon followed by a performance from the Columbia Middle School Choir.

Sunnyvale Senior Center ~ Orchard Pavilion,

550 E. Remington Drive

Friday, November 8, 2013

Admission: Members \$11 / Non-members: \$13 (add \$2 if purchased after November 1).

Doors open at 11 a.m. Event begins at 11:45 a.m. -1 p.m.

## Breakfast with Santa

Grandparents, Grandchildren and Families!

This is a wonderful opportunity to treat your loved ones to a fun breakfast, have your picture taken with Santa and participate in a variety of crafts.

Special Entertainment will be provided!

Sunnyvale Senior Center ~ Orchard Pavilion,

550 E. Remington Drive

Saturday, December 7, 2013

2 Shifts available: 8 a.m. – 9:30 a.m. or 10:30 a.m. - noon.

Admission: \$5 (\$7.50 if purchased after November 27.)



## Holiday Luncheon

It's Holiday time to Deck the Halls and Celebrate with friends, family and staff for a festive Holiday Luncheon.

Live Entertainment will follow!

Sunnyvale Senior Center ~ Orchard Pavilion,

550 E. Remington Drive

Friday, December 13, 2013

11:45 a.m. – 1 p.m.

Doors open at 11 a.m.

Admission: Members \$11 / Non-members: \$13 (Add \$2 if purchased after December 6.)



For more information, call (408) 730-7360



# Murphy Park Senior Programs

250 N. Sunnyvale Ave.

*\*Note: Table Tennis is moving to Fair Oaks Park, 540 N. Fair Oaks Avenue, during construction at Murphy Park*

## LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.

For one free class of instruction & equipment use, call Al Rizzo: (408) 736-4739



Table Tennis FREE for Premium Members

## TABLE TENNIS\*

M – F, 9:30 am – 4:00 pm.

Bring your own paddle & light soled shoes.

For more information about either program, call (408) 730-7334.



# Volunteers Needed

Join the group of folks who help make our Senior Center GREAT!

### Areas Where We Need You

- Lunch Program
- Computer Lab
- Computer Tutors

Please call (408) 730-7360

NH

# Senior Center Fitness Room



Fitness Room FREE for Premium Members

Enjoy the wide range of cardio and weight resistance equipment. Use of room requires Senior Center membership or a \$5.00 pass, and viewing of the "Fitness Room" training DVD.

- M – F, 8:00am – 6:00pm
- Sa, 10:00am – 2:00pm
- Su, CLOSED

For more information, call (408) 730-7358.



## Free Fitness Room Orientation

Free monthly fitness room orientation will be offered to Premium and Basic Senior Center members. A Senior Center personal trainer will show you how to safely operate fitness room equipment. For more information and to sign up, contact the Senior Center front desk. Space is limited.

NH

## New Member Coffee

New and potential members are invited to enjoy a complimentary cup of coffee or tea while touring our beautiful facility and learning about our programs. Tours offered the last Friday of each month, at 10:30 am in the Oak Lounge.

Tour will not be offered in December.

Older Adult



## Senior Center Drop-in Programs and Services

Drop-in programs and services are free to members, unless noted otherwise. Some drop-in programs also require a membership to the Chinese Club, noted by ☺, or Premium Membership, noted by Ⓟ. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center at (408) 730-7360.

### DROP-IN PROGRAMS

Program	Fee (\$)	Meets
Billiards	\$5	M-F, 9am-6pm Sa, 10am-2pm
Book Club	\$2	2 <sup>nd</sup> Friday, 1:15-3pm
Bridge	\$2	Tu, 12:15-3pm sign in between 11-11:45am
Chess Club	\$2	Th, 2:30-5:30pm
Ballroom Dance	\$2	Tu, 1:30 – 4pm
Computer Club	\$2	2 <sup>nd</sup> F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 <sup>nd</sup> F, 11:30am-12:30pm
Computer Lab	\$5	M-F, 9:30am-11:30am 1:30pm-3:30pm
Dancing for Health ☺	\$2	Th, 3-5pm
Drop-in Games	\$2	Th, 12:15-3:30pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup <i>(50¢ per cup for ALL)</i>		M-F, 8:30am-3pm
Fitness Room Ⓟ	\$5	M-F, 8am-6:30pm Sa, 10am-2pm
Game Day	\$2	Fri, 1-4pm
Lawn Bowls @ Murphy Park <i>(+ Club Membership for ALL)</i>	\$2	M-Sat, 12:30-3pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies <i>(FREE for ALL)</i>		1 <sup>st</sup> & 3 <sup>rd</sup> F, 1pm
Musicians Jam Session	\$2	1 <sup>st</sup> & 3 <sup>rd</sup> M, 1:30-3pm
Table Tennis Ⓟ @ Fair Oaks Park	\$5	M-F, 9:30am-4pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☺	\$2	Fri, 9-11am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi ☺	\$2	Fri, 9-11am

### SERVICES

Service	Fee (\$)	Available/Call
BART Tickets	\$9	M-F, 9am-5:30pm
Blood Pressure	FREE	M & Th, 10am-Noon
Care Management	FREE*	M & Th, 10am-Noon
Diabetes Support	\$2	4th Thursday each month
El Camino Hospital Resource Library	FREE	Tu., 10:30am-11:30pm
Foot Care	\$40/\$50 NM	Monday 11/25, 1/29 1pm
Health Insurance Counseling and Advodcoy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	By appointment - call
Legal Services	FREE	3rd Saturday 10am-Noon
Notary Services	\$2	By appointment - call
VTA Photo ID	FREE	By appointment - call

## Lunchtime Librarian

Sunnyvale Librarians visit the Senior Center  
Every 1st and 3rd Thursday of the month  
11:00 am to 12:00 pm

- Get a library card
- Learn about eBooks
- Bring your eReader
- Talk about good reads
- Learn about our Special

Outreach for home bound residents

Sunnyvale Library at  
[sunnyvalelibrary.org](http://sunnyvalelibrary.org)





# Join us for Lunch in the Orchard Café



Enjoy a home style meal prepared by our on-site Chef, Cecilia Garza-Ruiz.

Meals are served, Monday-Friday at 12:00pm in the Orchard Café.

Our lunches include: soup or salad, entrée, dessert and beverage.

Call for pricing

Dining room opens at 11:30 a.m. Salads are available, if ordered by 10 a.m.

***Salads must be paid for in advance***

Arrivals after 12:15 p.m. are not guaranteed unless special arrangements have been made in advance

Menu subject to change

## Get The Help You Need.

### Information & Assistance Program

Tailored specifically for older adults and their families  
Provided by specially trained Peer Advocate Volunteers

We provide help with:

- Housing, Food and Nutrition
- Adult Day Health/Day Care
- Health Care Information & Health Promotion
- Transportation and Legal Issues
- Caregiving and Family Support

Call for an appointment: 408-730-7367

The Senior Peer Advocate is a program sponsored by The Health Trust Healthy Aging Initiative in collaboration with nine agencies, including the City of Sunnyvale. It is part of a larger movement spearheaded by the Santa Clara County Aging Services Collaborative to make Santa Clara County a more "livable community" for all ages.



## Care Management

Care Management assists seniors and their families in identifying care and service needs. One of our primary goals is to link individuals with services that will allow them to maintain their independence. Care Management services is available to Sunnyvale Residents ages 50 and over. For more information, call (408) 730-7732 or (408) 730-7368.

## The Unique Boutique

The Unique Boutique is a special place where you can always find a beautiful, home-made item waiting to delight you or someone you care about. Come in and browse!

Phone: ..... (408) 733-8459  
Store Hours: .... M – F, 10:30am – 2:30pm  
Contact: ..... Pat Hickey, President



## GENERAL INFORMATION

### Sunnyvale Tennis Center

755 S. Mathilda Ave.

Reservations: (408) 735-7285 or visit [www.lifetimetennis.com](http://www.lifetimetennis.com)

The tennis courts at the Sunnyvale Tennis Center are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a multi-use facility and higher level of maintenance. Other public tennis courts located at community parks and schools in Sunnyvale are available free of charge and available on a first come, first serve basis.

