

**Art****Chinese Brush Calligraphy (16+)**

Learn basic Chinese brush calligraphy, including its history and meaning. Each class will include a brief lecture and examples, brush demonstration, work time with individual coaching and homework critique. Class will be conducted in both English and Mandarin. Supply list will be discussed at first class. Approximate cost of supplies will be \$25.

Instructor: Shirley Chen

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
249611.FA	16+	9/11 – 10/16	F	3:00 p.m. – 5:00 p.m.	\$89/\$111

Glass Fusing – Beginning (16+)

Learn how easy and fun it is to make beautiful fused art glass! Melt 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-toe shoes. A non-refundable \$85 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.WA	Beg	16+	9/2 – 10/14	W*	7 p.m. – 10 p.m.	\$138/\$173

*No class 9/23

Basic Digital Photography (15+)

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.TA	Beg	15+	9/9 - 10/28	W	7 p.m. – 9 p.m.	\$88/\$110

Pottery TRY IT! (14+)

Throw your soul into your art, and learn to make beautiful and functional pottery. Our master potters provide individual coaching, whatever your skill level! Beginners will learn basic hand, wheelthrowing and glazing techniques, while more experienced potters learn advanced techniques while working on individual projects. Clay must be purchased in studio for \$31 per 25 lb. bag. Beginning tool kits may be purchased in class for \$25. Firing and glazing are included in class price. Participants will also receive a free Open Studio pass with their first three registrations.

Instructor: Danny Sheu (M, Th, F), Hsin-Chuen Lin (W)

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249911.MB	Beg	14+	10/5 – 11/9	M	7 p.m. – 10 p.m.	\$189/\$236
249911.WA	Beg	14+	10/7 – 11/11	W	10 a.m. – 1 p.m.	\$189/\$236
249911.JA	Beg	14+	10/8 – 11/12	Th	10 a.m. – 1 p.m.	\$189/\$236
249911.JB	Beg	14+	10/8 – 11/12	Th	7 p.m. – 10 p.m.	\$189/\$236
249911.FA	Beg	14+	10/9 – 11/13	F	10 a.m. – 1 p.m.	\$189/\$236

Watercolor Painting (18+)

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. Class includes demonstrations and slide lectures. Supply list will appear on your receipt (approximately \$45). Supplies should be purchased by second class meeting. Supplies for first class will be provided.

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249641.JA	Beg	18+	9/10 – 10/15	Th	10 a.m. – 12 p.m.	\$89/\$111

**Open Painting Studio
18 years & older**

Set aside time to paint each week and join fellow artists for 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 or painting supplies are provided. Lots of table space, natural light, painting easels and camaraderie available.

Location: Creative Arts Center Paint Room

Sunnyvale Community Center
550 E. Remington Drive, Sunnyvale, CA 94087

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

Day: Mondays, 9 a.m. – noon (Closed: 9/7)
Tuesdays, 6 p.m. – 9 p.m.

For more information
call (408) 730-7758

Dance

Abs Arabia Style TRY IT! (18+)

Body waves to belly rolls, Abs Arabia Style provides overall body toning and abdominal conditioning, with a focus on Middle Eastern dance moves. Wear comfortable fitness attire or your favorite Middle Eastern dance outfit. This exercise-style class is open to all levels. No previous Middle Eastern dance experience necessary.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
244100.TQ	18+	9/1 – 10/20	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99

Ballet TRY IT! (14+)

Rekindle your passion for ballet, or discover for the first time how its graceful exercises improve your posture, balance, flexibility and lean muscle development. This one-hour class welcomes dancers and non-dancers alike for a fantastic work out that includes barre work, floor barre, stretching and across the floor exercises set to beautiful music. It's perfect for athletes and ballroom dancers who want to improve their performance, and busy professionals who want a lunch-hour break from their desks. Wear ballet attire and ballet slippers. Long hair should be worn up and off the face and neck.

