

Activity Guide

SEPTEMBER - OCTOBER 2012

Tennis Everyone!

Sunnyvale serves up 16 courts daily.



Under new Management!

- April 1st 2012
Lifetime Tennis takes over daily operations
- Grand Opening Sept. 29
- Upgraded Facilities
- New Programs
- See page 36

"I grew up on these courts, played Division 1 for Cal largely because of the amazing classes, instructors and court availability offered here in Sunnyvale. I'm excited about Lifetime Tennis bringing a fresh outlook to a great community tennis program."

– Brandon Moglen



In a just-published report, *Kiplinger's Personal Finance* named the City of Sunnyvale one of the 10 Greatest Cities to Raise Your Kids. Sunnyvale has long been recognized for its quality of life and strong municipal management. It has also been named the Happiest Place in America by Dr. Oz and one of the most inventive cities in the nation by the *DailyBeast.com*.



Our outstanding Library and Community Services programs are a key reason Sunnyvale has earned these accolades. Here's why:

- We provide a fun, safe learning environment for more than 187,000 recreation class participants of all ages each year.
- We offer a variety of children's programs, with more than 3,100 recreational classes a year and more than 220 different summer camp sections;
- We foster personal development, creativity and self-expression for the entire family, through organized classes, drop-in programs such as Open Pottery and Paint Studios, Bluegrass Jams, and our annual Hands on the Arts festival;
- We promote health and wellness with weekly sports, fitness and dance classes, open gyms and swimming pools, and 476 acres of parks and open spaces for outdoor activities;
- We offer over 670 children's library programs annually and maintain an extensive collection of materials for preschool, youth, teens, and adults.
- We offer financial assistance to children to ensure that no child is denied access to our recreation programs because of an inability to pay.



Here's what some of our customers are saying:



"Your instructors are always courteous and very proficient in teaching Tiny Tots dance"
- T. Nguyen



"The coaching staff was excellent! Our son learned a lot of new skills and had a great time. It was a very positive experience"
- K. Rolls



"You have great facilities and I look forward to bringing my kids again!"
- H. Alkhafaji



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In an effort to keep our classes safe and healthy for everyone, please do not bring children who are ill to class.

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Community Services Division Phone Numbers

Administration... (408) 730-7336
After-School Programs... (408) 730-7350
For Youth & Teens
Creative Arts Center... (408) 730-7374
Performing Arts Center
Art, Music, Theater, Dance, & Special Interest Programs
Facility Reservations... (408) 730-7751
Park Buildings, Picnic Sites, and Room Rentals
Monday thru Friday: 1pm-5pm
General Information... (408) 730-7350*
Monday thru Friday, 9am-6pm
*Older Adult Info... (408) 730-7360
Monday thru Friday, 9am-5:30pm
Indoor Sports Center... (408) 730-7350
Parks... (408) 730-7506
Pre-School Programs... (408) 730-7520
Registration
Class information... (408) 730-7341
Golf... (408) 739-6588
Tennis... (408) 735-7285
Senior Center... (408) 730-7360
Older Adult Programs
Theatre Box Office... (408) 733-6611
Therapeutic Programs... (408) 730-7359
Programs & Services for the Disabled

City Council

Anthony (Tony) Spitaleri, Mayor
David Whittum, Vice Mayor
Christopher R. Moylan, Councilmember
James Griffith, Councilmember
Pat Meyering, Councilmember
Tara Martin-Milius, Councilmember
Jim Davis, Councilmember
Staff: Gary Luebbers, City Manager

Parks and Recreation Commission

Robert Pochowski, Chair
Robert Kinder, Vice Chair
Henry Alexander III, Commissioner
Robert Harms, Commissioner
Craig Pasqua, Commissioner
Staff: Nancy Bolgard Steward, Superintendent of Community Services

Arts Commission

Misuk Park, Chair
Tracy Seto, Vice Chair
Vanita Karun, Commissioner
Shawnte Santos, Commissioner
Robert Sumner, Commissioner
Staff: Nancy Bolgard Steward, Superintendent of Community Services

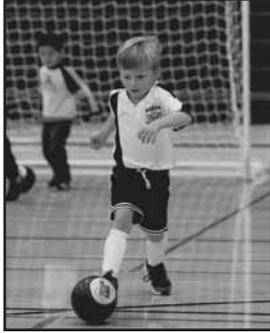
City of Sunnyvale, Department of Library and Community Services

Lisa Rosenblum, Director of Library and Community Services
Nancy Bolgard Steward, Superintendent of Community Services

On the cover:
Brandon Moglen, born and raised in Sunnyvale, played Division 1 tennis for Cal and went on to become a producer for the Tennis Channel.



AT THE BEGINNING



A play-based recreation program designed to provide children their first experience in a structured environment. The Program runs September through early June and follows the Sunnyvale School District holiday schedule. Our goal is to encourage your child's imagination and creativity through a play-based learning environment. Our experienced staff will lead a variety of hands on activities such as art, language, storytelling, math readiness, circle time and music movement. Children must be toilet trained by 1st day of class. Please call (408) 730-7341, or visit us on the Web at Preschool.inSunnyvale.com, for more information.

Lion Cubs (3years) - Full for School year
Meets 9:00am-12:30pm on TuTh at Serra Park.

Giraffes (3-4years) - Full for School year
Meets 9:30am-Noon on MWF at Las Palmas Park.

Zebras (3-5years) - Full for School year
Meets 1:30-4:30pm on MWF at Serra Park.

Tigers (4-5years) - Full for School year
Meets 9:00am-12:30pm on MWF at both Serra and Ortega Parks.

Enrollment for the 2012/2013 school year has begun.
Please call (408) 730-7341 for more information or to be placed on the wait list.



Gymnastics

We ask family & friends to remain outside the gym during class time to avoid distractions for our students, except for the following: 1) At least one parent is required to remain present near and possibly observe in any class where only one staff member is coaching, 2) the parents of new students may stay during the first class of each session, 3) when a coach allows or invites a parent to stay. All are invited to observe the last class of each session and non-participating siblings must be held at all times during observation. Thank you for your cooperation.



Gymnastics Parent Tot (1.5-3years)

Basic movement classes structured around gymnastics activities for your children that are not quite ready to participate alone. Parents are required to participate and should be dressed appropriately for activity. No other children are allowed in the facility during class. One child per parent please. Fee per pair.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
213000.SA	1.5-3yrs	9/8-10/27	Sa	9:00am-9:45am	\$129/\$161

Location: Recreation Center PreSchool Room

213000.TA	1.5-3yrs	9/4-10/23	Tu	10:15am-11:00am	\$129/\$161
213000.WA	1.5-3yrs	9/5-10/24	W	9:15am-10:00am	\$129/\$161
213000.HA	1.5-3yrs	9/6-10/25	Th	10:15am-11:00am	\$129/\$161
213000.FA	1.5-3yrs	9/7-10/26	F	9:15am-10:00am	\$129/\$161
213000.FB	1.5-3yrs	9/7-10/26	F	5:30pm-6:15pm	\$129/\$161



Gymnastics Tiny/Tumble Tots (3-5years)

Children will have an introduction to gymnastic equipment with an emphasis on creative movement activities and organized circuit play. Instructors will lead a warm-up, and then rotate groups around events or circuits so that students may learn their movements and positions. Tiny Tot classes are designated 3-4 years, while Tumble Tot classes are designated 4-5 years.

Instructor: California Sports Center

Location: Recreation Center, PreSchool Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
213010.MA	3-4yrs	9/10-10/22	M	2:30pm-3:15pm	\$113/\$141
213010.MB	3-4yrs	9/10-10/22	M	6:30pm-7:15pm	\$113/\$141
213010.TA	3-4yrs	9/4-10/23	Tu	9:15am-10:00am	\$129/\$161
213010.TB	3-4yrs	9/4-10/23	Tu	3:30pm-4:15pm	\$129/\$161
213010.TC	3-4yrs	9/4-10/23	Tu	5:30pm-6:15pm	\$129/\$161
213010.WA	3-4yrs	9/5-10/24	W	11:15am-12:00pm	\$129/\$161
213010.WB	3-4yrs	9/5-10/24	W	2:30pm-3:15pm	\$129/\$161
213010.WC	3-4yrs	9/5-10/24	W	6:30pm-7:15pm	\$129/\$161
213010.HD	3-4yrs	9/6-10/25	Th	9:15am-10:00am	\$129/\$161
213010.HA	3-4yrs	9/6-10/25	Th	4:30pm-5:15pm	\$129/\$161
213010.HB	3-4yrs	9/6-10/25	Th	5:30pm-6:15pm	\$129/\$161
213010.FA	3-4yrs	9/7-10/26	F	11:15am-12:00pm	\$129/\$161
213010.FB	3-4yrs	9/7-10/26	F	4:30pm-5:15pm	\$129/\$161
213010.SA	3-4yrs	9/8-10/27	Sa	9:00am-9:45am	\$129/\$161
213010.SB	3-4yrs	9/8-10/27	Sa	10:00am-10:45am	\$129/\$161
213020.MA	4-5yrs	9/10-10/22	M	4:30pm-5:15pm	\$113/\$141
213020.TA	4-5yrs	9/4-10/23	Tu	11:15am-12:00pm	\$129/\$161
213020.TB	4-5yrs	9/4-10/23	Tu	2:30pm-3:15pm	\$129/\$161
213020.TD	4-5yrs	9/4-10/23	Tu	6:30pm-7:15pm	\$129/\$161
213020.WA	4-5yrs	9/5-10/24	W	10:15am-11:00am	\$129/\$161
213020.WB	4-5yrs	9/5-10/24	W	4:30pm-5:15pm	\$129/\$161
213020.HB	4-5yrs	9/6-10/25	Th	11:15am-12:00pm	\$129/\$161
213020.HC	4-5yrs	9/6-10/25	Th	3:30pm-4:15pm	\$129/\$161
213020.HD	4-5yrs	9/6-10/25	Th	6:30pm-7:15pm	\$129/\$161
213020.FA	4-5yrs	9/7-10/26	F	10:15am-11:00am	\$129/\$161
213020.FB	4-5yrs	9/7-10/26	F	2:30pm-3:15pm	\$129/\$161
213020.SA	4-5yrs	9/8-10/27	Sa	11:00am-11:45am	\$129/\$161



Aquatics

Swim Parent Tot (6mos-3years)

Have fun with your child while learning to enjoy the water in a safe and comfortable atmosphere. Parent involvement and safety are stressed. This class is offered to help children become comfortable in and around the water. Fee per pair.

Instructor: Staff

Location: Washington Park Pool

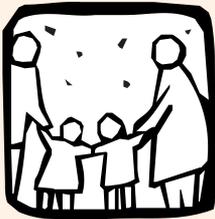
Class #	Age	Dates	Day	Time	Fee (Res/NR)
210400.TA	6mos-3yrs	9/4-9/27	TuTh	3:45pm-4:15pm	\$77/\$96
210400.SA	6mos-3yrs	9/8-9/29	Sa	10am-10:30am	\$39/\$49
210400.SB	6mos-3yrs	9/4-9/27	Sa	11:10am-11:40am	\$39/\$49

Tiny Tots Swim (3years)

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
210401.TA	Beg	3yrs	9/4-9/27	TuTh	4:55pm-5:25pm	\$77/\$96
210401.SA	Beg	3yrs	9/8-9/29	Sa	10:35am-11:05am	\$39/\$49
210401.SB	Beg	3yrs	9/8-9/29	Sa	11:10am-11:40am	\$39/\$49



PARENTS

Are you looking for

- Parent Education Workshops?
- Child Care in Sunnyvale?
 - Parent Resources and Information?

Call Youth and Family Resources
at (408) 523-8150
childcare.inSunnyvale.com

We assist Child Care Providers too!





Performing Arts: *Music & Dance*

Important information about our dance classes.

GIRLS' ATTIRE

- Leotard and tights are required for any class that includes ballet or tap.
- T-shirt and shorts, jazz pants and leggings are acceptable for all other classes.

BOYS' ATTIRE

- T-shirt and shorts or sweatpants are acceptable for all classes.

SHOES

- For safety reasons, all students are required to wear shoes appropriate for each class. Students will not be allowed to participate without proper shoes.
- Ballet shoes with leather soles are required for any class that includes ballet. Ballet-style bedroom slippers are not acceptable.
- Tap shoes are required for any class that includes tap. However, tap shoes are not necessary until the second class meeting.
- Jazz shoes or tennis shoes are acceptable for hip hop and cheer dance classes.
- For Dancing Together, Tiny Tots Ballet and Hip Hop Boogie, students may also dance barefoot or in Robeez-type shoes with soft leather soles.
- For a list of South Bay stores which carry dance shoes, call the performing arts coordinator at (408) 730-7725.

PARENT OBSERVATIONS

Parents are welcome to observe the final class meeting of each term. Unless specifically allowed in the class description, parents are not permitted in the studio during class. We encourage parents to wait in the Dance Studio Lobby, particularly if they are concerned that their child may experience separation anxiety.

OTHER QUESTIONS

Please call the performing arts coordinator at (408) 730-7725.

Abracadabra Kids (4-6years)

Turn an ordinary afternoon or evening into magic with the wave of a wand. Learn to perform simple self-working magic tricks with your child. Wertman the Wizard will also entertain the class with a few tricks of his own. Parent or caregiver participation is required. No unregistered siblings in the classroom. Non-refundable materials fee of \$6 is due to instructor at workshop. Fees for one- and two-day classes are non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center, Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214670.9P	4-6yrs	10/30	Tu	4:00pm-5:00pm	\$19/\$24

Ballet/Tap (3-6years)

Let your little performer try both ballet and tap steps with fun dance activities like tippy toe turns, alligator walks and magic garden dances. Students will learn basic ballet and tap steps and dance terminology. Class concludes with an in-class performance for family and friends. Ballet and tap shoes are required. No experience required for **Level 1**. **Level 2** is for students who have taken two or more level 1 classes.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214421.MC	1	3-5yrs	9/24-10/29	M*	10:55am-11:40am	\$69/\$86
214421.JB	1	3-5yrs	9/27-10/25	Th	10:05am-10:50am	\$69/\$86
214421.JR	1	4-6yrs	9/27-10/25	Th	4:45pm-5:30pm	\$69/\$86
214421.SC	1	3-5yrs	9/22-10/27	Sa	9:40am-10:25am	\$79/\$99
214422.SF	2	4-7yrs	9/22-10/27	Sa	12:00pm-12:45pm	\$79/\$99

*No class 10/8

Creative Dances (3-5years)

Hear classical fairytales from around the world and then use imagination and movement to bring them to life, while learning the basics of dance and theatrical role-playing. Creative movement games, including parachute play, finger plays, scarves, hoops, bean bags and musical instruments are also incorporated.

Instructor: Farima Berenji

Location: Creative Arts Center, Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214010.JQ	3-5yrs	9/20-10/25	Th	5:15pm-6:00pm	\$49/\$61





Dancing Together (1.5-3years)

Dance hand in hand with your child! The instructor will guide you both through listening and movement activities and dances. Scarves, teddy bears, magic wands and other props add to the fun. Parent or caregiver participation is required.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214020.WA	1.5-3yrs	9/26-10/24	W	9:30am-10:00am	\$69/\$86
214020.SA	1.5-3yrs	9/22-10/27	Sa	8:30am-9:00am	\$69/\$86

Hip Hop Boogie (2-7years)

Bounce, jump and spin! Basic hip hop moves are set to fun kids' music in this energetic and action-packed class, designed to build confidence, coordination and rhythm. Class concludes with an in-class performance for family and friends.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214330.WC	2-3yrs	9/26-10/24	W	10:55am-11:25am	\$59/\$74
214330.JC	3-5yrs	9/27-10/25	Th	10:55am-11:40am	\$69/\$86
214330.SD	2-3yrs	9/22-10/27	Sa	10:30am-11:00am	\$69/\$86
214330.SG	4-7yrs	9/22-10/27	Sa	12:50pm-1:35pm	\$79/\$99

Little Panda (1-4years)

Introduce your young children to music and Mandarin, the official language of China, at the same time. Singing, chanting, moving, dancing and playing simple instruments to Chinese children's songs and focused listening activities make it fun and easy for little ones to practice the language. No Mandarin language experience necessary. Parent participation is required. Non-refundable materials fee of \$20 due at first class.

Instructor: Jill Yeh

Location: Creative Arts Center, Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214810.JA	1-4yrs	9/6-11/1	Th	9:45am-10:30am	\$125/\$156
214810.JB	1-4yrs	9/6-11/1	Th	10:45am-11:30am	\$125/\$156

Shining Stars (3-5years)

If your child likes dancing and singing, this is the place to shine! Your little star will learn fun children's songs and dances and build confidence practicing to perform them in front of an audience. Class concludes with an in-class performance for family and friends.

Instructor: Dance Force Kids

Location: Theater Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214451.MD	3-5yrs	9/24-10/29	M*	11:45am-12:30pm	\$69/\$86

*No class 10/8



Music Together (0-4years)

Sing, chant, clap, dance and play simple instruments together as a family! Through guided musical play, your child will learn to imitate tonal patterns and rhythms and begin to sing in tune. Learn to incorporate music into daily home life and encourage young children's natural musical development. International and historical song repertoire changes each term. Non-refundable materials fee of \$40 due at first class.

Instructor: Music For Families

Location: Creative Arts Center, Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214800.TA	0-4yrs	9/18-12/4	Tu*	9:30am-10:15am	\$182/\$228
214800.TB	0-4yrs	9/18-12/4	Tu*	10:30am-11:15am	\$182/\$228
214800.TC	0-4yrs	9/18-12/4	Tu*	11:30am-12:15pm	\$182/\$228
214800.TQ	0-4yrs	9/18-12/4	Tu*	4:30pm-5:15pm	\$182/\$228
214800.TR	0-4yrs	9/18-12/4	Tu*	5:30pm-6:15pm	\$182/\$228
214800.WA	0-4yrs	9/19-12/5	W*	9:30am-10:15am	\$182/\$228
214800.WB	0-4yrs	9/19-12/5	W*	10:30am-11:15am	\$182/\$228
214800.FA	0-4yrs	9/21-12/7	F*	9:30am-10:15am	\$182/\$228
214800.FB	0-4yrs	9/21-12/7	F*	10:30am-11:15am	\$182/\$228
214800.SA	0-4yrs	9/22-12/8	Sa*	9:30am-10:15am	\$182/\$228
214800.SB	0-4yrs	9/22-12/8	Sa*	10:30am-11:15am	\$182/\$228

*No class 11/20, 11/21, 11/23, 11/24

My First Drum Class (3-5years)

When your littlest drummer is ready to graduate from pots and pans to the real thing, explore percussion instruments specifically designed for small hands. This class emphasizes fun music experiences and an intro to music vocabulary, note values and the musical scale. Instruments used in class vary each term. Parent participation is welcome, but not required.