### Office & Court Hours

Monday – Friday, 8 a.m. – 10 p.m.

Saturday and Sunday, 8 a.m. – 8 p.m.

### Rain Procedure

On rainy days, staff may close the courts until they are playable. Please call us at (408) 735-7285 to see if courts are available for play. Credit will be issued for paid, unused time if it rains during play. Make ups will be scheduled for lesson and league rainouts.

### Court Fees per hour

Weekdays 8 a.m. – 4 p.m. \$5 per hr R/ \$6 per hr, NR

Weekdays after 4 p.m. and Weekends \$10 R/\$12 NR

(1.5hrs \$15 residents/\$18 non-residents)

### Program Registration

Register online by visiting [www.lifetimetennis.com](http://www.lifetimetennis.com)

In person or mail to Lifetime Tennis at 755 South Mathilda Ave, Sunnyvale, CA 94087

### Reservations

1. Residents may reserve courts eight days in advance.  
Non-residents may reserve courts seven days in advance.
2. Minimum of 30 minutes, maximum of 2 hours rental for open play.
3. Court reservations are forfeited after 15 minutes.  
Ball Machine reservations are forfeited after 10 minutes.
4. Fees will not be prorated for late arrivals.
5. Credit will be issued for unused rain-out time.
6. Reserve a court online at [www.lifetimetennis.com](http://www.lifetimetennis.com)

### Ball Machine Rental

Ball machine rental is available. No one under the age of 15 years old may use the ball machine unless accompanied by an adult. A 45-minute session use is \$7 during non-prime time (8am-4pm M-F) and \$10 during prime time (4pm-10pm M-F and weekends) (Sunnyvale Tennis Club members receive the following discounted rates: \$5 per hour non-prime time, \$7 per hour prime time. \$59 3-month non-prime time pass, \$99 3-month anytime pass)

### Three Month Ball Machine Pass

Passes allow players to use the ball machine one time per day for 45-min for the duration of the pass. \$129 for prime time / anytime use and \$79 for non-prime time.

### Court and Ball Machine Cancellation Policy

Reservations must be canceled four hours in advance or full payment will be assessed. No-shows or late cancellation fees not paid will be required to be paid before claiming next reservation.

### Tennis Program Notes

1. Pre-registration is required for all tennis programs.
2. No registrations for classes accepted by phone.
3. Leagues and lessons may be combined or cancelled based on registrations. Participants may be reassigned according to age, ability, and class size.
4. Class refunds are only given if requested no later than 10 working days prior to the first class meeting. Refund requests

received after this time, but at least five working days prior to the start of a class or program will be assessed a \$5 administrative fee, per class or program. No refunds or credits will be issued for requests received less than five working days prior to the start of the class or program.

5. Full refunds will be granted for classes or programs cancelled by Lifetime Tennis.

6. No refunds given for non attendance.

7. Make ups for rain outs will be posted on line and/or in guide. Refunds not granted for non attendance.

### Court Rules

1. Please do not bring the following on court: food, drinks, skateboards, bikes, in-line skates, scooters, pets, or small children who are not playing tennis. Drinking water is okay on court.
2. Shirts and non-marking shoes required.
3. No personal ball machines.
4. Lifetime Tennis sponsored lessons only.





### Lifetime Tennis at the Sunnyvale Municipal Tennis Center



Sunnyvale Municipal Tennis Center • 755 South Mathilda Ave • www.lifetimetennis.com • (408)735-7285

The tennis courts at the Sunnyvale Municipal Tennis Center in Las Palmas Park are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons, and ball machine rental please visit our website at www.lifetimetennis.com. or call us at the phone number listed above. Office hours are Mon-Fri 8:00am-10:00pm, Sat-Sun 8:00am-8:00pm.

## Winter Tennis Class Schedule

### Youth Tennis Classes - Winter

#### Little Tennis & Athletic Development (Ages 4-6)

Session is 6 weeks long • Student / teacher ratio is 4:1  
Fee: \$89 Resident, \$98 Non-Resident  
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time (45 Min)	Session I	Code	Session II	Code
Little Tennis (4-6 yr)	MO	3:15-4:00 pm	1/6-2/10	12734	2/17-3/24	12892
Little Tennis (4-6 yr)	TU	3:15-4:00 pm	1/7-2/11	12735	2/18-3/25	12898
Little Tennis (4-6 yr)	WE	3:15-4:00 pm	1/8-2/12	12736	2/19-3/26	12899
Little Tennis (4-6 yr)	TH	3:15-4:00 pm	1/9-2/13	12737	2/20-3/27	12897
Little Tennis (4-6 yr)	SA	8:30-9:15 am	1/11-2/15	12738	2/22-3/29	12893
Little Tennis (4-6 yr)	SA	9:15-10:00 am	1/11-2/15	12739	2/22-3/29	12894
Little Tennis (4-6 yr)	SU	10:00-10:45 am	1/12-2/16	12740	2/23-3/30	12895
Little Tennis (4-6 yr)	SU	10:45-11:30 am	1/22-2/16	12741	2/23-3/30	12896

#### Little Rallyers (Ages 5-7)

Session is 6 weeks long • Student / teacher ratio is 4:1  
Fee: \$118 Resident, \$130 Non-Resident  
All classes taught at Sunnyvale Tennis Center  
\*\*\*Instructor approval needed\*\*\*

Level	Day	Time (1-HR)	Session I	Code	Session II	Code
Little Rally (5-7yr)	SA	11:30-12:30 pm	1/11-2/15	12742	2/22-3/29	12889
Little Rally (5-7yr)	SU	11:30-12:30 pm	1/12-2/16	12743	2/23-3/30	12890
Little Rally(5-7yr)	TH	4:00-5:00 pm	1/9-2/13	12744	2/20-3/27	12891

#### Youth Tennis Lessons-8:1 Ratio (Ages 7-15)

Session is 6 weeks long • Student / teacher ratio is 8:1  
\$109 Resident, \$120 Non Resident  
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Beginning (7-10yr)	MO	4:00-5:30 pm	1/6-2/10	12751	2/17-3/24	12937
Adv. Beg. (7-10yr)	MO	4:00-5:30 pm	1/6-2/10	12757	2/17-3/24	12929
Intermed. (7-10yr)	MO	4:00-5:30 pm	1/6-2/10	12765	2/17-3/24	12945
Beginning (11-15yr)	WE	4:00-5:30 pm	1/8-2/12	12768	2/19-3/26	12935
Adv. Beg. (11-15yr)	WE	4:00-5:30 pm	1/8-2/12	12774	2/19-3/26	12927
Intermed. (11-15yr)	WE	4:00-5:30 pm	1/8-2/12	12779	2/19-3/26	12943
Beginning (7-10yr)	FR	4:00-5:30 pm	1/10-2/14	12752	2/21-3/28	12936
Adv. Beg. (7-10yr)	FR	4:00-5:30 pm	1/10-2/14	12756	2/21-3/28	12928
Intermed. (7-10yr)	FR	4:00-5:30 pm	1/10-2/14	12764	2/21-3/28	12944
Beginning (11-15yr)	FR	4:00-5:30 pm	1/10-2/14	12769	2/21-3/28	12933
Adv. Beg. (11-15yr)	FR	4:00-5:30 pm	1/10-2/14	12776	2/21-3/28	12925
Intermed. (11-15yr)	FR	4:00-5:30 pm	1/10-2/14	12780	2/22-3/29	12941
Beginning (7-10yr)	SA	10:00-11:30 am	1/11-2/15	12753	2/22-3/29	12938
Adv. Beg. (7-10yr)	SA	10:00-11:30 am	1/11-2/15	12758	2/22-3/29	12930

