



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. Non-participating siblings must be held at all times during observation. Thank you for your cooperation.

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 Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
623050.MA	6-16yrs	5/5-6/23	M*	5:30pm-6:25pm	\$116/\$145
623050.FA	6-16yrs	5/9-6/27	F	4:30pm-5:25pm	\$133/\$166
123050.MA	6-16yrs	7/7-8/25	M	5:30pm-6:25pm	\$133/\$166
123050.FA	6-16yrs	7/11-8/29	F	4:30pm-5:25pm	\$133/\$166

*No class 5/26

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)
623030.MA	5-6yrs	5/5-6/23	M*	3:30pm-4:25pm	\$116/\$145
623030.MB	5-6yrs	5/5-6/23	M*	5:30pm-6:25pm	\$116/\$145
623030.MC	5-6yrs	5/5-6/23	M*	6:30pm-7:25pm	\$116/\$145
623030.TA	5-6yrs	5/6-6/24	Tu	3:30pm-4:25pm	\$133/\$166
623030.TB	5-6yrs	5/6-6/24	Tu	4:30pm-5:25pm	\$133/\$166
623030.TC	5-6yrs	5/6-6/24	Tu	6:30pm-7:25pm	\$133/\$166
623030.WA	5-6yrs	5/7-6/25	W	3:30pm-4:25pm	\$133/\$166
623030.WB	5-6yrs	5/7-6/25	W	5:30pm-6:25pm	\$133/\$166
623030.HA	5-6yrs	5/8-6/26	Th	3:30pm-4:25pm	\$133/\$166
623030.HB	5-6yrs	5/8-6/26	Th	4:30pm-5:25pm	\$133/\$166
623030.FA	5-6yrs	5/9-6/27	F	3:30pm-4:25pm	\$133/\$166
623030.FB	5-6yrs	5/9-6/27	F	5:30pm-6:25pm	\$133/\$166
623030.SA	5-6yrs	5/10-6/28	Sa*	9:00am-9:55am	\$116/\$145
623030.SB	5-6yrs	5/10-6/28	Sa*	10:00am-10:55am	\$116/\$145
623030.SC	5-6yrs	5/10-6/28	Sa*	12:00pm-12:55pm	\$116/\$145
123030.MA	5-6yrs	7/7-8/25	M	3:30pm-4:25pm	\$133/\$166
123030.MB	5-6yrs	7/7-8/25	M	5:30pm-6:25pm	\$133/\$166
123030.MC	5-6yrs	7/7-8/25	M	6:30pm-7:25pm	\$133/\$166
123030.TA	5-6yrs	7/8-8/26	Tu	3:30pm-4:25pm	\$133/\$166
123030.TB	5-6yrs	7/8-8/26	Tu	4:30pm-5:25pm	\$133/\$166
123030.TC	5-6yrs	7/8-8/26	Tu	6:30pm-7:25pm	\$133/\$166
123030.WA	5-6yrs	7/9-8/27	W	3:30pm-4:25pm	\$133/\$166
123030.WB	5-6yrs	7/9-8/27	W	5:30pm-6:25pm	\$133/\$166
123030.HA	5-6yrs	7/10-8/28	Th	3:30pm-4:25pm	\$133/\$166
123030.HB	5-6yrs	7/10-8/28	Th	4:30pm-5:25pm	\$133/\$166
123030.FA	5-6yrs	7/11-8/29	F	3:30pm-4:25pm	\$133/\$166
123030.FB	5-6yrs	7/11-8/29	F	5:30pm-6:25pm	\$133/\$166
123030.SA	5-6yrs	7/12-8/30	Sa	9:00am-9:55am	\$133/\$166
123030.SB	5-6yrs	7/12-8/30	Sa	10:00am-10:55am	\$133/\$166
123030.SC	5-6yrs	7/12-8/30	Sa	12:00pm-12:55pm	\$133/\$166

*No class 5/17, 5/26

Intro to Gymnastics Co-Ed (6-16years)

This summer-only class is a great introduction for kids new to the sport of gymnastics and an ideal way for current students to enjoy extra instruction time with our excellent coaches. Students will be introduced to fun and challenging skills on all of the Olympic events, including balance beam, bars, pommel horse, vault and floor exercise (tumbling).

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
123071.MA	Beg	6-16yrs	7/21-7/21	M	9:00am-12:00pm	\$45/\$56
123071.MB	Beg	6-16yrs	7/28-7/28	M	9:00am-12:00pm	\$45/\$56
123071.MC	Beg	6-16yrs	8/4-8/4	M	9:00am-12:00pm	\$45/\$56
123071.MD	Beg	6-16yrs	8/11-8/11	M	9:00am-12:00pm	\$45/\$56

Learn To Flip (6-10years)

This is a gymnastics class designed for children who would like to concentrate 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)
623040.MA	6-10yrs	5/5-6/23	M*	4:30pm-5:25pm	\$116/\$145
623040.TA	6-10yrs	5/6-6/24	Tu	4:30pm-5:25pm	\$133/\$166
623040.HA	6-10yrs	5/8-6/26	Th	4:30pm-5:25pm	\$133/\$166
623040.SA	6-10yrs	5/10-6/28	Sa*	11:00am-11:55am	\$116/\$145
123040.MA	6-10yrs	7/7-8/25	M	4:30pm-5:25pm	\$133/\$166
123040.TA	6-10yrs	7/8-8/26	Tu	4:30pm-5:25pm	\$133/\$166
123040.HA	6-10yrs	7/10-8/28	Th	4:30pm-5:25pm	\$133/\$166
123040.SA	6-10yrs	7/12-8/30	Sa	11:00am-11:55am	\$133/\$166

*No class 5/17, 5/26

Gymnastics: Boys Rec FUNdamentals (6-16years)

Your son will focus on skills and routines on floor exercise, pommel horse, vault, parallel bars, high bar and trampoline. Coaches help students develop strength and flexibility, using skill cards to track student progress. A signed certificate will show proof of level readiness before moving to 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)
623101.MC	Beg	6-16yrs	5/5-6/23	M*	5:30pm-6:25pm	\$116/\$145
623101.TA	Beg	6-16yrs	5/6-6/24	Tu	3:30pm-4:25pm	\$133/\$166
623101.WA	Beg	6-16yrs	5/7-6/25	W	3:30pm-4:25pm	\$133/\$166
623101.WC	Beg	6-16yrs	5/7-6/25	W	6:30pm-7:25pm	\$133/\$166
623101.HB	Beg	6-16yrs	5/8-6/26	Th	6:30pm-7:25pm	\$133/\$166
623101.FA	Beg	6-16yrs	5/9-6/27	F	3:30pm-4:25pm	\$133/\$166
623101.SA	Beg	6-16yrs	5/10-6/28	Sa*	9:00am-9:55am	\$116/\$145
623101.SB	Beg	6-16yrs	5/10-6/28	Sa*	11:00am-11:55am	\$116/\$145
123101.MC	Beg	6-16yrs	7/7-8/25	M	5:30pm-6:25pm	\$133/\$166
123101.TA	Beg	6-16yrs	7/8-8/26	Tu	3:30pm-4:25pm	\$133/\$166
123101.WA	Beg	6-16yrs	7/9-8/27	W	3:30pm-4:25pm	\$133/\$166
123101.WC	Beg	6-16yrs	7/9-8/27	W	6:30pm-7:25pm	\$133/\$166
123101.HB	Beg	6-16yrs	7/10-8/28	Th	6:30pm-7:25pm	\$133/\$166
123101.FA	Beg	6-16yrs	7/11-8/29	F	3:30pm-4:25pm	\$133/\$166
123101.SA	Beg	6-16yrs	7/12-8/30	Sa	9:00am-9:55am	\$133/\$166
123101.SB	Beg	6-16yrs	7/12-8/30	Sa	11:00am-11:55am	\$133/\$166

*No class 5/17, 5/26



Gymnastics: Boys Int/Adv (6-16years)

Congratulations for 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)
623103.MA	Int	6-16yrs	5/5-6/23	M*	4:30pm-5:25pm	\$116/\$145
623103.TB	Int	6-16yrs	5/6-6/24	Tu	6:30pm-7:25pm	\$133/\$166
623103.WB	Int	6-16yrs	5/7-6/25	W	4:30pm-5:25pm	\$133/\$166
623103.FA	Int	6-16yrs	5/9-6/27	F	4:30pm-5:25pm	\$133/\$166
623103.SA	Int	6-16yrs	5/10-6/28	Sa*	10:00am-10:55am	\$116/\$145
123103.MA	Int	6-16yrs	7/7-8/25	M	4:30pm-5:25pm	\$133/\$166
123103.TB	Int	6-16yrs	7/8-8/26	Tu	6:30pm-7:25pm	\$133/\$166
123103.WB	Int	6-16yrs	7/9-8/27	W	4:30pm-5:25pm	\$133/\$166
123103.FA	Int	6-16yrs	7/11-8/29	F	4:30pm-5:25pm	\$133/\$166
123103.SA	Int	6-16yrs	7/12-8/30	Sa	10:00am-10:55am	\$133/\$166
633104.WA	Adv	6-16yrs	5/7-6/25	W	4:30pm-6:00pm	\$200/\$250
633104.SA	Adv	6-16yrs	5/10-6/28	Sa*	12:00pm-1:30pm	\$175/\$219
133104.WA	Adv	6-16yrs	7/9-8/27	W	4:30pm-6:00pm	\$200/\$250
133104.SA	Adv	6-16yrs	7/12-8/30	Sa	12:00pm-1:30pm	\$200/\$250

*No class 5/17, 5/26

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. 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)
623201.MA	Beg	6-16yrs	5/5-6/23	M*	3:30pm-4:25pm	\$116/\$145
623201.MB	Beg	6-16yrs	5/5-6/23	M*	4:30pm-5:25pm	\$116/\$145
623201.MD	Beg	6-16yrs	5/5-6/23	M*	6:30pm-7:25pm	\$116/\$145
623201.TA	Beg	6-16yrs	5/6-6/24	Tu	4:30pm-5:25pm	\$133/\$166
623201.TB	Beg	6-16yrs	5/6-6/24	Tu	5:30pm-6:25pm	\$133/\$166
623201.WA	Beg	6-16yrs	5/7-6/25	W	4:30pm-5:25pm	\$133/\$166
623201.WB	Beg	6-16yrs	5/7-6/25	W	5:30pm-6:25pm	\$133/\$166
623201.WC	Beg	6-16yrs	5/7-6/25	W	6:30pm-7:25pm	\$133/\$166
623201.HA	Beg	6-16yrs	5/8-6/26	Th	3:30pm-4:25pm	\$133/\$166
623201.HC	Beg	6-16yrs	5/8-6/26	Th	5:30pm-6:25pm	\$133/\$166
623201.FA	Beg	6-16yrs	5/9-6/27	F	3:30pm-4:25pm	\$133/\$166
623201.FB	Beg	6-16yrs	5/9-6/27	F	4:30pm-5:25pm	\$133/\$166
623201.FC	Beg	6-16yrs	5/9-6/27	F	5:30pm-6:25pm	\$133/\$166
623201.SA	Beg	6-16yrs	5/10-6/28	Sa*	9:00am-9:55am	\$116/\$145
623201.SB	Beg	6-16yrs	5/10-6/28	Sa*	11:00am-11:55am	\$116/\$145
123201.MA	Beg	6-16yrs	7/7-8/25	M	3:30pm-4:25pm	\$133/\$166
123201.MB	Beg	6-16yrs	7/7-8/25	M	4:30pm-5:25p	\$133/\$166
123201.MD	Beg	6-16yrs	7/7-8/25	M	6:30pm-7:25pm	\$133/\$166
123201.TA	Beg	6-16yrs	7/8-8/26	Tu	4:30pm-5:25pm	\$133/\$166
123201.TB	Beg	6-16yrs	7/8-8/26	Tu	5:30pm-6:25pm	\$133/\$166
123201.WA	Beg	6-16yrs	7/9-8/27	W	4:30pm-5:25pm	\$133/\$166
123201.WB	Beg	6-16yrs	7/9-8/27	W	5:30pm-6:25pm	\$133/\$166
123201.WC	Beg	6-16yrs	7/9-8/27	W	6:30pm-7:25pm	\$133/\$166
123201.HA	Beg	6-16yrs	7/10-8/28	Th	3:30pm-4:25pm	\$133/\$166
123201.HC	Beg	6-16yrs	7/10-8/28	Th	5:30pm-6:25pm	\$133/\$166
123201.FA	Beg	6-16yrs	7/11-8/29	F	3:30pm-4:25pm	\$133/\$166
123201.FB	Beg	6-16yrs	7/11-8/29	F	4:30pm-5:25pm	\$133/\$166
123201.FC	Beg	6-16yrs	7/11-8/29	F	5:30pm-6:25pm	\$133/\$166
123201.SA	Beg	6-16yrs	7/12-8/30	Sa	9:00am-9:55am	\$133/\$166
123201.SB	Beg	6-16yrs	7/12-8/30	Sa	11:00am-11:55am	\$133/\$166