Instructor: Groove Academy of Drumming

Location: Santa Clara Vanguard Corps Hall, 1765 Space Park Dr., Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214860.MP	3-5yrs	9/17-11/19	M*	4:15pm-5:00pm	\$129/\$161
214860.MQ	3-5yrs	9/17-11/19	M*	5:15pm-6:00pm	\$129/\$161

*No class 10/8, 11/12

Piano Parent & Child (3-5years)

Help your young child learn basic piano skills, theory and music reading. Parent participation is required. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Non-refundable materials fee of \$18 due at first class meeting and when advancing to a new level.

Level 1 is for new students and returning students who have not yet completed Book 1.

Level 2 is for returning students continuing in the parent-child workbook series at their own pace.

Instructor: Noteworthy Music School

Location: Creative Arts Center, Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214851.FP	1	3-5yrs	9/7-10/26	F	2:00pm-2:45pm	\$89/\$111
214851.MQ	1	3-5yrs	9/10-10/29	M*	1:00pm-1:45pm	\$79/\$99
214852.FQ	2	3-5yrs	9/7-10/26	F	2:45pm-3:30pm	\$89/\$111
214852.MP	2	3-5yrs	9/10-10/29	M*	12:15pm-1:00pm	\$79/\$99
214852.MR	2	3-5yrs	9/10-10/29	M*	1:45pm-2:30pm	\$79/\$99

*No class 10/8





Princess Pre-Ballet (3-7years)

Little princesses will love the themed props and music featured in this imaginative ballet and creative movement class. Students are introduced to ballet steps, across-the-floor movement and dance combinations, developing grace and confidence along the way. Class concludes with an in-class performance for family and friends.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214510.WB	3-5yrs	9/26-10/24	W	10:05am-10:50am	\$69/\$74
214510.JA	3-5yrs	9/27-10/25	Th	9:15am-10:00am	\$69/\$74
214510.JQ	3-5yrs	9/27-10/25	Th	3:55pm-4:40pm	\$69/\$74
214510.JS	4-7yrs	9/27-10/25	Th	5:35pm-6:20pm	\$69/\$74
214510.SE	3-5yrs	9/22-10/27	Sa	11:05am-11:50am	\$79/\$99

Tumble Dance Together (1.5-3years)

Tumble and dance together! Help your child learn basic tumbling moves like somersaults, cartwheels and leap frogs through fun dance routines and movement games. Play with a parachute, limbo bar and other fun props. Parent or caregiver participation is required.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214030.MA	1.5-3yrs	9/24-10/29	M*	9:45am-10:15am	\$59/\$74

*No class 10/8

Tiny Tots Ballet (2-3years)

Little dancers take their first ballet steps! Magic wands, teddy bears and tutus are all part of the fun, as students are introduced to ballet steps, creative movement and dance terminology. Prerequisite: Children should be ready to take class independently, while a parent or caregiver waits outside the classroom.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214401.MB	Beg	2-3yrs	9/24-10/29	M*	10:20am-10:50am	\$59/\$74
214401.JP	Beg	2-3yrs	9/27-10/25	Th	3:20pm-3:50pm	\$59/\$74
214401.SB	Beg	2-3yrs	9/22-10/27	Sa	9:05am-9:35am	\$69/\$86

*No class 10/8

Special Interest

Big/Lil' Chefs (2.5-4.5years)

Cook delicious and simple recipes and then sample what you create. Class will incorporate monthly themed recipes, age-appropriate culinary skills, basic nutrition, stories and circle time. This is a parent participation class. Parents may accompany up to 2 children and special diets are welcome. Please call Young Chefs Academy at (408) 738-CHEF before the first class. Bring a non-refundable \$50 supply fee to first class.

Instructor: Young Chefs Academy

Location: Young Chefs Academy, 1336 S. Mary Ave., Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
217121.WA	Beg	2.5-4.5yrs	9/5-10/24	W	6:00pm-7:00pm	\$110/\$138
217121.JA	Beg	2.5-4.5yrs	9/6-10/25	Th	9:30am-10:30am	\$110/\$138
217121.FA	Beg	2.5-4.5yrs	9/7-10/26	F	10:30am-11:30am	\$110/\$138
217121.FB	Beg	2.5-4.5yrs	9/7-10/26	F	1:30pm-2:30pm	\$110/\$138
217121.SA	Beg	2.5-4.5yrs	9/8-10/27	Sa	9:00am-10:00am	\$110/\$138
217121.SU	Beg	2.5-4.5yrs	9/9-10/28	Su	9:30am-10:30am	\$110/\$138

Ice Skating Parent/Child (3-4years)

This is a fun experience for a parent and child to learn to ice skate together. Classes are geared to the child's level, so parents will learn quickly in this six week course. Children must be between 3-4years old. Cost includes skate rental for both parent and child, a 30 minute lesson from 10:00-10:30AM and practice from 10:30-11:00AM. Be sure to dress warmly, wear gloves and thick socks.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd., Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
217411.WA	Beg	3-4yrs	9/12-10/17	W	10:00am-11:00am	\$82/\$103
No registration after 9/6						
217411.WC	Beg	3-4yrs	10/24-11/28	W	10:00am-11:00am	\$82/\$103
No registration after 10/18						

Sports & Fitness

Futsal Indoor Soccer (3.5-5years)

Futsal is a fun, fast-paced soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. The game consists of two teams of four players and a goalkeeper with unlimited substitutions and quick restarts.

Futsal Kingz programs have age-specific curriculum, innovative class formats and qualified professional coaching staff. This enables all players to develop their skills and have a great experience, whether they're the next Beckham or trying Futsal for the first time!

Instructor: Futsal Kingz

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218661.RA	Beg	3.5-4yrs	9/6-10/25	Th	3:10pm-3:45pm	\$105/\$131
218661.RB	Beg	4-5yrs	9/6-10/25	Th	3:10pm-3:45pm	\$105/\$131



Have a Birthday Party at the Sunnyvale Dance Studio!

For ages 3-8

Contact the Performing Arts Coordinator

at (408) 730-7725 or

for more information and booking

tmclane@ci.sunnyvale.ca.us.

Parties are usually scheduled for Saturday afternoons, 2:30-4:00 p.m., and must be booked at least four weeks in advance.

TM

**FTSA Parent Child (1.5-4years)**

This class is designed to encourage young children to get involved with a variety of sports such as basketball, t-ball, hockey and soccer. Children will develop gross motor skills, hand-eye coordination, and socialization skills. The last ten minutes of class will be devoted to story time. This class requires parent participation. Please wear comfortable athletic clothing and gym shoes (no black soled shoes allowed).

Instructor: Fun Tyme Sports Academy

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
218550.TA	1.5-4yrs	9/11-10/30	Tu	10:15am-11:00am	\$123/\$154
218550.FA	1.5-4yrs	9/14-11/2	F	10:15am-11:00am	\$123/\$154

Kidz Love Soccer (3.5-5years)

Children learn age-appropriate skills and techniques of the "World's Most Popular Sport" in a non-competitive environment, which encourages development of large motor skills, socialization skills and self-esteem. Shin guards are required after the first meeting. Note: During questionable weather, please call 1-888-372-5803- one-half hour before classes (or by 6pm) for class information.

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
218660.TE	3.5-4yrs	9/18-10/23	Tu	6:15pm-6:45pm	\$63/\$79
218660.TF	4-5yrs	9/18-10/23	Tu	6:15pm-6:45pm	\$63/\$72

Location: Las Palmas Park

218660.TA	3.5-4yrs	9/18-10/23	Tu	10:00am-10:30am	\$63/\$79
218660.TB	4-5yrs	9/18-10/23	Tu	10:30am-11:05am	\$63/\$79
218660.TC	4-5yrs	9/18-10/23	Tu	3:10pm-3:45pm	\$63/\$79
218660.TD	3.5-4yrs	9/18-10/23	Tu	4:30pm-5:00pm	\$63/\$79

Location: Ponderosa Prk Fld 1

218660.RA	4-5yrs	9/20-10/18	Th	5:10pm-5:45pm	\$53/\$66
218660.RB	3.5-4yrs	9/20-10/18	Th	5:45pm-6:15pm	\$53/\$66

Location: Serra Park

218660.WA	3.5-4yrs	9/19-10/17	W	5:15pm-5:45pm	\$53/\$66
218660.WB	4-5yrs	9/19-10/17	W	5:45pm-6:20pm	\$53/\$66

Location: Sunnyvale Middle School

218660.SA	3.5-4yrs	9/22-10/27	Sa	9:00am-9:30am	\$63/\$79
218660.SB	4-5yrs	9/22-10/27	Sa	9:30am-10:05am	\$63/\$79
218660.SC	4-5yrs	9/22-10/27	Sa	11:00am-11:35am	\$63/\$79

Kidz Love Soccer Mommy, Daddy & Me (2-3.5years)

Your child will participate in fun, age-appropriate activities designed around soccer, the "World's Most Popular Sport," which encourages development of large motor skills, socialization skills and self-esteem and you don't have to watch from the sidelines. Note: During questionable weather, please call 1-888-372-5803 one-half hour before classes (or by 6pm) for class information.

Instructor: Kidz Love Soccer

Class #	Age	Dates	Day	Time	Fee (Res/NR)
218650.TB	2-3.5yrs	9/18-10/23	Tu	5:30pm-6:00pm	\$63/\$79

Location: Cupertino Middle School

218650.TA	2-3.5yrs	9/18-10/23	Tu	11:15am-11:45am	\$63/\$79
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Location: Las Palmas Park

218650.SA	2-3.5yrs	9/22-10/27	Sa	2:30pm-3:00pm	\$63/\$79
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Location: Sunnyvale Middle School

Little Tigers Taekwondo (4-6years)

The main training emphasis is on motor skills and coordination, learning focus drills such as directions, task completion and learning basic/intermediate kicking and punching concepts. Uniform, equipment, and testing are an additional fee. Tiger uniform required after first class and can be purchased from the instructor.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real, #117. Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218501.MA	Beg	4-6yrs	9/10-10/22	M	3:00pm-3:30pm	\$99/\$124
218501.WA	Beg	4-6yrs	9/5-10/17	W	3:00pm-3:30pm	\$99/\$124
218501.SA	Beg	4-6yrs	9/8-10/20	Sa	10:00am-10:30am	\$99/\$124

Visual Arts**My First Art Class (1.5-3years)**

Explore five different art stations each week where children can experiment with a variety of different art materials and techniques. Emphasis is on process, not product. New themes and projects will be introduced year round. Parent participation is required. Please do not bring unregistered siblings to class. A non-refundable \$6 supply fee will be collected at first class. Wear clothes that can get messy. Smocks will be available in class.

Instructor: My First Art Class

Location: Creative Arts Center, Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
219020.TA	1.5-3yrs	9/11-10/2	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/11-10/2	Tu	10:15am-11:15am	\$54/\$68
219020.TC	1.5-3yrs	10/9-10/30	Tu	9:00am-10:00am	\$54/\$68
219020.TD	2-5yrs	10/9-10/30	Tu	10:15am-11:15am	\$54/\$68

Storytime Art for Pre-Schoolers (3-5years)

Gather round for story time with Miss Farima. First we'll read a short story, then we'll do fun art projects and activities based on the theme of the story. Explore a new theme and different artistic materials each week. This is a parent participation class. A non-refundable \$10 supply fee will be collected at first class. Wear clothes that can get messy. Children must be two years old and be able to sit for a four minute story. Please do not bring unregistered siblings to class.

Instructor: Farima Berenji

Location: Creative Arts Center, Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
219030.WA	3-5yrs	9/19-10/10	W	10:00am-10:45am	\$46/\$58
219030.WC	3-5yrs	10/17-11/7	W	10:00am-10:45am	\$46/\$58



This league is sponsored by the City of Sunnyvale. Registration information for the Sunnyvale Youth Basketball League (SYBL) and clinic will be available in late September or can be picked up at the Sunnyvale Community Center beginning August 6, 2012. Sign-ups will be taken on a first-come, first-served basis so don't wait until the last minute. Space is limited. AW

Boys and girls (Kindergarten – 8th grades)

Registration begins August 6

Play runs from January to March 2013

Teams are organized by grade level. *We can not guarantee special requests for team assignments, practice nights, locations or coaches. Teams fill up quickly, so sign up on August 8 and don't miss out.*



Gymnastics

We ask family & friends to remain outside the gym during class time to avoid distractions for our students, except for the following: 1) At least one parent is required to remain present near and possibly observe in any class where only one staff member is coaching, 2) the parents of new students may stay during the first class of each session, 3) when a coach allows or invites a parent to stay. All are invited to observe the last class of each session and non-participating siblings must be held at all times during observation. Thank you for your cooperation.

Cheerleading (6-16years)

An introduction to cheerleading. A mix of gymnastic tumbling skills, jumps, and high energy dance choreographed to spirited music, including group formation and beginning stunts. The participants will be expected to memorize cheers and formations and perform them on the last day. Additional opportunities to perform may also be arranged.

Instructor: California Sports Center

Location: Indoor Sports/Gym

Class #	Age	Dates	Day	Time	Fee (Res/NR)
223050.MA	6-16yrs	9/10-10/22	M	5:30pm-6:25pm	\$113/\$141
223050.WA	6-16yrs	9/5-10/24	W	5:30pm-6:25pm	\$129/\$161

Gymnastics Boys (6-16years)

Boys' classes are designed to focus attention on: floor exercise, pommel horse, rings, vaulting, parallel bars, and high bar. In addition, strength and flexibility will be integral parts of the program. Level 1 is the beginner gymnastics class. Level 2/3 is the intermediate gymnastics class. Level 4 is an advanced gymnastics class. Students are required to pass the skills and routine evaluations of the previous levels, and must possess a signed certificate showing proof of level before moving into these classes.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223101.MA	1	6-16yrs	9/10-10/22	M	3:30pm-4:25pm	\$113/\$141
223101.TA	1	6-16yrs	9/4-10/23	Tu	3:30pm-4:25pm	\$129/\$161
223101.WA	1	6-16yrs	9/5-10/24	W	3:30pm-4:25pm	\$129/\$161
223101.WC	1	6-16yrs	9/5-10/24	W	6:30pm-7:25pm	\$129/\$161
223101.HB	1	6-16yrs	9/6-10/25	Th	6:30pm-7:25pm	\$129/\$161
223101.FA	1	6-16yrs	9/7-10/26	F	4:30pm-5:25pm	\$129/\$161
223101.SA	1	6-16yrs	9/8-10/27	Sa	9:00am-9:55am	\$129/\$161
223103.MA	2/3	6-16yrs	9/10-10/22	M	4:30pm-5:25pm	\$113/\$141
223103.TB	2/3	6-16yrs	9/4-10/23	Tu	6:30pm-7:25pm	\$129/\$161
223103.WB	2/3	6-16yrs	9/5-10/24	W	4:30pm-5:25pm	\$129/\$161
223103.HA	2/3	6-16yrs	9/6-10/25	Th	3:30pm-4:25pm	\$129/\$161
223103.FA	2/3	6-16yrs	9/7-10/26	F	3:30pm-4:25pm	\$129/\$161
223103.SA	2/3	6-16yrs	9/8-10/27	Sa	10:00am-10:55am	\$129/\$161
223104.WA	4	6-16yrs	9/5-10/24	W	4:30pm-6:00pm	\$194/\$243



Gymnastics Girls (6-16years)

Girls' classes are designed to focus on: floor exercise, vault, balance beam, and uneven bars. In addition, strength development and flexibility will be integral parts of the program. Level 1 is the beginner class. Level 2/3 is the intermediate gymnastics class. Level 4 is the advanced gymnastics class. Students are required to pass the skills and routine evaluations of the previous levels, and must possess a signed certificate showing proof of level before moving into these classes.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223201.MA	1	6-16yrs	9/10-10/22	M	3:30pm-4:25pm	\$113/\$141
223201.MD	1	6-16yrs	9/10-10/22	M	6:30pm-7:25pm	\$113/\$141
223201.TC	1	6-16yrs	9/4-10/23	Tu	5:30pm-6:25pm	\$129/\$161
223201.WA	1	6-16yrs	9/5-10/24	W	4:30pm-5:25pm	\$129/\$161
223201.WB	1	6-16yrs	9/5-10/24	W	6:30pm-7:25pm	\$129/\$161
223201.HA	1	6-16yrs	9/6-10/25	Th	3:30pm-4:25pm	\$129/\$161
223201.HC	1	6-16yrs	9/6-10/25	Th	5:30pm-6:25pm	\$129/\$161
223201.FA	1	6-16yrs	9/7-10/26	F	3:30pm-4:25pm	\$129/\$161
223201.FB	1	6-16yrs	9/7-10/26	F	4:30pm-5:25pm	\$129/\$161
223201.FC	1	6-16yrs	9/7-10/26	F	5:30pm-6:25pm	\$129/\$161
223201.SA	1	6-16yrs	9/8-10/27	Sa	9:00am-9:55am	\$129/\$161
223201.SB	1	6-16yrs	9/8-10/27	Sa	11:00am-11:55am	\$129/\$161
223203.MB	2/3	6-16yrs	9/10-10/22	M	4:30pm-5:25pm	\$113/\$141
223203.MC	2/3	6-16yrs	9/10-10/22	M	5:30pm-6:25pm	\$113/\$141
223203.TB	2/3	6-16yrs	9/4-10/23	Tu	3:30pm-4:25pm	\$129/\$161
223203.WA	2/3	6-16yrs	9/5-10/24	W	3:30pm-4:25pm	\$129/\$161
223203.WC	2/3	6-16yrs	9/5-10/24	W	5:30pm-6:25pm	\$129/\$161
223203.HB	2/3	6-16yrs	9/6-10/25	Th	4:30pm-5:25pm	\$129/\$161
223203.HD	2/3	6-16yrs	9/6-10/25	Th	6:30pm-7:25pm	\$129/\$161
223203.FA	2/3	6-16yrs	9/7-10/26	F	5:30pm-6:25pm	\$129/\$161
223203.SC	2/3	6-16yrs	9/8-10/27	Sa	12:00pm-12:55pm	\$129/\$161
233204.TA	4	6-16yrs	9/4-10/23	Tu	4:30pm-6:00pm	\$194/\$243
233204.TB	4	6-16yrs	9/4-10/23	Tu	6:30pm-8:00pm	\$194/\$243
233204.TC	4	6-16yrs	9/4-10/25	TuTh	6:30pm-8:00pm	\$350/\$400
233204.WB	4	6-16yrs	9/5-10/24	W	6:30pm-8:00pm	\$194/\$243
233204.SA	4	6-16yrs	9/8-10/27	Sa	12:00pm-1:30pm	\$194/\$243

Gymnastics: Tumblers (5-6years)

This class is the equivalent of the Gymnastics Level 1-2 class. We will introduce specific skills and routines for this younger group, to prepare them for higher levels. This is a focused class that may provide the opportunity for team development.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
223030.MA	5-6yrs	9/10-10/22	M	3:30pm-4:25pm	\$113/\$141
223030.MB	5-6yrs	9/10-10/22	M	5:30pm-6:25pm	\$113/\$141
223030.TA	5-6yrs	9/4-10/23	Tu	4:30pm-5:25pm	\$129/\$161
223030.WA	5-6yrs	9/5-10/24	W	3:30pm-4:25pm	\$129/\$161
223030.WB	5-6yrs	9/5-10/24	W	5:30pm-6:25pm	\$129/\$161
223030.HA	5-6yrs	9/6-10/25	Th	2:30pm-3:25pm	\$129/\$161
223030.HB	5-6yrs	9/6-10/25	Th	4:30pm-5:25pm	\$129/\$161
223030.FA	5-6yrs	9/7-10/26	F	3:30pm-4:25pm	\$129/\$161
223030.SA	5-6yrs	9/8-10/27	Sa	10:00am-10:55am	\$129/\$161
223030.SB	5-6yrs	9/8-10/27	Sa	11:00am-11:55am	\$129/\$161

Learn to Flip (6-10years)

Learn to Flip is a gymnastics class that concentrates only on the tumbling and trampolining portion of gymnastics.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
223040.TA	6-10yrs	9/4-10/23	Tu	4:30pm-5:25pm	\$129/\$161
223040.HA	6-10yrs	9/6-10/25	Th	4:30pm-5:25pm	\$129/\$161



Performing Arts: Music & Dance

Beginning Drums (10-14years)

Got rhythm? Get started right by learning the proper way to hold drum sticks, how to let drumsticks bounce off the drum pad and how to play different rhythms. Play songs on the bells using mallets. Drumsticks and stick bag are required. For a list of South Bay stores that carry these, call the Performing Arts Coordinator at (408) 730-7725.