#### Youth Tennis Lessons-8:1 Ratio-Cont. (Ages 7-15)

Session is 6 weeks long • Student / teacher ratio is 8:1  
\$109 Resident, \$120 Non-Resident  
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Intermed. (7-10yr)	SA	10:00-11:30 am	1/11-2/15	12766	2/22-3/29	12946
Beginning (11-15yr)	SA	11:30-1:00 pm	1/11-2/15	12770	2/22-3/29	12934
Adv. Beg. (11-15yr)	SA	11:30-1:00 pm	1/11-2/15	12777	2/22-3/29	12926
Intermed. (11-15yr)	SA	11:30-1:00 pm	1/11-2/15	12781	2/22-3/29	12942
Beginning (7-10yr)	SU	8:30-10:00 am	1/12-2/16	12754	2/23-3/30	12939
Adv. Beg. (7-10yr)	SU	8:30-10:00 am	1/12-2/16	12759	2/23-3/30	12931
Intermed. (7-10yr)	SU	8:30-10:00 am	1/12-2/16	12767	2/23-3/30	12947

#### Youth Tennis Lessons-4:1 Ratio (Ages 7-15)

Session is 6 weeks long • Student / teacher ratio is 4:1  
\$181 Resident, \$199 Non-Resident  
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Beginning (11-15yr)	TU	4:00-5:30 pm	1/7-2/11	12784	2/18-3/25	12917
Adv. Beg. (11-15yr)	TU	4:00-5:30 pm	1/7-2/11	12789	2/18-3/25	12913
Intermed. (11-15yr)	TU	4:00-5:30 pm	1/7-2/11	12793	2/18-3/25	12912
Beginning (7-10yr)	TH	4:00-5:30 pm	1/9-2/13	12786	2/20-3/27	12918
Adv. Beg. (7-10yr)	TH	4:00-5:30 pm	1/9-2/13	12790	2/20-3/27	12914
Intermed. (7-10yr)	TH	4:00-5:30 pm	1/9-2/13	12794	2/20-3/27	12922
Beginning (11-15yr)	SA	2:00-3:30 pm	1/11-2/15	12785	2/22-3/29	12916
Adv. Beg. (11-15yr)	SA	2:00-3:30 pm	1/11-2/15	12788	2/22-3/29	12912
Intermed. (11-15yr)	SA	2:00-3:30 pm	1/11-2/15	12792	2/22-3/29	12920

#### Junior Development Teams (Ages 10-17)

Session is 12 weeks long • Student / teacher ratio is 8:1 (6:1 Gold Team)  
\$298 Resident, \$328 Non-Resident (\$397 Resident,  
\$437 Non-Resident Gold Team)  
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session	Code
Intro to Bronze & Bronze (10-17 yr)	MO	4:00-6:00 pm	1/6-3/24	12796
Silver (10-17 yr)	WE	6:30-8:30 pm	1/8-3/26	12799
Gold (10-17 yr)	TH	6:30-8:30 pm	1/9-3/27	12802
Intro to Bronze & Bronze (10-17 yr)	FR	6:30-8:30 pm	1/10-3/28	12795
Silver (10-17 yr)	FR	6:30-8:30 pm	1/10-3/28	12800
Intro to Bronze & Bronze (10-17 yr)	SA	2:00-4:00 pm	1/11-3/29	12798
Silver (10-17 yr)	SA	4:00-6:00 pm	1/11-3/29	12801
Match Play (10-17yr)	SU	4:00-5:30 pm	1/12-3/30	12803

(\*\*\*Must be Junior Team Member to participate in Match Play.

Class fee is \$100 for resident and \$110 non-resident for 12 weeks\*\*\*)

Register online at [lifetimetennis.com](http://lifetimetennis.com) or in the office at 755 South Mathilda Ave, Sunnyvale. 2 winter sessions run for 6 weeks each. For additional information please call 408-735-7285

Please register at [www.lifetimetennis.com](http://www.lifetimetennis.com)



### 10 and Under Tournament Training (Ages 7-10)

Session is 6 weeks long • Student / teacher ratio is 6:1

\$149 Resident, \$164 Non-Resident

All classes taught at Sunnyvale Tennis Center

This program is by \*\*\*INVITATION ONLY\*\*\*

For additional details please visit [www.lifetimetennis.com](http://www.lifetimetennis.com)

### Winter Junior Camps (Ages 4-6 & 7-15)

Improvement / Match Play Camps (7-15) Little Tennis Camp (4-6)

Student / teacher ratio is 8:1 for Improvement and Match Play camps

Student / teacher ratio is 4:1 for Little Tennis and Little Rallyers camps

Session fee: Improvement and Match Play, \$195 resident / \$220 non-resident.

Session fee: Little Tennis and Little Rallyers, \$151 resident / \$166 non-resident

All classes taught at Sunnyvale Tennis Center

#### February 17th-21st

Little Tennis & Little Rallyers M-F 9-10:30 am

Improvement & Match Play (7-15 yr) M-F 9 am-12 pm

Improvement & Match Play (7-15 yr) M-F 12:30-3:30 pm

Code  
12962  
12956  
12959

#### April 14th-18th (Spring)

Little Tennis & Little Rallyers M-F 9-10:30 am

Improvement & Match Play (7-15 yr) M-F 9 am-12 pm

Improvement & Match Play (7-15 yr) M-F 12:30-3:30 pm

12963  
12957  
12960

## Adult Tennis Classes - Winter

### Adult Tennis Lessons (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 8:1

\$109 Resident, \$120 Non-Resident

All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Beginning	MO	6:30-8:00 pm	1/6-2/10	12809	2/17-3/24	12858
Adv. Beginning	MO	8:00-9:30 pm	1/6-2/10	12815	2/17-3/24	12852
Intermediate	MO	8:00-9:30 pm	1/6-2/10	12821	2/17-3/24	12864
Beginning	TU	8:00-9:30 am	1/7-2/11	12810	2/18-3/25	12861
Adv. Beginning	WE	8:00-9:30 am	1/8-2/12	12818	2/19-3/26	12853
Beginning	WE	6:30-8:00 pm	1/8-2/12	12811	2/19-3/26	12862
Adv. Beginning	WE	8:00-9:30 pm	1/8-2/12	12819	2/19-3/26	12854
Intermediate	WE	8:00-9:30 pm	1/8-2/12	12825	2/19-3/26	12867
Beginning	SA	8:30-10:00 am	1/11-2/15	12812	2/22-3/29	12859
Adv. Beginning	SA	10:00-11:30 am	1/11-2/15	12816	2/22-3/29	12855
Intermediate	SA	11:30-1:00 pm	1/11-2/15	12822	2/22-3/29	12865
Beginning	SU	8:30-10:00 am	1/12-2/16	12813	2/23-3/30	12860
Adv. Beginning	SU	10:00-11:30 am	1/12-2/16	12817	2/23-3/30	12856
Intermediate	SU	11:30-1:00 pm	1/12-2/16	12823	2/23-3/30	12866

### Adult Specialty Classes (Ages 16+)

#### Academy-USTA Prep

Session is 6 weeks long • Student / teacher ratio is 6:1

\$145 Resident, \$160 Non-Resident

All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Academy NTRP 3.0+	TU	9:00-10:30am	1/7-2/11	12827	2/18-3/25	12872
Academy NTRP 3.0+	TH	9:00-10:30am	1/9-2/13	12828	2/20-3/27	12871
Academy NTRP 2.5-3.0	TU	6:30-8:00 pm	1/7-2/11	12829	2/18-3/25	12870
Academy NTRP 3.5-4.0	TH	6:30-8:00 pm	1/9-2/13	12830	2/20-3/27	12874
Academy NTRP 2.5-3.0	SU	8:30-10:00 am	1/12-2/16	12831	2/23-3/30	12869
Academy NTRP 3.5-4.0	SU	10:00-11:30 am	1/12-2/16	12832	2/23-3/30	12973

### Adult Drill Classes

Session is 6 weeks long • Student / teacher ratio is 6:1

\$96 Resident, \$106 Non-Resident

All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Ladies Adv. Drill	TU	7:00- 8:00 pm	1/7-2/11	12833	2/18-3/25	12877
Men's Adv. Drill	TU	8:00- 9:00 pm	1/7-2/11	12834	2/18-3/25	12878

### Adult Camps (Ages 16+)

Each camp is 3-hours long • Student / teacher ratio is 6:1

\$45 Resident, \$50 Non-Resident

All camps taught at Sunnyvale Tennis Center

Various levels from beginning to advanced

Please visit [www.lifetimetennis.com](http://www.lifetimetennis.com) for dates, times and additional details.