*No class 5/17, 5/26

Gymnastics:Girls Int/Adv (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. 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)
623203.MA	Int	6-16yrs	5/5-6/23	M*	3:30pm-4:25pm	\$116/\$145
623203.MB	Int	6-16yrs	5/5-6/23	M*	4:30pm-5:25pm	\$116/\$145
623203.MC	Int	6-16yrs	5/5-6/23	M*	5:30pm-6:25pm	\$116/\$145
623203.TA	Int	6-16yrs	5/6-6/24	Tu	3:30pm-4:25pm	\$133/\$166
623203.TB	Int	6-16yrs	5/6-6/24	Tu	5:30pm-6:25pm	\$133/\$166
623203.WA	Int	6-16yrs	5/7-6/25	W	3:30pm-4:25pm	\$133/\$166
623203.WB	Int	6-16yrs	5/7-6/25	W	4:30pm-5:25pm	\$133/\$166
623203.WC	Int	6-16yrs	5/7-6/25	W	5:30pm-6:25pm	\$133/\$166
623203.HA	Int	6-16yrs	5/8-6/26	Th	3:30pm-4:25pm	\$133/\$166
623203.HB	Int	6-16yrs	5/8-6/26	Th	4:30pm-5:25pm	\$133/\$166
623203.HC	Int	6-16yrs	5/8-6/26	Th	5:30pm-6:25pm	\$133/\$166
623203.HD	Int	6-16yrs	5/8-6/26	Th	6:30pm-7:25pm	\$133/\$166
623203.FA	Int	6-16yrs	5/9-6/27	F	3:30pm-4:25pm	\$133/\$166
623203.FB	Int	6-16yrs	5/9-6/27	F	5:30pm-6:25pm	\$133/\$166
623203.SB	Int	6-16yrs	5/10-6/28	Sa*	10:00am-10:55am	\$116/\$145
623203.SC	Int	6-16yrs	5/10-6/28	Sa*	12:00pm-12:55pm	\$116/\$145
123203.MA	Int	6-16yrs	7/7-8/25	M	3:30pm-4:25pm	\$133/\$166
123203.MB	Int	6-16yrs	7/7-8/25	M	4:30pm-5:25pm	\$133/\$166
123203.MC	Int	6-16yrs	7/7-8/25	M	5:30pm-6:25pm	\$133/\$166
123203.TA	Int	6-16yrs	7/8-8/26	Tu	3:30pm-4:25pm	\$133/\$166
123203.TB	Int	6-16yrs	7/8-8/26	Tu	5:30pm-6:25pm	\$133/\$166
123203.WA	Int	6-16yrs	7/9-8/27	W	3:30pm-4:25pm	\$133/\$166
123203.WB	Int	6-16yrs	7/9-8/27	W	4:30pm-5:25pm	\$133/\$166
123203.WC	Int	6-16yrs	7/9-8/27	W	5:30pm-6:25pm	\$133/\$166
123203.HA	Int	6-16yrs	7/10-8/28	Th	3:30pm-4:25pm	\$133/\$166
123203.HB	Int	6-16yrs	7/10-8/28	Th	4:30pm-5:25pm	\$133/\$166
123203.HC	Int	6-16yrs	7/10-8/28	Th	5:30pm-6:25pm	\$133/\$166
123203.HD	Int	6-16yrs	7/10-8/28	Th	6:30pm-7:25pm	\$133/\$166
123203.FA	Int	6-16yrs	7/11-8/29	F	3:30pm-4:25pm	\$133/\$166
123203.FB	Int	6-16yrs	7/11-8/29	F	5:30pm-6:25pm	\$133/\$166
123203.SB	Int	6-16yrs	7/12-8/30	Sa	10:00am-10:55am	\$133/\$166
123203.SC	Int	6-16yrs	7/12-8/30	Sa	12:00pm-12:55pm	\$133/\$166
633204.TA	Adv	6-16yrs	5/7-6/25	Tu	4:30pm-6:00pm	\$200/\$250
633204.TB	Adv	6-16yrs	5/7-6/25	Tu	6:30pm-8:00pm	\$200/\$250
633204.WB	Adv	6-16yrs	5/7-6/25	W	6:30pm-8:00pm	\$200/\$250
633204.HA	Adv	6-16yrs	5/8-6/26	Th	6:30pm-8:00pm	\$200/\$250
633204.SA	Adv	6-16yrs	5/10-6/28	Sa*	12:00pm-1:30pm	\$175/\$219
133204.WB	Adv	6-16yrs	5/7-6/25	W	6:30pm-8:00pm	\$200/\$250
133204.TA	Adv	6-16yrs	7/8-8/26	Tu	4:30pm-6:00pm	\$200/\$250
133204.TB	Adv	6-16yrs	7/8-8/26	Tu	6:30pm-8:00pm	\$200/\$250
133204.HA	Adv	6-16yrs	7/10-8/28	Th	6:30pm-8:00pm	\$200/\$250
133204.SA	Adv	6-16yrs	7/12-8/30	Sa	12:00pm-1:30pm	\$200/\$250

*No class 5/17, 5/26

Youth



Gymnastics programs encourage constructive use of time with weekly participation in a children's sports program.



Performing Arts: Music & Dance

Ballet/Tap (4-7years)

Let your little performer try both ballet and tap steps with fun dance activities like tippy toe turns, alligator walks and magic garden dances. Students will learn basic ballet and tap steps and dance terminology. Class concludes with an in-class performance for family and friends. Ballet and tap shoes are required. No experience required.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
624421.SF	4-7yrs	5/3-6/21	Sa*	12:00pm-12:45pm	\$99/\$124
124421.SE	4-7yrs	7/19-8/23	Th	12:00pm-12:45pm	\$89/\$111

*No class 5/17

Fun with Drums (6-10years)

Play drums from around the world, as well as found percussion objects like brooms and plastic buckets. Beginners will have fun and be inspired by creative, expressive and rhythmic activities. The 6- to 7-year-old class introduces different types of drums. The 8- to 10 year-old class emphasizes beat and rhythm control to develop motor and communication skills. Instruments used in class vary each term.

Instructor: Drumming Groove Academy

Location: Groove School of Per

Class #	Age	Dates	Day	Time	Fee (Res/NR)
124860.AA	6-7yrs	6/16-8/4	M	1:00pm-1:40pm	\$129/\$162
124860.AB	8-10yrs	6/16-8/4	M	1:50pm-2:30pm	\$129/\$162
124860.MP	6-7yrs	6/16-8/4	M	10:30am-11:10am	\$129/\$162
124860.MQ	8-10yrs	6/16-8/4	M	11:15am-11:55am	\$129/\$162

Guitar (6-12years)

Learn basic guitar skills, including chords, scales and music reading. Bring your own guitar and pick.

Level 1 - Beginning: Students with no previous experience learn the basics of guitar in a group setting. Pre-order non-refundable book for \$12 online at www.noteworthy-musicschool.org and pick up at first class. Or purchase book on first day only with cash or check payable to Noteworthy Music School.

Level 2 - Intermediate: Students who have completed a level 1 session or have prior guitar experience continue their studies with weekly one-on-one coaching from teacher.

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
624831.FQ	Beg	6-12yrs	5/9-6/27	F	5:15pm-6:00pm	\$99/\$124
624832.FP	Int/Adv	6-12yrs	5/9-6/27	F	4:30pm-5:15pm	\$99/\$124
624832.FR	Int/Adv	6-12yrs	5/9-6/27	F	6:00pm-6:45pm	\$99/\$124
124831.FQ	Beg	6-12yrs	7/11-8/29	F	5:15pm-6:00pm	\$99/\$124
124832.FP	Int/Adv	6-12yrs	7/11-8/29	F	4:30pm-5:15pm	\$99/\$124
124832.FR	Int/Adv	6-12yrs	7/11-8/29	F	6:00pm-6:45pm	\$99/\$124

Hip Hop Boogie (4-7years)

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

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
624330.SG	4-7yrs	5/3-6/21	Sa*	12:50pm-1:35pm	\$99/\$124
124330.SF	4-7yrs	7/19-8/23	Sa	12:50pm-1:35pm	\$89/\$111

*No class 5/17

Hip Hop Dance (9-12years)

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)
624320.MP	9-12yrs	5/5-6/30	M*	6:00pm-7:00pm	\$89/\$111
124320.MP	9-12yrs	7/7-8/25	M	6:00pm-7:00pm	\$89/\$111

*No class 5/26

Beginning Drum Set (5-13years)

Have you ever looked at a drum set and thought it would be too difficult to learn how to play? Well it's a BLAST and not as hard as it seems. In this class your focus will be developing the tools needed to groove and musically move around the instrument while you play with other drummers and a guitar player. You will learn how to play songs the very first day of class and have fun all session learning and playing the drum set.

Instructor: Drumming Groove Academy

Location: Groove School of Per

Class #	Age	Dates	Day	Time	Fee (Res/NR)
124869.MP	5-6yrs	3/31-5/19	M	4:30pm-5:00pm	\$129/\$161
124869.MQ	8-9yrs	3/31-5/19	M	5:15pm-6:00pm	\$129/\$161
124869.MR	11-12yrs	3/31-5/19	M	6:15pm-7:00pm	\$129/\$161
124869.MA	6-7yrs	6/16-8/4	M	4:30pm-5:00pm	\$129/\$161
124869.MB	8-10yrs	6/16-8/4	M	5:15pm-6:00pm	\$129/\$161
124869.MC	11-13yrs	6/16-8/4	M	6:15pm-7:00pm	\$129/\$161
124869.WA	6-7yrs	6/18-8/6	MW	4:30pm-5:00pm	\$129/\$161
124869.WB	8-10yrs	6/18-8/6	W	5:15pm-6:00pm	\$129/\$161
124869.WC	11-13yrs	6/18-8/6	W	6:15pm-7:00pm	\$129/\$161

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)
124871.C1	Beg	6-10yrs	7/11-8/15	F	5:30pm-6:15pm	\$144/\$180
124871.C2	Beg	6-10yrs	8/3-9/7	Su	2:00pm-2:45pm	\$144/\$180

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)
124901.C2	Beg	5-7yrs	7/17-8/21	Th	4:30pm-5:15pm	\$144/\$180
124901.C1	Beg	5-7yrs	7/11-8/15	F	4:30pm-5:15pm	\$144/\$180
124901.C3	Beg	5-7yrs	7/26-8/30	Sa	9:00am-9:45pm	\$144/\$180
124901.C4	Beg	5-7yrs	8/3-9/7	Su	1:00pm-1:45pm	\$144/\$180



Melody's Group Ukulele (8-12years)

Try the ukulele! Its compact size made the ukulele a perfect starter instrument for children. Students learn to read notes and play scales, chords and different strum patterns. Non-refundable materials fee of \$25 is due to instructor at first class meeting. Bring your own ukulele or purchase from instructor. 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)
124911.C2	Beg	8-12yrs	5/6-6/10	Tu	6:30pm-7:15pm	\$144/\$180
124911.C1	Beg	8-12yrs	7/17-8/21	Th	5:30pm-6:15pm	\$144/\$180

Piano Keyboard (6-12years)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress.

Level 1 - Beginning: Students with no previous experience learn the basics of piano in a group setting. Pre-order non-refundable book for \$8 online at www.noteworthymusicsschool.org and pick up at first class. Or purchase book on first day only with cash or check payable to Noteworthy Music School.

Level 2 - Intermediate: Students who have completed a level 1 session or have prior piano experience continue their studies with weekly one-on-one coaching from teacher.

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
624851.MQ	1	6-12yrs	5/5-6/30	M*	4:15pm-5:00pm	\$99/\$124
624851.WQ	1	6-12yrs	5/7-6/25	W	4:15pm-5:00pm	\$99/\$124
624851.WS	1	6-12yrs	5/7-6/25	W	6:15pm-7:00pm	\$99/\$124
624852.MP	2	6-12yrs	5/5-6/30	M*	3:30pm-4:15pm	\$99/\$124
624852.MR	2	6-12yrs	5/5-6/30	M*	5:00pm-5:45pm	\$99/\$124
624852.MS	2	6-12yrs	5/5-6/30	M*	6:15pm-7:00pm	\$99/\$124
624852.WP	2	6-12yrs	5/7-6/25	W	3:30pm-4:15pm	\$99/\$124
624852.WR	2	6-12yrs	5/7-6/25	W	5:00pm-5:45pm	\$99/\$124
624852.WT	2	6-12yrs	5/7-6/25	W	7:00pm-7:45pm	\$99/\$124
624852.FR	2	6-12yrs	5/9-6/27	F	3:30pm-4:15pm	\$99/\$124
124851.MQ	1	6-12yrs	7/7-8/25	M	4:15pm-5:00pm	\$99/\$124
124851.WQ	1	6-12yrs	7/2-8/27	W	4:15pm-5:00pm	\$125/\$157
124851.WS	1	6-12yrs	7/2-8/27	W	6:15pm-7:00pm	\$125/\$157
124852.MP	2	6-12yrs	7/7-8/25	M	3:30pm-4:15pm	\$99/\$124
124852.MR	2	6-12yrs	7/7-8/25	M	5:00pm-5:45pm	\$99/\$124
124852.MS	2	6-12yrs	7/7-8/25	M	6:15pm-7:00pm	\$99/\$124
124852.WP	2	6-12yrs	7/2-8/27	W	3:30pm-4:15pm	\$125/\$157
124852.WR	2	6-12yrs	7/2-8/27	W	5:00pm-5:45pm	\$125/\$157
124852.WT	2	6-12yrs	7/2-8/27	W	7:00pm-7:45pm	\$125/\$157
124852.FR	2	6-12yrs	7/11-8/29	F	3:30pm-4:15pm	\$99/\$124

*No class 5/26

Special Interest

Kinder Chefs (4.5-6.5years)

Kinder Chefs 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 \$70 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)
627131.TA	Beg	4.5-6.5yrs	4/29-6/10	Tu	4:00pm-5:30pm	\$150/\$188
627131.WA	Beg	4.5-6.5yrs	4/30-6/11	W	4:00pm-5:30pm	\$150/\$188
627131.JA	Beg	4.5-6.5yrs	5/1-6/12	Th	4:00pm-5:30pm	\$150/\$188
627131.FA	Beg	4.5-6.5yrs	5/2-6/13	F	4:00pm-5:30pm	\$150/\$188

Vegan and special diets are welcome in our cooking classes. Please call Young Chefs Academy at (408) 738-CHEF to make accomodations.