Instructor: Groove Academy of Drumming

Location: Santa Clara Vanguard Corps Hall, 1765 Space Park Dr., Santa Clara

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224861.MT	Beg	10-11yrs	9/17-11/19	M*	6:10pm-7:00pm	\$129/\$161
224861.MU	Beg	12-14yrs	9/17-11/19	M*	6:10pm-7:00pm	\$129/\$161

*No class 10/8, 11/12



Evening of Magic (7-11years)

Turn an ordinary evening into magic with the wave of a wand. Learn to perform simple "self-working" magic tricks with your child. Wertman the Wizard will also entertain the class with a few tricks of his own. Parent or caregiver participation is required. No unregistered siblings in the classroom. Non-refundable materials fee of \$5 due at workshop. One and two day classes are non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center, Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224670.8P	7-11yrs	10/26	F	7:00pm-8:45pm	\$29/\$36

Filmmaking for Festivals (8-12years)

Seriously, this could be your ticket to Hollywood! Committed young filmmakers will learn the ins and outs of making and submitting films to film festivals and produce a film intended for film festival competitions, including the International Family Film Festival, a partner of Freshi Films. Prerequisite: Freshi Digital Filmmaking course or equivalent experience. IFFF entry fee waived for students who have successfully completed this course.



Instructor: Freshi Films

Location: Recreation Center, Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224702.FP	Int/Adv	8-12yrs	9/14-11/16	F	4:00pm-5:30pm	\$199/\$249

Fun with Drums (6-9years)

Play drums from around the world, as well as found percussion objects like brooms and plastic buckets. Beginners will have fun and be inspired by creative, expressive and rhythmic activities. The 6- to 7-year-old class introduces different types of drums. The 8- to 9-year-old class emphasizes beat and rhythm control to develop motor and communication skills. Instruments used in class vary each term.

Instructor: Groove Academy of Drumming

Location: Santa Clara Vanguard Corps Hall, 1765 Space Park Dr., Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224860.MR	6-7yrs	9/17-11/19	M*	4:15pm-5:00pm	\$129/\$161
224860.MS	8-9yrs	9/17-11/19	M*	5:15pm-6:00pm	\$129/\$161

*No class 10/8, 11/12

Guitar (6-12years)

Learn basic guitar skills, including chords, scales and music reading. Bring your own guitar. Non-refundable materials fee of \$12 due at first class meeting.

Instructor: Noteworthy Music

Location: Creative Arts Center, Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224831.FQ	1	6-12yrs	9/7-10/26	F	5:15pm-6:00pm	\$89/\$111
224832.FP	2	6-12yrs	9/7-10/26	F	4:30pm-5:15pm	\$89/\$111
224832.FR	2	6-12yrs	9/7-10/26	F	6:00pm-6:45pm	\$89/\$111

Hip Hop Dance (6-15years)

Hip hop, don't stop! This super high-energy class will get you moving like the dancers in your favorite videos. You'll learn to count music, dance with strong movement, develop your own unique hip hop style and build confidence to perform in front of an audience. Class uses age appropriate music and moves.

Instructor: Linh Ton

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224320.MP	6-10yrs	9/10-10/29	M	4:30pm-5:30pm	\$69/\$86
224320.MQ	6-10yrs	9/10-10/29	M	5:30pm-6:30pm	\$69/\$86
224320.MR	11-15yrs	9/10-10/29	M	7:00pm-8:00pm	\$69/\$86



Indian Classical Dance (6-11years)

Learn the basics of one of the oldest and most recognizable forms of Indian classical dance, Bharata Natyam, from the state of Tamil Nadu in Southern India. Based on yoga, this graceful temple dance style combines elaborate hand gestures, exaggerated facial expressions, rhythmic footwork and stunning costumes. Dancers develop skills to perform beautiful abstract dances and act out entire stories through dance.



Instructor: Yogita Kulkarni

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224151.FP	Beg	6-11yrs	9/7-10/26	F	4:00pm-5:30pm	\$79/\$99



After-School Activities at School Campuses

Fun On The Run

FREE Mobile Recreation Program focusing on Fun & Fitness

Starts September 2012

Fairwood Elementary	M	2:15pm-4:00pm
Nimitz Elementary	Tu	1:30pm-3:30pm
Nimitz Elementary	W	2:15pm-4:15pm
Ellis Elementary	F	1:00pm-3:30pm

Contact Michael Sodos at (408) 730-7337 for more information
Recreation Center

Sunnyvale Middle School Campus

Starts September 2012 - Fees vary

Various Enrichment Classes	M-Th	3:20pm-4:50pm
Extreme Zone – Drop In	M-F	3:20pm-5:30pm

Must be a Sunnyvale Middle School Student

Contact Jenni Wong at 408-730-7724 for more information JW



Melody's Group Piano (4-7years)

Children develop piano keyboard skills and general music ability, including singing, ear-training, music theory, rhythm, sight-reading through a variety of activities. Older children also try composition. Class concludes with a piano recital. Non-refundable materials fee of \$45 due at first class meeting. Parents are required to attend weekly with their children. Children should have access to a keyboard or piano to practice between lessons.

Instructor: Melody Academy of Music
Location: 1299 Water Lily Way, #10, San Jose

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224901.C1	Beg	4-5yrs	9/5-10/10	W	2:30pm-3:15pm	\$144/\$180
224901.C2	Beg	4-5yrs	9/8-10/13	Sa	10:00am-10:45am	\$144/\$180
224901.C4	Beg	4-5yrs	10/4-11/8	Th	3:30pm-4:15pm	\$144/\$180
224901.C5	Beg	5-7yrs	9/5-10/10	W	3:30pm-4:15pm	\$144/\$180
224901.C6	Beg	5-7yrs	9/8-10/13	Sa	12:00pm-12:45pm	\$144/\$180
224901.C8	Beg	5-7yrs	10/4-11/8	Th	4:30pm-5:15pm	\$144/\$180

Melody's Group Violin (6-10years)

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory. Class concludes with a violin recital. Non-refundable materials fee of \$45 is due to instructor at first class meeting; materials fee includes six-week violin rental. Parents are required to attend weekly with their children.

Instructor: Melody Academy of Music
Location: 1299 Water Lily Way, #10, San Jose

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224871.C1	Beg	6-10yrs	9/4-10/9	Tu	6:30pm-7:15pm	\$144/\$180
224871.C2	Beg	6-10yrs	9/8-10/13	Sa	3:45pm-4:30pm	\$144/\$180
224871.C3	Beg	6-10yrs	9/9-10/14	Su	2:45pm-3:30pm	\$144/\$180

Musical Theater (7-14years)

Sing, dance, act and be a star! Learn the basics of musical theater and build confidence as you work together toward a junior production of a well-known musical. Everyone will have an opportunity to shine on stage with a speaking role and appear in several song-and-dance numbers. Performance is November 14 at 6:30 p.m. Wear comfortable clothes and tennis shoes or jazz dance shoes. Bring water. Non-refundable materials fee of \$20 due to instructor at first class meeting.

Instructor: Debbie Merrell
Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224611.WP	Beg	7-14yrs	9/5-11/14	W*	4:45pm-6:15pm	\$149/\$186

*No class 10/31





Piano Keyboard (6-12years)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Materials fee of \$8 is due at first class meeting for new students and whenever continuing students advance to a new level. Flash cards are available for \$6.

Level 1- Beginning: Start with the fundamentals of piano, learning the keys and basic theory.

Level 2 - Advanced Beginning-Advanced: Progress through workbook series, with weekly one-on-one coaching from teacher. Prerequisite: Completion of beginning level or familiarity with the keyboard, note reading.

Instructor: Noteworthy Music School

Location: Creative Arts Center, Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224851.MQ	1	6-12yrs	9/10-10/29	M*	4:15pm-5:00pm	\$79/\$99
224851.WQ	1	6-12yrs	9/5-10/24	W*	4:15pm-5:00pm	\$79/\$99
224851.WS	1	6-12yrs	9/5-10/24	W*	6:15pm-7:00pm	\$79/\$99
224852.MP	2	6-12yrs	9/10-10/29	M*	3:30pm-4:15pm	\$79/\$99
224852.MR	2	6-12yrs	9/10-10/29	M*	5:00pm-5:45pm	\$79/\$99
224852.MS	2	6-12yrs	9/10-10/29	M*	6:15pm-7:00pm	\$79/\$99
224852.MT	2	6-12yrs	9/10-10/29	M*	7:00pm-7:45pm	\$79/\$99
224852.WP	2	6-12yrs	9/5-10/24	W*	3:30pm-4:15pm	\$79/\$99
224852.WR	2	6-12yrs	9/5-10/24	W*	5:00pm-5:45pm	\$79/\$99
224852.WT	2	6-12yrs	9/5-10/24	W*	7:00pm-7:45pm	\$79/\$99
224852.FR	2	6-12yrs	9/7-10/26	F	3:30pm-4:15pm	\$79/\$99

*No class 10/3, 10/8



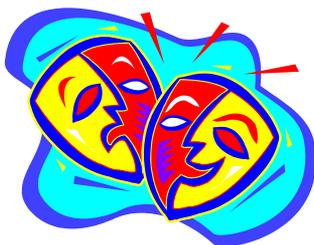
Story Acting (6-12years)

Acting is easy and fun when you build on a child's natural tendency to play pretend. Each week students will hear and then act out a different fairytale, poem or children's story, exercising imagination as they build characters and dialogue. Theater games and activities help introduce students to basic acting conventions, techniques and improvisational styles.

Instructor: Farima Berenji

Location: Creative Arts Center, Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224600.JP	6-12yrs	9/20-10/25	Th	4:00pm-5:00pm	\$49/\$61



Special Interest

Kinder Chefs (4.5-6.5years)

Kinder Chefs will cook up their very own kind of fun, with curriculum and recipes geared for Pre-K and K students. Participants will make two recipes, eat what they've made, read a story and play a cooking related game. A non-refundable \$80 material fee will be collected at first class. Vegetarian and special diets welcome. Please call Young Chefs Academy at 408-738-CHEF before first class.

Instructor: Young Chefs Academy

Location: Young Chefs Academy - 1336 S. Mary Ave., Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227131.WA	Beg	4.5-6.5yrs	9/5-10/24	W	4:00pm-5:30pm	\$160/\$200
227131.JA	Beg	4.5-6.5yrs	9/6-10/25	Th	4:00pm-5:30pm	\$160/\$200
227131.FA	Beg	4.5-6.5yrs	9/7-10/26	F	1:30pm-3:00pm	\$160/\$200



Young Chefs (7-12years)

Cook recipes based on a different theme each week. Principles of kitchen safety, proper food handling, basic cooking and baking techniques, food presentation, table setting, and table manners will be included. A non-refundable \$80 material fee is due at first class. Participants must be able to read a simple recipe.

Instructor: Young Chefs Academy

Location: Young Chefs Academy - 1336 S. Mary Ave., Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227141.WA	Beg	7-11yrs	9/5-10/24	W	4:00pm-5:30pm	\$160/\$200
227141.FA	Beg	7-11yrs	9/7-10/26	F	4:00pm-5:30pm	\$160/\$200
227141.SU	Beg	9-12yrs	9/9-10/28	Su	9:00am-10:30am	\$160/\$200

Sports & Fitness

Chang Tai Do Karate (4-7years)

Introduction to proper stretching, basic blocks, punches, kicks, strikes, and what to do to defend off an attacker. Children's natural curiosity and playfulness combined with basic Karate drill help develop coordination, mental focus and alertness. A great way to learn discipline, respect, self-confidence, help release energy and prepare students for future, more structured classes. Uniform, equipment and testing are additional fees. White belts up to two stripes. Uniform required after 1st class.

Instructor: Chang Tai Do Staff

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228451.SA	Beg	4-7yrs	9/9-10/21	Su	1:00pm-2:00pm	\$99/\$124

Location: Ponderosa Pk Bldg

228451.FA	Beg	4-7yrs	9/14-10/26	F	5:30pm-6:30pm	\$99/\$124
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ChangTai Do Karate for Families (8 & older)

BEG: Introduction to the history and terminology of Chang Tai Do Karate. Students will learn proper stretching, basic blocks, punches, kicks, self defense, and forms (Kata). Returning students will also learn sparring. Training will help students develop better mental focus, coordination, discipline, respect, strength, endurance and skills to defend oneself. This is a great opportunity for family and friends to get in shape, reduce stress and spend quality time together. White and yellow belt.

INT/ADV: Students will be drilled on blocks, punches, kicks, self defense, forms (Kata), sparring (Kumite and Eskrima Sticks), as well as combination techniques. Stretching time will NOT be extensive. Students will be responsible for stretching before class to avoid injury. Orange belt and above.

Uniforms required after 1st class for both BEG and INT/ADV. Equipment (for returning students) and testing are an additional fee.

Instructor: Chang Tai Do Staff

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
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Location: Las Palmas Pk Bldg

228461.SA	Beg	8-older	9/9-10/21	Su	2:00pm-4:00pm	\$131/\$164
228462.SA	Int/Adv	8-older	9/9-10/21	Su	4:00pm-6:00pm	\$131/\$164

Location: Ponderosa Pk Bldg

228461.TA	Beg	8-older	9/11-10/26	TuF	6:30pm-7:30pm	\$131/\$164
228462.TA	Int/Adv	8-older	9/11-10/26	TuF	7:30pm-8:30pm	\$131/\$164

FTSA Basketball (5-11years)

Have fun sharpening your basketball skills and strategies, including strengthening and conditioning; boys will guard boys and girls will guard girls.

Beginning/Intermediate: Passing, shooting, dribbling and offensive/defensive moves are covered. Session ends with four Fun Tyme challenges with challenge winners awarded prizes: dribble and lay-up challenge, spot shot challenge, passing challenge and 3 on 3 tournament.

Intermediate/Advanced: Sharpening fundamental skills and offensive/defensive strategies are covered. The first-half of each class will focus on skills while the second-half focuses on team play. Prizes will be awarded to the winners of Fun Tyme challenges.

Gym shoes are required (no black soled shoes allowed).

Instructor: Fun Tyme Sports Academy

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
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228101.MA	Beg	5-7yrs	9/10-10/29	M	3:30pm-4:45pm	\$123/\$154
228101.TA	Beg	8-9yrs	9/11-10/30	Tu	3:30pm-4:45pm	\$123/\$154
228101.WA	Beg	10-11yrs	9/12-10/31	W	3:30pm-4:45pm	\$123/\$154
228102.FA	Int/Adv	8-14yrs	9/14-11/2	F	3:30pm-4:45pm	\$123/\$154



FTSA Volleyball (7-13years)

Work on volleyball fundamentals--strength and conditioning, setting, blocking, digging, passing and serving. In this co-ed class students are divided into two age groups (7-10 yrs and 11-13 yrs). The first part of the class focuses on skills; the second on team play. Prizes will be awarded to the winners of Fun Tyme challenges. Knee pads and gym shoes are required (no black soled shoes allowed).

Instructor: Fun Tyme Sports Academy

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
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228700.FA	7-13yrs	9/14-11/2	F	3:30pm-4:45pm	\$123/\$154
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Futsal Kingz Indoor Soccer (5-12years)

Futsal is a fun, fast-paced soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. The game consists of two teams of four players and a goalkeeper with unlimited substitutions and quick restarts.

Futsal Kingz programs have age-specific curriculum, innovative class formats and qualified professional coaching staff. This enables all players to develop their skills and have a great experience, whether they're the next Beckham or trying Futsal for the first time!