### Cardio Classes (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1

\$73 Resident, \$80 Non-Resident

All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Cardio	TU	6:30- 7:15 pm	1/7-2/11	12835	2/18-3/25	12876
Cardio	TH	6:30- 7:15 pm	1/9-2/13	12836	2/20-3/27	12875

### Ponderosa Park Tennis Classes (Ages 9-16)

Session is 6 weeks long • Student / teacher ratio is 8:1

\$129 Resident, \$142 Non Resident

All classes taught at Ponderosa Park

Classes meet twice a week.

Level	Day	Time	Session I	Code	Session II	Code
Beginning	MO & WE	3:30-4:30 pm	1/6-2/12	12838	2/17-3/26	12902
Adv. Beg.	MO & WE	4:30-5:30 pm	1/6-2/12	12839	2/17-3/26	12901

### Serra Park Tennis Classes (Ages 7-16)

Session is 6 weeks long

Little Tennis Classes \$89 Resident \$98 Non-Resident (4:1 ratio)

Youth Classes \$109 Resident, \$120 Non Resident (8:1 ratio)

All classes taught at Serra Park.

Level	Day	Time	Session I	Code	Session II	Code
Little Tennis (5-6 yr)	SAT	8:15 -9:00 am	1/11-2/15	12841	2/22-3/29	12908
Beginning (7-8 yr)	SAT	9:00-10:30 am	1/11-2/15	12842	2/22-3/29	12905
Beginning (9-16 yr)	SAT	10:30-12:00 pm	1/11-2/15	12843	2/22-3/29	12906
Adv. Beg. (9-16 yr)	SAT	12:00-1:30 pm	1/11-2/15	12844	2/22-3/29	12904
Intermed. (9-16 yr)	SAT	1:30-3:00 pm	1/11-2/15	12845	2/22-3/29	12907

Winter 2014

Tennis Descriptions

**YOUTH TENNIS** (4-17 years old) – Community Tennis Programs

**LITTLE TENNIS & ATHLETIC DEVELOPMENT PROGRAM (4-6 years old)**

This specialized program is designed to stimulate, challenge and appeal to children 4 to 6 years old. Our expert instructors will guide the students through fun games and exercises designed to build a solid foundation of tennis technique and motor skills. Students and parents alike will be impressed by the dynamic lesson plans and enthusiastic coaching provided throughout the session. Equipment can be purchased in the Sunnyvale Tennis Center Pro Shop.

**LITTLE RALLYERS (5-7 years old)**

The Lifetime Tennis Elite Future Stars program is for promising young players that demonstrate the skills necessary to become future tournament players. This program is designed to give our future stars rigorous training in technique, footwork, and rallying skills. Registration with instructor approval only. For details please contact our Tennis Director.

**BEGINNING, ADV. BEGINNING & INTERMEDIATE LEVELS (7-15 years old)**

This 3 tiered introduction program is designed to develop early tennis skills that include stage 1, 2 & 3 balls, ground strokes (stationary & moving), serving (1/2 & full motion), volleys, overheads, and basic vocabulary. Students are grouped by age and ability levels the 1st day of class. Class goal: to maintain "full court" rallies and serve 1 of 3 balls into correct service box while using proper technique. Graduates are encouraged to join the Bronze, Silver & Gold program.

**INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS (10-17 years old)**

For students who graduated from the Beginning, Advanced or Intermediate programs can fulfill the program requirements. Students will learn topspin, under spin sidespin; add & reduce the power to shots, and develop specialty shots. Program drills enhance quickness, balance and racquet control for improved consistency and accuracy. Class goal: Develop foundation to become a well-rounded tennis player, successfully play singles & doubles matches, and to play in local tennis leagues, school teams or tournaments.

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





**T**here are many facilities available for rent from the City of Sunnyvale – Community Services Division. Our facilities and their beautifully landscaped surroundings are some of the most competitively priced in Silicon Valley, and they’re conveniently located.

We have accommodations to fit almost every need, from small meeting rooms to large conference and banquet rooms located at the Community Center Complex, to picnic areas, sports fields and park buildings located throughout the City at our 21 beautiful parks. You can hold your company meeting in our 200-seat Theater, your team building session in our Indoor Sports Center, have a series of interdepartmental baseball games at one of our 22 ballfields, a dance-themed birthday party for your child and his/her friends in our Dance Studio, or have your wedding reception in one of our fully-equipped banquet facilities. The possibilities are limitless.



Detailed information about our facilities, which are divided into the following categories, is available on the Web at *Recreation.inSunnyvale.com* (click on “Facility Rentals” in the column on the left-hand side of the page), or by calling the numbers shown below:

- Meeting/Conference/Banquet Rooms, (408) 730-7335
- Baylands Park and Park Buildings, (408) 730-7335
- Indoor Sports Center, (408) 730-7334
- Picnic Areas, (408) 730-7751
- Pools, (408) 730-7723  
*(renters must provide their own certified lifeguards and insurance.)*
- Sports Fields, (408) 730-7721
- Sunnyvale Theatre, (408) 730-7725



We’ll also gladly help you determine which facility best meets your needs. So, if you’re not quite sure what’s best, please give us a call today at (408) 730-7751.

*For a map of Sunnyvale Parks, Community Center and Golf Courses, see page 52 .*



Main Facilities Reservations Office  
Monday - Friday, 9 a.m. – 6 p.m.  
Phone: (408) 730-7751 • Fax: (408) 730-7754

***Recreation.inSunnyvale.com***

550 E. Remington Drive • P.O. Box 3707  
Sunnyvale, CA 94088-3707

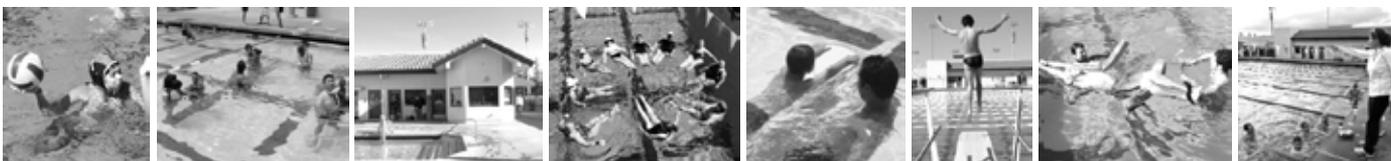


## Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087

(408) 732-2257 www.calsportscenter.com

The California Sports Center is proud to offer our 12<sup>th</sup> year of aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High is an outdoor Olympic size 50 meter by 25 yard pool-which includes a pool house with locker rooms separate from the high school, a training room for community classes, and other amenities. The water temperature maintains between 78-82 degrees.



### Swim Lessons

Daily

Designed for children of all ages and abilities - as well as adults - our swim level progressions allow swimmers to develop skills at a fun and comfortable pace. Classes are 30 minutes in length, and taught in semi-private (3:1 student to instructor ratio) or group (6:1 ratio) format.

