

NEW
New Program
Offering

TRY IT!
Try It Free on the
First Day of Class

FREE
No Fees

\$\$
Supply Fee Due
on First Day

T
Free T-Shirt
per Session

S
Recreational
Swim

T
Travels
Offsite

C
Performance
on Final Day

H
Parent/Guardian
Participation Required



SPECIAL INTEREST

Heart Saver (CPR with AED for Adult/Child) (15+)

This American Heart Association course teaches adult and child CPR and AED, as well as how to help a choking adult or child. Learn 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 need a CPR/AED certification to meet job, regulatory or other requirements. One day classes are non-refundable and non-transferable.

Instructor: Sunnysvale Staff
Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
240461.AA	15+	09/10	Sa	12:30 p.m. – 3:30 p.m.	\$79/\$99



Standard First Aid

Standard First Aid (15+)

Obtain your two-year Standard First Aid certification with successful completion of this American Heart Association 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 to obtain certification. One day class fees are nonrefundable and nontransferable.

Instructor: Sunnysvale Staff
Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
240470.AA	15+	09/10	Sa	8 a.m. – 11:30 a.m.	\$79/\$99

ART

Bobbin Lace Making \$45 (18+)

Learn bobbin lace in a casual and self-paced setting. Students with no experience work on beginning techniques, while experienced students may hone their techniques with more advanced projects. Explore both modern and traditional bobbin lace projects. Bobbin lace pillows are provided with refundable deposit. Experienced students may bring their own pillows.

Instructor: Michele Kelly
Location: Creative Arts Center Paint Room

Class#	Age	Dates	Day	Time	Fee (Res/NR)
249160.WA	18+	09/14 – 11/02	W	10 a.m. – 12:30 p.m.	\$98/\$129

Glass Fusing \$85 (16+)

Learn how easy and fun it is to make beautiful fused art glass! You'll be introduced to the 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. Intermediate students are welcome and can expand on existing glass fusing skills. Design help is always available. Classes begin with a short lecture on intermediate and/or advanced topics with samples. Please wear closed toed shoes.

Instructor: Mary Feibusch
Location: Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249311.WP	Beg	16+	08/31 – 09/28	W	7 p.m. – 10 p.m.	\$119/\$149
249311.WQ	Beg	16+	10/12 – 11/16	W	7 p.m. – 10 p.m.	\$138/\$173
349311.WP	Beg	16+	11/30 – 01/18	W*	7 p.m. – 10 p.m.	\$138/\$173

*No class 12/21, 12/28

Basic Digital Photography (15+)

Take better pictures with your digital camera. Topics include basic operation of digital cameras, rules of lighting, composition, exposure, executing pictures in difficult conditions and working with parallax. Class includes 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+	09/06 – 10/25	Tu	7 p.m. – 9 p.m.	\$89/\$111



Basic Digital Photography

Adults



SHARE YOUR ARTISTIC TALENT!

We're looking for teaching artists who are eager to share their art forms with children by leading workshops at Sunnyvale's beloved children's art festival. Artists can expect to lead 300 to 500 projects throughout the day for children to take home.

STEM to STEAM

Our goal is to support the STEM to STEAM initiative by integrating science, technology, engineering and mathematics with art, creating maker projects in a third of the workshops in 2017.

To request an application

email handsonthearts@sunnyvale.com or call 408-730-7758

Applications are due Feb. 1, 2017

**HANDS
ON THE
ARTS**
32ND ANNUAL FESTIVAL
May 20, 2017

Figurative Sculpture **\$31** (18+)

Students receive lessons in anatomy, proportion, gesture and self-expression, while figuratively sculpting ceramics with a live model posing for one to two hours per class. Examples and brief demonstrations are given. Class is appropriate for beginning students without prior sculpting experience, as well as advanced students looking to expand their sculpting techniques. Model's fee is split among class participants (approximately \$50 – \$75) and is collected at the first class meeting. Clay must be purchased in studio (25 lb. bag).

Instructor: Rebecca Bui

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249921.SA	Beg	18+	09/17 – 10/29	Sa	4 p.m. – 6 p.m.	\$147/\$184
349921.SA	Beg	18+	11/05 – 12/17	Sa*	4 p.m. – 6 p.m.	\$126/\$158

*No class 11/26

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 appears on registration receipt (approximately \$45). Supplies should be purchased by second class meeting. Supplies for first class are provided.