Instructor: Futsal Kingz

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
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228661.RA	Beg	5-6yrs	9/6-10/25	Th	3:45pm-4:45pm	\$105/\$131
228661.RB	Beg	7-12yrs	9/6-10/25	Th	3:45pm-4:45pm	\$105/\$131

Ice Skating (5-14years)

This introductory class will include forward and backward marching and skating, falling and getting up, and stopping. No intermediate or advanced techniques will be taught. Each of the six lessons provide 30 minutes of instruction and 30 minutes of practice time on the ice (practice time will be from 5:45-6:15PM for ages 5-14.) Be sure to dress warmly, wear gloves and thick socks. Skate rental is included in the class fee.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd., Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
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227411.MA	Beg	5-7yrs	9/10-10/15	M	5:15pm-6:15pm	\$82/\$103
227411.MB	Beg	8-14yrs	9/10-10/15	M	5:45pm-6:45pm	\$82/\$103

No registration after 9/6

227411.MC	Beg	5-7yrs	10/22-11/26	M	5:15pm-6:15pm	\$82/\$103
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227411.MD	Beg	8-14yrs	10/22-11/26	M	5:45pm-6:45pm	\$82/\$103
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No registration after 10/18



Intro to Hockey Skating (6-14years)

Students will learn to skate in a controlled manner that is necessary to be a hockey player. Balance, use of blade edges, forwards and backwards skating, crossovers, stopping and stick handling will be emphasized. Students must provide, stick, helmet with full cage and shin guards by the first class. Skate rental will be included. Practice session is 3:30pm-4:00pm. Lesson is from 4:15-5:15PM. Beginning skating skills are required.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd., Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227431.TA	Beg	6-14yrs	9/11-10/16	Tu	3:30pm-4:45pm	\$82/\$103
No registration after 9/6						
227431.TC	Beg	6-14yrs	10/23-11/27	Tu	3:30pm-4:45pm	\$82/\$103
No registration after 10/18						

Kidz Love Soccer (5-6years)

These classes offer a non-competitive environment for children to learn and play the "World's Most Popular Sport!" Children will learn different skills according to age; dribbling, passing, receiving, shooting, and team tactics. Small sided soccer games will be played at every class. Shin guards are required after the first meeting. Note: During questionable weather, please call 1-888-372-5803 one-half hour before classes begin (or by 6 PM)

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228660.TA	5-6yrs	9/18-10/23	Tu	6:45pm-7:30pm	\$63/\$79

Location: Ponderosa Prk Fld 1

228660.RA	5-6yrs	9/20-10/25	Th	3:40pm-4:25pm	\$63/\$79
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Location: Serra Prk

228660.WA	5-6yrs	9/19-10/24	W	3:45pm-4:30pm	\$63/\$79
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Location: Sunnyvale Middle School

228660.SA	5-6yrs	9/22-10/27	Sa	10:05am-10:50am	\$63/\$79
228660.SB	5-6yrs	9/22-10/27	Sa	10:50am-11:35am	\$63/\$79

Location: Las Palmas Prk

228660.TB	5-6yrs	9/18-10/23	T	3:45pm-4:30pm	\$63/\$79
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Kidz Love Soccer Skills and Scrimmages (7-10years)

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our beginning classes for those who are aspiring to the next level. All levels of skill are welcome to learn and enjoy the world's most popular sport!

Each participant will receive a soccer jersey.

Instructor: Kidz Love Soccer

Location: Ponderosa Prk Fld 1

228670.RA	7-10yrs	9/20-10/25	Th	4:25pm-5:10pm	\$70/\$88
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Location: Serra Prk

228670.WA	7-10yrs	9/19-10/24	W	4:30pm-5:15pm	\$70/\$88
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Location: Sunnyvale Middle School

228670.SA	7-10yrs	9/22-10/27	Sa	11:35am-12:20pm	\$70/\$88
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Martial Sports Fencing (7-14years)

A safe form of fencing based on techniques similar to Japanese and European fencing. Students will learn basic proficiency, etiquette and terminology. Foundations of footwork, stances, timing, and offensive and defensive parrying will be covered. Students will participate in games and bouts with classmates. Protective gear and uniform are required after first class.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228410.SA	7-14yrs	9/8-10/20	Sa	1:15pm-2:15pm	\$107/\$134

Rock Climbing (5-13years)

Basic Rock Climbing techniques will be taught in this 5 session program. Perfect for beginning and advanced beginning climbers. Classes are designed so that participants climb with children of their own age. Age groups are 5-8 and 9-13. Please bring a bicycle helmet to wear while climbing. Parent or legal guardian must sign a Planet Granite waiver at the first class, or go to www.planetgranite.com to complete the waiver to send with your child to the first class. Please include a copy of your driver's license.

Instructor: Planet Granite Staff

Location: Planet Granite, 815 Stewart Dr., Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227451.TA	Beg	9-13yrs	9/18-10/16	Tu	4:00pm-6:00pm	\$134/\$168
227451.TB	Beg	9-13yrs	10/23-11/27	Tu*	4:00pm-6:00pm	\$134/\$168
227451.JA	Beg	5-8yrs	9/20-10/18	Th	4:00pm-6:00pm	\$134/\$168
227451.JB	Beg	5-8yrs	10/25-11/29	Th*	4:00pm-6:00pm	\$134/\$168

*No class 11/20, 11/22



Aquatics

Swim Youth Beginner (4-15years)

Beginning level classes (otters, seals, dolphins) range in skills from little or no experience to coordination of the front crawl. Water safety and pool rules will be discussed. Children will be grouped with those of similar ability. Bring swimsuit, towel, and sunblock.

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
220411.TA	Beg	4-15yrs	9/4-9/27	TuTh	3:45pm-4:15pm	\$77/\$96
220411.TB	Beg	4-15yrs	9/4-9/27	TuTh	4:20pm-4:50pm	\$77/\$96
220411.TC	Beg	4-15yrs	9/4-9/27	TuTh	4:55pm-5:25pm	\$77/\$96
220411.TD	Beg	4-15yrs	9/4-9/27	TuTh	5:30pm-6:00pm	\$77/\$96
220411.SA	Beg	4-15yrs	9/8-9/29	Sa	10:00am-10:30am	\$39/\$49
220411.SB	Beg	4-15yrs	9/8-9/29	Sa	10:35am-11:05am	\$39/\$49
220411.SC	Beg	4-15yrs	9/8-9/29	Sa	11:45am-12:15pm	\$39/\$49

Youth



Swim Youth Level 3 (4-15years)

This level is designed to develop and improve coordination and stamina in the front crawl and back crawl. The body motion and kick for the butterfly stroke will also be introduced. Students should have passed Beginning Levels to enroll. Bring swimsuit, towel, and sunblock.

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
220413.TA	3	4-15yrs	9/4-9/27	TuTh	4:20pm-4:50pm	\$77/\$96
220413.TB	3	4-15yrs	9/4-9/27	TuTh	5:30pm-6:00pm	\$77/\$96
220413.SA	3	4-15yrs	9/8-9/29	Sa	11:45am-12:15pm	\$39/\$49



Tigers Taekwondo (7-14years)

The main training emphasis is on motor skills and coordination, learning focus drills such as directions, task completion and learning basic/intermediate kicking and punching concepts. Uniform, equipment, and testing are an additional fee. Tiger uniform required after first class and can be purchased from the instructor.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real, #117. Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228501.MA	Beg	7-14yrs	9/10-10/22	M	3:30pm-4:15pm	\$99/\$124
228501.WA	Beg	7-14yrs	9/5-10/17	W	3:30pm-4:15pm	\$99/\$124
228501.FA	Beg	7-14yrs	9/7-10/19	F	4:15pm-5:00pm	\$99/\$124
228501.SA	Beg	7-14yrs	9/8-10/20	Sa	9:15am-10:00am	\$99/\$124

Yoga Lite Parent & Child (5yrs & older)

Revitalize and come alive with your child through postures, breathing techniques, and relaxation. Learn practical methods to keep yourself healthy and full of good energy. Fee per pair.

Instructor: Robin Pickel

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228750.SA	5yr-older	9/1-10/27	Sa	8:30am-9:20am	\$83/\$104

Sunnyvale Bluegrass Jam

(Ages 18 & up, 13-17 okay with parent or guardian). Facilitated by Paul Carignan and Sue Newberry. Join fellow bluegrass musicians and singers for an old-time jam session.

When: Third Sunday of the Month, 1-5 p.m.

Where: Creative Arts Center, Meeting Room

Cost: \$5 per person at the door

More info: Arts.inSunnyvale.com or (408) 730-7725

Visual Arts/Pottery

Animation Drawing (5-12years)

Bring you imagination to learn a brief history of animation. Students will do art projects based on various types of animation, cartooning and stop action films. Bring a \$15 non-refundable supply fee to first class.

Instructor: Kim NaVarre

Location: Creative Arts Center, Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
229100.WA	5-8yrs	9/12-10/17	W	4:00pm-5:00pm	\$56/\$70
229100.WB	9-12yrs	9/12-10/17	W	5:15pm-6:15pm	\$56/\$70

Cartoon and Comic Drawing (6-12years)

Create your very own cartoon character. Various illustration and comic styles will be taught. Focus will be on details such as clothes, hair, facial expressions, interactions between figures and backgrounds. Outlining and shading will be introduced, as well as the concepts of lighting and perspective. Each week, students will show their progress in their sketch book to the instructor. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music School

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
229140.MA	6-12yrs	9/7-10/26	F	3:30pm-4:30pm	\$72/\$90

Clay Creations (6-7years)

Using basic clay techniques, children will make projects which are fun and easy. Clay, glaze and firing are included in registration fee. Wear clothes that can get messy and/or bring a smock.

Instructor: Rebecca Bui

Location: Creative Arts Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229911.WA	Beg	6-7yrs	10/3-11/7	W	3:30pm-4:45pm	\$54/\$68

Intro to Clay (8-10years)

Use your imagination and basic clay techniques to express yourself in clay. Clay, glaze and firing included in registration fee. Wheel throwing will not be taught. Wear clothing that can get messy and/or bring a smock.

Instructor: Rebecca Bui

Location: Creative Arts Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229921.WA	Beg	8-10yrs	10/3-11/7	W	5:00pm-6:30pm	\$58/\$73

Japanese Anime (6-12years)

This seven week course will teach students how to draw the recognizable facial features that define Japanese Anime. Each week students will be asked to sketch in their sketchbooks and share their progress in class. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music School

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229450.MA	Beg	6-12yrs	9/10-10/29	M*	3:30pm-4:30pm	\$63/\$79
229450.MB	Beg	6-12yrs	9/10-10/29	M*	4:30pm-5:30pm	\$63/\$79

*No class 10/8



Painting and Drawing for Kids (5-12years)

Students will explore their imagination while learning basic techniques in drawing and painting. Return students are welcome: we will have new projects each session. A non-refundable \$15 supply fee will be collected at first class. Wear clothes that can get messy or bring a smock.

Instructor: Kim Na Varre

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229621.TA	Beg	5-7yrs	9/11-10/16	Tu	3:30pm-4:30pm	\$56/\$70
229621.TB	Beg	8-12yrs	9/11-10/16	Tu	4:45pm-5:45pm	\$56/\$70

Pottery Parent and Child (7-14years)

Share a creative experience in clay. Working with your child you will learn to hand build projects out of clay and glaze them using low-fire glazes (wheel throwing and high-fire glazing will not be included). Clay, glazing, and firing are included with class registration. Parent may accompany more than one child. No unregistered siblings will be permitted in the studio. Price is per child. Wear clothes that can get messy.

Instructor: Susan Worley

Location: Creative Arts Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229931.JA	Beg	7-14yrs	9/6-10/11	Th	5:30pm-7:00pm	\$118/\$148

Pottery Parent & Child - Adv (11-16years)

Learn advanced pottery skills while working side by side with your child. Techniques in wheel throwing and high-fire glazing will be taught. Previous clay experience required. Clay must be purchased in class for \$28 per 25lb bag. Glazing and firing are included in class price. Parent may accompany more than one child. No unregistered siblings will be permitted in the studio. Price is per child. Wear clothes that can get messy.

Instructor: Susan Worley

Location: Creative Arts Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229932.FA	Adv	11-16yrs	9/7-10/12	F	6:30pm-8:30pm	\$157/\$196



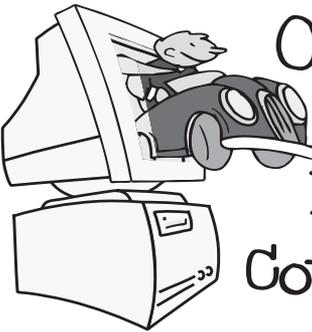
Driver's Education (14 & older)

Driver's Education is the state required course all students under 18 must take to obtain their instruction permit. This course meets the State of California requirements. Driver Education is a LIFE SKILL class. There is no substitute for the student-teacher interaction, discussion, video analysis, and instant feedback that takes place in the classroom. Upon completion of the course the student will receive a Certificate of Completion of Classroom Driver Education. Students should bring a bag lunch.

Instructor: Economic Driving School-2430

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
235310.OX	14-older	10/6-10/14	SaSu	8:30am-4:30pm	\$130/\$169



Online Driver Education Course

This Online Driver's Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test.

The course is very easy to use. You simply log into the web site, enroll, and you can begin immediately! For more information about the course and to register go to:

www.economicdrivingschool.com/online

When registering, complete the question that says: "How did you hear about us?"

Choose Activity Guide. Enter code: 7350

Cost: \$68.50

Youth

Tween Chefs (11-15years)

Calling all budding Tween Chefs! Our experienced chef instructors will inspire our Tween Chefs to master the fundamentals and key techniques of cooking and baking skills. Bring a non-refundable \$80 supply fee to first class. Vegetarian and special diets are welcome; please call Young Chefs Academy at 408-738-CHEF before first class meeting.

Instructor: Young Chefs Academy

Location: Young Chefs Academy, 1336 S. Mary Ave., Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
237151.JA	Beg	11-15yrs	9/6-10/25	Th	6:00pm-7:30pm	\$160/\$200
237151.SU	Beg	11-15yrs	9/9-10/28	Su	9:00am-10:30am	\$160/\$200





Performing Arts

Ballroom Dance (18 & older) **TRY-IT**

Find out how easy it is to have fun on the dance floor once you know the steps. This fun, non-competitive class makes it simple to learn popular ballroom dances. Leather-soled shoes that will stay firmly on your feet and allow you to spin safely are required. No partner necessary. We'll switch dance partners throughout the lesson.

Level 1 - Beginning: Learn the basics of the Fox Trot, Waltz, Tango, West Coast Swing, Rhumba and Cha-Cha.

Level 2 - Intermediate: Fine tune your dance style and learn moves that will get you noticed on the dance floor.

Instructor: Bud Ayers

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244301.TQ	1	18-older	9/11-10/30	Tu	8:30pm-9:30pm	\$79/\$99

Location: Recreation Center Community Room

244301.MP	1	18-older	9/10-10/29	M	7:30pm-8:30pm	\$79/\$99
244302.MQ	2	18-older	9/10-10/29	M	8:30pm-9:30pm	\$79/\$99

Belly Dance (18 & older) **TRY-IT**

Have fun learning traditional Middle Eastern style dance moves, while gaining core strength and control. You'll increase body awareness, muscle tone and flexibility!

Level 1 - Beginning: Learn Middle Eastern dance fundamentals, with an emphasis on technique and finger cymbal basics. This class is perfect for first-time dancers.

Level 2 - Intermediate: Build upon the basics, with a focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: 1 year training at the beginning level.

Level 3 - Advanced: Perfect your performance with an emphasis on stage positioning, overall stage presence, advanced combinations and layering. Prerequisite: 2 years training at intermediate level.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244101.TP	1	18-older	9/4-10/23	Tu	6:30pm-7:30pm	\$79/\$99
244102.TQ	2	18-older	9/4-10/23	Tu	7:30pm-8:30pm	\$79/\$99
244103.TR	3	18-older	9/4-10/23	Tu	8:30pm-9:30pm	\$79/\$99

Guitar (12 & older)

Feel like a rockstar in no time, as you learn to play guitar and read guitar music using familiar songs from favorite artists. Bring your own guitar. All types of guitar welcome. Non-refundable materials fee of \$20 due at first class meeting.

Level 1 - Beginning: Start with guitar basics, including chords and how to tune your instrument. No experience necessary.

Level 2 - Intermediate: Increase chord vocabulary, improve timing, finger picking and more. Prerequisite: Guitar 1 or self-taught basics, including open chords, timing and basic strumming.

Instructor: Rick DeShera

Location: Recreation Center, Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244831.JP	1	12-older	9/6-10/25	Th	6:00pm-7:15pm	\$79/\$99
244832.WP	2	12-older	9/5-10/24	W	6:00pm-7:15pm	\$79/\$99



Hip Hop Dance (16 & older) **TRY-IT**

Hip hop, don't stop! This super high-energy class will get you moving like the dancers in your favorite videos. Loosen up your body with heart-pumping, calorie-burning workout. Music is carefully selected from current hits.

Instructor: Linh Ton

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244321.MR	Beg	16-older	9/10-10/29	M	8:00pm-9:00pm	\$69/\$86

Lunch-Hour Hula (18 & older) **TRY-IT**

Spend your lunch-hour in Hawaii! Learn hula basics and ancient Kahiko and modern Auana hula choreography and enjoy traditional Hawaiian music as the instructor accompanies class on gourd drum and ukulele. Hula is a fun, low-impact and spiritually uplifting workout. Wednesday class moves at a slower pace to accommodate beginners. Wear shorts or stretch pants and T-shirt. Dance is done barefoot.

Instructor: Kanani Densing

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244140.FP	All	18-older	9/7-10/26	F	12:00pm-1:00pm	\$79/\$99
244141.WP	1	18-older	9/5-10/24	W	12:00pm-1:00pm	\$79/\$99

Piano Keyboard (13 & older)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Non-refundable materials fee of \$22 is due at first class meeting.

Instructor: Noteworthy Music School

Location: Creative Arts Center, Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
244850.MU	13-older	9/10-10/29	M*	7:45pm-8:30pm	\$79/\$99
244850.WU	13-older	9/5-10/24	W*	7:45pm-8:30pm	\$79/\$99

*No class 10/3, 10/8





Salsa Dance (18 & older)



Spice up your life and prepare to ignite the dance floor. You'll learn basic steps and patterns for Salsa, one of today's hottest club dances. Leather-soled shoes that will stay firmly on your feet and allow you to spin safely are required. No partner necessary. We'll switch dance partners throughout the lesson.

Instructor: Bud Ayers

Location: Recreation Center, Ballroom

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Row 1: 244361.TP, Beg, 18-older, 9/11-10/30, Tu, 7:30pm-8:30pm, \$79/\$99

Tap Dance (14 & older)



Start tapping and your happy feet are sure to send a message to your whole body. You'll leave this class feeling uplifted and rejuvenated, with improved coordination, agility and tapping skills. Tap shoes are required. Level 1 - Beginning: Learn and practice basic tap techniques, traveling steps and simple combinations. This class is perfect for adults and teens who have never tapped before and for anyone wanting a review. Level 2 - Intermediate: Use your prior tap training in a low-impact tap workout with exciting rhythms and fun routines.

Instructor: Bonnett Saussol

Location: Theatre Dance Studio

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Rows: 244481.JP, 244482.JQ

Israeli Folk Dance (13years & older)

Enjoy the evening in an energetic and inspiring way. Israeli folk dance in a circle, in a group or with a partner in rhythmic and dynamic movement. The evening starts with a 45-minute lesson followed by dancing to your requests.