#### *\*Winter Sessions begin October 28, 2013*

Spring swim lessons are taught in four week sessions. Weekday classes are available 3:00-7:00pm. Morning lessons are also available Saturdays and Sundays as well as select weekdays. Multiple age and skill-based swim levels are offered. Spaces fill up quickly, so register early.

### Pre-Comp

Mon/Wed/Fri

This program is for swimmers looking to develop their competitive swimming skills and increase physical fitness. Students should be able to swim at least 200 yards of free, back and fly and 50 yards of butterfly.

### Adult Lessons

Daily

CSC offers swim lessons specific to adults. Classes that are offered include beginner and intermediate. Classes are available throughout the week.

### Youth Water Polo

Mon/Thu/Sat

Youth Water Polo is a co-ed developmental program for swimmers age 11-15, focusing on both individual and team skills. No experience is required to participate. Participants must be able to swim 200 yards & tread water for 2 minutes.

\*Contact the pool directly for info regarding our intermediate water polo program.

### American Red Cross Safety Training Classes

Red Cross CPR and Lifeguard Training classes are available at the swim center. For more information, contact the pool or visit our website. Class space is limited.

### Adult Lap Swim

Daily

We are the City of Sunnyvale's designated lap swim center. Adults and FUHSD high school students with ID are welcome to participate. Lap swims are available throughout the year.



Monday-Friday	6-8am / 11:30am-1:30pm / 6-8pm
Saturday	8-11am
Sundays	8am-1pm

\*Senior rates available for morning, noon and weekend lap swim.

\*Contact pool directly for possible expanded lap swim hours on Mondays, Wednesdays and Fridays.

Daily drop-in rates, 12 swim punch cards, and monthly passes are available for Sunnyvale residents and non-residents.

### Adult Fitness Programs

#### CSC Masters – Sunnyvale

Weekdays

Our Masters program is for swimmers 18 years and older who desire a coached/structured workout. Workouts are tailored for a full range of levels and abilities.

M/W/F	8-9am
Mon-Fri	12-1pm

\*Contact the pool office for possible T/TH morning and Saturday practices.

#### Podium Training

Wednesdays

CSC offers a tri-specific workout for all swimmers interested in improving the swimming portion of their tri's. Workouts are offered on Wednesdays from 6-7 pm and 7-8 pm.

#### Water Fitness

10:15-11:15 am

Mon/Wed/Fri

This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness. Tuesday/Thursday classes may be available (check with pool office).

For Pricing and Registration Information Call (408) 732-2257; email: [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com)

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



## Therapeutic Recreation

Our mission is to enhance the quality of life of individuals with disabilities through meaningful programs. Our goals are to:

1. Provide recreation opportunities in a safe, caring and fun environment.
2. Create self confidence through exposure to new recreation opportunities.
3. Plan and implement activities and programs to enhance motor skills, social interactions, positive self expression and foster independence.

To register or receive a brochure, call 730-7360.

## Winter Programs

### Saturday of Experience (18 years and older)

Join us for a morning of activities that include exercises, arts , music, outing and more! Our new location is the Recreation Center, 550 East Remington Drive, Sunnyvale 94087.

Saturdays from 10 am to 12:30 pm

### Bowling (18 years and older)

Join your friends for an afternoon of bowling at Homestead Lanes. Work on your bowling skills, while building sportsmanship teamwork and making new friends.

Thursdays, 3:30 – 5 pm

### CO-OP Dances (18 Years and Older)

Dances are sponsored by the Cities of San Jose, Santa Clara and Sunnyvale. Call (408) 730-7360 for more info.

### Santa Clara County Special Olympics:

Provides year round athletic training and competition. Call (408) 392-0170 for more info.

### AYSO (American Youth Soccer Organization)

provides soccer programs for children with disabilities, ages 4-19 years, at no cost. Call (408) 739-ASYO for info.

## Community Organizations

All of the organizations listed here provide recreational opportunities for persons with specific interests. If you have a particular interest in any of the wide variety of activities presented below, you are invited to contact the organization’s representative at the phone number shown and obtain information on becoming a member..

Community Groups	Phone
Friends of the Sunnyvale Library	(408) 982-6657
Nova Vista Symphony	(408) 624-1492
Belle Swingers Square Dance Club	(408) 739-3977
Sunnyvale Art Club	sunnyvaleartclub.org
Sunnyvale Community Players	(408) 859-6871
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	sunnyvalephoto.com
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

### Senior Clubs

Bayview Senior Citizens	(408) 736-4453
California Grandmothers' Club	(408) 409-9769
Chinese Senior Club of Santa Clara Valley	(408) 731-0776
Sunnyvale Senior Citizens	(408) 736-3119
Unique Boutique	(408) 733-8459

### Sports Clubs

Sunnyvale Lawn Bowls Club	(408) 736-4739
Sunnyvale Swim Club	(408) 248-8979

### Youth Sports Leagues

#### Baseball/Softball

Lakewood Pony Baseball	lakewoodponybaseball@yahoo.com
Metro Little League	www.sunnyvalemetro.org
National Little League	(408) 720-1809
Serra Little League	serralittleleague.com
Sunnyvale Girls Softball League	(408) 380-1210
Southern Little League	www.sssl.org

#### Football

POP Warner Football	(408) 799-8860
POP Warner Cheerleading	(408) 505-3566

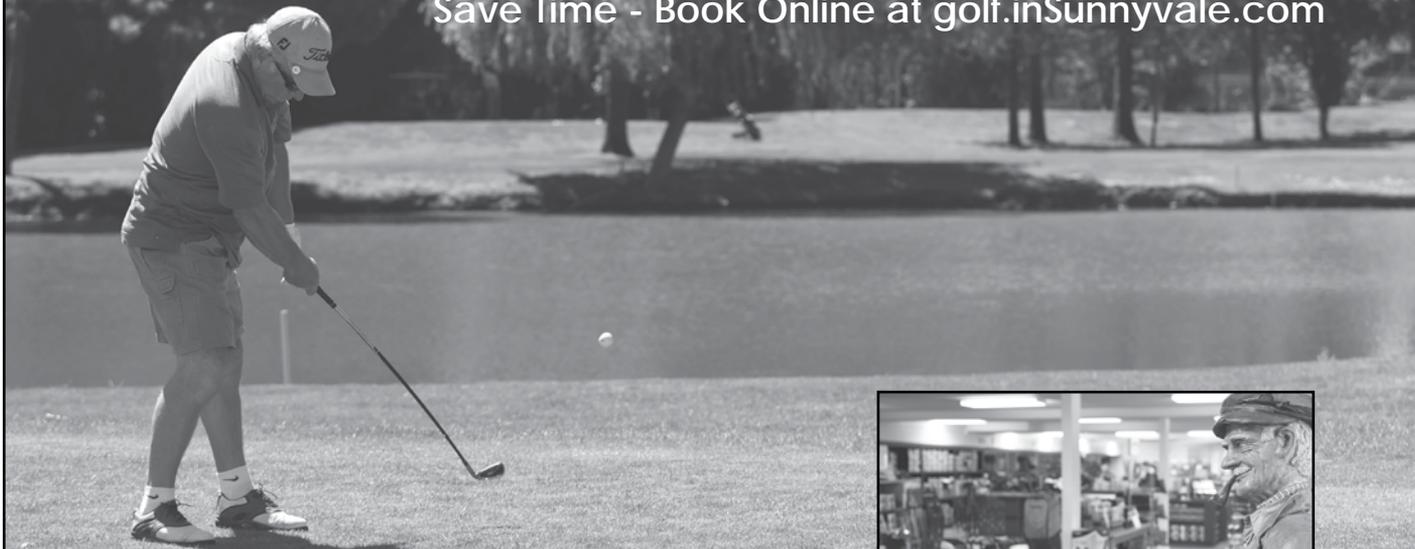
#### Soccer

American Youth Soccer Organization	(408) 739-AYSO (2976)
Sunnyvale Alliance Soccer	(408) 372-7210



# GOLF in SUNNYVALE

Save Time - Book Online at [golf.inSunnyvale.com](http://golf.inSunnyvale.com)



## Sunnyvale Golf Course

605 Macara Avenue  
(408) 738-3666

Sunnyvale Golf Course is a par 70 regulation 18-hole course with numerous bunkers, dog legs and water holes. Sunnyvale is a well-manicured test of the player's skill stretching out to 6,255 yards.