Young Chefs (7-10years)

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 \$70 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)
627141.WA	Beg	7-10yrs	4/30-6/11	W	4:00pm-5:30pm	\$150/\$188
627141.JA	Beg	7-10yrs	5/1-6/12	Th	4:00pm-5:30pm	\$150/\$188
627141.FA	Beg	7-10yrs	5/2-6/13	F	6:00pm-7:30pm	\$150/\$188
627141.SU	Beg	7-10yrs	5/4-6/15	Su	9:00am-10:30am	\$150/\$188

Parent's Night Out (5-11years)

Have a night out on the town, while your kids are safely being watched by the City of Sunnyvale staff. They will participate in organized games and arts and crafts. Pizza dinner is provided! Children ages 5-11 will be able to participate in organized games and crafts from 6-10 p.m. Note: \$5 sibling discount available. For more information, call Briana Ulloa at (408) 730-7520 or email bulloa@sunnyvale.ca.gov.

Instructor: TBD

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
625510.YF	5-11yrs	5/2-5/2	F	6:00pm-10:00pm	\$25

Sports & Fitness

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. Public skating 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)
627411.MA	Beg	5-7yrs	6/2-7/7	M	5:00pm-5:30pm	\$82/\$103
627411.MB	Beg	8-14yrs	6/2-7/7	M	5:00pm-5:30pm	\$82/\$103
<i>No registration after 5/29</i>						
127411.MA	Beg	5-7yrs	7/14-8/18	M	5:00pm-5:30pm	\$82/\$103
127411.MB	Beg	8-14yrs	7/14-8/18	M	5:00pm-5:30pm	\$82/\$103

No registration after 7/10

YOUTH



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. Each week participants will receive 30 minutes of instruction and a voucher for practice time redeemable during public skating hours. Public skating schedule will appear on your receipt, or visit Icecenter.net for days and times. Students must provide a stick and helmet with full cage by the first class. Skate rental is included. 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)
627431.TA	Beg	6-14yrs	5/27-7/8	Tu*	4:00pm-4:30pm	\$82/\$103

No registration after 5/29

127431.TA	Beg	6-14yrs	7/22-8/26	Tu	4:00pm-4:30pm	\$82/\$103
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No registration after 7/17

**No class 7/1*

Skyhawks Basketball (6-12years)

Skyhawks Sports Basketball coaches focus on the development of fundamental skills through a variety of fun, creative drill, exercises and scrimmages. Positive instruction in proper technique, form and discipline contribute to the overall success of players at all levels. Course curriculum is age-appropriate and pays special attention to ball handling, passing, shooting, defense, rebounding and conditioning. Bring active clothing, athletic shoes, snacks and water bottle.

Instructor: Skyhawks Sports Academy

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
628051.WA	Beg	6-12yrs	5/7-6/11	W	3:30pm-4:45pm	\$149/\$186

FTSA Basketball Beg/Int (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 for dribble and lay-up, spot shot, passing 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)
628101.MA	Beg	5-7yrs	5/5-6/30	M*	3:30pm-4:45pm	\$136/\$170
628101.TA	Beg	8-10yrs	5/6-6/24	Tu	3:30pm-4:45pm	\$136/\$170
628102.FA	Int/Adv	11-14yrs	5/9-6/27	F*	3:30pm-4:45pm	\$119/\$149
128102.FA	Int/Adv	11-14yrs	7/18-8/29	F	3:30pm-4:45pm	\$119/\$149
128101.MA	Beg	5-7yrs	7/14-8/25	M	3:30pm-4:45pm	\$119/\$149
128101.TA	Beg	8-10yrs	7/15-8/26	Tu	3:30pm-4:45pm	\$119/\$149

**No class 5/23, 5/26*

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. Class consists of 25 minutes of basketball skill development followed by a 30-minute basketball game. 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 and prepare them for game play. Participants are placed on temporary teams which are matched as evenly as possible. After the third week 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 top team. Every week there will be a motivational quote that participants will be challenged to memorize and apply to their lives. Participants will receive a basketball jersey and certificate of participation at the last class. 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)
628103.SA	3	5-7yrs	5/4-6/29	Su*	1:00pm-2:00pm	\$136/\$170
628103.SB	3	8-10yrs	5/4-6/29	Su*	2:10pm-3:10pm	\$136/\$170
628103.SC	3	11-14yrs	5/4-6/29	Su*	3:20pm-4:20pm	\$136/\$170
128103.SA	3	5-7yrs	7/13-8/24	Su	1:00pm-2:00pm	\$119/\$149
128103.SB	3	8-10yrs	7/13-8/24	Su	2:10pm-3:10pm	\$119/\$149
128103.SC	3	11-14yrs	7/13-8/24	Su	3:20pm-4:20pm	\$119/\$149

**No class 5/25*

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)
628451.SA	Beg	4-7yrs	5/4-6/22	Su	1:00pm-2:00pm	\$125/\$156
128451.SA	Beg	4-7yrs	7/6-8/24	Su	1:00pm-2:00pm	\$125/\$156

Location: Ponderosa Park Bldg

628451.FA	Beg	4-7yrs	5/9-6/27	F	5:30pm-6:30pm	\$125/\$156
128451.FA	Beg	4-7yrs	7/11-8/29	F	5:30pm-6:30pm	\$125/\$156

Lakewood Lion's Den Drop-In Program

June 16 – August 8, 2014

(no program 7/4)

Monday thru Friday, 1-4:45 pm

Lakewood Park Building

Ages 6-12 years (*proof of age may be requested*)

\$2 per day (*fee will be collected at the door*)

Come join our staff for a summer of fun! You'll have a blast exploring your individual creativity through arts and craft projects, getting silly playing games and lots more—all for a small fee. No prior registration is required, just drop-in any day. Parents must fill out an emergency card on the first day of participation. Call (408) 730-7741 for more information.



Chang Tai Do Karate for Families (8 & older)

Beginning: 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.

Intermediate: 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 first class for both beginning and intermediate. Equipment for non-beginners and testing are an additional fee.

Instructor: Chang Tai Do Staff

Location: Las Palmas Park

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
628461.SA	Beg	8 & older	5/4-6/22	Su	2:00pm-4:00pm	\$165/\$206
628462.SA	Int/Adv	8 & older	5/4-6/22	Su	4:00pm-6:00pm	\$165/\$206
128461.SA	Beg	8 & older	7/6-8/24	Su	2:00pm-4:00pm	\$165/\$206
128462.SA	Int/Adv	8 & older	7/6-8/24	Su	4:00pm-6:00pm	\$165/\$206

Location: Ponderosa Park

628461.TA	Beg	8 & older	5/6-6/27	TuF	6:30pm-7:30pm	\$165/\$206
628462.TA	Int/Adv	8 & older	5/6-6/27	TuF	7:30pm-8:30pm	\$165/\$206
128461.TA	Beg	8 & older	7/8-8/29	TuF	6:30pm-7:30pm	\$165/\$206
128462.TA	Int/Adv	8 & older	7/8-8/29	TuF	7:30pm-8:30pm	\$165/\$206

Martial Sport Fencing (8-14years)

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)
628410.SA	8-14yrs	5/3-6/14	Sa	1:15pm-2:15pm	\$117/\$146
128410.SA	8-14yrs	7/19-8/30	Sa	1:15pm-2:15pm	\$117/\$146

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

Location: Planet Granite, 815 Stewart Drive, Sunnyvale.

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
127451.WA	Beg	5-8yrs	8/27-9/24	W	4:00pm-6:00pm	\$146/\$183
127451.FA	Beg	9-13yrs	8/29-9/26	F	4:00pm-6:00pm	\$146/\$183

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)
628501.MA	Beg	7-14yrs	4/28-6/16	M*	3:30pm-4:15pm	\$109/\$136
628501.WA	Beg	7-14yrs	4/30-6/11	W	3:30pm-4:15pm	\$109/\$136
628501.FA	Beg	7-14yrs	5/2-6/13	F	4:15pm-5:00pm	\$109/\$136
628501.SA	Beg	7-14yrs	5/3-6/14	Sa	9:15am-10:00am	\$109/\$136
128501.MA	Beg	7-14yrs	7/14-8/25	M	3:30pm-4:15pm	\$109/\$136
128501.WA	Beg	7-14yrs	7/16-8/27	W	3:30pm-4:15pm	\$109/\$136
128501.FA	Beg	7-14yrs	7/18-8/29	F	3:30pm-4:15pm	\$109/\$136
128501.SA	Beg	7-14yrs	7/19-8/30	Sa	9:15am-10:00am	\$109/\$136

*No class 5/26

Futsal 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)
628661.RA	Beg	5-6yrs	5/1-6/19	Th	3:45pm-4:45pm	\$115/\$144
628661.RB	Beg	7-12yrs	5/1-6/19	Th	3:45pm-4:45pm	\$115/\$144
128661.RA	Beg	5-6yrs	7/10-8/14	Th	3:45pm-4:45pm	\$87/\$109
128661.RB	Beg	7-12yrs	7/10-8/14	Th	3:45pm-4:45pm	\$87/\$109

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 p.m.) for class information.

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
628660.TB	5-6yrs	5/13-6/17	Tu	7:00pm-7:45pm	\$79/\$99
128660.TB	5-6yrs	7/15-8/26	Tu	7:00pm-7:45pm	\$89/\$111

Location: Lakewood Park

628660.FA	5-6yrs	5/16-6/20	F	4:15pm-5:00pm	\$79/\$99
128660.FA	5-6yrs	7/18-8/29	F	4:15pm-5:00pm	\$89/\$111

Location: Las Palmas Park

628660.TA	5-6yrs	5/13-6/17	Tu	3:45pm-4:30pm	\$79/\$99
128660.TA	5-6yrs	7/15-8/26	Tu	3:45pm-4:30pm	\$89/\$111

Location: Ponderosa Park

628660.RA	5-6yrs	5/15-6/19	Th	3:15pm-4:00pm	\$79/\$99
128660.RA	5-6yrs	7/17-8/28	Th	3:15pm-4:00pm	\$89/\$111

Location: Serra Park

628660.WA	5-6yrs	5/14-6/18	W	3:45pm-4:30pm	\$79/\$99
128660.WA	5-6yrs	7/16-8/27	W	3:45pm-4:30pm	\$89/\$111

Location: Sunnyvale Middle School

628660.SA	5-6yrs	5/17-6/28	Sa*	10:05am-10:50am	\$79/\$99
628660.SB	5-6yrs	5/17-6/28	Sa*	10:50am-11:35am	\$79/\$99
128660.SA	5-6yrs	7/19-8/23	Sa	10:05am-10:50am	\$79/\$99
128660.SB	5-6yrs	7/19-8/23	Sa	10:50am-11:35am	\$79/\$99

*No class 5/24

Youth



KLS Skills and Scrimmages (7-10years)



Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our 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. During questionable weather, please call 1-888-372-5803 one half hour before class begins (or by 6 p.m.) for class information.

Instructor: Kidz Love Soccer

Location: Ponderosa Park

Class #	Age	Dates	Day	Time	Fee (Res/NR)
628670.RA	7-10yrs	5/15-6/19	Th	4:00pm-4:45pm	\$79/\$99
128670.RA	7-10yrs	7/17-8/28	Th	4:00pm-4:45pm	\$89/\$111

Location: Serra Park

628670.WA	7-10yrs	5/14-6/18	W	4:30pm-5:15pm	\$79/\$99
128670.WA	7-10yrs	7/16-8/27	W	4:30pm-5:15pm	\$79/\$111

Location: Sunnyvale Middle School

628670.SA	7-10yrs	5/17-6/28	Sa*	11:35am-12:20pm	\$79/\$99
128670.SA	7-10yrs	7/19-8/23	Sa	11:35am-12:20pm	\$79/\$99

Location: Lakewood Park

628670.FA	7-10yrs	5/16-6/20	F	5:35pm-6:20pm	\$79/\$99
128670.FA	7-10yrs	7/18-8/29	F	5:35pm-6:20pm	\$89/\$111

*No class 5/24

Skyhawks 5 v 5 Soccer (6-12years)

Skyhawks small-sided soccer creates a high-scoring, fast-paced game that is exciting to play and watch. The essentials of soccer are taught by Skyhawks coaches in a safe, structured environment with lots of encouragement and a big focus on fun! Every session includes practice, followed by a scrimmage, plus final day of "World Cup," giving participants a chance to showcase new and refined skills. Bring active clothing, sunscreen, athletic shoes, soccer cleats, shin guards (required) and water bottle.

Instructor: Skyhawks Sports Academy

Location: Sunnyvale Middle School

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
628663.SA	3	6-12yrs	5/4-6/15	Su*	10:15am-11:15am	\$139/\$174

Skyhawks Track and Field (6-12years)

Skyhawks Track and 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. Bring active clothing, athletic shoes, sunscreen and water bottle.

Instructor: Skyhawks Sports Academy

Location: Sunnyvale Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
628910.SA	6-12yrs	5/4-6/15	Su*	11:30am-1:00pm	\$149/\$186

*No class 5/25

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 per pair.

Instructor: Robin Pickel

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
628750.SA	5 & older	5/3-6/28	Sa*	8:30am-9:25am	\$78/\$98
128750.SA	5 & older	7/5-8/30	Sa	8:30am-9:25am	\$88/\$110

*No class 5/17

Visual Arts

Animal & People Drawing (5-12years)

Make your animals and people come alive! Create movement and learn proper body proportions, including how to draw faces, hands, feet, fur and feathers. Students will use drawing mannequins and each other to model. Bring your imagination and a non-refundable \$15 supply fee to first class.