Where: Ballroom in the Recreation Center

When: Mondays with Loui Tucker, 7:45pm-11:00pm

Cost: \$7 at the door No dancing 9/3 (Labor Day)

Please call (408) 287-9999 for more information.

Square Dancing (18years & older)

Modern Western square dancing is a fun, friendly, sociable activity for dancers of all ages and ability levels. As an added benefit, an evening of square dancing provides a gentle cardiovascular workout, equivalent to a three-mile walk, to help burn calories and keep bones strong. Keep your memory strong, too, as you learn and practice the 100 internationally recognized square dance calls. Each lesson adds new steps and formations to your repertoire. The first session (7:00-8:30pm) focuses on beginning to mainstream calls for newer dancers. The second session (8:30-10:00pm) adds more challenging calls to plus level. No partner or experience needed. Dress is casual. Wear comfortable shoes.

FIRST NIGHT IS FREE!

Location: Murphy Park Building, 130 E. California Ave.

When: Tuesdays, 7:00pm-10:00pm with Sunnyvale Squares (New classes begin the first Tuesday of March and September. First-time dancers must start at the beginning of a class. Returning dancers are welcome to join anytime.

Fee: \$30 per month, purchased by the month at the door First night FREE for new dancers.

For more information, please call (408) 744-1021

Gymnastics

Gym Co-Ed Young Adult (17 & older)

Beginners and more advanced gymnasts focus on strength development, flexibility, and skills on floor exercises, vault, balance beam, uneven bars, high bar, parallel bars,ommel horse and tumble track. Students will be able to track their level progress along with the instructor.

Instructor: California Sports Center

Location: Indoor Sports Center

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Row 1: 243061.WA, Beg, 17yrs-older, 9/5-10/24, W, 7:30pm-8:25pm, \$129/\$161

Learn to Flip (11-17years)

Learn to Flip is a gymnastics class that concentrates only on the tumbling and trampolining portion of gymnastics.

Instructor: California Sports Center

Location: Indoor Sports Center

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 233040.TA, 233040.HA, 233040.FA, 233040.SA

Aquatics

Swim Adult (16yrs-older)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skill and technique coaching. American Red Cross certification may be obtained for specific levels.

Instructor: Staff

Location: Washington Park Pool

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 240420.TA, 240420.SA

Water Exercise (16yrs-older)

Splash into an exciting workout and enjoy the benefits of water exercise! This class is a great way to increase cardiovascular fitness, muscle strength, endurance, and flexibility. Relieve stress and have fun while making new friends. Open to all fitness levels. No swimming skills are necessary. Water walkers/joggers welcome. Teens 13-15 may register with a parent or guardian. You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$90 for 12 workouts.

Instructor: Staff

Location: Washington Park Pool

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 240430.WB, 240430.WA

*No class 9/5



Teen & Adult



Sports & Fitness

Aerobics (16 & older)

Exercise routines choreographed to music. Adventurous exercisers can choose between high and low impact variations of different aerobic moves. The workout also combines floor work with stretching and toning with 1-3 lb weights, if desired. Participants bring weights and a mat. Ages 12-15 may register with a parent. Children under age 12 are not allowed in the classroom or Senior Center while class is in session.

Instructor: Christine Sabooni

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248160.MA	16yrs-older	9/5-10/29	MW*	7:00pm-8:30pm	\$95/\$119

*No class 9/19, 10/17

Baby Boot Camp (18 & older)

Get an all-body workout, including cardiovascular drills, strength training, and exercises designed to restore your core- all while being with your baby! Prenatal women must have a doctor's note and post-partum moms (at least 6-8 weeks) must have their doctor's verbal consent to participate. Exercise kits are required for first time users and can be purchased from the instructor for \$ 49.

Instructor: Bay Area Baby Boot Camp

Location: Las Palmas Fld 1

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
248151.TA	Beg	18-older	9/4-9/25	Tu	9:30am-10:30am	\$40/\$50
248151.TB	Beg	18-older	10/2-10/30	Tu	9:30am-10:30am	\$50/\$63
248151.RA	Beg	18-older	9/6-9/27	Th	9:30am-10:30am	\$40/\$50
248151.RB	Beg	18-older	10/4-10/25	Th	9:30am-10:30am	\$40/\$50
248151.SA	Beg	18-older	9/1-9/29	Sa	9:30am-10:30am	\$50/\$63
248151.SB	Beg	18-older	10/6-10/27	Sa	9:30am-10:30am	\$40/\$50

Badminton (14 & older)

Class is structured to review fundamentals and provide play opportunity. Beginners need no previous experience. Racquet and shuttlecocks are required.

Instructor: Terence Chua

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248000.TA	14-older	9/4-10/30	Tu	7:00pm-9:00pm	\$70/\$88



CPR AED Adult Lay Responder (15 & older)

Obtain your 1-year CPR/AED certifications for adults with successful completion of this 3-hour American Red Cross course. Graduates will be able to access the Emergency Medical System and provide basic care for breathing, cardiac emergencies until advanced medical help arrives. Participants must successfully complete all required skills and pass a written examination with a Senior Center score of 80% or better in each course section. One- and two-day class fees are nonrefundable and nontransferable.

Instructor: Staff

Location: Recreation Center, Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
240460.AA	14yrs-older	9/9-9/9	Su	9:00am-12:00pm	\$75/\$94

Lunch-hour Pilates (18 & older)



Work out on your lunch-hour but skip the sweat with this gentle, effective mat class! Strengthen and tone with controlled breathing/movement exercises focused on core muscles. Pilates emphasizes body mechanics, alignment and form to improve flexibility, balance and posture. Class uses rings, bands and balls for added challenge. Yoga mat required. Class is not suitable for pregnant women or people with acute mobility, joint or bone density problems.

Instructor: Sarah Graves

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248920.TP	18-older	9/4-10/30	Tu*	12:00pm-1:00pm	\$79/\$99
248920.JP	18-older	9/6-10/25	Th	12:00pm-1:00pm	\$79/\$99

*No class 10/16

Meditation & Visualization (16 & older)

Learn easy methods to quiet the mind. By watching your thoughts you can find a peaceful place inside of yourself. Breathing techniques, listening skills and visualization will be taught to help you cope with the outside world. Experience your true self. Please bring a mat or blanket and wear comfortable clothing.

Instructor: Robin Pickel

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248780.SC	16yrs-older	9/1-10/27	Sa	11:15am-12:00pm	\$83/\$104



Body & Core Strengthening (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 mat, handweights and stability ball. *NOTE: Online registration is not available for this class.* Class registration forms will be accepted on 8/7. Priority registration given to walk in residents. \$5 discount with Senior Center Membership. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Recreation Center, Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258302.BA	50yrs-older	9/1-10/20	Sa	8:30am-9:30am	\$30/\$38



Standard First Aid (15 & older)

Obtain your 3-year Standard First Aid certification with successful completion of this 3-hour American Red Cross course. Graduates will be able to access the Emergency Medical System and provide basic care for first aid and sudden illness emergencies until advanced medical help arrives. Participants must successfully complete all required skills and pass a written examination with a Senior Centerore of 80% or better in each course section. One- and two-day class fees are nonrefundable and nontransferable.

Instructor: Staff

Location: Recreation Center, Boardroom

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 240470.AA, 15yrs-older, 9/9-9/9, Su, 1:00pm-4:00pm, \$75/\$94

Strength Training (18 & older)

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility-all through the proper use of fitness machines and weights. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of 8-10 students to better meet your individual fitness goals.

Instructor: Suzanne Luft

Location: Senior Center, Aspen Fitness Room

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 246300.AA, 246300.AB, 246300.BA, 246300.BB, 246300.CB

*No class 9/3, 9/4, 9/6, 11/22

Tai Chi Chuan (14 & older)



Exercise your body and mind with the slow motion, dance-like movements of this traditional Chinese martial art. Regular practice can improve balance, flexibility and strength. Because the movements require mental focus, it also serves as a stress reducing meditation. No black-soled shoes allowed.

Level 1 - Beginning/Advanced Beginning: Learn fundamentals of Yang style traditional forms and work to master authentic 8-form and 28-form short routines.

Level 2 - Intermediate/Advanced: Challenge yourself with the authentic Yang style 85-form long routine and techniques with and without partners. Teacher provides advanced students with individual coaching in sword and saber form.

Instructor: Larry Young

Location: Theatre Dance Studio

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Rows: 248911.WP, 248912.WQ

Volleyball (16 & older)

Skills taught are team-play oriented with a fun atmosphere. Students should know rules and be able to pass, dig, set, serve and spike the ball. This is not a beginner class.

Instructor: Tom Jack

Location: Indoor Sports Center

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Row: 248702.MA

*No class 10/8

Yoga for Fitness (16 & older)

Open to men and women wishing to develop flexibility and body control via stretching routines and posture. Foam rubber mat is recommended.

Instructor: Betty Strain

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 248750.FA

Location: Senior Center Orchard Pavilion

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 248750.RA

Yoga for Wellness (16 & older)

Stressed out? Need to relax? This class taught by a certified Iyengar instructor will have lasting benefits in your life. The practice of Yoga will improve your overall health and release tension and stress. No experience necessary- all levels welcome. Please bring a yoga mat and two towels or a firm blanket. Age 12-15 may register with a parent.

Instructor: Baerbel Schuhmacher

Location: Senior Center, Orchard Pavilion

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 248770.TA

Yoga Lite (HATHA) (16 & older)

Improve your balance, flexibility and mental focus. Mudra, Asanas and deep breathing techniques will teach you to handle life in an easy relaxed way. Techniques are 5,000 years old and work for all ages and levels. Come start the day in a good mood! Wear loose clothes and bring a mat.

Instructor: Robin Pickel

Location: Recreation Center, Community Room

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 248760.SB

Zumba (18 & older)

A fun energetic workout to a fusion of Latin and international music. The routines combine fast and slow rythms and resistance training to tone and sculpt your body while burning fat. Come and join the Zumba party! Drop-in fee \$9 Resident, \$11 Non-Resident.

Instructor: Gwen Gillespie (Tu, Th) - Ley Howell (Sa)

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 248790.TA

Location: Recreation Center Ballroom

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 248790.TB, 248790.HA, *248790.HB

Location: Senior Center, Orchard Pavilion

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 248790.SA



Teen & Adult



Visual Arts/Pottery

Basic Digital Photography (15 & older)

Take better pictures with your digital camera. Topics will include basic operation of your camera, basic rules of lighting, composition and exposure, composing pictures in difficult conditions, and dealing with parallax. Class will include assignments and constructive critiques. Bring a digital camera to first class. Camera manual is helpful, but not required.

Instructor: Richard Fox

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249511.WA	Beg	15yrs-older	9/5-10/24	W	7:00pm-9:00pm	\$76/\$95

Basic Photoshop-Photographers (15 & older)

Turn your digital images into photographs using Photoshop tools and tricks. Digital workflow used by professionals will be taught. Improve contrast, sharpness and color. Students are urged to bring a laptop with Photoshop Cs4/5 or Photoshop elements. Students who do not bring a laptop to class may still participate. 

Instructor: Richard Fox

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
249550.TA	15yrs-older	9/4-10/23	Tu	7:00pm-9:00pm	\$76/\$95

Cartoon and Comic Drawing (13 - 18yrs)

Create your very own cartoon character. Various illustration and comic styles will be taught. Focus will be on details such as clothes, hair, facial expressions, interactions between figures and backgrounds. Outlining and shading will be introduced, as well as the concepts of lighting and perspective. Each week, students will show their progress in their sketch book to the instructor. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
239140.MA	13-18yrs	9/7-10/26	F	4:30pm-5:30pm	\$72/\$90

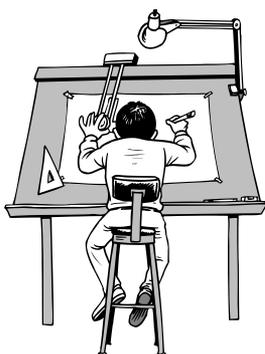
Figure Painting & Sculpting (18yrs & older)

This class will focus on figure proportion and anatomy through painting, drawing and ceramic sculpture. Students will learn to analyze the figure while expressing individual interpretation. Materials list appears on registration receipt. Participants must be 18 years of age for this class. Model fees will be shared by class participants (approximately \$50-80) and payable at first class.

Instructor: Rebecca Bui

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249941.WA	Beg	18yrs-older	9/12-10/31	W	7:00pm-10:00pm	\$156/\$195



Glass Fusing-Beg (16 & older)

Learn how easy and fun it is to make beautiful fused art glass! You'll be introduced to the glass fusing process by melting layers of glass in a kiln to create small coasters, tiles, pendants, wall art and more. Topics will include: safety, how to select and cut glass, use of basic glass fusing tools, kiln shelf preparation, and firing techniques. You do not need to be an artist to learn this fun art form. Intermediate students are welcome and can expand on existing glass fusing skills. Design help is always available. Classes will begin with a short lecture on intermediate and/or advanced topics with samples. Please wear closed toed shoes. A non-refundable \$65 supply fee will be collected at first class.

Instructor: Crystal Ouzillou

Location: Creative Arts Center, Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249311.MA	Beg	16yrs-older	9/10-10/1	M*	9:30am-12:30pm	\$68/\$85
249311.MC	Beg	16yrs-older	10/8-10/22	M	9:30am-12:30pm	\$68/\$85
249311.WC	Beg	16yrs-older	10/3-10/17	W	7:00pm-10:00pm	\$68/\$85

No class 9/17

Japanese Anime (13-18years)

This seven week course will teach students how to draw the recognizable facial features that define Japanese Anime. Each week students will be asked to sketch in their sketchbooks and share their progress in class. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
239450.MA	13-18yrs	9/10-10/29	M*	5:30pm-6:30pm	\$79/\$63
239450.MB	13-18yrs	9/10-10/29	M*	6:30pm-7:30pm	\$79/\$63

*No class 10/8

Pottery (16 & older)

This course will teach you basic hand and wheel techniques. Individual style and approach is encouraged. Perfect for the beginning and advanced beginning potter. Clay must be purchased in class (\$28 for a 25 lb. bag) Firing and glazing included in class price. Beginning tool kits may be purchased in class (\$25).

Instructor: Danny Sheu (M,Th,F), Barbara Brown (W)

Location: Creative Arts Center, Pottery Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
249911.MB	16yrs-older	10/1-11/5	M	7:00pm-10:00pm	\$144/\$180
249911.WA	16yrs-older	10/3-11/7	W	9:00am-12:00pm	\$144/\$180
249911.WB	16yrs-older	10/3-11/7	W	12:00pm-3:00pm	\$144/\$180
249911.JA	16yrs-older	10/4-11/8	Th	7:00pm-10:00pm	\$144/\$180
249911.FA	16yrs-older	10/5-11/9	F	10:00am-1:00pm	\$144/\$180

Watercolor - Beg/Int (18yrs & older)

Learn watercolor basics in a relaxed setting. Have fun trying out still life, landscape and the figure. See how famous artists have used this versatile medium to enhance their lives. In-class demonstrations and slide lectures. Supply list will appear on your receipt (approx.\$45). Supplies should be purchased by second class meeting. Supplies for first class will be provided.

Instructor: Karen Haas

Location: Creative Arts Center, Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249641.JA	Beg	18-99yrs	9/13-10/18	Th	10:00am-12:00pm	\$66/\$83

Senior Center members receive a \$5 discount for select classes in the "teens & adults" section (applicable classes are indicated by this symbol: )



FOR DANCERS ONLY

(18years & older)

Free Centennial Swing Dance

Saturday, August 25 at the Senior Center, Orchard Pavillion
7-8pm Lindy Lab • 7:30-8pm Beginner Lesson
8-Midnight Social Dance to Top Shelf Big Band

**A Friday night drop-in dance party for
Lindy/Balboa/Shag/Blues dancers in the South Bay.**

Lindy Lab, 8 – 8:30 p.m.

Take advantage of our spacious floor and wall of mirrors to work on your solo dancing, or bring a friend to practice your moves in an open, collaborative environment. Bring your video camera, and an FDO staff member will record a clip of your dancing for you to review and learn from.

Social Dancing, 8:30 p.m. – Midnight

Guest DJs provide music for Lindy, Charleston, Balboa, Shag and Blues dance.

Location: Sunnyvale Community Center, Theatre Dance Studio

When: First and Third Fridays of the Month

Admission (cash only): \$5 before 8:30 p.m., \$8 after 8:30 p.m.

For more information, visit For Dancers Only online at
www.facebook.com/ForDancersOnly or
e-mail ForDancersOnlySB@gmail.com

Open Painting Studio (18yrs & older)

Set aside time to paint each week and join fellow artists for a morning of creativity and collaboration. The Sunnyvale Community Center invites painters of all skill levels to work in our spacious, well-lit painting studio. All painting and drawing mediums are welcome. No formal instruction is provided. Lots of table space, natural light, painting easels and comradery available.

Location: Paint Room in Creative Arts Center
Sunnyvale Community Center
550 E. Remington Drive
Sunnyvale, CA 94087

Fee: \$5 (Payable at door). Drop-ins welcome.

Day: Mondays, 9am-noon

Please call (408) 730-7758 for more information.

KD



Teen & Adult

Open Pottery Studio (16yrs & older)

For intermediate and advanced potters. No formal instruction will be provided, but technical assistance is available. Open studio passes, good for one 4-hour block, may be purchased in the studio. Prorating for unused hours will not be available and passes expire at the end of each 12-week session. Children under the age of 16 may participate if accompanied by an adult. **Location:** Pottery Room in Creative Arts Center

Session: 7/2-9/22, 10/1-11/3

(studio closed 9/3, 9/24-9/29)

Fee (Res/NR): \$28/\$34 per 4-hour pass

Day: Tu 10am-10pm; Th 10am-2pm; F 2-6pm; Sa 9:30am-1:30pm

Glazing and firing is included in pass price • Clay must be purchased in class/open studio (\$28 per 25 lb bag) • No refunds, transfers, or credits for passes • Lost passes will not be credited • Kiln use is for group firing. Works over 20" x 20" x 24" or pieces that cannot fit in a group firing will not be accepted for firing • No outside firing accepted • No dangling jewelry, open-toed shoes or children allowed. **CLAY PICK-UPS:** Pick-ups may be made during open studio hours only. (Pick-ups will not be permitted during scheduled class times.) No trimming or "quick glazing" will be allowed unless an Open Studio pass is presented. Allow 3-4 weeks for firing. Large or irregularly shaped pieces will be held and fired during maintenance closures in the studio (approximately every 12 weeks).

Please call (408) 730-7758 for more information.

Want to TRY•IT?