## Sunken Gardens Golf Course

1010 South Wolfe Road  
(408) 739-6588

Sunken Gardens Golf Course is a 9-hole, 1,502 yard executive course. Sunken Gardens is ideal for the beginning golfer, and offers ample practice facilities and shorter length holes.

The driving range is open 364 days a year from 7:00am-9:00pm (except Wed's closings are at 7pm and Thur's openings are at 9:30am). Eighteen (18) range stalls are available to the public for practice, warm-up before play, or for exercise/therapy. Golf clubs, if needed, are available at no extra charge. Please note that the range is well lit for evening practice.



## Golf Merchandise

Golf shops at Sunnyvale and Sunken Gardens golf courses carry a large inventory of gear from leading golf manufacturers: Titleist, Callaway, Taylor Made, Foot-Joy, Nike, Sun Mountain, Cleveland Golf, Ashworth, Adidas, Bridgestone, ProActive and many others.

20% OFF 20% OFF 20% OFF 20% OFF

# 20% OFF SALE!!!

Bring in this coupon for 20% off your next Sunnyvale Golf Shop or Sunken Gardens Golf Shop merchandise purchase!!!

- Coupon must be presented at time of purchase
- One coupon per purchase allowed (coupon must be an original clipped from an Activity Guide—no copies accepted)
- Valid for in-stock merchandise
- Cannot be combined with other offers
- Expires 12/31/2012

20% OFF 20% OFF 20% OFF 20% OFF

**Green Fees:** Please call appropriate golf shop for current green fee and discount play card rates.

**Monthly Discount Cards** offer unlimited play Monday through Thursday for each calendar month (excluding holidays).

**Sunnyvale Advantage Card** for any Sunnyvale resident.

**Golf Discount Card** for any golfer 16 years and under; 60 years and over or disabled.

## Reservations

**Weekdays** — Sunnyvale residents may place reservations for weekday play beginning seven (7) days in advance in person when the pro shop opens for the day until 6:30am. All golfers may place phone reservations after 6:30am seven (7) days in advance.

**Weekends & Holidays** — Sunnyvale residents may place reservations for weekend/holiday play beginning Monday prior to the weekend/holiday in person from 6:00am to 6:30am. All golfers may place phone reservations beginning 6:30am on that same Monday.



### Golf Lessons

Please call the Sunken Gardens Golf Shop, (408) 739-6588 for class registration information!



Grand Opening! Vista at Sunnyvale is now open to public. Vista at Sunnyvale Restaurant and Bar in Sunnyvale Municipal Golf Course, located at Sunnyvale 605 Macara Ave., Sunnyvale, CA 94086.

**Business Hours:**

Monday to Sunday: 6:30 a.m. – 7 p.m

Happy Hour: 3 – 7 p.m. (M-F)

Toast to a day of hard work or a day of playing golf! Whatever the celebration, our restaurant has special happy hour prices for you.

Email us at [events@vistaatsunnyvale.com](mailto:events@vistaatsunnyvale.com) or call (408) 314-6193 and mention CODE: Phil



\$5.00 Replays at Sunken Gardens Golf Course. 7 days per week, all day. September 1 through February 28.



### Play Golf America!

The City of Sunnyvale is proud to continue our junior development program

## KIDS PLAY FREE

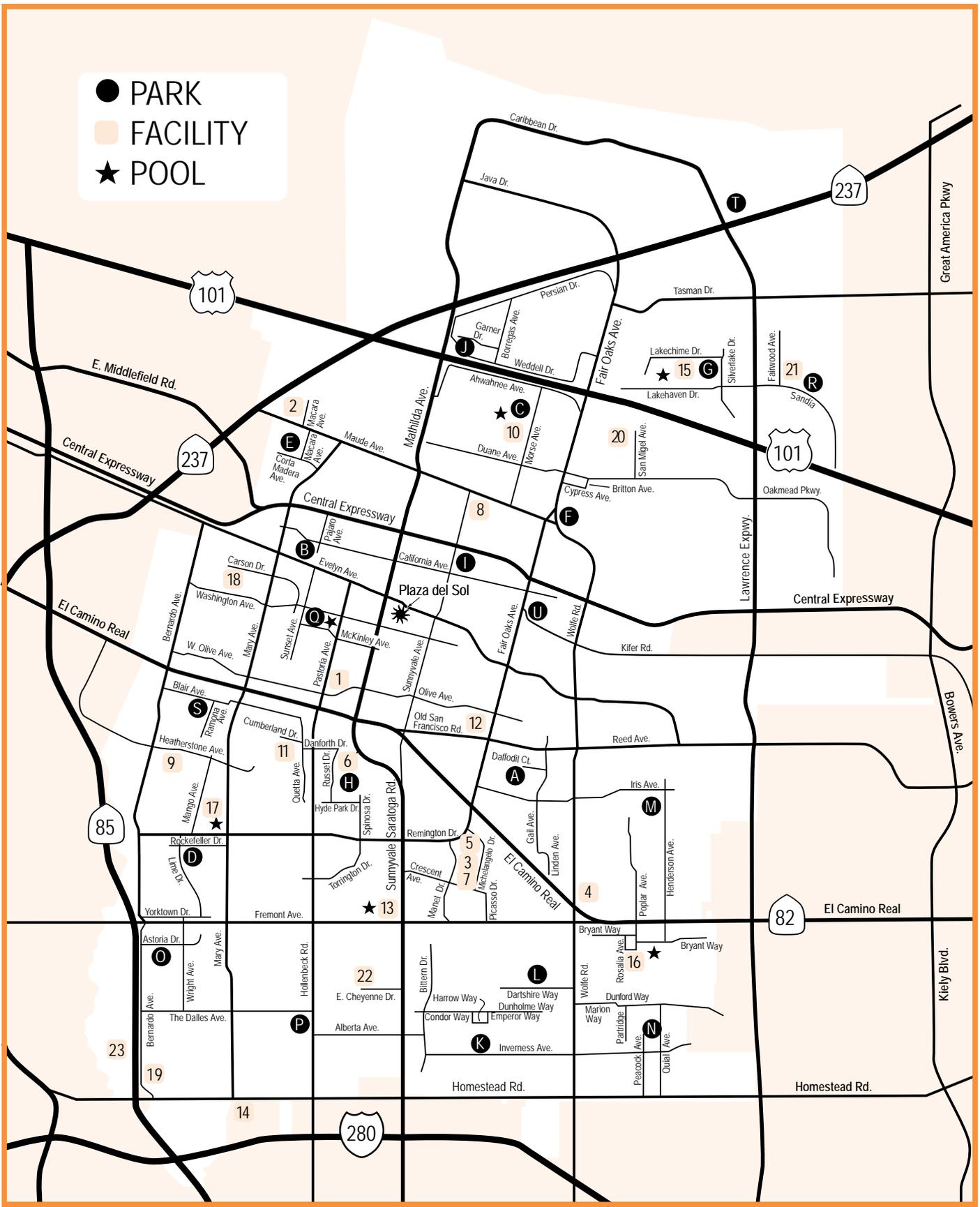
- One free junior round with one paid adult green fee or monthly golf card registration.
- Junior must be 16 or under.
- No limitations; 7 days/week, all day.
- Sunnyvale Golf Course.
- Sunken Gardens Golf Course.
- Reservations suggested.



This is a great opportunity to spend time with your kids and to introduce them to golf, "The game for a lifetime." Please join us this winter on the links!



