



Aquatics

Youth Group Lessons - Beg (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	9/3-9/26	TuTh	3:45pm-4:15pm	\$79/\$99
220411.TB	Beg	4-15yrs	9/3-9/26	TuTh	4:20pm-4:50pm	\$79/\$99
220411.TC	Beg	4-15yrs	9/3-9/26	TuTh	4:55pm-5:25pm	\$79/\$99
220411.TD	Beg	4-15yrs	9/3-9/26	TuTh	5:30pm-6:00pm	\$79/\$99
220411.SA	Beg	4-15yrs	9/7-9/28	Sa	10:00am-10:30am	\$40/\$50
220411.SB	Beg	4-15yrs	9/7-9/28	Sa	10:35am-11:05am	\$40/\$50
220411.SC	Beg	4-15yrs	9/7-9/28	Sa	11:45am-12:15pm	\$40/\$50

Group Lessons - 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	9/3-9/26	TuTh	4:20pm-4:50pm	\$79/\$99
220413.TB	3	4-15yrs	9/3-9/26	TuTh	5:30pm-6:00pm	\$79/\$99
220413.SA	3	4-15yrs	9/7-9/28	Sa	11:45am-12:15pm	\$40/\$50



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 supervised at all times during observation. Thank you for your cooperation.

Gymnastics Pre-Rec (5-6years)

This co-ed class prepares students for Rec, our Gymnastics FUNdamentals class. Coaches introduce and help students develop basic gymnastics skills on all the big kids' equipment, including balance beam, bars, vault, pommel horse, and parallel bars. A skill card is utilized to keep track of student progress.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
223030.MA	5-6yrs	9/9-10/21	M	3:30pm-4:25pm	\$116/\$145
223030.MB	5-6yrs	9/9-10/21	M	5:30pm-6:25pm	\$116/\$145
223030.MC	5-6yrs	9/9-10/21	M	6:30pm-7:25pm	\$116/\$145
223030.TA	5-6yrs	9/3-10/22	Tu	3:30pm-4:25pm	\$133/\$166
223030.TB	5-6yrs	9/3-10/22	Tu	6:30pm-7:25pm	\$133/\$166
223030.WA	5-6yrs	9/4-10/23	W	3:30pm-4:25pm	\$133/\$166
223030.WB	5-6yrs	9/4-10/23	W	5:30pm-6:25pm	\$133/\$166
223030.HA	5-6yrs	9/5-10/24	Th	3:30pm-4:25pm	\$133/\$166
223030.HB	5-6yrs	9/5-10/24	Th	4:30pm-5:25pm	\$133/\$166
223030.FA	5-6yrs	9/6-10/25	F	3:30pm-4:25pm	\$133/\$166
223030.SA	5-6yrs	9/7-10/26	Sa	9:00am-9:55am	\$133/\$166
223030.SB	5-6yrs	9/7-10/26	Sa	10:00am-10:55am	\$133/\$166

Cheer FUNdamentals (6-16years)

An introduction to cheerleading with a mix of gymnastics tumbling skills, jumps, group formation, stunts, and high energy choreographed dance. Participants perform for parents on the last day of the session.

Instructor: California Sports Center

Location: Indoor Sports/Gym

Class #	Age	Dates	Day	Time	Fee (Res/NR)
223050.MA	6-16yrs	9/9-10/21	M	5:30pm-6:25pm	\$116/\$145
223050.WA	6-16yrs	9/4-10/23	W	5:30pm-6:25pm	\$133/\$166
223050.FA	6-16yrs	9/6-10/25	F	4:30pm-5:25pm	\$133/\$166

Learn To Flip-Co-Ed (6-10years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
223040.MA	6-10yrs	9/9-10/21	M	4:30pm-5:25pm	\$116/\$145
223040.TA	6-10yrs	9/3-10/22	Tu	4:30pm-5:25pm	\$133/\$166
223040.HA	6-10yrs	9/5-10/24	Th	4:30pm-5:25pm	\$133/\$166
223040.SA	6-10yrs	9/7-10/26	Sa	11:00am-11:55am	\$133/\$166



Gymnastics Boys Rec FUNDamentals (6-16years)