If a class you are interested in has the **Try•It** alongside the class listing in the Activity Guide, you are welcome to drop in to the first class meeting and try it free of charge, if space is available at the start of class.

Terms & Conditions: **Try•It** is only available for the first class meeting of the term and only to new students. **Try•It** customers who would like to continue with the class must register at full price prior to the second class meeting and bring their receipt to the second class as proof of registration. **Try•It** is currently only available for certain, designated Teen & Adult classes. Adult **Try•It** students and parents/guardians of Minor **Try•It** Students must sign the class liability waiver before the student will be permitted to participate. Minors unaccompanied by their parent or guardian will not be permitted to participate. Please note, trying a class does not assure you a spot in the class. The class may fill up before you decide to register.

Evenings of Cultural Arts

Arts.inSunnyvale.com

Exceptional talent. Endless variety.
Everything you want in your neighborhood theater.



Please indicate your ticket order below.

Type of Ticket	① The Bobs 9/8/12	② Fishtank Ensemble 10/20/12	③ County Line Trio 11/24/12	④ Dr. Elmo & Wild Blue 12/15/12	⑤ Kat Parra Latin World Ensemble 1/19/13	⑥ Maurice Tani & 77 El Deora 2/16/13	⑦ The Patrick Landeza Project 3/23/13	⑧ The Black Brothers 4/13/13	# Ordered	Price Each	Cost
SUBSCRIPTIONS: please check which shows you wish to see											
8-shows: GA	✓	✓	✓	✓	✓	✓	✓	✓		X \$176	
8-shows: S/S	✓	✓	✓	✓	✓	✓	✓	✓		X \$128	
6-shows: GA										X \$144	
6-shows: S/S										X \$108	
4-shows: GA										X \$104	
4-shows: S/S										X \$80	
INDIVIDUAL TICKETS: please mark the # desired per show – Buy 9 individual tickets and get a 10th free											
General Admission										X \$28	
Student or Senior										X \$22	
Per Order Handling Fee (for mail, fax, phone orders)											+ \$1
Total Amount Due											
Tax-Deductible Donation toward City-Presented Performances											
Total Enclosed											



All performances are held at the Sunnyvale Theatre, 550 E. Remington Dr., beginning at 8:00 p.m.

PAYMENT INFORMATION

My check is enclosed, made payable to "City of Sunnyvale." A \$30 service charge will be applied to all returned checks

Visa MasterCard Card # _____ Exp: _____ 3-digit security code from back of card: _____

Name on Card: _____ Signature: _____

Mailing Street Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ E-mail: _____

Please mail my tickets to the address above. (This option not available for orders received fewer than 10 days before earliest performance purchased.)

Please hold my tickets at "Will Call!" I would like to receive e-mail announcements and special offers from Sunnyvale Theatre.

You must provide all information requested for your form to be processed. All sales are final. No refunds or exchanges. Once completed, detach this registration form and mail to the following address along with your check or credit card information: **City of Sunnyvale, Performing Arts Center, P.O. Box 3707, Sunnyvale, CA 94088-3707** or fax to **(408) 730-7726**. To order by phone, call **(408) 733-6611**.

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 call (408) 730-7725, TDD (408) 730-7501, at least five days in advance of the performance.



Sunnyvale Centennial Celebration

Sunnyvale's 100th Birthday is this year...
...and the whole community is celebrating!

Come join us at the Sunnyvale Heritage
Park Museum [570 E. Remington Avenue]

on

Saturday and Sunday August 25th and 26th

for fun for the entire family.

Visit www.Sunnyvale100.com or
www.HeritageParkMuseum.org or
call (408) 749-0220 for more information
on attending or volunteering.



SEE A SHOW IN SUNNYVALE!

Unless otherwise noted, all performances are at Sunnyvale Theatre,
550 E. Remington Drive, Sunnyvale. Tickets can be purchased by phone,
(408) 733-6611 or in person at the Box Office two hours
prior to the show or Monday through Friday, 4:30-6:30 p.m.

Evenings of Cultural Arts

(Information & Tickets: 408.733.6611,
more information at Arts.inSunnyvale.com)

The Bobs 9/8
Fishtank Ensemble 10/20

All shows at 8 p.m.

Tickets \$28 general • \$22 students & seniors
Convenience fee of \$1 per order applies on
mailed, faxed, online & phoned orders

California Theatre Center

(Information & Tickets: 408.245.2978,
more information at www.ctcinc.org)

FAMILY SERIES

The Sleeping Beauty 10/29, 10/6
Harry the Dirty Dog 10/20, 10/27

Saturdays 11:00 a.m.

Single-ticket \$12 • At-the-door tickets \$15 Saturdays
Tickets on sale in advance by phone (408) 245-2978 and
at the door 30 minutes prior to show

Sunnyvale Community Players

more information at www.sunnyvaleplayers.org)

Legally Blonde 9/14 – 10/7
25th Annual Putnam County Spelling Bee 10/26 – 11/8

Friday & Saturday 8 p.m., Sunday 2:30 p.m., Thursdays 7:30 p.m.

Tickets \$24 general,
\$21 students & seniors,
\$11 children 5 and younger,
\$19 Thursday Bonus Night – all seats
\$2 per ticket Box Office fee,
\$1 per order on phone and online orders

The Serenaders

(Information: 408.257.4866)

*Sunnyvale's big band performs
free concert in Ortega Park, 636 Harrow Way.*

9/9

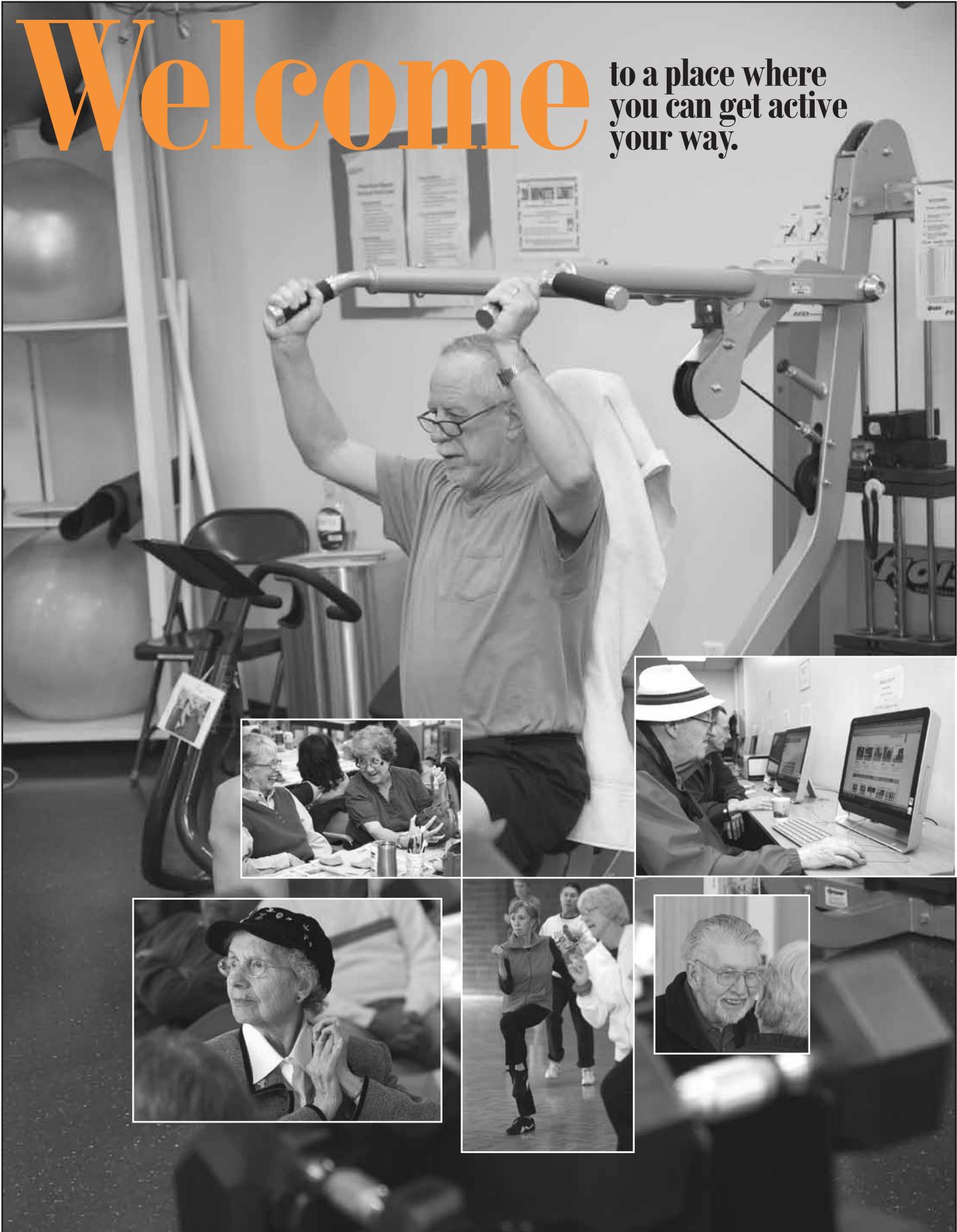
Second Sunday of the month from 1:30 to 3:30 p.m.

Teen & Adult



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!

2013 Senior Center Membership Drive

Buy your membership now and enjoy the Senior Center for the rest of 2012 and ALL of 2013!

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) and pay a resident discounted fee of \$25 (Basic) or \$29 (Premium). Those living outside of Sunnyvale pay an annual membership fee of \$39 (Basic) or \$45 (Premium).
3. Have your photo taken and receive your personalized card. For more information, call (408) 730-7360.

Older Adult

Membership Benefit Structure

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
		Resident	\$25/Year
	Non-resident	\$39/Year	\$45/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, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Body Core (Saturday only) and Current Events.			✓
\$5 discount for select classes in the "teens & adults" section (applicable classes are indicated by this symbol: )			✓



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. 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.

Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy.

Intermediate/Advanced: Learn advanced decorating techniques. You will be introduced to glazes and techniques, such as staining, airbrushing, decals and more.

Instructor: Helen Jurado

Location: Senior Center, Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
259901.AA	Beg	50 & older	8/27-10/22	M*	8:30am-11:30am	\$41/\$51
259902.AA	Int/Adv	50 & older	8/27-10/22	M*	12:30pm-3:30pm	\$41/\$51

*No class 9/3

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.

September	Cha-cha
October	Foxtrot

Evening Ballroom Dances

Dance Lessons

Every **3rd Wednesday**; 6:45pm-7:30pm

Instructor: Babi & Ron Hogue.

Big Band, Swing & Popular Sounds

Every **3rd Wednesday**; 7:30pm-9:30pm

Location: Recreation Centerhard Pavilion

Fee: \$5 members, \$6 non-members

Price includes dance lessons & admission.

Upcoming dates and featured dances:

Sept. 19	East Coast Swing
Oct. 17	Foxtrot

Line Dancing (50 & older)

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

Beginning: This is your chance to learn fun, easy dances designed for the very beginning level student. 8-10 dances will be taught, reviewed and practiced for your enjoyment and exercise.

Advanced Beginning: For those who have participated in a line dancing class. Learn 8-10 dances in a variety of styles.

Instructor: Donna Frankel

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
254001.AA	Beg	50 & older	9/12-11/21	W*	10:30am-12:00pm	\$53/\$66
254002.AA	Adv/Beg	50 & older	9/10-11/19	M*	10:00am-11:30pm	\$53/\$66
254002.BA	Adv/Beg	50 & older	9/12-11/21	W*	9:00am-10:30pm	\$53/\$66

No class 9/17, 9/26

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)
258750.AA	50 & older	8/27-10/22	M*	10:00am-11:00am	\$39/\$49

*No class 9/3

Body & Core Strengthening (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. Recommended to improve bone density, metabolism and muscle tone-a perfect complement to regular cardio workouts. Bring a mat and hand weights; stability ball on Saturdays only. Class registration forms will be accepted on 8/7. Priority registration given to walk in residents. Saturday ONLY: Drop-in fee \$5 resident, \$6 non-resident.

Intermediate: Must have participated in a Sunnyside Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
258303.AA	Adv	50 & older	8/28-10/18	TuTh	9:00am-10:00am	\$55/\$69

Location: Recreation Center Ballroom

258302.AA	Int/Adv	50 & older	8/28-10/18	TuTh	10:30am-11:30am	\$55/\$69
258302.BA	Int/Adv	50 & older	9/1-10/20	Sa	8:30am-9:30am	\$30/\$38



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)
258200.AA	50 & older	8/28-10/18	TuTh	8:00am-9:00am	\$48/\$60

Chair Exercise (50 & older)

Enjoy safe stretching, breathing and relaxation exercises in the comfort of a chair. Drop-in Fee \$4 resident, \$5 non-resident

Instructor: June Ambrose

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258100.AA	50-older	9/11-9/20	TuTh	10:15am-11:15am	\$16/\$20



EnhanceFitness (50 & older)

EnhanceFitness 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! Exercise can be done seated or standing. Wrist/ankle weights provided. **This class meets 3 times per week.** Come to our free informational presentation in August. Call the Senior Center to sign up.

Instructor: TBD

Class #	Age	Dates	Day	Time	Fee (Res/NR)
Location: Recreation Center Ballroom					
258130.AA	50 & older	8/27-10/22	MWF*	10:00am-11:00am	\$85/\$106
Location: Recreation Center Community Room					
258130.AB	50 & older	8/27-10/22	MWF*	1:00pm-2:00pm	\$85/\$106

*No class 9/3

Gentle Core Fitness (50 years & 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)
258120.AA	50 & older	8/28-10/16	Tu	12:00pm-1:00pm	\$39/\$49
258120.BA	50 & older	8/30-10/18	Th	12:00pm-1:00pm	\$39/\$49

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.

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 resident, \$6 non-resident .

Instructor: Fred Brovold

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258140.AA	50 & older	8/27-10/22	MW*	1:30pm-2:30pm	\$44/\$55
258140.AB	50 & older	8/27-10/22	MW*	2:45pm-3:45pm	\$44/\$55

*No class 9/3

Zumba Gold (50 & older)

Are you ready to join the PARTY? Zumba Gold® is a fun, effective, 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 resident, \$6 non-resident.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.AA	50 & older	8/27-10/22	MF*	8:45am-9:45am	\$63/\$79

Instructor: Irene Ortiz

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.BA	50 & older	8/28-10/18	TuTh	4:15pm-5:15pm	\$63/\$79

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.CA	50 & older	8/29-10/17	W	4:15pm-5:15pm	\$34/\$43

*No class 9/3

Instructor: Marla Yonamine

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.CB	50 & older	8/29-10/17	W	8:45am-9:45am	\$34/\$43

Lectures

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

Hypertension and Other Risk Factors

Hypertension is prevalent, affecting over 60% of older Americans. We'll review the definition of "hypertension", lifestyle changes and modifications that may lower blood pressure, as well as common medications used to treat blood pressure. We'll talk briefly about other risk factors, such as diabetes, and cholesterol, that can exist along with blood pressure and increase one's risk for heart disease.

Tuesday, Sept. 25, 2012

12:45 – 1:45 PM

Guest Speaker: Aarti Srinivasan, MD

Palo Alto Medical Foundation

Special Interest

AARP Safe Driving Program

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: Carmelina DiMeglio

Location: Senior Center, Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
257000.AA	50 & older	8/30-10/25	Th*	10:15am-11:30am	\$16/\$20

*No class 9/20



History of Presidential Elections (50 & older)

This continuing class will begin with the election of 1876, as America enters its "Gilded Age" when the Captains of Industry reigned supreme. As the twentieth century begins, President Theodore Roosevelt challenges the power of the Robber Barons. Follow the exciting elections before the Great War and into the Roaring Twenties and the epic crash of the Bull Market. We will work our way through the Great Depression, World War II, the Cold War which culminated with the re-election in 1984 of Ronald Reagan and move towards the twenty first century.

Instructor: Dr. Ken Bruce

Location: Senior Center, Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
257010.AA	50 & older	9/5-11/21	W	1:00pm-2:00pm	\$36/\$45

Mercury Fever Thermometer Exchange & Med Drop-Off Event

Thermometer Exchange Info: This is your chance to properly dispose of your old mercury fever thermometer that you've forgotten about. The first 100 residents who bring in their mercury thermometers will receive a free, non-mercury fever thermometer in exchange (limit one (1) per household). To avoid breakage and contamination, mercury fever thermometers MUST be contained in an unbreakable and closed container such as its original case, a plastic toothbrush holder, or a soda/water bottle with a screw-on cap. As a second measure of protection, the closed container must be placed in a sealable plastic bag (zip-lock is fine). Other mercury-containing products will not be accepted at this event. For more information call (408) 730-7717.

MedDrop Info: Do you have medications piling up and need to get rid of them? Residents can bring their unneeded prescription and over-the-counter medications for proper disposal. This program does not collect sharps or illegal narcotics. For more information call the Department of Public Safety at (408) 730-7100.

Wednesday, Sept 19, 2012

11 AM – 1:30 PM

Sunnyvale Senior Center

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)
254800.AA	50 & older	9/10-10/8	M	1:00pm-2:30pm	\$31/\$39

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 2nd and 4th 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) 949-7779

Trips

Registration

We are no longer having a Registration Day event, so you can now register for all trips as soon as we publicize them by coming to the Senior Center, or mailing your registration form to Sunnyvale Senior Center Trip Program, 550 E. Remington Dr., Sunnyvale, CA 94087. 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

Carmel & Concours d'Elegance Cars <i>Lunch on your own</i>	Th, 8/16	\$59 R/\$74 NR
Ft. Point, Golden Gate Bridge History <i>Lunch on your own in Sausalito</i>	Sat, 8/18	\$59 R/\$74NR
Alcatraz Island Tour <i>Late lunch at Scoma's included</i>	W, 8/29	\$116 R/\$145 NR
War Horse at the Curran Theater <i>Afternoon matinee, no lunch included</i>	W, 9/5	\$116 R/\$145 NR
Old San Francisco <i>Anchor Brewery, Balclutha, Includes lunch at Tadich Grill</i>	Tu, 9/11	\$97 R/\$121 NR
Surf & Turf in Santa Cruz, <i>Wilder Ranch, Seymour Marine Includes lunch</i>	Th, 9/27	\$91 R/\$114 NR
Fleet Week Cruise <i>Includes on-board lunch</i>	Sa, 10/6	\$125 R/\$156 NR
Frys.com PGA Golf Tournament <i>Lunch on your own</i>	F, 10/12	\$80 R/\$100 NR
SF Rooftop Gardens w/Gary <i>Includes lunch at Tommy Toy's</i>	M, 10/15	\$89 R/\$111 NR

NOTE: Registrations for all trips are already being accepted — so sign up now!