- PARK
- FACILITY
- ★ POOL





Sunnyvale Parks	Map Loc.	Acres	Ball Field	Basket-ball	Rec. Bldg.	Multi-Use Field	Picnic Area	Play-ground	Rest-rooms	Tennis	Volley-ball	Special Features
<b>Baylands</b> , 999 E. Caribbean Drive	<b>T</b>	177.0				1/0	✓☑	4/0	✓			Nature Trails, Amphitheater
<b>Braly</b> , 704 Daffodil Court	<b>A</b>	5.6	1/0		✓	1/0	✓☑	1/0	✓	0/2	1/0	Sand Volleyball Ct., Lagoon, Water Play
<b>Cannery</b> , 900 W. California Ave.	<b>B</b>	.7					✓	1/0				
<b>Columbia</b> , 739 Morse Ave.	<b>C</b>	14.7	1*0	2/0		2/0	✓	2/0	✓	0/2		Par course, Swim
<b>De Anza</b> , 1150 Lime Drive	<b>D</b>	9.4	2/0	1*0	✓	1/0	✓☑	1/0	✓			Roller Skating Rink, Handball/Racquetball Ct.
<b>Encinal</b> , 999 Corte Madera Ave.	<b>E</b>	4.2	1/0	0 1/2		1/0	✓	2/0	✓	0/2	0/1	1/4-mile Par course, Sand Volleyball Ct.
<b>Fair Oaks</b> , 540 N. Fair Oaks Ave.	<b>F</b>	15.3	0/2	0/3	✓	0/1	✓	1/0	✓		1/0	Skate Park, Sand Volleyball Ct.
<b>Fairwood</b> , 1255 Sandia Ave.	<b>R</b>	1.9				1*0	✓☑	1/0	✓	0/2+	0/2	JWC Greenbelt, Par course, Sand Volleyball Ct.
<b>Greenwood Manor</b> , Ramona & Blair Ave.	<b>S</b>	.4						1/0				
<b>Lakewood</b> , 834 Lakechime Drive	<b>G</b>	10.7	1/1	0/1	✓	1/0	✓☑	2/0	✓	0/2		Skate Park, Water Play, Handball Cts.
<b>Las Palmas</b> , 850 Russet Drive	<b>H</b>	24.3	1/0		✓	1/0	✓☑	1/0	✓	0/16		Dog Park, Water Play
<b>Murphy</b> , 250 N. Sunnyvale Ave.	<b>I</b>	5.4			✓		✓	1/0	✓			Amphitheater, Lawn Bowling Green
<b>Orchard Gardens</b> , 238 Garner Ave.	<b>J</b>	2.6		1/0	✓		✓	1/0	✓	2/0		JWC Greenbelt
<b>Ortega</b> , 636 Harrow Way	<b>K</b>	18.0	1/2+	0/1	✓	1/0	✓☑	1/0	✓	0/2		Water Play, Cricket Pitch
<b>Panama</b> , 755 Dartshire Way	<b>L</b>	4.9	1/0			1/0	✓		✓			
<b>Ponderosa</b> , 811 Henderson Ave.	<b>M</b>	9.1	1/0	0/1	✓	1/0	✓	1/0	✓	0/2	1/0	Sand Volleyball Ct., Bocce Ball Ct.
<b>Raynor</b> , 1565 Quail Ave.	<b>N</b>	14.7	2/0		✓	1/0	✓☑	1/0	✓			Roller Skating Rink
<b>San Antonio</b> , 1026 Astoria Drive	<b>O</b>	5.8	1/0			2/0			✓			
<b>Serra</b> , 730 The Dalles	<b>P</b>	11.5	2/0		✓	1/0	✓☑	1/0	✓	0/4		Roller Skating Rink, Water Play
<b>Victory Village</b> , Fair Oaks at Kifer	<b>U</b>	1.0					✓	1/0				Picnic Tables Only, Fenced Tots Playground
<b>Washington</b> , 840 W. Washington Ave.	<b>Q</b>	11.8	1/1	0/2	✓	1/0	✓☑	2/0	✓	0/2		Handball, Swim

**Park and Restroom Hours: 6am – 9pm • Tennis Lights stay on until 10pm • See the facilities map on page 52 for locations**  
**Call (408) 730-7751 for Information and Reservations, (408) 730-7506 for Maintenance.**

#/# = number of unlighted facilities / number of lighted facilities; \* = on adjacent School property

☑ = electrical outlets (110 volts) available in certain picnic areas

Map	Facility
1	<b>Sunnyvale Library</b> , 665 W. Olive Ave., (408) 730-7300
2	<b>Sunnyvale Municipal Golf Course</b> , 605 Macara Lane (408) 738-3666
3	<b>Senior Center</b> , 550 E. Remington Drive, (408) 730-7360
4	<b>Sunken Gardens Golf Course</b> , 1010 S. Wolfe Rd., (408) 739-6588
5	<b>Community Center</b> , 550 E. Remington Drive, (408) 730-7350
6	<b>Tennis Center</b> , 755 S. Mathilda Ave., (408) 732-2130
7	<b>Heritage Park Museum</b> , 550 E. Remington Drive, (408) 749-0220
8	<b>Bishop School</b> , 450 N. Sunnyvale Ave.
9	<b>Cherry Chase School</b> , 1138 Heatherstone Way
10	<b>Columbia Middle School</b> , 739 Morse Ave. <b>Columbia Neighborhood Center</b> , 785 Morse Ave.
11	<b>Cumberland Elementary School</b> , 824 Cumberland Drive
12	<b>Ellis School</b> , 550 E. Olive Ave.
13	<b>Fremont High and Fremont Pool</b> , 1279 Sunnyvale-Saratoga Rd.
14	<b>Homestead High</b> , 21370 Homestead Rd.
15	<b>Lakewood School</b> , 750 Lakechime Drive
16	<b>Peterson Middle School</b> , 1380 Rosalia Ave.
17	<b>Sunnyvale Middle School &amp; Park, Pool</b> , 1080 Mango Ave.
18	<b>Vargas School</b> , 1054 Carson Drive
19	<b>Cupertino Middle School</b> , 1650 S Bernardo Ave.
20	<b>San Miguel</b> , 777 San Miguel Ave.
21	<b>Fairwood School</b> , 1110 Fairwood Ave.
22	<b>Nimitz Elementary</b> , 545 E. Cheyenne Drive
23	<b>West Valley Elementary</b> , 1635 Belleville Way
☼	<b>Plaza del Sol</b> , 200 W. Evelyn Ave., (408) 730-7335



*Did you know? Sunnyvale is home to 21 beautiful parks with features ranging from water play, picnic areas and play grounds to roller skating, tennis courts and lawn bowling.*



### Registration Checklist/Information

- Make sure your registration form is signed.
- Include payment: check, money order, VISA or Mastercard credit card
- Make checks payable to: **City of Sunnyvale**  
*There is a charge of \$30 for returned checks.*
- Age level in course descriptions indicates participants must be that age by starting date of the class.
- Telephone service for the deaf: To obtain general City information, call TDD (408) 730-7501.
- Class registration will be accepted until the second class meeting, provided openings are available.
- For general registration information, please call (408) 730-7350.



#### Online



- For online registration, please visit:  
*RecreationClasses.inSunnyvale.com*  
Note: not available for "older adult" and some adult classes at this time.

#### Mail In



- Mail registration to:  
City of Sunnyvale,  
Community Services Division, "Registration"  
P.O. Box 3707  
Sunnyvale, CA 94088-3707
- Confirmation will be sent by mail.
- Fax registration to (408) 730-7754.

#### Fax In



- Fax registration to 408-730-7754
- Payment by fax can be made only by Visa or Mastercard
- Please include your credit card information.
- Confirmation will be sent by mail.