Instructor: Hao Expression

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244411.WP	Beg	14+	9/2 – 10/21	W	12 p.m. – 1 p.m.	\$89/\$111

Square Dancing TRY IT!

(18 years & older)

Modern Western square dancing is a fun, friendly, sociable activity for dancers of all ages and ability levels. An evening of square dancing provides a gentle cardiovascular workout, equivalent to a three-mile walk and keeps your memory strong, too, as you learn and practice the 100 internationally recognized square dance calls. Each lesson (7 – 8:30 p.m.) focuses on beginning to mainstream calls for newer dancers. The second session (8:30 – 10 p.m.) adds more challenging calls to plus level. No partner or experience needed. Dress is casual. Wear comfortable shoes.

Location: Murphy Park Building, 250 N. Sunnyvale Ave.

When: Tuesdays, 7 – 10 p.m.

New classes begin the first Tuesday of March.

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

For more information

call (408) 744-1021

Ballroom Dance TRY IT! (18+)

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 Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244301.MP	1	18+	9/14 – 10/26	M	7:30 p.m. – 8:30 p.m.	\$73/\$91
244302.MQ	2	18+	9/14 – 10/26	M	8:30 p.m. – 9:30 p.m.	\$73/\$91



Belly Dance TRY IT! (18+)

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.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244101.TP	1	18+	9/1 – 10/20	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
244102.TR	2	18+	9/1 – 10/20	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99

Hula TRY IT! (18+)

Spend an 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. Wear shorts or stretch pants and T-shirt. Dance is done barefoot.

Instructor: Kanani Densing

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
244140.FP	18+	9/11 – 10/30	F*	2 p.m. – 3 p.m.	\$79/\$99

*No class 10/31



Tap Dance (14+)

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 – Advanced Beginning: Learn and practice basic tap routines. This fun, fast-paced class is ideal for former tappers who need a review and for those with some prior experience who are ready to dive into learning new routines.

Level 2 – Intermediate: Use your prior tap training in a low-impact tap workout with exciting rhythms and more challenging routines.

Instructor: Peggy Page

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244481.JP	1	14+	9/3-10/22	Th	6:30pm-7:30pm	\$79/\$99
244482.JQ	2	14+	9/3-10/22	Th	7:30pm-8:30pm	\$79/\$99



Open Pottery Studio

Ages 16+

(Under 16 may participate accompanied by parent or guardian)

Intermediate and advanced potters, work independently on your projects and enjoy company of fellow artists in our spacious, fully equipped studio. No instruction is provided, but our master potter kiln techs can provide technical assistance with equipment and firing advice.

**Fall Open Studio Schedule
October 5 – December 19, 2015**

Mondays – 10 a.m.-Noon, Noon-2 p.m.

Tuesdays – 10 a.m.-Noon, Noon-2 p.m., 2-4 p.m., 4-6 p.m., 6-8 p.m., 8-10 p.m.

Fridays – 2-4 p.m., 4-6 p.m.

Saturdays – 9:30-11:30 a.m., 11:30 a.m.-1:30 p.m., 1:30-3:30 p.m.

Closed: 11/26, 11/27

Staff will announce clean-up time five minutes before each two-hour session ends. Those who wish to continue working into the next session must present their card to have the next session signed off or purchase a pass. Those not continuing to the next session will have 15 minutes to clean-up and depart.

Cost per 2-hour time slot: \$14 residents, \$17 non-residents

Purchase a one-time pass, or multiple-session pass in the Studio or at the Registration desk. Passes expire at the end of the 12-week term in which they were purchased. A pass is required for all studio work, including trimming and quick glazing. Pass price includes glazing and firing. Clay must be purchased in the studio, \$31 per 25-pound bag. No outside firing accepted. Works over 20" x 20" x 24", or pieces that cannot be fired in group firing will not be accepted. Large or irregularly shaped pieces may be held for firing during seasonal maintenance closures, which occur approximately every 12 weeks. Pick-ups are during open studio hours only. Allow 3-4 weeks for firing. No refunds, transfers or credits for passes. Lost passes will not be credited.