Boys classes focus on skills and routines on floor exercise, pommel horse, vault, parallel bars, high bar, and trampoline. In addition, coaches help students develop strength and flexibility. Coaches utilize skill cards to track student progress, and a signed certificate will show proof of level readiness before moving up to the intermediate or advanced levels. On average, students take one year to complete a level; we recommend students attend year round or two days per week to increase the rate of learning.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223101.MC	Beg	6-16yrs	9/9-10/21	M	5:30pm-6:25pm	\$116/\$145
223101.TA	Beg	6-16yrs	9/3-10/22	Tu	3:30pm-4:25pm	\$133/\$166
223101.WA	Beg	6-16yrs	9/4-10/23	W	3:30pm-4:25pm	\$133/\$166
223101.WC	Beg	6-16yrs	9/4-10/23	W	6:30pm-7:25pm	\$133/\$166
223101.HB	Beg	6-16yrs	9/5-10/24	Th	6:30pm-7:25pm	\$133/\$166
223101.FA	Beg	6-16yrs	9/6-10/25	F	4:30pm-5:25pm	\$133/\$166
223101.SA	Beg	6-16yrs	9/7-10/26	Sa	9:00am-9:55am	\$133/\$166
223101.SB	Beg	6-16yrs	9/7-10/26	Sa	11:00am-11:55am	\$133/\$166

Gymnastics Girls Rec FUNDamentals (6-16years)

Girls classes focus on skills and routines on vault, uneven bars, balance beam, floor exercises and trampoline. In addition, coaches help students develop strength and flexibility. Coaches utilize skill cards to track student progress, and a signed certificate will show proof of level readiness before moving up to the intermediate or advanced levels. On average, students take one year to complete a level; we recommend students attend year round or two days per week to increase the rate of learning.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223201.MA	Beg	6-16yrs	9/9-10/21	M	3:30pm-4:25pm	\$116/\$145
223201.MD	Beg	6-16yrs	9/9-10/21	M	6:30pm-7:25pm	\$116/\$145
223201.TA	Beg	6-16yrs	9/3-10/22	Tu	4:30pm-5:25pm	\$133/\$166
223201.TB	Beg	6-16yrs	9/3-10/22	Tu	5:30pm-6:25pm	\$133/\$166
223201.WA	Beg	6-16yrs	9/4-10/23	W	4:30pm-5:25pm	\$133/\$166
223201.WB	Beg	6-16yrs	9/4-10/23	W	6:30pm-7:25pm	\$133/\$166
223201.HA	Beg	6-16yrs	9/5-10/24	Th	3:30pm-4:25pm	\$133/\$166
223201.HC	Beg	6-16yrs	9/5-10/24	Th	5:30pm-6:25pm	\$133/\$166
223201.FA	Beg	6-16yrs	9/6-10/25	F	3:30pm-4:25pm	\$133/\$166
223201.FB	Beg	6-16yrs	9/6-10/25	F	4:30pm-5:25pm	\$133/\$166
223201.FC	Beg	6-16yrs	9/6-10/25	F	5:30pm-6:25pm	\$133/\$166
223201.SA	Beg	6-16yrs	9/7-10/26	Sa	9:00am-9:55am	\$133/\$166
223201.SB	Beg	6-16yrs	9/7-10/26	Sa	11:00am-11:55am	\$133/\$166

Gymnastics Boys Int/Adv (6-16years)

Congratulations for a successful completion in a FUNDamentals course! Now you will begin new challenges as you continue to grow as a gymnast. Students will be challenged with more difficult skills on each of the Olympic events and continue to work on strength and flexibility.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223103.MA	Int	6-16yrs	9/9-10/21	M	4:30pm-5:25pm	\$116/\$145
223103.TB	Int	6-16yrs	9/3-10/22	Tu	6:30pm-7:25pm	\$133/\$166
223103.WB	Int	6-16yrs	9/4-10/23	W	4:30pm-5:25pm	\$133/\$166
223103.FA	Int	6-16yrs	9/6-10/25	F	3:30pm-4:25pm	\$133/\$166
223103.SA	Int	6-16yrs	9/7-10/26	Sa	10:00am-10:55am	\$133/\$166
233104.WA	Adv	6-16yrs	9/4-10/23	W	4:30pm-6:00pm	\$200/\$250

Gymnastics Girls Int/Adv (6-16years)