Instructor: TBD

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
629400.JA	5-7yrs	5/15-6/19	Th	4:00pm-5:00pm	\$56/\$70
629400.JB	8-12yrs	5/15-6/19	Th	5:15pm-6:15pm	\$56/\$70
129400.JA	5-7yrs	7/3-8/7	Th	4:00pm-5:00pm	\$56/\$70
129400.JB	8-12yrs	7/3-8/7	Th	5:15pm-6:15pm	\$56/\$70

Painting and Drawing for Kids (5-12years)

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

Instructor: TBD

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
629621.TA	Beg	5-7yrs	5/13-6/17	Tu	4:00pm-5:00pm	\$56/\$70
629621.TB	Beg	8-12yrs	5/13-6/17	Tu	5:15pm-6:15pm	\$56/\$70
129621.TA	Beg	5-7yrs	7/1-8/5	Tu	4:00pm-5:00pm	\$56/\$70
129621.TB	Beg	8-12yrs	7/1-8/5	Tu	5:15pm-6:15pm	\$56/\$70

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)
629911.WA	Beg	6-7yrs	5/21-6/25	W	4:15pm-5:30pm	\$54/\$68
129911.WA	Beg	6-7yrs	7/9-8/13	W	4:15pm-5:30pm	\$54/\$68
129911.WB	Beg	6-7yrs	8/20-9/24	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)
629921.WA	Beg	8-10yrs	5/21-6/25	W	5:30pm-7:00pm	\$58/\$73
129921.WA	Beg	8-10yrs	7/9-8/13	W	5:30pm-7:00pm	\$58/\$73
129921.WB	Beg	8-10yrs	8/20-9/24	W	5:30pm-7:00pm	\$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)
629931.JA	Beg	7-14yrs	5/8-6/12	Th	5:30pm-7:00pm	\$118/\$148



Performing Arts

Abs Arabia Style (18 & older)



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)
644100.TQ	18 & older	5/6-6/17	Tu	7:30pm-8:30pm	\$69/\$86
144100.TQ	18 & older	7/8-8/19	Tu	7:30pm-8:30pm	\$69/\$86

Ballroom Dance (18 & older)



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)
644301.MP	1	18 & older	5/5-6/30	M*	7:30pm-8:30pm	\$79/\$99
644302.MQ	2	18 & older	5/5-6/30	M*	8:30pm-9:30pm	\$79/\$99

*No class 5/26

Belly Dance (16 & older)



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

Level 2: 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)
644101.TP	Beg	16 & older	5/6-6/17	Tu	6:30pm-7:30pm	\$69/\$86
644102.TR	Int/Adv	18 & older	5/6-6/17	Tu	8:30pm-9:30pm	\$69/\$86
144101.TP	Beg	16 & older	7/8-8/19	Tu	6:30pm-7:30pm	\$69/\$86
144102.TR	Int/Adv	18 & older	7/8-8/19	Tu	8:30pm-9:30pm	\$69/\$86

Indiance Workout (18 & older)



Does your body move to the beat of Bollywood and Kollywood music? Enjoy a solid hour of dance to chart-topping, foot-tapping rhythms from India. Indiance is not just one style. It's a collage of many dance styles combining hip-shaking, lightbulb twisting moves with elements of modern, jazz, hip hop, salsa and lyrical dance. Get ready for an hour of cardio that will help you shed fat and keep your smiles.

Instructor: Janani Narayanan

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
644160.DA	18 & older	5/4-6/15	Su*	8:30am-9:30am	\$59/\$74
144160.DA	18 & older	7/20-8/31	Su*	8:30am-9:30am	\$69/\$86

*No class 5/25

Square Dancing (18years & older)

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

First Night is Free!

Location: Washington Park Building, 840 W. Washington Ave.

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

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

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

FOR DANCERS ONLY

(18years & older)

Lindy Lab, 8:30 – 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 Dancing, 9 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 or

e-mail ForDancersOnlySB@gmail.com or call us at (408) 657-STFO

Israeli Folk Dance (13years & older)

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

Where: Ballroom in the Recreation Center

When: Mondays with Loui Tucker, 7:45pm-11:00pm
Cost: \$7 at the door

No Dancing 5/27 (Memorial Day)

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

NEW
CLASS



Lunch Hour Hula Dance (18 & older)



Spend your lunch-hour in Hawaii! Learn hula basics and ancient Kahiko and modern Auana hula choreography and enjoy traditional Hawaiian music as the instructor accompanies class on gourd drum and ukulele. Hula is a fun, low-impact and spiritually uplifting workout. 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)
644140.FP	18 & older	5/2-6/20	F	12:00pm-1:00pm	\$79/\$99
144140.FP	18 & older	7/11-8/29	F	12:00pm-1:00pm	\$79/\$99

Tap Dance (14 & older)



Start tapping and your happy feet are sure to send a message to your whole body. You'll leave this class feeling uplifted and rejuvenated, with improved coordination, agility and tapping skills. Tap shoes are required.

Level 1 - Beginning: Learn and practice basic tap techniques, traveling steps and simple combinations. This class is perfect for adults and teens who have never tapped before and for anyone wanting a review.

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

Instructor: Peggy Page

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
644481.JP	Beg	14 & older	5/1-6/19	Th	6:30pm-7:30pm	\$79/\$99
644482.JQ	Int/Adv	14 & older	5/1-6/19	Th	7:30pm-8:30pm	\$79/\$99
144481.JP	Beg	14 & older	7/10-8/28	Th	6:30pm-7:30pm	\$79/\$99
144482.JQ	Int/Adv	14 & older	7/10-8/28	Th	7:30pm-8:30pm	\$79/\$99

Beginning to Drum (10-15years)

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

Instructor: Drumming Groove Academy

Location: Groove School of Per

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
124861.MP	Beg	10-12yrs	6/16-8/4	M	5:00pm-5:45pm	\$129/\$162
124861.MQ	Beg	13-15yrs	6/16-8/4	M	6:00pm-6:45pm	\$129/\$162

Sunnyvale Bluegrass Jam

(Ages 18 & up, 13-17 okay with parent or guardian).

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

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

Where: Creative Arts Center,
Meeting Room

Cost: \$5 per person at the door

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

Piano Keyboard (13 & older)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Pre-order non-refundable book for \$22 online at www.noteworthymusicsschool.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)
644850.MU	13 & older	5/5-6/30	M*	7:00pm-7:45pm	\$99/\$124
144850.MU	13 & older	7/7-8/25	M	7:00pm-7:45pm	\$99/\$124

*No class 5/26

Ukulele (13 & older)

Learn basic ukulele skills, including chords, scales and music reading at your own pace. Bring your own ukulele.

Level 1 - Beginning: Students with no previous experience learn the basics of ukulele in a group setting. Pre-order non-refundable book for \$12 online at www.noteworthymusicsschool.org and pick up at first class. Or purchase book on first day only with cash or check payable to Noteworthy Music School.

Level 2 - Intermediate: Students who have completed a level 1 session or have prior ukulele experience continue their studies with weekly one-on-one coaching from teacher.

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
644931.FT	Beg	13 & older	5/9-6/27	F	6:45pm-7:30pm	\$99/\$124
144931.FS	Beg	13 & older	7/11-8/29	F	6:45pm-7:30pm	\$99/\$124
144932.FT	Int/Adv	13 & older	7/11-8/29	F	7:30pm-8:15pm	\$99/\$124

Special Interest

Driver's Education (14 & older)

Driver's Education is a life skill class. There is no substitute for the student-teacher interaction, discussion, video analysis and instant feedback that takes place in the classroom. This course meets the State of California requirement to obtain a driver's instruction permit. The class is 30 hours long and does not include behind the wheel instruction. Upon completion of this course student will receive a Certificate of Completion of Classroom Driver Education. Students must attend all sessions in order to receive the DMV Completion Certificate. Students must be 15^{1/2} to get an instruction permit. Bring a bag lunch. A non-refundable supply fee of \$10 due at first class.

Instructor: Economic Driving School-2430

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
635310.JQ	14 & older	6/9-6/12	M-Th	8:30am-4:30pm	\$135/\$174

Tween Chefs (11-14years)

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. Vegetarian and special diets are welcome in our cooking classes. Please call Young Chefs Academy at (408) 738-CHEF to make accommodations.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
637151.JA	Beg	11-14yrs	5/1-6/12	Th	6:00pm-7:30pm	\$150/\$188
637151.SU	Beg	11-14yrs	5/4-6/15	Su	9:00am-10:30am	\$150/\$188



Sports & Fitness

Aerobics (16 & older)

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

Instructor: Christine Sabooni

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648160.MA	16 & older	4/28-6/18	MW*	7:00pm-8:30pm	\$109/\$136

*No class 5/26

Baby Boot Camp (18 & older)

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

Instructor: Baby Boot Camp

Location: Raynor Park

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
648151.RA	Beg	18 & older	5/1-6/26	Th	9:30am-10:30am	\$108/\$135
648151.SA	Beg	18 & older	5/3-6/28	Sa*	9:00am-10:00am	\$84/\$105
648151.TA	Beg	18 & older	5/6-6/24	Tu	9:30am-10:30am	\$96/\$120
648151.WA	Beg	18 & older	5/7-6/25	W	6:00pm-7:00pm	\$96/\$120
148151.TA	Beg	18 & older	7/1-8/26	Tu*	9:30am-10:30am	\$96/\$120
148151.WA	Beg	18 & older	7/2-8/27	W*	6:00pm-7:00pm	\$96/\$120
148151.RA	Beg	18 & older	7/3-8/28	Th*	9:30am-10:30am	\$96/\$120
148151.SA	Beg	18 & older	7/12-8/30	Sa*	9:00am-10:00am	\$84/\$105

*No class 5/10, 5/24, 7/22, 7/23, 7/24, 7/26

Badminton (14 & older)

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

Instructor: Terence Chua

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648000.TA	14 & older	5/6-6/24	Tu	7:00pm-9:00pm	\$66/\$83
148000.TA	14 & older	7/1-8/26	Tu	7:00pm-9:00pm	\$75/\$94

Kidz Love Soccer Women's Adult (21 & older)

Whether you've been away from the game or always wanted to learn, come join us as we re-introduce you to soccer and see why it is the world's most popular sport. Brush up on your technique or prepare to join a local soccer league. Our fun program is designed to build your skill set and increase overall fitness. Each class includes work on technique, ball skills and game awareness. During questionable weather, please call 1-888-372-5803 one-half hour before classes begin (or by 6 p.m.) for class information.

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648650.TA	21 & older	5/13-6/17	Tu	7:00pm-8:00pm	\$79/\$99
148650.TA	21 & older	7/15-8/26	Tu	7:00pm-8:00pm	\$89/\$111

Learn To Flip Co-Ed (11-17years)

This is a gymnastics class designed for children who would like to concentrate 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)
633040.MA	11-17yrs	5/5-6/23	M*	6:30pm-7:25pm	\$116/\$145
633040.TA	11-17yrs	5/6-6/24	Tu	5:30pm-6:25pm	\$133/\$166
633040.HA	11-17yrs	5/8-6/26	Th	5:30pm-6:25pm	\$133/\$166
633040.SA	11-17yrs	5/10-6/28	Sa*	12:00pm-12:55pm	\$116/\$145
133040.MA	11-17yrs	7/7-8/25	M	6:30pm-7:25pm	\$133/\$166
133040.TA	11-17yrs	7/8-8/26	Tu	5:30pm-6:25pm	\$133/\$166
133040.HA	11-17yrs	7/10-8/28	Th	5:30pm-6:25pm	\$133/\$166
133040.SA	11-17yrs	7/12-8/30	Sa	12:00pm-12:55pm	\$133/\$166

*No class 5/17, 5/26

Meditation/Visualization (14 & older)

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

Instructor: Robin Pickel

Location: Recreation Center Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648780.SC	14 & older	5/3-6/28	Sa*	11:15am-12:00pm	\$78/\$98
148780.SC	14 & older	7/5-8/30	Sa	11:15am-12:00pm	\$88/\$110

*No class 5/17



Lunch-hour Pilates (18 & older)

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

Instructor: Sarah Graves

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648920.TP	18 & older	5/6-6/24	Tu*	12:00pm-1:00pm	\$59/\$74
648920.JP	18 & older	5/8-6/26	Th*	12:00pm-1:00pm	\$69/\$86
148920.TP	18 & older	7/8-8/26	Tu	12:00pm-1:00pm	\$79/\$99
148920.JP	18 & older	7/10-8/28	Th	12:00pm-1:00pm	\$79/\$99

*No class 5/27, 5/29, 6/3



Strength Training (18 & older)

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility—all through the proper use of fitness machines, medicine balls, kettle weights and BOSU ball. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of ten 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)
646300.AA	18 & older	6/23-8/25	M*	7:00pm-8:00pm	\$63/\$79
646300.BA	18 & older	6/24-8/26	Tu*	7:00pm-8:00pm	\$63/\$79

*No class 7/7, 7/8, 7/14, 7/15

Better Bones and Balance (50 & older) see page 50

EnhanceFitness (50 & older) see page 50

Personal Training Program (18 & older) see page 51



Tai Chi Chuan (14 & older)

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: Lawrence "Larry" Young

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648910.WP	14 & older	5/7-6/25	W	7:00pm-8:30pm	\$89/\$111
148910.WP	14 & older	7/9-8/27	W	7:00pm-8:30pm	\$89/\$111

U-JAM Fitness® (18 & older)

U-JAM Fitness® unites world beats with urban flavor and takes you around the world from Hip-Hop to Bollywood, with an athletic cardio workout that tones your body and leaves you begging for more! U-JAM Fitness® is universal, unique and euphoric! So lace up your kicks and let the music drive you!