#### Walk In



- Monday - Friday:  
Recreation Center from 9am-6pm; Senior Center from 9am-5:30pm
- Our office is located at 550 East Remington Dr., Sunnyvale.

For additional registration information, call (408) 730-7341

**SUNNYVALE RESIDENT RATES:** A participant must be a City of Sunnyvale resident in order to receive Sunnyvale resident rates. One form of current California picture identification or utility bill, with customer's name and Sunnyvale address, is required in order to qualify for Sunnyvale resident benefits. If your picture identification or utility bill does not have your current Sunnyvale address, then you will need to show two forms of identification with your current Sunnyvale address.

### Additionally ...

#### WAITING LISTS

During mail-in registration, when a class becomes full, your name will automatically be placed on a waiting list. If space in a class opens, we will notify you by telephone. In the event we cannot place you, your check will be returned to you. If you are paying for multiple classes with one check, you will receive a refund check from the City within approximately 4 weeks.

#### CANCELLATIONS

The Department of Library and Community Services—Community Services Division may cancel a class or activity when the minimum number of participants is not met. Please register early to avoid class cancellations. If a class or activity is canceled, you will be notified by phone and given the option to transfer to another class or receive a full refund. Please note, refunds can take up to four weeks to process.

#### REFUND/TRANSFER POLICY

A \$10 processing fee per transaction will apply for all refunds. A \$5 processing fee per transaction will apply for all transfers. No refunds or transfers will be granted after the second class meeting. Some restrictions may apply.

Participants may request a refund or transfer prior to the second class meeting for most classes unless otherwise noted in the class description.

Refunds and transfers will not be issued for one- or two-day classes and activities, trips, theater tickets, golf activities, food services or sports leagues.

Refunds may be requested by phone, fax (408-730-7754), or in person. If submitting via fax or in person; be prepared to present a receipt. If submitting by phone; be prepared to share info from your receipt. Receipts can be printed online.

Refunds will be issued in the form of a check, credit card or coupon, depending on the original method of payment. Cash payments will be refunded by check.

The Department of Library and Community Services—Community Services Division is dedicated to providing you with high quality recreation services. Our trained staff is happy to assist you in finding a class or activity to meet your needs.

The Community Center and Senior Center Registration desks will be closed Dec. 19, 2012–Jan. 1, 2013. Offices re-open on Jan. 2, 2013

#### FEE WAIVER ASSISTANCE PROGRAM FOR YOUTH PROGRAMS

Eligible Sunnyvale residents may apply to waive, or offset, the expense of Community Services Division registration fees for youth (age 17 and under) of up to \$234 per eligible family member, per Fiscal Year (July 1 – June 30). This includes, but is not limited to, youth recreation classes and after school programs sponsored by the City. The program does not fund special events or participation in non-profit youth sports organizations. Program resources are limited and subject to availability of funds. Applicants may apply by bringing proof of residency and letter confirming participation in the free School lunch program with the fee waiver application to the Community Center. Please allow 30 (thirty) days for a response to your application.

For more information call (408) 730-7350.

#### GOLF/TENNIS REGISTRATION:

For golf registration please see pg.50-51, and for tennis registration please see pg.43-46. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

Follow us on Twitter @SunnyvaleRec

To sign up for e-newsletter: <http://tinyurl.com/3mbgaul>

*The City of Sunnyvale encourages persons with disabilities to participate in our recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, please let us know when you register, TDD (408) 730-7501.*



# registration

Please **PRINT** your information:

Today's Date: \_\_\_\_\_

Participant's Last Name: \_\_\_\_\_ Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Please send me e-mail updates about Recreation classes and programs

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: ( ) \_\_\_\_\_

Each adult participant must sign below. In addition, the signature of a parent or legal guardian is required for youth registrations.

**WAIVER OF LIABILITY & PHOTO RELEASE:** In consideration of participation in a class or activity offered by the City of Sunnyvale Department of Library and Community Services—Community Services Division, I, the undersigned for myself and/or as the parent/guardian of the Minor named above, agree to indemnify and hold the City of Sunnyvale harmless and hereby waive, release and discharge any and all claims for damage, for death, personal injury, bodily injury or property damage which I and/or the Minor may have or which hereinafter may accrue to me and/or the Minor against the City of Sunnyvale, its City Council, employees, agents, volunteers, independent contractors, and instructors from and against any liability arising out of or connected in any way with my and/or the Minor's participation in this class or activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above.

I understand that accidents and injuries can arise from participation in this class or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me and/or the above named Minor and to release and to hold harmless all of the persons or entities mentioned above whom (through negligence or carelessness) might otherwise be liable to me and/or the above named Minor (or my/our heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on my/our heirs and assigns.

I have read and agree to the registration and program policies. Further, I agree to allow use of my image and/or that of the named minor, which may be captured through video, photo, digital camera or other media, for City of Sunnyvale promotional materials and publications. By my signature below, I acknowledge that I have read this document and understand its contents.

Check the appropriate box(es) and sign:  Participant (over 18)  Parent  Legal Guardian

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

My check is attached, made payable to: City of Sunnyvale. (NOTE: \$30 charge on all returned checks.)

Charge my:  MasterCard  Visa



Name of card holder \_\_\_\_\_

Signature \_\_\_\_\_ 3-Digit Security Code (on back of card) \_\_\_\_\_

Card No. |\_\_|\_|\_|\_|\_|\_|\_|\_| - |\_\_|\_|\_|\_|\_|\_|\_|\_| - |\_\_|\_|\_|\_|\_|\_|\_|\_| - |\_\_|\_|\_|\_|\_|\_|\_|\_| Expiration (MM/YY): \_\_\_\_ / \_\_\_\_

**AVOID FRAUD!** The City of Sunnyvale will never ask for your social security number when processing a City registration or reservation transaction. Please don't give it out.

**SPECIAL NEEDS:** Do you or your child have any special needs for this class or activity that we should know about?

First Name	Birth Date (if under 18yrs)	Class Name	T-shirt Size*	Class # (example: 123456.MC)		Class Fee
				1st Choice	2nd Choice	
				.	.	
				.	.	
				.	.	
				.	.	
Current Senior Center members can deduct \$5 per Senior Center class						—
Tax deductible donation toward City Recreation Programs						—

\*T-shirt Size for select classes only; see class description.

Sizes available are Youth: YXS, YS, YM, YL or Adult: AS, AM, AL, AXL



Total Fees

For office use only Receipt #: \_\_\_\_\_ Initial: \_\_\_\_\_



# SUNNYVALE *Activity Guide*

P.O. Box 3707, Sunnyvale, CA 94088-3707

PRE-SORTED  
STANDARD  
U.S. POSTAGE  
PAID  
PERMIT NO. 584  
SUNNYVALE, CA



PRINTED ON RECYCLED PAPER



## Artists Wanted

Do you have a visual or performing arts project that you would like to share with over 1,000 children and their families? We're looking for artists for the 2014 **Hands on the Arts** event. Applications will be available January 2, 2014. Contact Kristin dance at (408) 730-7758 or [kdance@sunnyvale.ca.gov](mailto:kdance@sunnyvale.ca.gov) for more information. The cost of supplies for the workshop and a stipend will be offered to artists who are selected to participate in the event.



## Volunteers Needed

The 28th Annual **Hands on the Arts** Festival is scheduled for Saturday, May 17, 2014 from 10 a.m. - 4 p.m. The festival features artists' workshops for children ages 3-12, storytelling, live performances and a variety of food. To staff this 2,000+ participant event, the Community Services Division relies on the assistance of over 200 volunteers who are needed to assist artists in conducting workshops and prepping supplies before the event. No artistic ability required, and all volunteers will receive a commemorative event t-shirt! First-time volunteers are required to be fingerprinted. Call (408) 730-7350 for more information, or visit [HandsOnTheArts.inSunnyvale.com](http://HandsOnTheArts.inSunnyvale.com).