For more information join us on Tuesday August 21, 9am-10am at the Senior Center.



Trips



Extended Trips

National Parks & Shakespeare, Mon., 9/17/12 – Sat., 9/22/12
Circle Hawaii Cruisetour, Thur., 10/18/12 – Sat., 10/27/12
*Branson Musical Holiday, Thur., 11/8/12 – Mon., 11/12/12
*Southern Italy & Sicily, Thur., 4/18/13 – Mon., 4/29/13
*America's Mid-Atlantic Region, Tue., 5/14/13 – Mon., 5/20/13
* Great Canadian Cities, Wed., 6/12/13 – Wed., 6/19/13

*Slide Show Presentations on New Trips

On Wed., 9/12, 10am - 11:30am, Senior Center, Laurel Room, for Branson Musical Holiday, Southern Italy & Sicily, America's Mid-Atlantic Region and Great Canadian Cities.



Care Management

Linking individuals with services that will allow them to maintain their independence. We provide home assessments and both home and office consultation.

Call (408) 730-7732

GM

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

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.

Office and Hours:

Wednesdays & Thursdays – 12pm to 2pm

NH

California Telephone Access Program (CTAP)



California Telephone Access Program and San Jose State University Students from the Communicative Sciences Dept. have partnered to offer 2 great services. Sign-up to have your hearing tested and if you qualify, you will receive a FREE phone from the California Telephone Access Program.

Tuesday, October 30, 2012

9:00 – 11:30 AM • Laurel Room

Sign up Required at Front Counter

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

GM



Upcoming Events

Save the Dates and Join us for the following:

THANKSGIVING LUNCHEON

Friday Nov. 9, Lunch Served at 11:45 followed
by Live Entertainment

BREAKFAST WITH SANTA

Saturday Dec. 8, two shifts 8:00 -9:30 and 10:30 – Noon

HOLIDAY LUNCHEON

Friday, Dec. 14, Lunch Served at 11:45 followed
by Live Entertainment

Details will be available in the Nov-Feb. Guide

NH

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

NH

Ceramics Class Open House

Learn about the ancient art of ceramics by making a complimentary project to take home. Sign up for the Open House at the Senior Center front desk or call 408-730-7360.

10:00am to 2:00pm

Location: Senior Center, Willows Art Room

Light refreshments will be served

SF



Calling all Musicians! (& Music Lovers)

If you are a musician and are interested in a drop in "jam session", let us know! We are currently taking names. So if you would like to see this program in the future, please drop by the front desk and leave your name on the interest list.

GM

Volunteers Needed

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

Areas Where We Need You

Blood Pressure - Nurse/Doctor

Please call (408) 730-7360

NH

Senior Center Fitness Room



SF

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.

Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30pm.

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

TABLE TENNIS

M – F, 9:30am – 4:00pm.

Bring your own paddle & light soled shoes.

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

GB

Table Tennis
FREE for
Premium Members



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	Non-Member Fee (\$)	Meets
Billiards	\$5	M-F, 9:00am-6:00pm Sa, 10:00am-2:00pm
Book Club	\$2	2 nd Friday, 1:15-3:00pm
Bridge	\$2	Tu & Th, 12:15-3:00pm sign in between 11-11:45am
Chess Club	\$2	Th, 2:30-5:30pm
Dance Club ☉	\$2	Tu, 1:30 – 4:00pm
Computer Club	\$2	2 nd F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 nd F, 11:30am-12:30pm
Computer Lab	\$5	M-F, 9:30am-11:30am 1:30pm-3:30pm
Dancing for Health ☉	\$2	Th, 3:00-5:00pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup <i>(50¢ per cup for ALL)</i>		M-F, 8:30am-3:00pm
Fitness Room Ⓟ	\$5	M-F, 8:00am-6:00pm Sa, 10:00am-2:00pm
Game Day	\$2	F, 1:00-4:00pm
Lawn Bowls (+ Club Membership for ALL)	\$2	M-Sat, 12:30-3:00pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies <i>(FREE for ALL)</i>		1 st & 3 rd F, 1:00pm
Table Tennis Ⓟ	\$5	M-F, 9:30am-4:00pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☉	\$2	F, 9:00-11:00am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi ☉	\$2	F, 9:00-11:00am

SERVICES

Service	Non-Member Fee (\$)	Available / Call
BART Tickets	<i>(\$9 for ALL; a \$24 value)</i>	M-F, 9:00am-5:30pm
Blood Pressure	<i>(FREE for ALL)</i>	M & Th, 10:00am-Noon
Care Management <i>(FREE for Sunnyvale Residents only)</i>		Call: (408) 730-7732
El Camino Hospital Resource Library	<i>(FREE for ALL)</i>	Tu., 11:30am-12:30pm
Diabetes Support	\$2	4th Thursday each month 11/15, Dec (closed) 1/24, 2/21 1:00pm-2:30pm
Foot Care	<i>(\$40 members, \$50 Non-members)</i>	Monday 9/24 1:00pm
Health Insurance Counseling and Advodcoy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	Tuesday 10/30 By appointment - call
Notary Services	\$2	By appointment - call
VTA Photo ID	<i>(FREE for ALL)</i>	9/25 10:00am

Older Adult



There 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)
- 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 44.

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



ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive

BADMINTON

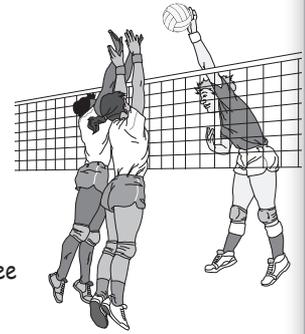
Tuesday thru Friday
11:30am-1:30pm

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

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

VOLLEYBALL

Tuesday 5:00-7:00pm



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

* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

GB

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.

GB

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



GB



Youth Basketball*

Fridays 7-10pm

Youth Soccer*

Mondays 7-9pm
Saturdays 7-10pm



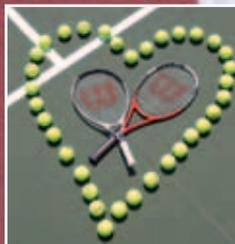
For more information, call (408) 730-7334

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



TENNIS in SUNNYVALE

Under the new management of
Lifetime Tennis
www.lifetimetennis.com



- 16 newly resurfaced courts
- Renovated Pro Shop
- Bathroom facility renovations scheduled for Fall 2012
- Grand Opening Sept. 29



GENERAL INFORMATION

Sunnyvale Tennis Center

755 S. Mathilda Ave.

Reservations: (408) 735-7285 or visit 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, 8:00 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

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

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.

YOUTH TENNIS (4-15 years old) – Community Tennis Programs

LITTLE TENNIS & SPORTS 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 Little Rallyers 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 Junior Development Tennis Director, John Vest (johnv@lifetimetennis.com)



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

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.

ADULT TENNIS (16 & older) – Community Tennis Programs

BEGINNING

This 3 tiered introduction program is designed to develop early tennis skills that include quickstart red and orange 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 Intro to Bronze, Bronze, Silver & Gold program.

ADVANCED BEGINNING

For students completing 10 or more hours of beginning tennis. In this level, we will be adding movement to groundstroke rallying and improving serving technique. Class goal: maintain a full-court rally and serve an average of 1 out of 2 balls into the correct service box.

INTERMEDIATE/ADVANCED

For students who have completed 10-20 hours of advanced beginning tennis. Students will be introduced to volleys and overheads while improving overall confidence and consistency of the forehand, backhand and serve. Added movement becomes a key component at this level. Class goal: to be able to play an actual singles or doubles match.

DRILL CLASS

Prerequisite: Intermediate course or instructor approval. Workouts cover ground strokes, volleys, overheads, and serving drills. A great class for those wanting to move and hit lots of tennis balls.

CARDIO CLASS

Looking for an exercise program that doesn't just help you get fit but one that puts a smile on your face? Cardio tennis is a fun, new way to burn calories and get in shape. This group activity features a variety of drills to get your heart healthy. Workouts will include warm-up, cardio workout, and cool down phases.

ADULT ACADEMY (USTA PREP)

This innovative program is designed for 2.5 – 4.0 level players looking to improve their results in Interclub USTA League/ Tournaments, or just to further develop their game playing skills.





SUNNYVALE TENNIS CENTER

LITTLE TENNIS & SPORTS DEV (AGES 4-6)

- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 8 weeks
- No lesson 11/22 – A makeup will be offered
- Sessions fees: \$118 residents/\$130 non-residents

AGES	DAY	TIME (1 hr.)	SESSION 1	SESSION 2
4 yrs.	TU	3:30 – 4:15 pm	8/28-10/16	10/23-12/11
4 yrs.	SA	9:00 –9:45 am	9/1-10/20	10/27-12/15
5 yrs.	TU	4:30 – 5:15 pm	8/28-10/16	10/23-12/11
5 yrs.	TH	3:30 – 4:15 pm	8/30-10/18	10/25-12/20
5 yrs.	SA	10:00– 10:45 am	9/1-10/20	10/27-12/15
6 yrs	TH	4:30 – 5:15 pm	8/30-10/18	10/25-12/20
6 yrs	SA	11:00 – 11:45 am	9/1-10/20	10/27-12/15
4-6 yrs	SU	2:00 – 2:45 pm	9/2-10/21	10/28-12/16
4-6 yrs	FR	3:30 – 4:15 pm	8/31-10/19	11/2-12/21

LITTLE RALLYERS (AGES 5-7)

- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 8 weeks
- No lesson 11/22 – A makeup will be offered
- Sessions fees: \$157 resident/\$173 non-resident

AGES	DAY	TIME (1 hr.)	SESSION 1	SESSION 2
5-6 yrs	TH	4:30 –5:30 pm	8/30-10/18	10/25-12/20
5-6 yrs	SA	noon –1:00 pm	9/1-10/20	10/27-12/15

YOUTH TENNIS LESSONS (AGES 7-15)

- Beg, Adv. Beg, Int. Levels
- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 8 weeks
- Sessions fees: \$97 residents/\$107 non-residents

AGES	DAY	TIME (1 hr.)	SESSION 1	SESSION 2
7-9 yrs	SU	9:00 –10:00 am	9/2-10/21	10/28-12/16
7-9 yrs	SA	9:00 –10:00 am	9/1-10/20	10/27-12/15
7-9 yrs	MO	3:30 – 4:30 pm	8/27-10/15	10/22-12/10
9-12yrs	SU	10:00 –11:00 am	9/2-10/21	10/28-12/16
9-12 yrs	SA	10:00 –11:00 am	9/1-10/20	10/27-12/15
10-15 yrs	SU	11:00am – noon	9/2-10/21	10/28-12/16
10-15 yrs	MO	4:30 –5:30 pm	8/27-10/15	10/22-12/10
10-15 yrs	SA	11:00 am – noon	9/1-10/20	10/27-12/15

YOUTH TENNIS LESSONS (AGES 7-15)

- Beg, Adv. Beg, Int. Levels
- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 8 weeks
- No lesson on 10/26 – A makeup will be offered
- Sessions fees: \$145 resident/\$159 non-resident

AGES	DAY	TIME (1 .5 hr.)	SESSION 1	SESSION 2
7-9 yrs	FR	4:00 – 5:30 pm	8/31-10/19	10/26-12/21
10-15 yrs	FR	4:00 – 5:30 pm	8/31-10/19	10/26-12/21

YOUTH TENNIS LESSONS (AGES 7-15)

- Beg, Adv. Beg, Int. Levels
- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 8 weeks
- No lesson 11/22 – A makeup will be offered
- Sessions fees: \$161 residents/\$177 non-residents

AGES	DAY	TIME (1 hr.)	SESSION 1	SESSION 2
7-9 yrs	TU	3:30 – 4:30 pm	8/28-10/16	10/23-12/11
7-9 yrs	TH	3:30 – 4:30 pm	8/30-10/18	10/25-12/20
10-12 yrs	TU	4:30 – 5:30 pm	8/28-10/16	10/23-12/11
10-12 yrs	TH	4:30 –5:30 pm	8/30-10/18	10/25-12/20
12-15 yrs	TU	4:30 – 5:30 pm	8/28-10/16	10/23-12/11
12-15 yrs	TH	4:30 –5:30 pm	8/30-10/18	10/25-12/20

JUNIOR DEVELOPMENT TEAMS (AGES 8-17)

- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 8 weeks • No lesson on 10/26 – A makeup will be offered
- Sessions fees: \$199 residents/\$219 non-residents

Intro to Bronze and Bronze Levels = ages 8-12

Silver and Gold Levels = ages 12-17

LEVEL/AGE	DAY	TIME (2 hours)	SESSION 1	SESSION 2
Bronze	MO	3:45 – 5:45 pm	8/27-10/15	10/22-12/10
Sliver/Gold	MO	3:45 – 5:45 pm	8/27-10/15	10/22-12/10
Bronze	WE	3:45 – 5:45 pm	8/29-10/17	10/24-12/12
Sliver/Gold	WE	3:45– 5:45 pm	8/29-10/17	10/24-12/12
Bronze	FR	6:30 – 8:30 pm	8/31-10/19	10/26-12/21
Sliver/Gold	FR	6:30 – 8:30 pm	8/31-10/19	10/26-12/21
Bronze	SA	6:00 – 8:00 pm	9/1-10/20	10/27-12/15
Sliver/Gold	SA	6:00 – 8:00 pm	9/1-10/20	10/27-12/15
Bronze	SU	6:00 – 8:00 pm	9/2-10/21	10/28-12/16
Sliver/Gold	SU	6:00 – 8:00 pm	9/2-10/21	10/28-12/16

JUNIOR TEAMS MATCH PLAY (AGES 8-17)

**Match Play students must also register for 1 or more Junior Development Group Programs*

- Sessions meet ONCE a week for 8 weeks
- Sessions fees: \$99 resident/\$109 non-resident

Intro to Bronze & Bronze Match Play 8:1 = ages 8-12

Silver & Gold Match Play 8:1 = ages 12-17

LEVEL/AGE	DAY	TIME (1.5 hours)	SESSION 1	SESSION 2
Bronze	SU	6:00 – 7:30 pm	9/2-10/21	10/28-12/16
Sliver/Gold	SU	6:00 – 7:30 pm	9/2-10/21	10/28-12/16





ADULT TENNIS LESSONS (AGES 16 & older)

- No lesson 11/22 – A makeup will be offered
- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 8 weeks
- Sessions fees \$97 resident/\$107 non-resident

Beginning Adult

Advanced Beginning Adult

Intermediate / Advanced Adult

LEVEL/AGE	DAY	TIME (1 Hour)	SESSION 1	SESSION 2
Beg	SU	8:30 – 9:30 am	9/2-10/21	10/28-12/16
Beg	MO	6:00 – 7:00 pm	8/27-10/15	10/22-12/10
Beg	TU	8:00 – 9:00 am	8/28-10/16	10/23-12/11
Beg	WE	8:00 – 9:00 am	8/29-10/17	10/24-12/12
Beg	SA	8:00 – 9:00 am	9/1-10/20	10/27-12/15
Adv Beg	SU	9:30 – 10:30 am	9/2-10/21	10/28-12/16
Adv Beg	MO	7:00 – 8:00 pm	8/27-10/15	10/22-12/10
Adv Beg	TU	8:00 – 9:00 am	8/28-10/16	10/23-12/11
Adv Beg	WE	6:00 – 7:00 pm	8/29-10/17	10/24-12/12
Adv Beg	TH	8:00 – 9:00 am	8/30-10/18	10/25-12/20
Adv Beg	SA	9:00 – 10:00 am	9/1-10/20	10/27-12/15
Int/Adv	SU	10:30 – 11:30 am	9/2-10/21	10/28-12/16
Int/Adv	MO	8:00 – 9:00 pm	8/27-10/15	10/22-12/10
Int/Adv	WE	7:00 – 8:00 pm	8/29-10/17	10/24-12/12
Int/Adv	TH	8:00 – 9:00 am	8/30-10/18	10/25-12/20
Int/Adv	SA	10:00 – 11:00 am	9/1-10/20	10/27-12/15

Adult Specialty Classes (AGES 16+)

- Max Student / teacher ratio is 6:1
- Sessions meet ONCE a week for 8 weeks
- No lesson on 10/26 – A makeup will be offered
- Sessions fees: \$175 residents/\$192 non-residents

LEVEL	DAY	TIME (1-1.5 HR)	SESSION 1	SESSION 2
Academy 2.5-3.0	SU	8:00 – 9:30 am	9/2-10/21	10/28-12/16
Academy 3.5-4.0	SU	9:30 – 11:00 am	9/2-10/21	10/28-12/16
Men's Adv Drill	TH	8:00 – 9:00 pm	8/30-10/18	10/25-12/20
Ladies Int/Adv Drill	WE	8:00 – 9:00 pm	8/29-10/17	10/24-12/12
Cardio	TH	9:00 – 10:00 pm	8/30-10/18	10/25-12/20
Cardio	WE	9:00 – 10:00 pm	8/29-10/17	10/24-12/12
Adult Academy 3.0+	TU	9:00-10:30am	8/28-10/16	10/23-12/18

PONDEROSA PARK

YOUTH TENNIS LESSONS (AGES 9-16)

- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 8 weeks
- Sessions fees: \$86 resident/\$95 non-resident
- Session Dates I 8/27-9/19, II 9/24-10/17, III 10/22-11/14, IV 11/19-12/13

LEVEL	AGES	DAY	TIME (1 HR)	SESSION
Beg	9-16	MO & WE	3:30 – 4:30 pm	Session I - IV
Adv Beg	9-16	MO & WE	4:30 – 5:30 pm	Session I - IV



SERRA PARK

YOUTH TENNIS LESSONS (AGES 7-16)

- Max Student / teacher ratio is 8:1
- Classes meet TWICE a week for 4 weeks
- No lesson 11/22 – A makeup will be offered
- Sessions fees: \$86 resident/\$95 non-resident
- Session Dates: I 8/27-9/17, II 9/24-10/15, III 10/22-11/12, IV 11/19-12/10

LEVEL	AGE	DAY	TIME (1 HR)	SESSIONS
Adv Beg	7-9	MO & WE	3:30 – 4:30 pm	Sessions I, II, III, IV
Beg	7-9	MO & WE	4:30 – 5:30 pm	Sessions I, II, III, IV
Adv Beg	10-12	TU & TH	3:30 – 4:30 pm	Sessions I, II, III, IV
Beg	10-12	TU & TH	4:30 – 5:30 pm	Sessions I, II, III, IV

- Sessions meet ONCE a week for 8 weeks
- Session Dates: Session I 9/1-10/20 Session II 10/27-12/15

LEVEL	AGE	DAY	TIME (1 HR)	SESSIONS
Beg	7-8	SA	9:00 – 10:00 am	Sessions I & II
Beg	9-16	SA	10:00 – 11:00 am	Sessions I & II
Adv Beg	9-16	SA	11:00 am – noon	Sessions I & II
Intermed	9-16	SA	noon – 1:00 pm	Sessions I & II

LITTLE TENNIS LESSONS (AGES 5-6)

- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 8 weeks
- Sessions fees: \$80 resident/\$88 non-resident
- Session Dates: Session I 9/1-10/20 - Session II 10/27-12/15

AGE	DAY	TIME (.5 HR)	SESSION
5-6	SA	8:30 – 9:00 am	Sessions I & II



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 a variety 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 is kept 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.