For more information
call (408) 730-7345

For Dancers Only
(18 years & older)

Lindy Lab8:30 – 9 p.m.

Take advantage of our spacious floor and wall mirrors to work on your solo dancing, or bring a friend to practice your moves in an open, collaborative environment. Or, take a short drop-in class from one of our instructors. Lessons are suitable for intermediate to advanced swing dancers, and will cover a new topic each night.

Social Dancing9 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: \$8 (cash only)

For more information

visit For Dancers Only online at www.facebook.com/ForDancersOnly, e-mail ForDancersOnlySB@gmail.com, or call us at (408) 657-7836

Israeli Folk Dance
(13 years & 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: Recreation Center Ballroom

When: Mondays with Loui Tucker, 7:30 – 11 p.m.

Cost: \$7 at the door

For more information

call (408) 287-9999

Special Interest

Heart Saver (15+)

This American Heart Association course teaches adult and child CPR, how to use an automated external defibrillator (AED), as well as how to relieve choking on an adult or child. This course teaches skills with AHA's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs CPR/AED to meet job, regulatory or other requirements. One-day classes are non-refundable and non-transferable.

Instructor: Staff

Location: Senior Center Laurel Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
240461.AA	Beg	15+	9/12	Sa	12:30 p.m. – 3:30 p.m.	\$79/\$99

Standard First Aid (15+)

Obtain your 2-year Standard First Aid certification with successful completion of this 3 1/2-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. One-day classes are non-refundable and non-transferable.

Instructor: Staff

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
240470.AA	15+	9/12	Sa	8 a.m. – 11:30 a.m.	\$79/\$99



Sunnyvale Bluegrass Jam
Ages 18+*

Join fellow bluegrass musicians and singers for an old-time jam session, facilitated by Bill Boiko.

Day/Time: Third Sunday of the month, 1 – 4 p.m.

Location: Creative Arts Center Meeting Room

Fee: \$5 per person at the door

* Ages 13-17 okay with parent or guardian

For more information

call (408) 730-7334 or visit Arts.inSunnyvale.com

Music

Piano Keyboard (13+)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with ¼" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Pre-order non-refundable book for \$22 online at www.noteworthy-music-school.org, and pick up at first class. Or purchase book on first day only with cash or check payable to Noteworthy Music School.

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
244850.MT	13+	9/14 – 10/26	M	6:45 p.m. – 7:30 p.m.	\$79/\$99

Adult Drop-In Gym

Sunnyvale Indoor Sports Center • 550 E. Remington Drive

BADMINTON, 16+**

Tuesday thru Friday: 11:30 a.m. – 1:30 p.m.

***Saturday:** 3:30 – 5:30 p.m. and 5:45 – 7:45 p.m.

***Sunday:** 12:30 – 2:30 p.m. and 2:45 – 4:45 p.m.

*Separate fee is charged for each time session. If you wish to play entire afternoon, you must pay fees for both sessions.

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

VOLLEYBALL, 18+

Tuesday: 5:00 – 7:00 p.m.

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

Drop-In Fees
Discount Passes Available

Sunnyvale Resident: 10-visit pass \$40

Non-Resident: 10-visit pass \$50

Fee includes use of showers and locker room.

For more information
call (408) 730-7334



Adult Sports Leagues

Adults 18+

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

BASKETBALL 10-week season + playoffs

Fall: early September through early December

Winter: early January through late March

Spring/Summer: early April through late June

VOLLEYBALL 8-week season + playoffs

Fall: late September through mid-November.

Winter: early January through mid-March

Spring: late March through early June

Registration is for teams only. Individuals can call to be placed on a waiting list for players looking for a team.

For more information

call (408) 730-7334

Cardio Pop! Workout

(16+)

Improve your fitness with a fun, well rounded workout set to pop music. Strengthen and tone your body with cardio-your-way routines (choose low or high impact), followed by hand weights and then floor work targeting abs, glutes and thighs. Please bring your own hand weights and mat. Ages 12 – 15 may register with a parent.