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249641.JA	Beg	18+	09/15 – 10/20	Th	10 a.m. – 12 p.m.	\$89/\$111
349641.JA	Beg	18+	11/03 – 12/15	Th*	10 a.m. – 12 p.m.	\$89/\$111

*No class 11/24

Pottery **\$31** (16+)

Throw your soul into your art and learn to make beautiful and functional pottery. Our master potters provide individual coaching no matter your skill level! Beginners learn basic hand-building, wheel throwing and glazing techniques. More experienced potters learn advanced techniques while working on individual projects. Clay must be purchased in studio (25 lb. bag). Beginning tool kits may be purchased in class (\$25). Firing and glazing are included in class price. Participants also receive one Open Studio pass with their first three registrations.

Instructor: Danny Sheu (MThF), Hsin-Chuen Lin (W)

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249911.MB	Beg	16+	09/12 – 10/24	M	7 p.m. – 10 p.m.	\$221/\$276
249911.WA	Beg	16+	09/14 – 10/26	W	10 a.m. – 1 p.m.	\$221/\$276
249911.JA	Beg	16+	09/15 – 10/27	Th	10 a.m. – 1 p.m.	\$221/\$276
249911.JB	Beg	16+	09/15 – 10/27	Th	7 p.m. – 10 p.m.	\$221/\$276
249911.FA	Beg	16+	09/16 – 10/28	F	10 a.m. – 1 p.m.	\$221/\$276
349911.MA	Beg	16+	10/31 – 12/12	M	7 p.m. – 10 p.m.	\$221/\$276
349911.WA	Beg	16+	11/02 – 12/14	W	10 a.m. – 1 p.m.	\$221/\$276
349911.JA	Beg	16+	11/03 – 12/15	Th*	10 a.m. – 1 p.m.	\$189/\$236
349911.JB	Beg	16+	11/03 – 12/15	Th*	7 p.m. – 10 p.m.	\$189/\$236
349911.FA	Beg	16+	11/04 – 12/16	F*	10 a.m. – 1 p.m.	\$158/\$198

*No class 11/11, 11/24, 11/25



Pottery

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 skill 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+	09/06 – 10/25	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99
344100.TQ	18+	11/01 – 12/13	Tu	7:30 p.m. – 8:30 p.m.	\$69/\$86

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Open Pottery Studio 16+

Work independently on your projects and enjoy the company of fellow intermediate and advanced potters 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 September 12 – December 17, 2016

Mondays: 10 a.m. – 2 p.m.

Tuesdays: 10 a.m. – 10 p.m.

Fridays: 2 – 6 p.m.

Saturdays: 9:30 a.m. – 3:30 p.m.

Closed: 11/11, 11/24, 11/25, 12/18 through 01/01

Fee per two-hour time slot: \$14 residents, \$17 non-residents

Purchase a one-time 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 is 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 three to four weeks for firing. No refunds, transfers or credits for passes. Lost passes will not be credited.

For more information
call 408-730-7345



Open Painting Studio 18+

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

Day/Time: Mondays, 9 a.m. – noon

Closed: 09/05, 12/26, 01/01/17

Location: Creative Arts Center Paint Room

Fee: \$5 (payable at door)

For more information
call 408-730-7758

Belly Dance **TRY IT!** 18+

Have fun learning traditional Middle Eastern style dance moves. Gain core strength and control through dancing to 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 deeper focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: One 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+	09/06 – 10/25	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
344101.TP	1	18+	11/01 – 12/13	Tu	6:30 p.m. – 7:30 p.m.	\$69/\$86
244102.TR	2	18+	09/06 – 10/25	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99
344102.TR	2	18+	11/01 – 12/13	Tu	8:30 p.m. – 9:30 p.m.	\$69/\$86



Belly Dance

Adults



Hula TRY IT! (18+)

Spend an hour each week in Hawaii! Learn hula basics and ancient Kahiko and modern Auana Hula choreography. Enjoy traditional Hawaiian music, as the instructor accompanies class on the 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+	09/16 – 10/28	F	2 p.m. – 3 p.m.	\$79/\$99
344140.FP	18+	11/04 – 12/16	F*	2 p.m. – 3 p.m.	\$59/\$74

*No class 11/11, 11/25



Hula

Ballroom Dance TRY IT! (18+)