Congratulations for a successful completion in a FUNDamentals course! Now you will begin new challenges as you continue to grow as a gymnast. Students will be challenged with more difficult skills on each of the Olympic events and continue to work on strength and flexibility.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223203.MA	Int	6-16yrs	9/9-10/21	M	3:30pm-4:25pm	\$116/\$145
223203.MB	Int	6-16yrs	9/9-10/21	M	4:30pm-5:25pm	\$116/\$145
223203.MC	Int	6-16yrs	9/9-10/21	M	5:30pm-6:25pm	\$116/\$145
223203.TA	Int	6-16yrs	9/3-10/22	Tu	3:30pm-4:25pm	\$133/\$166
223203.WA	Int	6-16yrs	9/4-10/23	W	3:30pm-4:25pm	\$133/\$166
223203.WB	Int	6-16yrs	9/4-10/23	W	4:30pm-5:25pm	\$133/\$166
223203.WC	Int	6-16yrs	9/4-10/23	W	5:30pm-6:25pm	\$133/\$166
223203.HA	Int	6-16yrs	9/5-10/24	Th	3:30pm-4:25pm	\$133/\$166
223203.HB	Int	6-16yrs	9/5-10/24	Th	4:30pm-5:25pm	\$133/\$166
223203.HC	Int	6-16yrs	9/5-10/24	Th	5:30pm-6:25pm	\$133/\$166
223203.HD	Int	6-16yrs	9/5-10/24	Th	6:30pm-7:25pm	\$133/\$166
223203.FA	Int	6-16yrs	9/6-10/25	F	5:30pm-6:25pm	\$133/\$166
223203.SA	Int	6-16yrs	9/7-10/26	Sa	10:00am-10:55am	\$133/\$166
223203.SC	Int	6-16yrs	9/7-10/26	Sa	12:00pm-12:55pm	\$133/\$166
233204.TA	Adv	6-16yrs	9/3-10/22	Tu	4:30pm-6:00pm	\$200/\$250
233204.TB	Adv	6-16yrs	9/3-10/22	Tu	6:30pm-8:00pm	\$200/\$250
233204.WB	Adv	6-16yrs	9/4-10/23	W	6:30pm-8:00pm	\$200/\$250
233204.HB	Adv	6-16yrs	9/5-10/24	Th	6:30pm-8:00pm	\$200/\$250

Youth

Performing Arts

Hip Hop Dance (8-12years)

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	8-12yrs	9/9-10/28	M	6:00pm-7:00pm	\$79/\$99

Tap Dance (8-14years)

Learn to tap dance like the penguins in the movie Happy Feet! This beginner class covers tap technique, traveling steps and simple combinations. Tap shoes are required.



Instructor: Peggy Page

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224481.MP	1	8-11yrs	9/9-10/28	M	3:45pm-4:45pm	\$79/\$99
224481.MQ	1	12-14yrs	9/9-10/28	M	4:45pm-5:45pm	\$79/\$99

For Hip Hop Boogie for ages 4-7, see page 6

For Ballet & Tap for ages 3-7, see page 6



After-School Activities at School Campuses

Fun On The Run

FREE Mobile Recreation Program focusing on Fun & Fitness

Starts September 2013

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 2013 - 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

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. Pay with check, exact cash or money order to Noteworthy Music School.

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224831.FQ	1	6-12yrs	9/6-10/25	F	5:15pm-6:00pm	\$99/\$124
224832.FP	2	6-12yrs	9/6-10/25	F	4:30pm-5:15pm	\$99/\$124
224832.FR	2	6-12yrs	9/6-10/25	F	6:00pm-6:45pm	\$99/\$124

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: Melody Academy of Music, 1299 Waterlily Way #10, San Jose

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224871.C2	Beg	6-10yrs	9/9-10/14	M	5:30pm-6:15pm	\$144/\$180
224871.C1	Beg	6-10yrs	9/7-10/12	Sa	4:45pm-5:30pm	\$144/\$180
224871.C3	Beg	6-10yrs	10/6-11/10	Su	5:45pm-6:30pm	\$144/\$180



Piano Keyboard (6-12years)

Learn basic piano skills, theory and music reading at your own pace. Access to a piano or keyboard for practice between lessons is essential for progress. Each student will have a keyboard for use in class. Bring headphones with 1/4" adapter. For Level 1, non-refundable material fee of \$8 due to instructor on the first day of class or purchase in advance online at www.noteworthy-music-school.org. For Level 2, materials available for purchase in class on first day or purchase at a local music store.