Instructor: Gwen Gillespie

Location: Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
648792.SA	Int/Adv	18 & older	5/3-6/28	Sa*	9:00am-10:00am	\$74/\$93
648792.MA	Int/Adv	18 & older	5/5-6/30	M*	8:45am-9:45am	\$74/\$93
148792.SA	Int/Adv	18 & older	7/5-8/30	Sa*	9:00am-10:00am	\$65/\$81
148792.SA	Int/Adv	18 & older	7/7-8/25	M*	8:45am-9:45am	\$65/\$81

*No class 5/17, 5/26, 8/11, 8/16, 8/23

Volleyball - Int/Adv (16 & older)

Emphasis will be on improvement and consistency of all volleyball skills. 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: Tom Jack

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
648702.MA	Int/Adv	16 & older	5/5-6/9	M*	8:00pm-10:00pm	\$60/\$75
148702.MA	Int/Adv	16 & older	7/7-8/25	M*	8:00pm-10:00pm	\$60/\$75

*No class 5/26, 7/21, 8/11, 8/18

Yoga for Fitness (16 & older)

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

Instructor: Betty Strain

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648750.FA	16 & older	5/3-6/27	F	9:30am-11:00am	\$78/\$98
148750.FA	16 & older	7/11-8/29	F	9:30am-11:00am	\$78/\$98

Location: Senior Center Orchard Pavilion

648750.RA	16 & older	5/8-6/26	Th	6:30pm-8:00pm	\$78/\$98
148750.RA	16 & older	7/10-8/28	Th	6:30pm-8:00pm	\$78/\$98



Yoga for Wellness (16 & older)

Stressed out? Need to relax? This class taught by a certified Iyengar instructor will have lasting benefits in your life. The practice of yoga will improve your overall health and release tension and stress. No experience necessary. All levels welcome. Please bring a yoga mat and 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)
648770.TA	16 & older	5/6-6/17	Tu*	6:00pm-7:30pm	\$66/\$83
148770.TA	16 & older	7/8-8/26	Tu*	6:00pm-7:30pm	\$77/\$96

*No class 5/20, 7/15

Yoga Lite (Hatha) (14 & older)

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

Instructor: Robin Pickel

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648760.WA	14 & older	5/7-6/25	W	8:30am-10:00am	\$78/\$98
648760.SB	14 & older	5/3-6/28	Sa*	9:30am-11:00am	\$78/\$98
148760.WA	14 & older	7/2-8/27	W	8:30am-10:00am	\$88/\$110
148760.SB	14 & older	7/5-8/30	Sa	9:30am-11:00am	\$88/\$110

*No class 5/17

Zumba (18 & older)

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring. There's no other fitness class like a Zumba Fitness-Party.

Instructor: Gwen Gillespie

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648790.TA	18 & older	5/6-6/24	Tu	9:00am-10:00am	\$74/\$93
148790.TA	18 & older	7/1-8/26	Tu*	9:00am-10:00am	\$74/\$93

*No class 8/12

Zumba Toning (18 & older)

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the Toning Stick). It combines targeted body-sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.

Instructor: Gwen Gillespie

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
648791.HB	Beg	18 & older	5/1-6/26	Th	6:00pm-7:00pm	\$84/\$105
148791.HB	Beg	18 & older	7/3-8/28	Th*	6:00pm-7:00pm	\$74/\$93

*No class 8/14

Zumba Gold (50 & older) see page 51



Visual Arts

Basic Digital Photography (15 & older)

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

Instructor: Richard Fox

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649511.TA	Beg	15 & older	5/6-6/24	Tu	7:00pm-9:00pm	\$76/\$95
149511.TA	Beg	15 & older	7/8-8/26	Tu	7:00pm-9:00pm	\$76/\$95

Glass Fusing (16 & older)

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

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
149311.MA	Beg	16 & older	8/11-8/25	M	9:00am-12:00pm	\$68/\$85
149311.WA	Beg	16 & older	8/13-8/27	W	7:00pm-10:00pm	\$68/\$85

NEW CLASS

Jewelry Making (13-18years)

This four-day camp will explore the basics of jewelry making. With a few beads and hand tools, participants will create their own custom jewelry pieces. Topics will include bead stringing, tools, finishing techniques, pearl knotting, wire findings, jump rings, clasps and design theory. A \$50 materials fee will be collected at first class.

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
139940.MA	13-18yrs	8/12-8/15	Tu-F	1:00pm-4:00pm	\$91/\$114

NEW CLASS

Intro to Metal Working (16 & older)

Express your creativity through metal. This four-part series will introduce basic metal working concepts and terminology to students of any skill level. Participants will learn to work with wire and sheets of metal using hand tools and flex shafts. Design, tool safety, basic finishing skills and basic non-heat connection techniques will also be introduced. Hand tools will be provided. A supply fee of \$50 will be collected in class. Please wear comfortable clothing, closed toed shoes and tie long hair back.

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
149340.MK	16 & older	8/11-9/8	M*	1:00pm-4:00pm	\$91/\$114

*No class 9/1

Watercolor (18 & older)

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

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649641.JA	Beg	18 & older	5/15-6/19	Th	10:00am-12:00pm	\$66/\$83
149641.JA	Beg	18 & older	7/17-8/21	Th	10:00am-12:00pm	\$66/\$83

Lunch-Hour Pottery - Make a Plate (16 & older)

Try out the Sunnyvale Pottery Studio on your lunch hour. Create your own ceramic hand-built plate to give as a gift or use at potlucks or family gatherings. Firing and glazing included in registration fee. Wear clothes that can get messy.

Instructor: Danny Sheu

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649932.MA	Beg	16 & older	6/16	M	12:00pm-1:00pm	\$19/\$24

Lunch-Hour Pottery - Try the Wheel (16 & older)

Fascinated by the pottery wheel, intimidated by it, or a little of both? Take advantage of this unique lunch hour workshop, and discover how fun, relaxing and easy wheel throwing is. Wear clothes that can get messy. Note: Participants won't take home a finished piece, but they will have a great time! This workshop is perfect for first-timers who are considering taking Pottery.

Instructor: Danny Sheu

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649931.MA	Beg	16 & older	6/23	M	11:30am-1:00pm	\$19/\$24

Pottery: Parent & Teen - Beg (13-18years)

Learn beginning pottery techniques while spending time with your teen. Wheel-throwing and high-fire glazing will be taught. Clay must be purchased in class for \$31 per 25lb bag. Glazes and firing are included in class price. Parent may accompany more than one teen. Price is per teen.

Instructor: Doris Fischer-Colbri

Location: Creative Arts Center Pottery Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
639933.WA	13-18yrs	5/21-6/25	W	7:30pm-9:30pm	\$157/\$196
139933.WA	13-18yrs	7/9-8/13	W	7:30pm-9:30pm	\$157/\$196
139933.WB	13-18yrs	8/20-9/24	W	7:30pm-9:30pm	\$157/\$196

Teen & Adult

Open Painting Studio (18yrs & older)

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

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

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

Day: Mondays, 9am-noon

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



Pottery (16 & older)

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. Try-it participants must register at the end of the first class meeting if they wish to have any projects fired.

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

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649911.MA	Beg	16 & older	5/19-6/23	M*	7:00pm-10:00pm	\$143/\$179
649911.WA	Beg	16 & older	5/21-6/25	W	10:00am-1:00pm	\$171/\$216
649911.JA	Beg	16 & older	5/22-6/26	Th	10:00am-1:00pm	\$171/\$216
649911.JB	Beg	16 & older	5/22-6/26	Th	7:00pm-10:00pm	\$171/\$216
649911.FA	Beg	16 & older	5/23-6/27	F	10:00am-1:00pm	\$171/\$216
649911.SA	Beg	16 & older	5/24-6/28	Sa	1:30pm-4:30pm	\$171/\$216
149911.MA	Beg	16 & older	7/7-8/11	M	7:00pm-10:00pm	\$171/\$216
149911.WA	Beg	16 & older	7/9-8/13	W	10:00am-1:00pm	\$171/\$216
149911.JA	Beg	16 & older	7/10-8/14	Th	10:00am-1:00pm	\$171/\$216
149911.JB	Beg	16 & older	7/10-8/14	Th	7:00pm-10:00pm	\$171/\$216
149911.FA	Beg	16 & older	7/11-8/15	F	10:00am-1:00pm	\$171/\$216
149911.SA	Beg	16 & older	7/12-8/16	Sa	1:30pm-4:30pm	\$171/\$216
149911.MK	Beg	16 & older	8/18-9/22	M*	7:00pm-10:00pm	\$143/\$179
149911.WK	Beg	16 & older	8/20-9/24	W	10:00am-1:00pm	\$171/\$216
149911.JK	Beg	16 & older	8/21-9/25	Th	10:00am-1:00pm	\$171/\$216
149911.JL	Beg	16 & older	8/21-9/25	Th	7:00pm-10:00pm	\$171/\$216
149911.FK	Beg	16 & older	8/22-9/26	F	10:00am-1:00pm	\$171/\$216
149911.SK	Beg	16 & older	8/23-9/27	Sa	1:30pm-4:30pm	\$171/\$216

*No class 5/27, 9/1

Open Pottery Studio (16yrs & older)

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

Location: Creative Arts Center Pottery Studio

Session: 4/7-6/28 and 7/7-9/27

(studio closed 5/26, 6/30-7/5, 9/1)

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

Day: Mon 10am-2pm; Tu 10am-10pm; F 2-6pm; Sa 9:30am-1:30pm
Glazing and firing is included in pass price • Clay must be purchased in class/open studio (\$31 per 25 lb bag) • No refunds, transfers, or credits for passes • Lost passes will not be credited • Kiln use is for group firing. Works over 20" x 20" x 24" or pieces that cannot fit in a group firing will not be accepted for firing • No outside firing accepted • No dangling jewelry, open-toed shoes or children allowed. **CLAY PICK-UPS:** Pick-ups may be made during open studio hours only. (Pick-ups will not be permitted during scheduled class times.) No trimming or "quick glazing" will be allowed unless an Open Studio pass is presented. Allow 3-4 weeks for firing. Large or irregularly shaped pieces will be held and fired during maintenance closures in the studio (approximately every 12 weeks).

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

Friends of Sunnyvale Pottery Studio

Creative Arts Center
Sunnyvale Community Center
550 East Remington Drive
Sunnyvale, CA-94087

SPRING POTTERY & FUSED GLASS SALE

Friday & Saturday May 2nd-3rd 2014
10am to 5pm

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

Free Admission!





ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive



BADMINTON

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

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

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

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

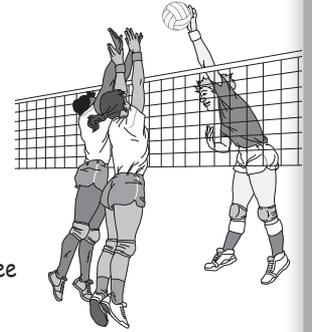
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident
Spectators must also pay the fee

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

Fee includes use of showers & locker room

VOLLEYBALL

Tuesday 5:00-7:00pm



* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

Adult Sports Leagues

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



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



Volleyball: 8-week season + playoffs
Winter: early January through mid-March
Spring: late March through early June
Summer: late June through late August
Fall: late September through mid-November.

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

Columbia DROP-IN GYM

Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale

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

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

Youth Basketball*

Fridays 7-10pm

Youth Soccer*

Mondays 7-9pm
Saturdays 7-10pm

For more information, call (408) 730-7334

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





Get Out On the Links This Summer



Socialize with family and friends, get to know co-workers better or talk business with valued clients while you golf. Enjoy fresh air and beautiful scenery along with good exercise. Sunnyvale Golf Course and Sunken Gardens Golf Course offer great playing conveniently close to your home or business.

Sunnyvale Golf Course is a challenging par 70 regulation 18-hole, 6,255-yard course, with numerous bunkers, dog legs and water holes. Situated close to the Bay, its beautiful well-manicured grounds are also a great place to view dozens of bird species. Sunnyvale Golf Course is working toward its certification as a member of the Audubon Sanctuary Program for Golf Courses. Enjoy a pre- or post-game breakfast or lunch at Vista Restaurant, which offers sweeping views of the course. The restaurant's full service bar has three high definition television screens, ideal for sports viewing with friends.

Sunken Gardens Golf Course is a 9-hole, 1,502-yard course with shorter length holes and ample practice facilities, which makes it perfect for both busy executives and beginners. Sunken Gardens has an 18-stall driving range, open to the public 364 days a year, for practice, warm-up, exercise or physical therapy. The driving range opens daily at 7:00 a.m., except Thursdays when it opens at 9:30 a.m. The range is well-lit for evening practice until 9 p.m. daily, except Wednesdays when it closes at 8 p.m.

Both courses have well-stocked pro shops, offering the latest golf gear from big names like Titleist, Callaway, Taylor Made, Foot-Joy, Nike, Sun Mountain, Adidas, Bridgestone and ProActive.

RESERVATIONS

Book tee times online at golf.inSunnyvale.com, or call your preferred course for reservations, current green fees and discount play promotions, including:

- 10-Play Discount Cards for all golfers. Buy 9 rounds get 1 free, good Mondays through Thursdays.
 - Sunnyvale Advantage Cards offer unlimited golf Monday through Thursday for a calendar month for Sunnyvale residents.
 - Golf Discount Cards offer unlimited golf Monday through Thursday for a calendar month for Juniors 16 and under, Seniors 60 and over, and golfers who are disabled.
- Weekday Tee Times** Sunnyvale residents may reserve weekday tee times in person at the pro shop starting at 6:00 a.m. seven days in advance. All golfers may place reservations by phone or online starting at 6:30 a.m. seven days prior.

Weekend/Holiday Tee Times – Sunnyvale residents may reserve weekend and holiday tee times in person at the pro shop starting at 6 a.m. the Monday prior to the weekend or holiday. All golfers may place reservations by phone or online starting at 6:30 a.m. the Monday prior.

Sunnyvale Golf Course

605 Macara Avenue
(408) 738-3666

Sunken Gardens Golf Course

1010 South Wolfe Road
(408) 739-6588

Golf.inSunnyvale.com



GROUP GOLF LESSONS FOR ADULTS (17 & OLDER)

Beginning (Five 1-hour classes at Sunken Gardens Driving Range. Maximum 8 students per class.) – Learn the basics so you won't be left out when your friends and colleagues go golfing. Friendly, patient instructors will help you get the hang of grip, stance and swing, and gain experience putting and getting out of sand traps. They'll also make sure you understand golf safety, rules and etiquette, so you won't have to worry about embarrassing yourself. No experience is required. Loaner clubs are available, free of charge. Class cost is \$100, plus range balls must be purchased for each 1-hour class.