Find out how easy it is to have fun on the dance floor. This fun, non-competitive class makes it simple to learn the steps and routines of popular ballroom dances. Leather-soled shoes that stay firmly on your feet and allow you to spin safely are required. No partner necessary. Dance partners switch 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+	09/12 – 10/31	M	7:30 p.m. – 8:30 p.m.	\$83/\$104
344301.MP	1	18+	11/07 – 12/12	M	7:30 p.m. – 8:30 p.m.	\$63/\$79
244302.MQ	2	18+	09/12 – 10/31	M	8:30 p.m. – 9:30 p.m.	\$83/\$104
344302.MQ	2	18+	11/07 – 12/12	M	8:30 p.m. – 9:30 p.m.	\$63/\$79



Ballroom Dance

Tap Dance (14+)

Start tapping and feel 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 needing a review and 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: Sunnyvale Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244481.JP	1	14+	09/08 – 10/27	Th	6:45 p.m. – 7:45 p.m.	\$79/\$99
344481.JP	1	14+	11/03 – 12/15	Th*	6:45 p.m. – 7:45 p.m.	\$59/\$74
244482.JQ	2	14+	09/08 – 10/27	Th	7:45 p.m. – 8:45 p.m.	\$79/\$99
44482.JQ	2	14+	11/03 – 12/15	Th*	7:45 p.m. – 8:45 p.m.	\$59/\$74

*No class 11/24



Israeli Folk Dance

Ages 13+

Join Israeli folk dancers in a circle, group or with a partner for an energetic and inspiring evening of rhythmic and dynamic movement. The evening begins with a 45-minute lesson, followed by dancing to your requests.

Day/Time: Mondays, 7:30 – 11 p.m.

Instructor: Loui Tucker

Location: Recreation Center Ballroom

Cost: \$8 at the door

For more information

call 408-287-9999

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Square Dancing **TRY IT!** Ages 18+

Modern Western square dancing is a fun, friendly and 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, as you learn and practice the one hundred 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 a progression of more challenging calls. No partner or experience needed. Dress is casual. Wear comfortable shoes.

When: Tuesdays, 7 – 10 p.m.

New classes begin the first Tuesday of the month. First-time dancers must start at the beginning of a class. Returning dancers are welcome to join anytime.

Instructor: Sunnyvale Squares

Location: Murphy Park Building

Fee: \$30 per month, purchased by the month at the door

For more information
call 408-744-1021 or visit SunnyvaleSquares.com

Swing Dancing Ages 18+

Take advantage of the spacious floor and wall mirrors to work on solo dancing, bring a friend to practice moves in an open, collaborative environment or take the short, 30-minute lesson at the beginning of the night from an instructor. Lessons are suitable for intermediate to advanced swing dancers, and cover a new topic each night. After the lesson, guest DJs provide music for Lindy, Charleston, Balboa, Shag and Blues dance.

Day/Time: First and third Fridays of the month, 8:30 – 11 p.m.

Instructor: For Dancers Only

Location: Sunnyvale Theatre Dance Studio

Cost: \$8 per person at the door (cash only)

For more information
visit facebook.com/fordancersonly
e-mail ForDancersOnlySB@gmail.com or call at 408-657-7836

SPORTS AND FITNESS

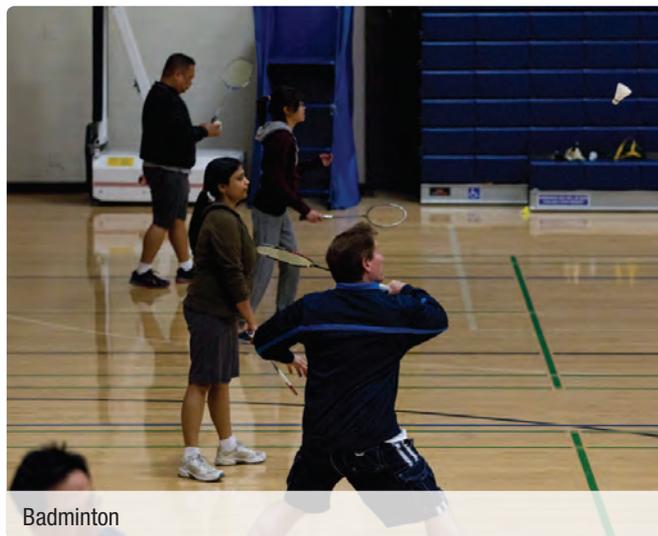
Badminton **TRY IT!** (14+)