Instructor: Christine Sabooni

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248160.MA	16+	9/14 – 10/26	M	7 p.m. – 8:30 p.m.	\$53/\$66
248160.WA	16+	9/9 – 10/28	W	7 p.m. – 8:30 p.m.	\$60/\$75



Cardio Pop! Workout

Sports and Fitness

Badminton

(14+)

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+	9/1 – 10/27	Tu	7 p.m. – 9 p.m.	\$77/\$96

Brazilian Jiu-Jitsu

(18+)

This program includes a systematic blend of Brazilian Jiu-Jitsu, wrestling, and judo into a complete grappling system that will safely progress beginners at an accelerated pace into an expert grappler. The system has been proven to be highly effective in both self-defense and Brazilian Jiu-Jitsu competition. Uniform purchase is required, \$99.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
248400.HA	Beg/Adv	18+	9/2 – 10/28	W	5:30 p.m. – 6:30 p.m.	\$164/\$205
248400.WA	Beg/Int	18+	9/3 – 10/29	Th	7:30 p.m. – 8:30 p.m.	\$164/\$205

Karate – Okinawa Self-Defense

(14+)

This entry-level self-defense program is based on the Matsubayashi Shorin-ryu system of karate, created by Shoshin Nagamine, a Japanese author and karate master. This program is a highly developed, precise and exacting distillation of the unique unarmed fighting art based on natural movement.

Instructor: Jordan Du Val

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248450.WA	14+	9/2 – 10/28	W	7 p.m. – 8:30 p.m.	\$86/\$108

Kettlebell

(18+)

The unique benefits of kettlebell training is the improvement to both cardiovascular and anabolic systems. Kettlebell users also have tremendous gains in overall functional strength. Simply put, you can increase your overall fitness and tone up your muscles with kettlebells if used correctly.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248180.SA	18+	9/5 – 10/31	Sa	10:30 a.m. – 11:30 a.m.	\$164/\$205

Kickboxing (18+)

Beginner-friendly and experienced instructors will make sure you get a great workout in addition to improving your technique. You will be challenged by structured, yet fun, kickboxing and strength and conditioning routines in a safe and encouraging environment. We welcome all fitness and skill levels. Our program will help you get fit, have fun and learn kickboxing.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248410.WA	18+	9/2 – 10/28	W	5:30 p.m. – 6:30 p.m.	\$164/\$205
248410.HA	18+	9/3 – 10/29	Th	12 p.m. – 1 p.m.	\$164/\$205

Lunch-hour Pilates (18+)

Work out during your lunch hour with this 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.TA	18+	9/1 – 10/27	Tu*	12 p.m. – 1 p.m.	\$90/\$113
248920.HA	18+	9/3 – 10/29	Th*	12 p.m. – 1 p.m.	\$90/\$113

*No class 9/29, 10/1

Meditation and Visualization (16+)

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: RC Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248780.SC	16+	9/5 – 10/31	Sa	11:15 a.m. – 12 p.m.	\$90/\$113

Personal Training Program (18+)

Try an hour-long, personalized fitness training session. 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.

Location: Senior Center Fitness Room

# 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.

Friends of the Sunnyvale Pottery Studio
SAVE THE DATE! HOLIDAY POTTERY SALE

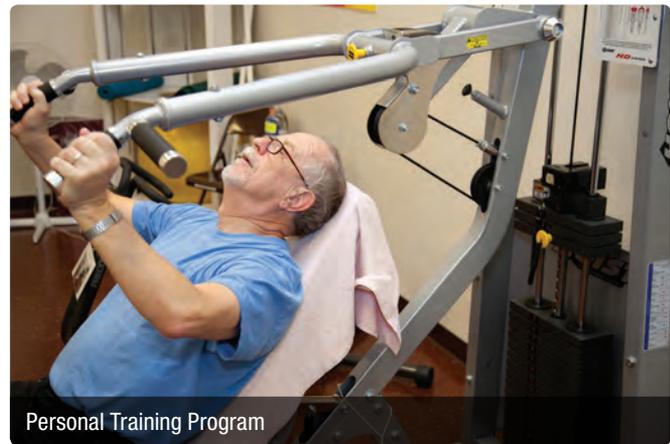
Friday, December 4 & Saturday, December 5, 2015
10:00 a.m. – 5:00 p.m.