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: One session 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	9/9-10/28	M*	4:15pm-5:00pm	\$79/\$99
224851.WQ	1	6-12yrs	9/11-10/30	W*	4:15pm-5:00pm	\$79/\$99
224851.WS	1	6-12yrs	9/11-10/30	W*	6:15pm-7:00pm	\$79/\$99
224852.MP	2	6-12yrs	9/9-10/28	M*	3:30pm-4:15pm	\$79/\$99
224852.MR	2	6-12yrs	9/9-10/28	M*	5:00pm-5:45pm	\$79/\$99
224852.MS	2	6-12yrs	9/9-10/28	M*	6:15pm-7:00pm	\$79/\$99
224852.MT	2	6-12yrs	9/9-10/28	M*	7:00pm-7:45pm	\$79/\$99
224852.WP	2	6-12yrs	9/11-10/30	W*	3:30pm-4:15pm	\$79/\$99
224852.WR	2	6-12yrs	9/11-10/30	W*	5:00pm-5:45pm	\$79/\$99
224852.WT	2	6-12yrs	9/11-10/30	W*	7:00pm-7:45pm	\$79/\$99
224852.FR	2	6-12yrs	9/20-10/25	F	3:30pm-4:15pm	\$69/\$86

*No class 9/30, 10/2

Melody's Group Piano (5-7years)

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: Melody Academy of Music, 1299 Waterlily Way #10, San Jose

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224901.C1	Beg	5-7yrs	9/7-10/12	Sa	9:00am-9:45am	\$144/\$180
224901.C2	Beg	5-7yrs	9/15-10/20	Su	11:00am-11:45am	\$144/\$180
224901.C3	Beg	5-7yrs	10/6-11/10	Su	1:00pm-1:45pm	\$144/\$180
224901.C4	Beg	5-7yrs	10/15-11/19	MTu	4:15pm-5:00pm	\$144/\$180



Ukulele (6-12years)

Learn basic ukulele skills, including chords, scales and music reading at your own pace. Non-refundable materials of \$12 due to instructor at first class meeting. Pay in class with check, exact cash, or money order to Noteworthy Music School. Bring your own ukulele.

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224931.FT	1	6-12yrs	9/6-10/25	F	7:30pm-8:15pm	\$99/\$124
224932.FS	2	6-12yrs	9/6-10/25	F	6:45pm-7:30pm	\$99/\$124

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 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	10/25	F	6:45pm-8:45pm	\$29/\$36



Special Interest

Game Design (7-12years)

Don't just play games. Play your own games! Learn the basics of video game development using logic-based Multi Media Fusion 2 software. Beginners work in pairs to design, debug and distribute your own 2D game. Have fun adding digital design elements, music and animation with a simple click. Advanced students work independently, learning to create character movement, multiple platforms and a wider variety of games. Prerequisite: Basic computer skills. Bring a memory stick on the last day of class to take home your animated game.

Instructor: Freshi Films

Location: Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224720.JP	7-12yrs	9/5-10/24	Th	3:30pm-4:45pm	\$124/\$155

Mobile App Development (7-12years)

Create your own mobile apps to share with family and friends! Learn the basics of application development and build simple apps that you can use on your own computer or mobile device and share with others. Participants work with Freshi instructors to learn mobile development. All apps created in class will be available to take home on a mobile device or thumb drive on the last day of class.

Instructor: Freshi Films

Location: Recreation Center Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224741.FP	Beg	7-12yrs	9/6-10/25	F	3:30pm-4:45pm	\$124/\$155



Friday Creative Cooking (5-11years)

Don't spend Fridays bored at home! Join us for 3-hours of fun and creative cooking and start the weekend with a blast! Each session will focus on a different theme. A non-refundable \$50 supply fee will be collected at first class.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227111.FA	Beg	5-11yrs	9/20	F	6:00pm-9:00pm	\$100/\$125

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 supply fee will be collected at 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	9/4-10/23	W	4:00pm-5:30pm	\$160/\$200
227131.JA	Beg	4.5-6.5yrs	9/5-10/24	Th	4:00pm-5:30pm	\$160/\$200
227131.FA	Beg	4.5-6.5yrs	9/6-10/25	F	2:30pm-4:00pm	\$160/\$200
227131.SU	Beg	4.5-6.5yrs	9/8-10/27	Su	9:00am-10:30am	\$160/\$200

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. A non-refundable \$80 supply fee will be collected at first class.