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+	09/06 – 10/25	Tu	7 p.m. – 9 p.m.	\$70/\$88
348000.TA	14+	11/01 – 12/13	Tu	7 p.m. – 9 p.m.	\$61/\$76



Cardio Pop! Workout **TRY IT!** (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 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+	09/12 – 10/24	M	7 p.m. – 8:30 p.m.	\$55/\$69
348160.MA	16+	11/07 – 12/12	M	7 p.m. – 8:30 p.m.	\$47/\$59

Lunch Hour Pilates **TRY IT!** (18+)

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 utilizes rings, bands and balls for an 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: Sunnyvale Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248920.TA	18+	09/13 – 10/25	Tu*	12 p.m. – 1 p.m.	\$58/\$73
248920.HA	18+	09/08 – 10/27	Th*	12 p.m. – 1 p.m.	\$69/\$86
348920.TA	18+	11/01 – 12/13	Tu*	12 p.m. – 1 p.m.	\$69/\$86
348920.HA	18+	11/03 – 12/15	Th*	12 p.m. – 1 p.m.	\$69/\$86

*No class 09/15, 09/20, 10/11, 10/13, 11/22, 11/24

Adults



Columbia Neighborhood Center Fitness Room

785 Morse Ave., Sunnyvale

\$1 per person, per session: Cash only, paid at entrance.

Monday 6:30 – 8 p.m.; **Tuesday** 7:30 – 9 p.m.;
Wednesday 7:30 – 9 p.m.; **Thursday** 6:30 – 8 p.m.;
Saturday 8 a.m. – 9:30 a.m. and 10:30 a.m. – noon

Elliptical Trainers • Free Weights
• Treadmills • Weight and Resistance Training



**Open to Sunnyvale Residents
with Proof of Residency**

Adults 18+

High School Students* 14 – 17 years

Middle School Students** 11 – 13 years

Items to bring: Athletic shoes, water bottle and personal towel.

*A signed waiver from parent/ guardian needed before using the fitness room

**Must be accompanied by a parent/guardian to use fitness room

For more information

call 408-730-7800 or visit CNC.inSunnyvale.com

Meditation and Visualization **TRY IT!** (14+)

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 with coping with the outside world. Experience your true self. Please bring a mat or blanket and wear comfortable clothing.

Instructor: Robin Pickel

Location: Recreation Center Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248780.SC	14+	09/03 – 10/29	Sa	11:15 a.m. – 12 p.m.	\$93/\$116
348780.SC	14+	11/05 – 12/17	Sa	11:15 a.m. – 12 p.m.	\$72/\$90

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	\$120
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

To schedule your personalized training session, call 408-730-7360.

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

Strength Training **TRY IT!** (18+)

Feel stronger, healthier and more vital. Strengthen bones and improve balance, coordination and mobility—all through the proper use of fitness machines, medicine balls, kettle weights and Bosu®. Classes begin with a warm up followed by a rotation through various exercise stations and conclude with a cool down. Classes have a maximum of 10 students to better meet individual fitness goals.

Instructor: Suzanne Luft

Location: Senior Center Aspen Fit Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
246300.AA	18+	09/12 – 10/24	M	7 p.m. – 8 p.m.	\$61/\$76
246300.BA	18+	09/13 – 10/25	Tu	7 p.m. – 8 p.m.	\$61/\$76
346300.AA	18+	11/07 – 12/12	M*	7 p.m. – 8 p.m.	\$44/\$55
346300.BA	18+	11/08 – 12/13	Tu*	7 p.m. – 8 p.m.	\$44/\$55

*No class 11/21, 11/22

Tai Chi Chuan **TRY IT!** (14+)

Exercise body and mind with the slow motion, continuous movements of this traditional Chinese martial art. This is a mixed level class. The first and second parts of each class focus on stretching, fundamental stance drills and form movement combinations. Students are then split into small groups. Beginners work on eight- and 28-form short routines. Intermediate/Advanced students learn more challenging techniques including push hands, 85-form long routines and traditional sword and saber.