Come browse a large selection of handmade ceramics and fused glass by over 30 local artists. Find unique holiday gifts and support the arts in Sunnyvale!



Location: Creative Arts Center – Sunnyvale Community Center
550 E. Remington Drive, Sunnyvale

Free Admission!



Personal Training Program

Strength and Conditioning (18+)

Train like a professional athlete in a fun and supportive environment. This beginner friendly program teaches proper strength and conditioning techniques and principals while pushing you physically and mentally. Our certified, professional instructors will help you safely reach a new physical fitness level.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248170.MA	18+	9/14 – 10/26	M	6:30 p.m. – 7:30 p.m.	\$130/\$163
248170.WA	18+	9/2 – 10/28	W	6:30 p.m. – 7:30 p.m.	\$164/\$205



Strength Training TRY IT! (18+)

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

Instructor: Suzanne Luft

Location: Senior Center Aspen Fit Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
246300.AA	18+	8/31 – 10/26	M*	7 p.m. – 8 p.m.	\$69/\$86
246300.BA	18+	9/1 – 10/27	Tu*	7 p.m. – 8 p.m.	\$69/\$86

*No class 9/7, 9/8

Tai Chi Chuan (14+)

Exercise your body and mind with the slow motion, continuous 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. This is a mixed level class. First part of the class will focus on fundamentals to help beginners master authentic Yang-style 8- and 28-form short routines. Second part allows practice time for beginners while Intermediate/Advanced students learn more challenging techniques with and without partners and work on the 85-form long routine. Advanced students will also practice traditional sword and saber long routines.

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248910.WP	14+	9/9 – 10/28	W	7 p.m. – 8:30 p.m.	\$90/\$113



Volleyball

Photo by Alfred Leung

Volleyball – Intermediate/Advanced (16+)

This class emphasizes improvement and consistency of all volleyball skills. It provides fun game-like drills, using the nets, maximizing ball contacts and opportunity for feedback. Class will include team play, with six-person teams practicing the 6-2 offensive system. Students should be able to serve, pass, set, spike, block and dig the ball with some consistency. This is not a class for beginners.

Instructor: Thien Vu

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
248702.MA	Int/Adv	16+	9/14 – 10/26	M	8 p.m. – 10 p.m.	\$86/\$108

Yoga for Fitness – Lyengar (16+)

Both men and women develop flexibility and body control via stretching routines and yoga poses. Foam rubber mat is recommended.

Instructor: Betty Strain

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248750.FA	16+	10/9 – 10/30	F	9:30 a.m. – 11 a.m.	\$40/\$50

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248750.RA	16+	10/8 – 10/29	Th	6:30 p.m. – 8 p.m.	\$40/\$50

Yoga for Wellness – Lyengar (16+)

Stressed out? Need to relax? This class, taught by a certified Lyengar 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 at least two firm yoga blankets or two large towels. Age 12 – 15 may register with a parent.

Instructor: Lori Neumann

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248770.TA	16+	9/15 – 10/27	Tu	6 p.m. – 7:30 p.m.	\$79/\$99



Yoga

Photo by Varshadeep Parlatthayya

Yoga Lite – Hatha (16+)

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248760.WA	16+	9/2 – 10/28	W	8:30 a.m. – 10 a.m.	\$90/\$113
248760.SB	16+	9/5 – 10/31	Sa	9:30 a.m. – 11 a.m.	\$90/\$113