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	9/5-10/24	Th	6:00pm-7:30pm	\$160/\$200

Vegan Cooking (4.5-11years)

Get cooking with more seasonal vegetables and fruits. Learn how to substitute for eggs and dairy and experiment with our plant-based recipes. We will introduce you to new tastes and change our favorite recipes to vegan. A non-refundable \$80 supply fee will be collected at first class.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227191.TA	Beg	4.5-6.5yrs	9/3-10/22	Tu	4:00pm-5:30pm	\$160/\$200
227191.TB	Beg	7-11yrs	9/3-10/22	Tu	4:00pm-5:30pm	\$160/\$200

Young Chefs (7-11years)

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. Participants must be able to read a simple recipe. A non-refundable \$80 supply fee will be collected at first class.

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	9/4-10/23	W	4:00pm-5:30pm	\$160/\$200
227141.JA	Beg	7-11yrs	9/5-10/24	Th	4:00pm-5:30pm	\$160/\$200
227141.FA	Beg	7-11yrs	9/6-10/25	F	2:30pm-4:00pm	\$160/\$200
227141.FB	Beg	7-11yrs	9/6-10/25	F	4:00pm-5:30pm	\$160/\$200
227141.SU	Beg	7-11yrs	9/8-10/27	Su	9:00am-10:30am	\$160/\$200

Vegetarian and special diets are welcome in our cooking classes. Please call Young Chefs Academy at (408) 736-CHEF to make accommodations.



Sports & Fitness

FTSA Basketball (5-14years)

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)
228101.MA	Beg	5-7yrs	9/9-10/28	M	3:30pm-4:45pm	\$129/\$161
228101.TA	Beg	8-10yrs	9/10-10/29	Tu	3:30pm-4:45pm	\$129/\$161
228102.FA	Int/Adv	10-14yrs	9/13-10/25	F	3:30pm-4:45pm	\$113/\$141

FTSA Basketball Development (5-14years)

This League Development class is a pre-tune up for participants to gain the confidence to play in local recreational leagues, school teams, and competitive travel teams. The break-up of the class focuses on 25 minutes of basketball skill development. ALL players will be instructed on the fundamentals of the game: dribbling, shooting, passing, defense and rebounding. Along with offensive and defensive strategies to build every child's Basketball IQ to get them ready for game play. After the 25 minutes Basketball Skill Development a 30 minute full court Basketball game (2 - 15 minute halves) will follow. During this segment participants will be placed on teams to get ready for team play which will match teams as evenly as possible. After the third week of the League Development Class, teams will be set and we will keep track of game score, stats, and records. In the final week we will have a tournament to determine who will be the top team. Every week there will be a motivational quote where participants will be challenged to memorize and apply to their lives. Kids will receive a Basketball Jersey & certificate at the last class, all included in the class fee. Gym shoes are required (no black soled shoes allowed).



Instructor: Fun Tyme Sports Academy

Location: Columbia Neighborhood Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228103.SA	3	5-7yrs	9/15-10/27	Su	1:00pm-2:00pm	\$129/\$161
228103.SB	3	8-9yrs	9/15-10/27	Su	2:10pm-3:10pm	\$129/\$161
228103.SC	3	10-11yrs	9/15-10/27	Su	3:20pm-4:20pm	\$129/\$161
228103.SD	3	12-14yrs	9/15-10/27	Su	4:30pm-5:30pm	\$129/\$161



Skyhawks Basketball (5-7years)

This fun, skill-intensive program is designed with the beginner player in mind. Using our progression curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day', and progress into drills and games making for an unforgettable experience for your young athlete. After a few weeks of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs.

Participants should bring: Appropriate clothing, athletic shoes, and water bottle. Skyhawks Basketball Training Class (Level I)

Instructor: Skyhawks Sports Academy

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228050.WA	5-7yrs	9/11-10/30	W	3:30pm-4:30pm	\$139/\$174

Skyhawks Basketball (8-10years)

Are you just starting out in basketball? Getting ready to play in a winter basketball league? Trying out for your school team? Come get ready for the season with Skyhawks basketball! Skyhawks Sports basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense, and rebounding. Having fun while developing a refined player who knows how to combine these skills is the goal of every Skyhawks Sports basketball program.