Intermediate (Five 1-hour classes at Sunken Gardens Driving Range. Maximum 8 students per class.) –Establish a good pre-shot routine. Improve your posture and alignment. Learn about ball position and flight laws, intentional curvature of the ball and equipment technology. Increase the consistency, accuracy, and distance of your shots. Our knowledgeable instructors help you make the most of your skills and ability. Students should have completed beginning level class and play/practice on a regular basis. Class cost is \$100, plus range balls must be purchased for each 1-hour class.

Advanced (Four 1.5-hour classes at Sunken Gardens Golf Course. Maximum 6 students per class.) – Play the course with a pro at your side, offering coaching for real-life game situations. Get advice on how a great golfer would tackle any challenge you face, and soon you'll be great, too. Students should have completed intermediate level class and play/practice on a regular basis. Class cost is \$168 for on-course instruction and 4 rounds of golf.

GROUP GOLF LESSONS FOR JUNIORS, (AGES 5-16)

(Five 1-hour classes at Sunken Gardens Driving Range. Maximum 8 students per class.) – Want to teach your son or daughter to golf, but don't know where to begin? Our friendly, patient instructors introduce your kids to the basics of grip, stance, swing, alignment, rules and etiquette. No experience is required. Loaner clubs are available, free of charge. Class cost is \$100, plus range balls must be purchased for each one hour class.

KIDS PLAY FREE

Spend time with your kids and introduce them to the "game for a lifetime" with our no cost junior golf fee. Get one free Junior round (age 16 and under) when accompanied by one paid adult. Kids Play Free is available at both Sunnyvale and Sunken Gardens golf courses, all day, 7 days per week.

Schedule Of Group Golf Lessons

Session #: Dates	Start Times			
	Beginning	Intermediate	Advanced	Junior
II: 5/1-5/31 Registration begins Friday, 4/18	Thu: 6 p.m. 7 p.m. Sat: 11 a.m	Sat: 10 a.m.		Sat 11 a.m.
III: 6/5-7/5 Registration begins Friday, 5/23	Thu: 6 p.m. 7 p.m. Sat: 11 a.m	Sat: 10 a.m	Thu: 6:30pm	Sat 11 a.m
IV: 7/10-8/9 Registration begins Friday, 6/27	Thu: 6 p.m. 7 p.m. Sat: 11 a.m	Sat: 10 a.m	Call for schedule	Sat 11 a.m
V: 7/10-8/9 Registration begins Friday, 8/1	Thu: 6 p.m. 7 p.m. Sat: 11 a.m	Sat: 10 a.m	Call for schedule	Sat 11 a.m



VISTA RESTAURANT & BAR

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

Business Hours:

Monday to Sunday: 6:30 a.m. – 7 p.m

Happy Hour: 3 – 7 p.m. (M-F)

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

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

PRIVATE AND SEMI-PRIVATE GOLF LESSONS

Treat yourself to a lesson, or several, with PGA Director of Instruction Hank Pollex. Hank has been a professional golfer for 40 years and won numerous events since starting competitive golf as a junior player. In addition to Sunnyvale's courses, he has worked at San Mateo Municipal, Stanford and Palo Alto Municipal Golf Courses. As a player, he qualified for the PGA National Senior Championship. As a teacher, he has been awarded the PGA's Junior Golf Leader Award and 17 of his Juniors have earned golf scholarships at major universities. Lessons are offered Thursdays and Saturdays, noon - 4:30 p.m. and by appointment. For more information, call the Sunken Gardens Golf Shop at (408) 739-6588.



Lifetime Tennis at the Sunnyvale Municipal Tennis Center



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

The tennis courts at the Sunnyvale Municipal Tennis Center in Las Palmas Park are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons, and ball machine rental please visit our website at www.lifetimetennis.com. or call us at (408) 735-7285.

Office hours are Mon-Fri 8:00am-10:00pm, Sat-Sun 8:00am-8:00pm.

Summer Tennis Class Schedule

Youth Tennis Classes - Summer

Little Tennis & Athletic Development (Ages 4-6)

Session is 6 weeks long • Student / teacher ratio is 4:1
\$89 Resident, \$98 Non-Resident
All classes taught at Sunnyvale Tennis Center. No classes on July 4th.

Level	Day	Time (45 Min)	Session I	Session II
Little Tennis (4-6 yr)	MO	3:15-4:00pm	6/23-7/28	8/4-9/8
Little Tennis (4-6 yr)	TU	5:30-6:15pm	6/24-7/29	8/5-9/9
Little Tennis (4-6 yr)	WE	3:15-4:00pm	6/25-7/30	8/6-9/10
Little Tennis (4-6 yr)	TH	5:30-6:15pm	6/26-7/31	8/7-9/11
Little Tennis (4-6 yr)	FR	6:00-6:45pm	6/27-8/8	8/15-9/19
Little Tennis (4-6 yr)	SA	8:30-9:15am	6/28-8/2	8/9-9/13
Little Tennis (4-6 yr)	SA	9:15-10:00am	6/28-8/2	8/9-9/13
Little Tennis (4-6 yr)	SU	10:00-10:45am	6/29-8/3	8/10-9/14
Little Tennis (4-6 yr)	SU	10:45-11:30am	6/29-8/3	8/10-9/14

Little Rallyers (Ages 5-7)

Session is 6 weeks long • Student / teacher ratio is 4:1
\$118 Resident, \$130 Non-Resident
All classes taught at Sunnyvale Tennis Center. No classes July 4th

Level	Day	Time (1 Hr)	Session I	Session II
Little Rallyer (5-7 yr)	TU	5:30-6:30pm	6/24-7/29	8/5-9/9
Little Rallyer (5-7 yr)	TH	5:30-6:30pm	6/26-7/31	8/7-9/11
Little Rallyer (5-7 yr)	FR	5:00-6:00pm	6/27-8/8	8/15-9/19
Little Rallyer (5-7 yr)	SA	11:30-12:30pm	6/28-8/2	8/9-9/13
Little Rallyer (5-7 yr)	SU	11:30-12:30pm	6/29-8/3	8/10-9/14

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

Session is 6 weeks long • Student / teacher ratio is 4:1
\$181 Resident, \$199 Non-Resident
All classes taught at Sunnyvale Tennis Center. No classes on July 4th.

Level	Day	Time (1.5 Hrs)	Session I	Session II
Beginning (11-15 yr)	TU	4:00-5:30pm	6/24-7/29	8/5-9/9
Adv. Beg. (11-15 yr)	TU	4:00-5:30pm	6/24-7/29	8/5-9/9
Intermed. (11-15 yr)	TU	4:00-5:30pm	6/24-7/29	8/5-9/9
Beginning (7-10 yr)	TH	4:00-5:30pm	6/26-7/31	8/7-9/11
Adv. Beg. (7-10 yr)	TH	4:00-5:30pm	6/26-7/31	8/7-9/11
Intermed. (7-10 yr)	TH	4:00-5:30pm	6/26-7/31	8/7-9/11
Beginning (11-15 yr)	SA	2:00-3:30pm	6/28-8/2	8/9-9/13
Adv. Beg. (11-15 yr)	SA	2:00-3:30pm	6/28-8/2	8/9-9/13
Intermed. (11-15 yr)	SA	2:00-3:30pm	6/28-8/2	8/9-9/13

Register online at lifetimetennis.com or in the office at
755 South Mathilda Ave, Sunnyvale.
2 summer sessions run for 6 weeks each.
For additional information please call 408-735-7285

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

Session is 6 weeks long • Student / teacher ratio is 8:1
\$109 Resident, \$120 Non-Resident
All classes taught at Sunnyvale Tennis Center. No classes on July 4th.

Level	Day	Time (1.5 Hrs)	Session I	Session II
Beginning (7-10 yr)	MO	4:00-5:30pm	6/23-7/28	8/4-9/8
Adv. Beg. (7-10 yr)	MO	4:00-5:30pm	6/23-7/28	8/4-9/8
Intermed. (7-10 yr)	MO	4:00-5:30pm	6/23-7/28	8/4-9/8
Beginning (11-15 yr)	WE	4:00-5:30pm	6/25-7/30	8/6-9/10
Adv. Beg. (11-15 yr)	WE	4:00-5:30pm	6/25-7/30	8/6-9/10
Intermed. (11-15 yr)	WE	4:00-5:30pm	6/25-7/30	8/6-9/10
Beginning (7-10 yr)	FR	3:30-5:00pm	6/27-8/8	8/15-9/19
Adv. Beg. (7-10 yr)	FR	3:30-5:00pm	6/27-8/8	8/15-9/19
Intermed. (7-10 yr)	FR	3:30-5:00pm	6/27-8/8	8/15-9/19
Beginning (11-15 yr)	FR	3:30-5:00pm	6/27-8/8	8/15-9/19
Adv. Beg. (11-15 yr)	FR	3:30-5:00pm	6/27-8/8	8/15-9/19
Intermed. (11-15 yr)	FR	3:30-5:00pm	6/27-8/8	8/15-9/19
Beginning (7-10 yr)	SA	10:00-11:30am	6/28-8/2	8/9-9/13
Adv. Beg. (7-10 yr)	SA	10:00-11:30am	6/28-8/2	8/9-9/13
Intermed. (7-10 yr)	SA	10:00-11:30am	6/28-8/2	8/9-9/13
Beginning (11-15 yr)	SA	11:30-1:00pm	6/28-8/2	8/9-9/13
Adv. Beg. (11-15 yr)	SA	11:30-1:00pm	6/28-8/2	8/9-9/13
Intermed. (11-15 yr)	SA	11:30-1:00pm	6/28-8/2	8/9-9/13
Beginning (7-10 yr)	SA	12:00-1:30pm	6/28-8/2	8/9-9/13
Adv. Beg. (7-10 yr)	SA	12:00-1:30pm	6/28-8/2	8/9-9/13
Intermed. (7-10 yr)	SA	12:00-1:30pm	6/28-8/2	8/9-9/13
Beginning (7-10 yr)	SA	6:00-7:30pm	6/28-8/2	8/9-9/13
Beginning (7-10 yr)	SU	8:30-10:00am	6/29-8/3	8/10-9/14
Adv. Beg. (7-10 yr)	SU	8:30-10:00am	6/29-8/3	8/10-9/14
Intermed. (7-10 yr)	SU	8:30-10:00am	6/29-8/3	8/10-9/14

Junior Development Teams (Ages 10-17)

Session is 6 weeks long • **Student / teacher ratio is 8:1 for Bronze/Silver & 6:1 ratio for Gold Team**

Bronze/Silver: \$149 Resident, \$164 Non-Resident

Gold: \$199 Resident, \$219 Non-Resident

All classes taught at Sunnyvale Tennis Center. No classes on July 4th.

Level	Day	Time (1.5 Hrs)	Session I	Session II
Intro to Bronze & Bronze (10-17 yr)	MO	4:00-6:00pm	6/23-7/28	8/4-9/8
Gold (10-17 yr)	TU	6:30-8:30pm	6/24-7/29	8/5-9/9
Silver (10-17 yr)	WE	6:30-8:30pm	6/25-7/30	8/6-9/10
Gold (10-17 yr)	TH	6:30-8:30pm	6/26-7/31	8/7-9/11
Intro to Bronze & Bronze (10-17 yr)	FR	5:00-7:00pm	6/27-8/8	8/15-9/19
Silver (10-17 yr)	FR	7:00-9:00pm	6/27-8/8	8/15-9/19
Intro to Bronze & Bronze (10-17 yr)	SA	2:00-4:00pm	6/28-8/2	8/9-9/13
Silver (10-17 yr)	SA	4:00-6:00pm	6/28-8/2	8/9-9/13
Match Play (10-17 yr)***	SU	4:00-5:30pm	6/29-8/3	8/10-9/14
Match Play (10-17 yr)***	TU	5:30-7:00pm	6/24-7/29	8/5-9/9

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

Class fee is \$50 for resident and \$55 non-resident for 6 weeks***)



10 and Under Tournament Training (Ages 7-10)

Intro to Tournament Training & Advanced Tournament Training
Created for young students who demonstrate ability and interest in accelerated learning for eventual competitive play.

Session is 6 weeks long • Student / teacher ratio is 6:1
\$149 Resident, \$164 Non-Resident
This program is by ***INVITATION ONLY***

For additional details please visit www.lifetimetennis.com
All classes taught at Sunnyvale Tennis Center. No classes July 4th.

Summer Junior Camps (Ages 4-6 & 7-15)

Improvement, Match Play, Little Tennis & Little Rallyer Camps are offered every week during summer. Please visit www.lifetimetennis.com for additional details.

Improvement / Match Play Camps (7-15)

Student / teacher ratio is 8:1 for Improvement and Match Play Camps
\$195 Resident, \$220 Non-Resident
All classes taught at Sunnyvale Tennis Center

Little Tennis and Little Rallyers Camps (4-6)

Student / teacher ratio is 4:1 for Little Tennis and Little Rallyers camp.
\$151 Resident, \$166 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Junior League Camps (7-15)

Student / teacher ratio is 8:1 for Junior League Camp
\$129 Resident, \$146 Non-Resident
All classes taught at Sunnyvale Tennis Center or Sunnyvale Middle School.