Fall Swim Lessons begin September 4, 2012

Fall 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 call ahead or come down to register.

Parent-Tot Lessons

Weekends

This parent and child class is designed to ease infants and toddlers (ages 3 & under) into the water in preparation for independent lessons. A parent is required to assist in the water.

Pre-Comp

Mon/Wed/Sat

These programs are for swimmers looking to develop their competitive swimming skills and increase physical fitness. Students should be able to swim 50 yards of each of the four competitive strokes.

Springboard Diving

Weekends

Exciting diving classes are available for beginner and intermediate divers. Instruction includes approach, dives and more. Competitive options are also available.

Youth Water Polo

M/Thu/Sat

Youth Water Polo is a co-ed developmental program for swimmers age 11 & up, 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.

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/Sunday 8-11am

*Senior rates available for the 11:30am-1:30pm lap swim

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.

Mon/Wed/Fri 8-9am
Mon-Fri 12-1pm

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.

Adult Water Polo

8:00-9:30 pm

Mon/Thu

Session based water polo is designed for players with high school or college level experience, but everyone is welcome! Participants must be 18 years of age or older. A minimum number of participants is required for each session.



Therapeutic Recreation

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 TR Brochure, call 730-7360.

Fall Programs

Pizza Night! (16 Years and older)

Join us for an evening of activities and fun. We will play games, do art projects, and more! We will enjoy a home made pizza for dinner. While your loved ones are with us, enjoy a well deserved rest or night out.

Saturday, 6 – 9:30 pm – 9/15

Saturday of Experience (18 years and older)

Join us for a morning of activities that include exercise, 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 - 9/29-11/17

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 - 9/27-11/15

CO-OP Dances (18 Years and Older)

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

Fall Dance October 26, 2012 at Sunnyvale Senior Center

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	(408) 733-1804
Sunnyvale Community Players	(650) 425-7549
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	(408) 306-1441
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

Senior Clubs

American Association of Retired Persons (AARP)	(408) 296-3805
Bayview Senior Citizens	(408) 736-4453
California Grandmothers' Club	(408) 736-4453
Chinese Senior Club of Santa Clara Valley	(408) 738-4321
Sunnyvale Senior Citizens	(408) 734-0651
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	(408) 747-7640
Metro Little League	(408) 594-0367
National Little League	(408) 720-1809
Sunnyvale Pony Baseball	(408) 985-2925
Serra Little League	(408) 733-4565
Sunnyvale Girls Softball League	(408) 380-1210
Southern Little League	(408) 373-4680

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) 368-6895

Other

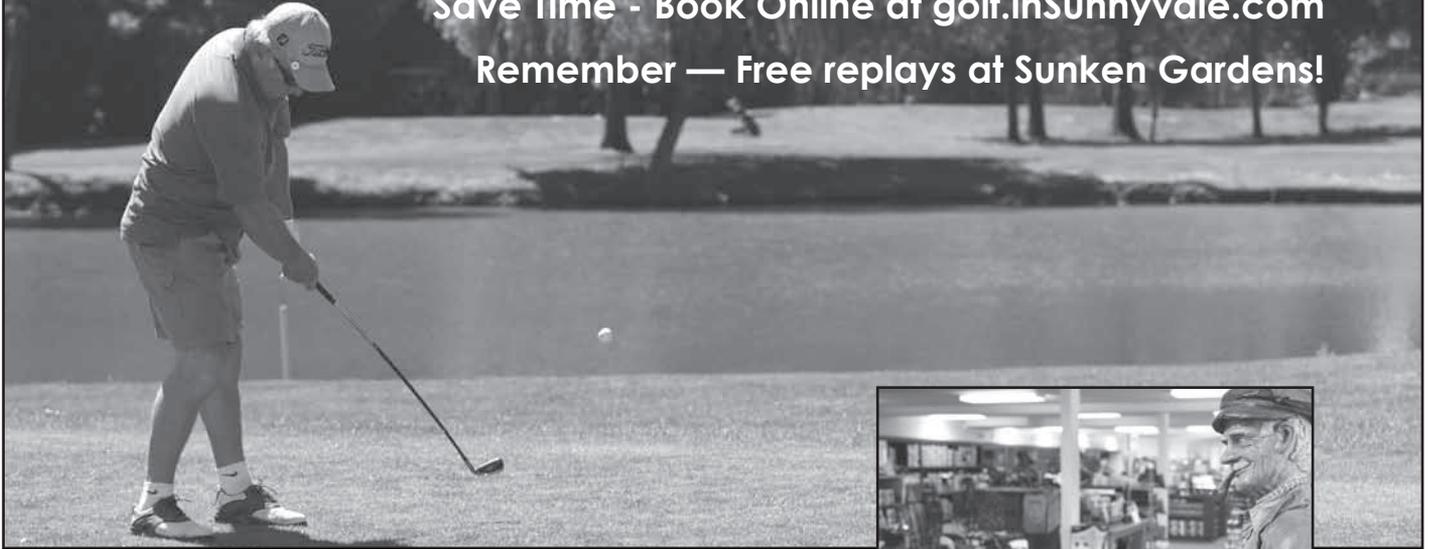
Sunnyvale Sports Association	(408) 746-9200
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GOLF in SUNNYVALE

Save Time - Book Online at golf.inSunnyvale.com

Remember — Free replays at Sunken Gardens!



Sunnyvale Golf Course

605 Macara Lane
(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 S. 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.

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 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



Golf Lessons

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

Group Golf Lessons

Beginning (no experience necessary)

Class content includes basic safety, rules and etiquette, grip, stance, and swing fundamentals. Putting and sand trap instruction is included in this beginners' introduction to golf. A \$6 fee for a small bucket of balls will be charged for each of the six one-hour lessons. Clubs provided at no charge (if needed).

Location: Sunken Gardens Driving Range
Fee: \$100/person (Resident/Non-Resident)

Intermediate (some experience necessary)

Six sessions on the range will cover pre-shot routine, aiming and alignment, ball position, ball flight laws, intentional curvature of the ball, equipment technology, and more, depending on student interest. A \$6 fee for a small bucket of balls will be charged for each of the six one-hour lessons. Clubs provided at no charge (if needed).

Location: Sunken Gardens Driving Range
Fee: \$100/person (Resident/Non-Resident)

Advanced (experience necessary)

The instructor is on the course with this class for two hours. Each student must own his own set of clubs. This class deals with playing situations, NOT swing mechanics. **Green fees will be charged for each of the 4 classes.**

Location: Sunken Gardens Golf Course
Fee: \$100/person + Green Fees (Resident/Non-Resident)

Beginning Junior (9-16years) & Beginning Super Junior (5-8years)

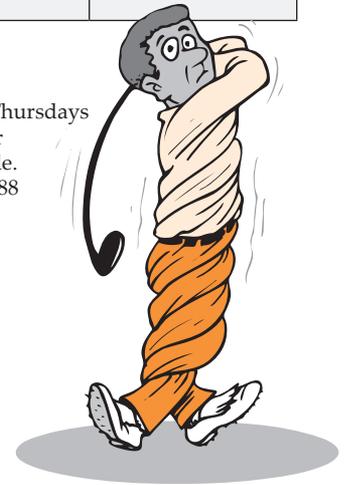
Basics of grip, stance, swing, alignment, rules, and etiquette. A \$6 fee will be collected at each class for a bucket of balls. Equipment available at no additional charge (if needed).

Location: Sunken Gardens Driving Range
Instructor: Cheryl Pastore, L.P.G.A. Master Professional
Fee: \$100/person (Resident/Non-Resident)

Sessions & Dates	Start Times	
	Beginning/Intermediate (4 @ 1.5 hour)	Junior - Ages 5-16 (4 @ 1.5 hour)
TUESDAYS October 2 though 23 <i>Registration begins Friday 8/31</i>	10:30am to noon	
FRIDAYS October 5 though 26 <i>Registration begins Friday 8/31</i>	10:30am to noon	
SATURDAYS October 6 though 27 <i>Registration begins Friday 8/31</i>	9:00am to 10:30	10:30am to noon

Private Golf Lessons

Private Instruction is also available on Thursdays between Noon and 4:30pm, and at other times depending on instructor's schedule. Please call the Golf Shop at (408) 739-6588 for current information.



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.

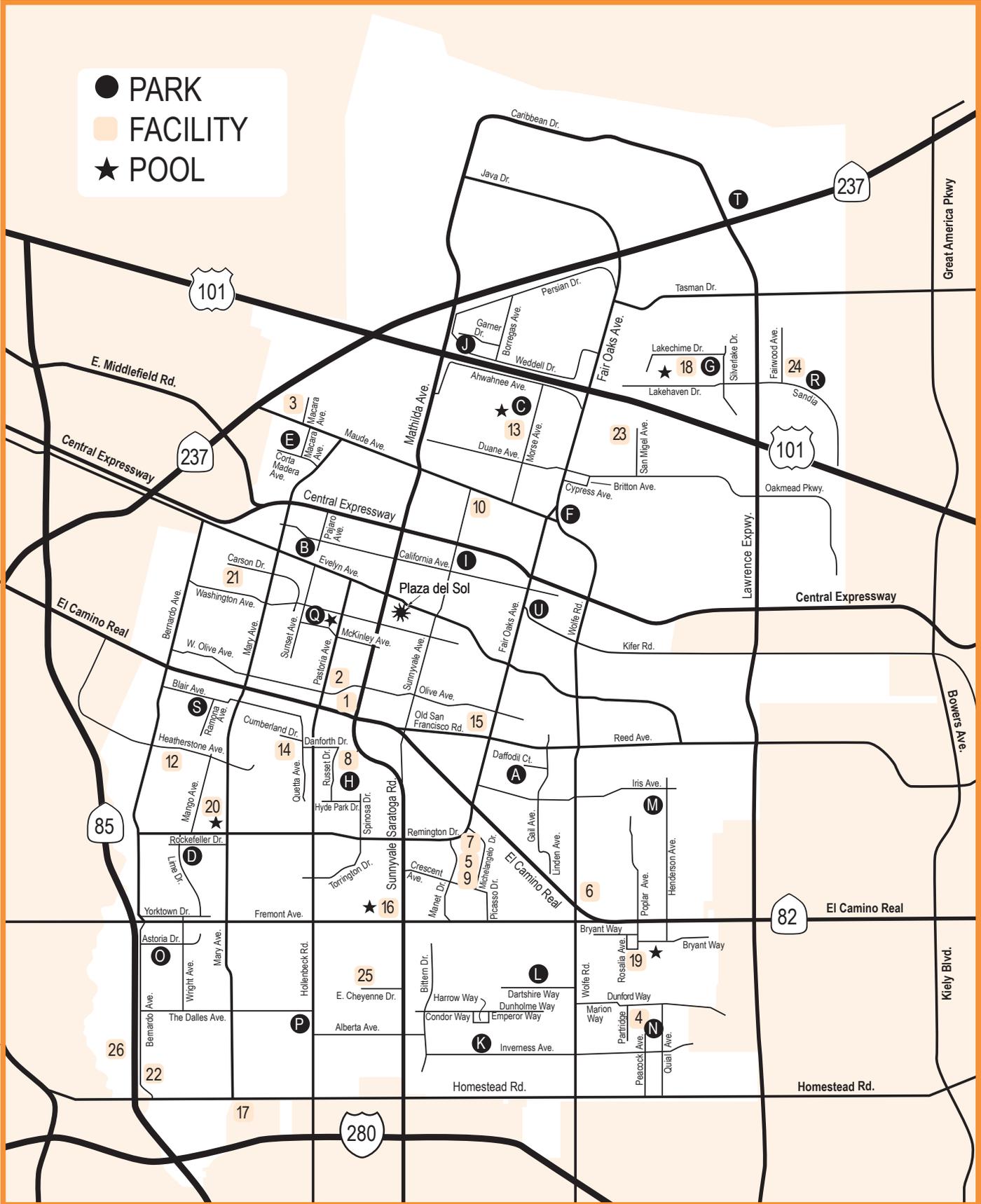


This is a great opportunity to spend time with your kids and to introduce them to golf, "The game for a lifetime." Please join us this winter on the links!

GOLF



- PARK
- FACILITY
- ★ POOL





For more information on park amenities, please go to <http://sunnyvale.ca.gov/Departments/CommunityServices/Parks.aspx>

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
Baylands , 999 E. Caribbean Drive	T	177.0				1/0	✓☑	4/0	✓			Nature Trails, Amphitheater
Braly , 704 Daffodil Court	A	5.6	1/0		✓	1/0	✓☑	1/0	✓	0/2	1/0	Sand Volleyball Ct., Lagoon, Water Play
Cannery , 900 W. California Ave.	B	.7					✓	1/0				
Columbia , 739 Morse Ave.	C	14.7	1*0	2/0		2/0	✓	2/0	✓	0/2		Par course, Swim
De Anza , 1150 Lime Drive	D	9.4	2/0	1*0	✓	1/0	✓☑	1/0	✓			Roller Skating Rink, Handball/Racquetball Ct.
Encinal , 999 Corte Madera Ave.	E	4.2	1/0	0 1/2		1/0	✓	2/0	✓	0/2	0/1	1/4-mile Par course, Sand Volleyball Ct.
Fair Oaks , 540 N. Fair Oaks Ave.	F	15.3	0/2	0/3	✓	0/1	✓	1/0	✓		1/0	Skate Park, Sand Volleyball Ct.
Fairwood , 1255 Sandia Ave.	R	1.9				1*0	✓☑	1/0	✓	0/2*	0/2	JWC Greenbelt, Par course, Sand Volleyball Ct.
Greenwood Manor , Ramona & Blair Ave.	S	.4						1/0				
Lakewood , 834 Lakechime Drive	G	10.7	1/1	0/1	✓	1/0	✓☑	2/0	✓	0/2		Skate Park, Water Play, Handball Cts.
Las Palmas , 850 Russet Drive	H	24.3	1/0		✓	1/0	✓☑	1/0	✓	0/16		Dog Park, Water Play
Murphy , 250 N. Sunnyvale Ave.	I	5.4			✓		✓	1/0	✓			Amphitheater; Lawn Bowling Green
Orchard Gardens , 238 Garner Ave.	J	2.6		1/0	✓		✓	1/0	✓	2/0		JWC Greenbelt
Ortega , 636 Harrow Way	K	18.0	1/2*	0/1	✓	1/0	✓☑	1/0	✓	0/2		Water Play, Cricket Pitch
Panama , 755 Dartshire Way	L	4.9	1/0			1/0	✓		✓			
Ponderosa , 811 Henderson Ave.	M	9.1	1/0	0/1	✓	1/0	✓	1/0	✓	0/2	1/0	Sand Volleyball Ct., Bocce Ball Ct.
Raynor , 1565 Quail Ave.	N	14.7	2/0		✓	1/0	✓☑	1/0	✓			Roller Skating Rink
San Antonio , 1026 Astoria Drive	O	5.8	1/0			2/0			✓			
Serra , 730 The Dalles	P	11.5	2/0		✓	1/0	✓☑	1/0	✓	0/4		Roller Skating Rink, Water Play
Victory Village , Fair Oaks at Kifer	U	1.0					✓	1/0				Picnic Tables Only, Fenced Tots Playground
Washington , 840 W. Washington Ave.	Q	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 44 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	Community Services Administration , 550 E. Remington Drive, (408) 730-7336
2	Sunnyvale Library , 665 W. Olive Ave., (408) 730-7300
3	Sunnyvale Municipal Golf Course , 605 Macara Lane (408) 738-3666
4	Senior Center , 550 E. Remington Drive, (408) 730-7360
5	Sunken Gardens Golf Course , 1010 S. Wolfe Rd., (408) 739-6588
6	Community Center , 550 E. Remington Drive, (408) 730-7350
7	Tennis Center , 755 S. Mathilda Ave., (408) 732-2130
8	Heritage Park Museum , 550 E. Remington Drive, (408) 749-0220
9	Bishop School , 450 N. Sunnyvale Ave.
10	Cherry Chase School , 1138 Heatherstone Way
11	Columbia Middle School , 739 Morse Ave. Columbia Neighborhood Center , 785 Morse Ave.
12	Cumberland Elementary School , 824 Cumberland Drive
13	Ellis School , 550 E. Olive Ave.
14	Fremont High and Fremont Pool , 1279 Sunnyvale-Saratoga Rd.
15	Homestead High , 21370 Homestead Rd.
16	Lakewood School , 750 Lakechime Drive
17	Peterson Middle School , 1380 Rosalia Ave.
18	Sunnyvale Middle School & Park Pool , 1080 Mango Ave.
19	Vargas School , 1054 Carson Drive
20	Cupertino Middle School , 1650 S Bernardo Ave.
21	San Miguel , 777 San Miguel Ave.
22	Fairwood School , 1110 Fairwood Ave.
23	Nimitz Elementary , 545 E. Cheyenne Drive
24	West Valley Elementary , 1635 Belleville Way
☼	Plaza del Sol , 200 W. Evelyn Ave., (408) 730-7335



Did you know? Sunnyvale is home to 22 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 MasteRecreation Centerard 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.



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 In



- Fax registration to (408) 730-7754.
- Payment by fax can be made only by Visa or MasteRecreation Centerard
- 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-5pm
- 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.

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 p.42- 43, and for tennis registration please see p.36-39. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 732-2130.

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.



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 disSenior Centercharge 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
Charge my: MasterCard Visa



Name of card holder _____ 3-Digit Security Code (on back of card) _____

Signature _____

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	

My Senior Center membership # _____, entitles me to \$5 off each class marked with the **SCM** icon; _____ x \$5 = _____

*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

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PRINTED ON RECYCLED PAPER

OCTOBER IS NATIONAL ARTS AND HUMANITIES MONTH

Add a little **ART** in your life

Try

Pottery, Painting, Piano,
Photography, Dancing, Drama, Glass Fusing