Participants should bring: Appropriate clothing, athletic shoes, and water bottle. Skyhawks Basketball Training Class (Level II)

Instructor: Skyhawks Sports Academy

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228051.WA	Beg	8-10yrs	9/11-10/30	W	3:30pm-4:30pm	\$159/\$199

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

Location: Las Palmas Park Bldg

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228451.SA	Beg	4-7yrs	9/8-10/20	Su	1:00pm-2:00pm	\$104/\$130

Location: Ponderosa Park Bldg

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228451.FA	Beg	4-7yrs	9/13-10/25	F	5:30pm-6:30pm	\$104/\$130

"Children who have a constructive way to spend their time are healthier, happier and more productive."*

To learn more about the 41 Assets for youth development, visit our website:

Recreation.inSunnyvale.com

*Source: Project Cornerstone / Sunnyvale 41 Assets (Asset #18)



Chang Tai 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 Escrima 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

Location: Las Palmas Park Bldg

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228461.SA	Beg	8 & older	9/8-10/20	Su	2:00pm-4:00pm	\$138/\$173
228462.SA	Int/Adv	8 & older	9/8-10/20	Su	4:00pm-6:00pm	\$138/\$173

Location: Ponderosa Park Bldg

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228461.TA	Beg	8 & older	9/10-10/25	TuF	6:30pm-7:30pm	\$138/\$173
228462.TA	Int/Adv	8 & older	9/10-10/25	TuF	7:30pm-8:30pm	\$138/\$173

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 #117, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228410.SA	7-14yrs	9/7-10/19	Sa	1:15pm-2:15pm	\$112/\$140

Skyhawks Flag Football Intro (5-12years)

Skyhawks Flag Football Intro-To-Team is a fun, positive and safe introduction to "America's Game". This instructional program emphasizes individual skill development, teamwork, character building and most importantly...FUN! The 5-on-5 style of play creates a high-scoring, fast paced game that is exciting to play and watch. Team mate requests are accepted as long as they are in the same age group so bring your friends or come make new ones.



All sessions are on Sunday. The first two weeks consist of 1.25 hour skill development and evaluation clinics. During this time, the Skyhawks coaching staff will be evaluating the participants so that teams may be created equally. The next five weeks include 30 minutes of practice, followed by a 45 minute game. The final session of the program will be a fun day of competition including the "Super Bowl", giving participants a chance to showcase new and refined skills. The program is taught by Skyhawks coaching staff. All participants will receive a shirt at the beginning and player evaluation at the conclusion of this program.

Participants should bring: Appropriate clothing, athletic shoes, sunscreen, and water bottle. Skyhawks Flag Football Intro-To-Team (Level 1)

Includes t-shirt and player evaluation.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228200.SA	5-7yrs	9/8-10/27	Su	2:00pm-3:15pm	\$149/\$186
228200.SB	8-12yrs	9/8-10/27	Su	2:00pm-3:30pm	\$159/\$199

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 week participants will receive 30 minutes of instruction and a voucher for practice time (redeemable during Public Skating Hours. Schedule will appear on your receipt or visit Icecenter.net for days and times). Skate rental is included in class price. 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)
227411.MA	Beg	5-7yrs	9/9-10/14	M	5:00pm-5:30pm	\$82/\$103
227411.MB	Beg	8-14yrs	9/9-10/14	M	5:00pm-5:30pm	\$82/\$103
<i>no registration after 9/5</i>						
227411.MC	Beg	5-7yrs	10/21-11/25	M	5:00pm-5:30pm	\$82/\$103
227411.MD	Beg	8-14yrs	10/21-11/25	M	5:00pm-5:30pm	\$82/\$103
<i>no registration after 10/17</i>						

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 a stick and helmet with full cage by the first class. Skate rental will be included. Practice session is 3:30-4 p.m. Lesson is from 4:15-4:45 p.m. 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	9/10-10/15	Tu	3:30pm-4:45pm	\$82/\$103
<i>no registration after 9/5</i>						
227431.TC	Beg	6-14yrs	10/29-12/3	Tu	3:30pm-4:45pm	\$82/\$103
<i>no registration after 10/24</i>						

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	9/3-10/1	Tu	4:00pm-6:00pm	\$146/\$183
227451.TB	Beg	9-13yrs	10/8-11/5	Tu	4:00pm-6:00pm	\$146/\$183
227451.JA	Beg	5-8yrs	9/5-10/3	Th	4:00pm-6:00pm	\$146/\$183
227451.JB	Beg	5-8yrs	10/10-11/7	Th	4:00pm-6:00pm	\$146/\$183