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

Little Tennis & Little Rallyers (4-6 yrs) M-F 9-10:30 am

Junior League Camp - Bronze (7-15 yrs) M-F 12:30-2:30 pm

Junior League Camp - Silver (7-15 yrs) M-F 12:30-2:30 pm

Junior League Camp - Silver (7-15 yrs) M-F 6:30-8:30 pm

Adult Tennis Classes - Summer

Adult Tennis Lessons (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1 (*New Lower Ratio!*)
\$145 Resident, \$160 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time (1.5 Hrs)	Session I	Session II
Beginning	MO	6:30-8:00pm	6/23-7/28	8/4-9/8
Advanced Beginning	MO	8:00-9:30pm	6/23-7/28	8/4-9/8
Intermediate	MO	8:00-9:30pm	6/23-7/28	8/4-9/8
Beginning	TU	8:00-9:30am	6/24-7/29	8/5-9/9
Advanced Beginning	WE	8:00-9:30am	6/25-7/30	8/6-9/10
Beginning	WE	6:30-8:00pm	6/25-7/30	8/6-9/10
Advanced Beginning	WE	8:00-9:30pm	6/25-7/30	8/6-9/10
Intermediate	WE	8:00-9:30pm	6/25-7/30	8/6-9/10
Beginning	SA	8:30-10:00am	6/28-8/2	8/9-9/13
Advanced Beginning	SA	10:00-11:30am	6/28-8/2	8/9-9/13
Intermediate	SA	11:30-1:00pm	6/28-8/2	8/9-9/13
Beginning	SU	8:30-10:00am	6/29-8/3	8/10-9/14
Advanced Beginning	SU	10:00-11:30am	6/29-8/3	8/10-9/14
Intermediate	SU	11:30-1:00pm	6/29-8/3	8/10-9/14
Beginning	SU	5:30-7:00pm	6/29-8/3	8/10-9/14

Adult Specialty Classes

Academy - USTA Prep (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1
\$145 Resident, \$160 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time (1.5 Hrs)	Session I	Session II
Academy NTRP 3.0+	TU	9:00-10:30am	6/24-7/29	8/5-9/9
Academy NTRP 3.0+	TH	9:00-10:30am	6/26-7/31	8/7-9/11
Academy NTRP 2.5-3.0	TU	6:30-8:00pm	6/24-7/29	8/5-9/9
Academy NTRP 3.5-4.0	TH	6:30-8:00pm	6/26-7/31	8/7-9/11
Academy NTRP 2.5-3.0	SU	8:30-10:00am	6/29-8/3	8/10-9/14
Academy NTRP 3.5-4.0	SU	10:00-11:30am	6/29-8/3	8/10-9/14

Adult Drill Classes (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1
\$96 Resident, \$106 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time (1 Hr)	Session I	Session II
Ladies' Adv. Drill	TU	7:00-8:00pm	6/24-7/29	8/7-9/11
Men's Adv. Drill	TU	8:00-9:00pm	6/24-7/29	8/7-9/11

Adult Camps (Ages 16+)

Each camp is 2-hours long • Student / teacher ratio is 6:1
\$30 Resident, \$33 Non-Resident
All camps taught at Sunnyvale Tennis Center. No classes July 4th.
Please visit www.lifetimetennis.com for class dates/times.

Cardio Classes (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1
\$73 Resident, \$80 Non-Resident

Level	Day	Time (45 Min)	Session I	Session II
Cardio	TU	6:30-7:15pm	6/24-7/29	8/5-9/9
Cardio	TH	6:30-7:15pm	6/26-7/31	8/7-9/11

NEW PROGRAM!! Adult Doubles League (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1
\$42 Resident, \$46 Non-Resident

Level	Day	Time (45 Min)	Session I	Session II
Women's 2.5	TU	9:00-11:00am	6/24-7/29	8/5-9/9
Women's 3.0	FR	9:00-11:00am	6/27-8/8	8/15-9/19
Women's 3.5	FR	9:00-11:00am	6/27-8/8	8/15-9/19
Men's 3.0	TU	8:00-10:00pm	6/24-7/29	8/5-9/9
Men's 3.5	WE	8:00-10:00pm	6/25-7/30	8/6-9/10
Men's 4.0	TH	8:00-10:00pm	6/26-7/31	8/7-9/11

Ponderosa Park Tennis Classes (Ages 9-16)

Session is 6 weeks long • Student / teacher ratio is 8:1
\$129 Resident, \$142 Non-Resident
All classes taught at Ponderosa Park.

Level	Day	Time (1 Hr)	Session I	Session II
Beginning	MO & WE	3:30-4:30pm	6/23-7/30	8/4-9/10
Adv. Beg	MO & WE	4:30-5:30pm	6/23-7/30	8/4-9/10

Serra Park Tennis Classes (Ages 7-16)

Session is 6 weeks long • Student / teacher ratio is 8:1
Youth Classes \$109 Resident, \$120 Non-Resident
All classes taught at Serra Park.

Level	Day	Time	Session I	Session II
Beginning (7-10)	MO	6:30-8:00pm	6/23-7/28	8/4-9/8
Intermediate (7-10)	TU	6:30-8:00pm	6/24-7/29	8/5-9/9
Beginning (7-10)	WE	6:30-8:00pm	6/25-7/30	8/6-9/10
Intermediate (7-10)	TH	6:30-8:00pm	6/26-7/31	8/7-9/11
Little Tennis (5-6 yr)	SA	8:15-9:00am	6/28-8/2	8/9-9/13
Beginning (7-10yr)	SA	9:00-10:30am	6/28-8/2	8/9-9/13
Beginning (9-16yr)	SA	10:30-12:00pm	6/28-8/2	8/9-9/13
Adv. Beg. (9-16yr)	SA	12:00-1:30pm	6/28-8/2	8/9-9/13
Intermediate (9-16yr)	SA	1:30-3:00pm	6/28-8/2	8/9-9/13

Adult Drill & Cardio Classes-Serra Park

Session is 6 weeks long • Student / teacher ratio is 6:1
\$96 Resident, \$106 Non-Resident
Classes taught at Serra Park.

Level	Day	Time	Session I	Session II
Men's Advanced Drill	MO	8:00-9:00pm	6/23-7/28	8/4-9/8
Cardio	TU	8:00-8:45pm	6/24-7/29	8/5-9/9
Women's Advanced Drill	TH	8:00-9:00pm	6/26-7/31	8/7-9/11

Please visit www.lifetimetennis.com for complete class listings and descriptions.





Welcome

to a place where
you can get active
your way.





The Sunnyvale

Senior Center



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

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

**Support the Senior Center
Buy a Membership Today!**

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of age. To pay discounted resident fee of \$25 (Basic) or \$29 (Premium), show photo ID with Sunnyvale address and utility bill.
3. Have your photo taken, and receive your personalized card. For more information, call (408) 730-7360.

Center Hours: 8 a.m. - 6:30 p.m.

Office Hours: 9 a.m. - 5:30 p.m.

Older Adult

Membership Benefit Structure	Membership Type		
	City of Sunnyvale Resident Status	Basic	Premium*
	Resident	\$25/Year	\$29/Year
Non-resident	\$39/Year	\$45/Year	

\$5 discount for any Older Adult class and personal training registration offered at the Senior Center	✓	✓
Free drop-in programs, lectures, game days and movies	✓	✓
Discounts on special events, daily lunches and dances listed in the Older Adult Section	✓	✓
Free health screening services (blood pressure and hearing)	✓	✓
Activity Guide mailing	✓	✓
Free use of Computer Lab and free computer repairs (parts not included)	✓	✓
Free use of Billiard Room	✓	✓
Free Table Tennis at Murphy Park (does not include ball fee)		✓
Free use of fitness equipment in Fitness Room		✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.		✓
Two Drop-In Passes: good for Back Care, Body Core, Cardio Mix, Current Events, EnhanceFitness, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Symphony & Concerto and Zumba Gold.		✓

The Sunnyvale Senior Center is now on Facebook! "Like" us at www.facebook.com/SunnyvaleSeniorCenter to see what is new at the Senior Center and keep in touch with friends, both old and new.

Online registration not yet available for older adult classes. To register, call (408) 730-7360.



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. Intermediate/Advanced: Learn advanced decorating techniques. You will be introduced to glazes and techniques, such as staining, airbrushing, decals, and more. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
659901.AA	Beg	50 & older	6/2-7/21	M	8:30am-11:30am	\$42/\$53
659902.AA	Int/Adv	50 & older	6/2-7/21	M	12:30pm-3:30pm	\$42/\$53

Dance

Daytime Ballroom Dance Lessons

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

May	Waltz
June	American Tango
July	Merengue
August	Rumba

Line Dancing (50 & older)

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

Level 1: Designed for new beginners, this line dance includes basic steps and 8-10 classic beginning dances such as All My Ex's, Waltz Across Texas, Elvira, Where'm I Going To Live, New York- New York, Mamma Maria, etc.

Level 2: Designed for more advanced dancers who know basic steps-pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle step, vines, etc. and have taken at least 2 line dance courses and/or know at least 12 dances. Students will learn 9-10 more difficult dances at a faster pace. Dances may include at least 2 dances that are 64 or more counts. Drop-in fee: \$6 resident, \$8 non-resident.

Instructor: Donna Frankel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
654001.AA	Beg	50 & older	6/25-8/20	W*	10:30am-12:00pm	\$46/\$58
654002.AB	Int/Adv	50 & older	6/25-8/20	W*	9:00am-10:30am	\$46/\$58

*No class 7/30

Fitness

Back Care Conditioning (50 & older)

Move more easily and reduce chronic pain with gentle exercises that strengthen, and stretch your back. Exercising with a chair, belt and mat, you'll build a stronger, more vital torso while relaxing and rejuvenating the whole body. Bring a mat and yoga belt, and wear comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident. This is a 10-week class.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658750.AA	50 & older	6/2-8/4	M	10:00am-11:00am	\$49/\$61



Better Bones & Balance (50 & older)

Better Bones and Balance is an evidence-based exercise program designed to gradually improve the strength and balance of seniors, allowing them to avoid falls and remain independent. It is appropriate for men and women (pre-and post-menopause) and is safe for individuals with osteoporosis. Participants must be able to walk independently. This class is taught by Jennifer Barnett, a physical therapist and certified Better Bones and Balance instructor. She has worked with the senior population for twenty years. Drop-in fee: \$5 resident, \$6 non-resident. To learn more about this class, sign up for a lecture by calling (408) 730-7360.

Instructor: Jennifer Barnett, PT

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658160.AA	50 & older	TBA	TBA	TBA	TBA

Body & Core (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone-a perfect complement to regular cardio workouts. Bring a mat and handweights. **Intermediate:** Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

This is a 10-week class.

Instructor: Christina Vargas

Location: Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658303.AA	Adv	50 & older	5/27-7/31	TuTh*	9:00am-10:00am	\$69/\$86

Location: Recreation Center Ballroom

658302.AA	Int	50 & older	5/27-7/31	TuTh*	10:15am-11:15am	\$69/\$86
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*No class 7/4

Cardio Mix (50 & older)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kick-boxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. Drop-in Fee \$5 resident, \$6 non-resident. This is a 10-week class.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658200.AA	50 & older	5/27-7/31	TuTh	8:00am-9:00am	\$60/\$75

EnhanceFitness (50 & older)

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

Instructor: Christel Ligocki

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658130.AA	50 & older	6/9-8/4	MWF*	10:00am-11:00am	\$87/\$109

*No class 7/4

Want To **TRY-IT**?
See Page 62.



Everyday Fitness (50 & older)



Designed for those with arthritis, back problems, or who just want to maintain and improve fitness. Strength and cardiovascular training, endurance, flexibility and bone density, warm-up, sit-and-be-fit aerobics, back exercises, and information on body mechanics are offered. Exercises may be done in a chair. This is a 10-week class.

Instructor: Fred Brovold
Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658150.AA	50 & older	6/2-8/6	MW	1:00pm-2:15pm	\$61/\$76

Gentle Core Fitness (50 & older)



Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone, and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident. This is a 10-week class.

Instructor: Tamara Lo
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658120.AA	50 & older	5/27-7/29	Tu	12:00pm-1:00pm	\$49/\$61

Personal Training Program (18 & older)

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

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

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

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

SunnyFit (Low Impact) (50 & older)



This entry level fitness class will help you gain independence in your activities of daily living and increase your confidence in exploring other fitness workouts. Class will include low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing. Drop-in Fee \$5 residents, \$6 non-residents. This is a 10-week class.

Instructor: Fred Brovold
Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658140.AA	50 & older	6/2-8/6	MW	2:30pm-3:30pm	\$55/\$69

Zumba Gold (50 & older)



Are you ready to join the party? Zumba® Gold is a fun, low-impact and high-energy workout that will make you smile! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves to an exciting mix of Latin and international music. Please wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee: \$5 residents, \$6 non-residents. Special Discount: Register for 2 or more Zumba Gold classes and get a \$5 discount off total transaction. Each class is 12 weeks.

Instructor: Kathleen Hill
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.EA	50 & older	5/27-8/12	Tu	10:00am-11:00am	\$50/\$63
658210.HA	50 & older	5/30-8/22	F*	8:55am-9:55am	\$50/\$63

Instructor: Irene Ortiz,
Location: Recreation Center Ballroom

658210.EB	50 & older	5/27-8/12	Tu	4:15pm-5:15pm	\$50/\$63
658210.FA	50 & older	5/29-8/14	Th	4:15pm-5:15pm	\$50/\$63

Location: Senior Center Orchard Pavilion

658210.GA	50 & older	6/2-8/18	M	6:00pm-7:00pm	\$50/\$63
658210.CA	50 & older	5/28-8/13	W	4:15pm-5:15pm	\$50/\$63
658210.CC	50 & older	5/28-8/13	W	6:00pm-7:00pm	\$50/\$63

Instructor: Marla Yonamine
Location: Indoor Sports Center

658210.CB	50 & older	5/28-8/13	W	9:00am-10:00am	\$50/\$63
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*No class 7/4

Lectures

Sign up is required to attend and can be done at the reception counter or by calling (408) 730-7360. Space is limited so we encourage early sign-up.

Aging Gracefully: Plastic Surgery Options for Older Adults

Join us for this informative lecture on facial surgeries and other surgical options for improving appearance as we age. Dr. Russell will discuss the specialized procedures and techniques to help patients restore a more youthful but natural look and age gracefully.