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248910.WP	14+	09/07 – 10/26	W	7 p.m. – 8:30 p.m.	\$92/\$115
348910.WP	14+	11/02 – 12/07	W*	7 p.m. – 8:30 p.m.	\$58/\$73

*No class 11/23

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Free T-Shirt per Session

🏊

Recreational Swim

🚗

Travels Offsite

📅

Performance on Final Day

👤

Parent/Guardian Participation Required



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

Ten-game season and playoffs

Winter: early January through late March

Spring/Summer: early April through late June

Fall: early September through early December



Volleyball

Eight-match season and playoffs

Winter: early January through mid-March

Spring: late March through early June

Summer: June through August

Fall: Mid-September through November

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

Adult Drop-In Gym

Sunnyvale Indoor Sports Center • 550 E. Remington Drive
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident.
Spectators must also pay the fee.

BADMINTON

Ages 16+ *

Tuesday – 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.

*Must be at least 16 years of age or older to participate unless supervised by parent or legal guardian (Badminton only)
**Fee is charged per session. If you wish to play entire afternoon, you must pay fees for both sessions.



VOLLEYBALL

Ages 18+

Tuesday: 5 – 7 p.m.

Drop-In Gym Discount Passes Available

Sunnyvale Resident: 10 visit pass \$40

Non-Resident: 10 visit pass \$50

Fee includes use of showers and locker room.
Spectators must also pay the drop-in fee.

For more information
call 408-730-7334

Adults

**Volleyball – Intermediate/Advanced**

(16+)

Improve volleyball skills by playing fun, game-like drills, using the nets and maximizing ball contacts and feedback. Class includes 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+	09/19 – 10/24	M	8 p.m. – 10 p.m.	\$77/\$96
348702.MA	Int/Adv	16+	11/07 – 12/12	M	8 p.m. – 10 p.m.	\$77/\$96

Yoga for Fitness (Lyengar)

TRY IT!

(16+)

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**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248750.FA	16+	09/30 – 10/28	F	9:30 a.m. – 11 a.m.	\$52/\$65
348750.FA	16+	11/04 – 12/16	F*	9:30 a.m. – 11 a.m.	\$62/\$78

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248750.RA	16+	09/29 – 10/27	Th	6:30 p.m. – 8 p.m.	\$52/\$65
348750.RA	16+	11/03 – 12/15	Th*	6:30 p.m. – 8 p.m.	\$62/\$78

No class 11/24, 11/25*Yoga for Wellness (Lyengar)**

TRY IT!

(16+)

Stressed out? Need to relax? Taught by a certified lyengar instructor, this class creates lasting benefits for the participant. The practice of Yoga improves overall health and releases tension and stress. All levels welcome. Please bring a yoga mat or two large towels. Participants may bring yoga blocks and a yoga belt from home. Extras are provided in class. 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+	09/06 – 10/25	Tu*	6 p.m. – 7:30 p.m.	\$81/\$101
348770.TA	16+	11/01 – 11/29	Tu	6 p.m. – 7:30 p.m.	\$58/\$73

No class 10/18*Yoga Lite (Hatha)**

TRY IT!

(14+)

Improve balance, flexibility and mental focus. Mudra, Asanas and deep breathing techniques teach participants 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	14+	09/07 – 10/26	W	8:30 a.m. – 10 a.m.	\$82/\$103
248760.SB	14+	09/03 – 10/29	Sa	9:30 a.m. – 11 a.m.	\$93/\$116
348760.WA	14+	11/02 – 12/14	W	8:30 a.m. – 10 a.m.	\$72/\$90
348760.SB	14+	11/05 – 12/17	Sa	9:30 a.m. – 11 a.m.	\$72/\$90

For Zumba Gold for Adults 50+, see page 42**Legal Clinics** FREE

First Saturday of Each Month, 10 a.m. to noon • Columbia Neighborhood Center, 785 Morse Ave., Sunnyvale

*a partnership for education, health and recreation*

Volunteer attorneys will provide free consultations on a variety of legal matters for 20-30 minutes, operating on a first-come, first-served basis. No appointments required. For time-sensitive legal needs, email probono@southasianbar.org for referral to other resources.

Upcoming Clinic Dates

Aug. 6 • Sept. 10 • Oct. 1 • Nov. 5 • Dec. 3

Call the Columbia Neighborhood Center at 408-730-7800 to confirm clinic dates.

Provided by the South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale.