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)
228661.RA	Beg	5-6yrs	9/12-10/31	Th	3:45pm-4:45pm	\$110/\$138
228661.RB	Beg	7-12yrs	9/12-10/31	Th	3:45pm-4:45pm	\$110/\$138

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228660.TB	5-6yrs	9/17-10/22	Tu	7:00pm-7:45pm	\$69/\$86

Location: Lakewood Park

228660.FA	5-6yrs	9/20-10/25	F	3:10pm-3:55pm	\$69/\$86
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Location: Las Palmas Park

228660.TA	5-6yrs	9/17-10/22	Tu	3:45pm-4:30pm	\$69/\$86
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Location: Ponderosa Park

228660.RA	5-6yrs	9/19-10/24	Th	3:40pm-4:25pm	\$69/\$86
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Location: Serra Park

228660.WA	5-6yrs	9/18-10/23	W	3:45pm-4:30pm	\$69/\$86
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Location: Sunnyvale Middle School

228660.SA	5-6yrs	9/21-10/26	Sa	10:05am-10:50am	\$69/\$86
228660.SB	5-6yrs	9/21-10/26	Sa	10:50am-11:35am	\$69/\$86

Kidz Love Soccer Skillz & 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 Soccer 1 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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228670.FA	7-10yrs	9/20-10/25	F	3:55pm-4:40pm	\$79/\$99

Location: Ponderosa Park

228670.RA	7-10yrs	9/19-10/24	Th	4:25pm-5:10pm	\$79/\$99
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Location: Serra Park

228670.WA	7-10yrs	9/18-10/23	W	4:30pm-5:15pm	\$79/\$99
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Location: Sunnyvale Middle School

228670.SA	7-10yrs	9/21-10/26	Sa	11:35am-12:20pm	\$79/\$99
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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	9/9-10/21	M	3:30pm-4:15pm	\$104/\$130
228501.WA	Beg	7-14yrs	9/4-10/16	W	3:30pm-4:15pm	\$104/\$130
228501.FA	Beg	7-14yrs	9/6-10/18	F	4:15pm-5:00pm	\$104/\$130
228501.SA	Beg	7-14yrs	9/7-10/19	Sa	9:15am-10:00am	\$104/\$130

Skyhawks Track & Field Class (5-12years)

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun while introducing young athletes to many Olympic-style events! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Participants will put it all together for one fun-filled day at last day of the program at the Skyhawks track meet! Participants should bring: Appropriate clothing, athletic shoes, sunscreen, and water bottle.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228910.SA	5-7yrs	9/8-10/27	Su	12:00pm-1:00pm	\$149/\$186
228910.SB	8-12yrs	9/8-10/27	Su	12:00pm-1:30pm	\$189/\$236

Yoga Lite Parent & Child (5 & 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 noted below is per pair.

Instructor: Robin Pickel

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
228750.SA	5 & older	9/7-10/26	Sa	8:30am-9:25am	\$76/\$95





This league is sponsored by the City of Sunnyvale. Registration information for the Sunnyvale Youth Basketball League (SYBL) will be available online or can be picked up at the Sunnyvale Community Center beginning August 12, 2013. Sign-ups will be taken on a first-come, first-served basis so don't wait until the last minute. Space is limited.

Boys and girls (Kindergarten – 8th grade) Registration begins August 12. Play runs from January to March 2014

Teams are organized by grade level. We cannot guarantee special requests for team assignments, practice nights, locations or coaches. Teams fill up quickly, so sign up early so you don't miss out.



Visual Arts/Pottery

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	10/2-11/6	W	4:15pm-5:30pm	\$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	10/2-11/6	W	5:30pm-7:00pm	\$58/\$73

Painting and Drawing for Kids (5-12years)

Students will explore their imagination while learning basic techniques in drawing and painting. Experimentation with different mediums will be emphasized. 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: Lori Nock

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229621.TA	Beg	5-7yrs	9/10-10/15	Tu	4:00pm-5:00pm	\$58/\$73
229621.TB	Beg	8-12yrs	9/10-10/15	Tu	5:15pm-6:15pm	\$58/\$73

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	9/5-10/17	Th*	5:30pm-7:00pm	\$118/\$148

*No class 9/26

For Pottery: Parent & Teen Classes see page 23

Youth