Tuesday, May 20, 1 p.m. – 2:30 p.m.

Senior Center, Laurel Room

Guest Speaker: Dr. Russell, Plastic Surgeon, Palo Alto Medical Foundation

LinkAges TimeBank

Have you heard of TimeBanking? TimeBanking builds community one hour at a time by individual acts of helping. An hour of help earns one credit. Anyone can earn and spend time credits. Use it to learn a new skill, help a neighbor or person in need, or connect with others with similar hobbies and interests. Join us on June 17th at 1:00pm at Sunnyvale Senior Center to get your questions answered. More information can be found at timebank.linkages.org

Tuesday, June 3, 1 p.m. – 2:30 p.m.

Senior Center, Laurel Room

Guest Speaker: Christina Araiza, MPH, Community Engagement Manager, Palo Alto Medical Foundation

Better Choices-Better Health Chronic Disease Self-Mangement Program

Join us for a 6 week workshop where you'll learn Decision Making Skills, How to Deal with Anger and Depression, Learn to eat healthier and Develop a long-term Exercise Program and more. For more information and to sign-up, please call (408) 961-9812

July 1 – August 5, 9 a.m. – 11:30 a.m.

Senior Center, Laurel Room:



Special Interest

Current Events (50 & older)

Discover how today's current news may affect you. The class will cover the analysis and discussion of world, national and local news, science and technology, medicine and health care, and business and the economy. This is a 10-week class.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
657000.AA	50 & older	5/29-8/14	Th*	10:15am-11:30am	\$19/\$24

Symphony & Concerto (50 & older)

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

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
654800.AA	50 & older	6/2-6/23	M	1:00pm-2:30pm	\$26/\$33

AARP Smart Driver Program

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

Threads of Life: Senior Support Group

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

Tuesday, 2:30pm-4:00pm

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center, Laurel Room

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

Adult and Community Education

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

ACE, (408) 522-2700 • De Anza College, (408) 864-8885

Foothill College, (650) 949-7103



Trips

Registration

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



Day Trips

Brunch at Chaminade and Half Moon Bay + free time	Sun, 4/13	\$93R/\$116NR
Georgia O'Keeffe – SF Art Museums – lunch on your own	Tue, 4/29	\$75R/\$94NR
Sea Chanteys <i>Sing-along in SF + dinner at Delancey Street</i>	Sat, 5/3	\$84R/\$105NR
CSI in SJ <i>Crime solving at SJSU + buffet lunch</i>	Fri, 5/9	\$117R/\$146NR
Tentacles at the Monterey Bay Aquarium – lunch on your own	Thu, 5/22	\$108R/\$135NR
Art Deco in SF <i>Driving and walking tour + lunch</i>	Tue, 6/3	\$101R/\$126NR
Day in the Redwoods – <i>Henry Cowell State Pk, scenic drive, + lunch at Casa Nostra</i>	Wed, 6/25	\$94R/\$118NR
Napa River Cruise – + lunch at the Dead Fish	Thu, 7/10	TBD/TBD
Oakland Cathedral – + Gardens at Lake Merritt + lunch	Fri, 7/18	TBD/TBD
Treasure Island – Flea Market, Wine tasting, lunch on your own	Sat, 7/16	TBD/TBD
Aloha Festival – Island culture, lunch on your own	Sat, 8/2	TBD/TBD
Murder Mystery Night – Live theatre, dinner at Bella Mia in San Jose	Fri, 8/22	TBD/TBD
Flower Power w/ Gary – SF Flower Mart, Haight-Ashbury, + lunch at Flower Mart Cafe	Tue, 9/9	TBD/TBD
Napa Wine Train – Vintage train ride, fall colors + lunch	Wed, 9/17	TBD/TBD
SF Movie Tour – Movie clips at locales, lunch on your own	Tue, 9/30	\$87R/\$109NR
Pippin – Musical at Golden Gate Theatre in SF, show only	Wed, 10/1	\$124R/\$155NR

Check out the **Steppin' Out Messenger** for more information on upcoming Summer Day Trips.

Extended Trips

New York City, Thu, 6/12/14 – Mon, 6/16/14

Black Sea Voyage, Thu, 7/31/14 – Tue, 8/12/14

American Canyonlands, Thu, 9/18/14 – Fri, 9/26/14

Rails of New England, Fri, 10/10/14 – Fri, 10/17/14

Panama Canal Cruise, Mon, 12/8/14 – Mon, 12/22/14



Upcoming Trip Slide Shows

Extended Trip Slide Show

Look for information on our June extended trip slide show in the Steppin' Out Messenger. The show will feature upcoming trips to American Canyonlands, Rails of New England, Panama Canal, Cuba, Western Canada, Seattle, San Diego and Russia or Iceland.



American Canyonlands



Rails of New England



Panama Canal Cruise

SEE A SHOW IN SUNNYVALE!

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

Evenings of Cultural Arts

(Information & Tickets: 408.733.6611
more information at Arts.inSunnyvale.com)
Dave Stamey 5/2

All shows at 8 p.m. • Tickets \$28 general
\$22 students & seniors

Convenience fee of \$1 per order applies on mailed, faxed, online & phoned orders

California Theatre Center

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

FAMILY SERIES

The Ugly Duckling 4/5, 4/12
The Adventures of Tom Sawyer 4/19, 4/26
Hansel and Gretel..... 5/2, 5/3, 5/10

Saturdays 11:00 a.m., selected evenings 7 p.m.
Single-ticket \$12 • At-the-door tickets \$15 Saturdays
Tickets on sale in advance by phone (408) 245-2978 and at the door 30 minutes prior to show

Sunnyvale Community Players

More information at www.sunnyvaleplayers.org)
Little Shop of Horrors 4/4 - 4/27

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

Tickets \$24 general - \$21 students & seniors
\$11 children 5 and younger

\$21 Thursday Bonus Night – all seats
\$2 per ticket Box Office fee on all tickets

Plus \$1 per order on phone;
\$1 per ticket on online orders

The Serenaders

Sunnyvale's Big Band performs free concerts in Ortega Park, 636 Harrow Way, Sunnyvale

6/8, 7/13, 8/10, 9/14

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



Lunchtime Librarian

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

- Get a library card
- Learn about eBooks
- Bring your eReader
- Talk about good reads
- Learn about our Special Outreach for home bound residents



Sunnyvale Library at sunnyvalelibrary.org

Get The Help You Need.

Information & Assistance Program

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

We provide help with:

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

Call for an appointment: 408-730-7367

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

Celebrating Community Connections & Culinary Creations for Mother's Day

Experience a New Flavor~The Sunnyvale Senior Center in partnership with Atria, Sunnyside Gardens and Sunrise Senior Living Communities invite you to celebrate a Mother's Day gourmet experience. Three gourmet chefs from Atria, Sunnyside Gardens and Sunrise will prepare their signature dishes starting with a savory green salad, mouth-watering ribs with oven roasted potatoes, and an enticing dessert. A glass of wine is included and music will be provided.

Sunnyvale Senior Center
550 E. Remington Drive, Sunnyvale

Friday May 9, 2014
4-6 p.m. (Doors open at 3:45 p.m.)

Admission: Member \$13.
Non-member \$16.

Purchase your tickets early as seats are limited. For more information and to purchase your tickets, please call (408) 730-7360.



The Unique Boutique

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

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



Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

M – Sa., 12:30 – 3:30 pm.

For one free class of instruction and equipment use, call Joe Shepard at (408) 739-5671.



TABLE TENNIS

Temporarily relocated to Fair Oaks Park, 540 N. Fair Oaks Ave M – F, 9:30 a.m. – 4 p.m.

Bring your own paddle and wear shoes with light-colored soles.

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



Table Tennis FREE for Premium Members

New Member Coffee

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

Senior Center Fitness Room



Fitness Room FREE for Premium Members

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

M – F, 8 a.m. – 6:30 p.m.
Sa, 10 a.m. – 2 p.m.
Su, closed

For more information, call (408) 730-7359

Join us for Lunch in the Orchard Café



Enjoy a home-style meal prepared by our on-site chef, Cecilia Garza-Ruiz. Meals are served Monday-Friday at 12 p.m. in the Orchard Café.

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

Menu subject to change.
Late arrivals are not guaranteed a lunch.
For more information, call (408) 730-7359



Free Fitness Room Orientation

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

Older Adult



Senior Center Drop-in Programs and Services

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

DROP-IN PROGRAMS

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

SERVICES

Service	Fee (\$)	Available / Call
BART Tickets	\$9	M-F, 9am-5:30pm
Blood Pressure	Free	M & Th, 10am-Noon
Care Management	Free	M & Th, 10am-Noon
Diabetes Support	\$2	4 th Thursday each month
El Camino Hospital Resource Library	Free	Tu, 10:30am-11:30pm
Foot Care	\$45 members/\$50 non-members	By appointment - call
Health Insurance Counseling and Advodcoy Program (HICAP)	Free	By appointment - call
Hearing Screenings	Free	By appointment - call
Notary Services	\$2	By appointment - call
VTA Photo ID	Free	Call for info



Care Management

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





Therapeutic Recreation

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

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

To register or receive a TR Brochure, call 730-7359.

Therapeutic Recreation Programs

Saturday of Experience (18 years and older)

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

Saturdays from 10 am to 12:30 pm

Bowling (18 years and older)

Join your friends for an afternoon of bowling at Homestead Lanes.

Work on your bowling skills, while building sportsmanship teamwork and making new friends.

Thursdays, 3:30 – 5 pm

Cooperative Dances (18 years and older)

Dances are sponsored by the cities of San Jose, Santa Clara and Sunnyvale. Call (408) 730-7359 for more information.

Santa Clara County Special Olympics

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

AYSO (American Youth Soccer Organization)

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

Community Organizations

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

Community Groups	Phone
Friends of the Sunnyvale Library	(408) 982-6657
Nova Vista Symphony	(408) 624-1492
Belle Swingers Square Dance Club	(408) 739-3977
Sunnyvale Art Club	(408) 733-1804
Sunnyvale Community Players	(650) 425-7549
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	(408) 475-8101
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

Senior Clubs

Bayview Senior Citizens	(408) 736-4453
California Grandmothers’ Club	(408) 409-9769
Sunnyvale Senior Citizens	(408) 736-3119
Unique Boutique	(408) 733-8459

Sports Clubs

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

Youth Sports Leagues

Baseball/Softball

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

Football

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

Soccer

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



Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087

(408) 732-2257 www.calsportscenter.com

The California Sports Center is proud to be in our 13th year running aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High is an outdoor Olympic size 50 meter by 25 yard pool-which includes a pool house with locker rooms* separate from the high school, a training room for community classes and other amenities. The pool temperature is maintained between 78-82 degrees.

***NOTE: There will be construction on the pool building this summer. Alternative locker rooms will be made available to swimmers.**



Swim Lessons

Daily

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

☑ Summer registration will open April 14, 2014

Online and in-person registration is available.

‘Summer Session 1’ begins June 2, 2014

Summer swim lessons are taught in two week sessions. Weekday classes are available 3:50-8:00pm. Morning lessons are also available Saturdays and Sundays as well as select weekdays. Multiple age and skill-based swim levels are offered. Spaces fill quickly, so register early.

Pre-Comp

Mon/Tue/Wed/Thu

This program is for advanced swimmers looking to develop their competitive swimming skills and increase physical fitness.

Youth/High School Water Polo

CSC offers water polo programs for youth and high school water polo players. The program consists of co-ed workouts that focus on fundamentals, skills and scrimmages. Contact the pool for schedules and additional information.

Youth Springboard Diving

Rec diving classes are available on weekday afternoons & weekends. Classes focus on fundamental concepts of diving, the approach, & basic dives. Beginner and intermediate classes are available.

Our 2014 ‘Future Champions’ diving team will begin May 24. Contact the pool for more information about joining our team.

Summer Camps

Weekly starting June 16

Summer swim day camps are designed for children 6-14. Camps offer swim instruction, activities in the water and out of the pool, and fun. Camps run Monday-Friday. Full & half day camps are available.



Adult Lap Swim

Daily

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



Monday-Friday 6-8am / 11:30am-1:30pm / 6-8pm
Saturday 8am-12pm / Sunday 8am-1pm

*Senior rates available for morning, noon and weekend lap swim.
**Pool is long course during in the mornings during summer
***Extended weekday hours available in summer (5:30-8:00am)

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

CSC Masters – Sunnyvale

Weekdays

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

Mon-Fri 8-9am 12-1pm
Sat 7-8am

Water Fitness

This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness.

M/W/F 10:30-11:30am
T/TH mornings (seasonal-TBA)
Sat 11:30am-12:30pm (seasonal)

Open Recreational Swim

CSC offers open recreational swim throughout the summer, beginning June 14. Open Rec swims are open to the public:

Mon-Fri 1:30-3:30pm
Sat/Sun 1:30-5:30pm

Safety Training Classes

ARC Lifeguard Training, Water Safety for Swim Coach classes, and AHA CPR/AED classes are offered to the community throughout the year. For more information, contact the pool or visit our website. Class space is limited.

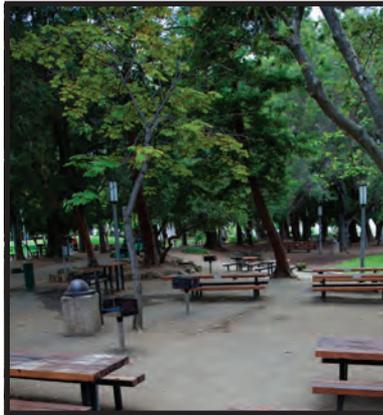
For Pricing and Registration Information Call (408) 732-2257; email: swiminfo@calsportscenter.com

www.calsportscenter.com



There are many facilities available for rent from the City of Sunnyvale—Community Services Division. Our facilities and their beautifully landscaped surroundings are some of the most competitively priced in Silicon Valley, and they're conveniently located.

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



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

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



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

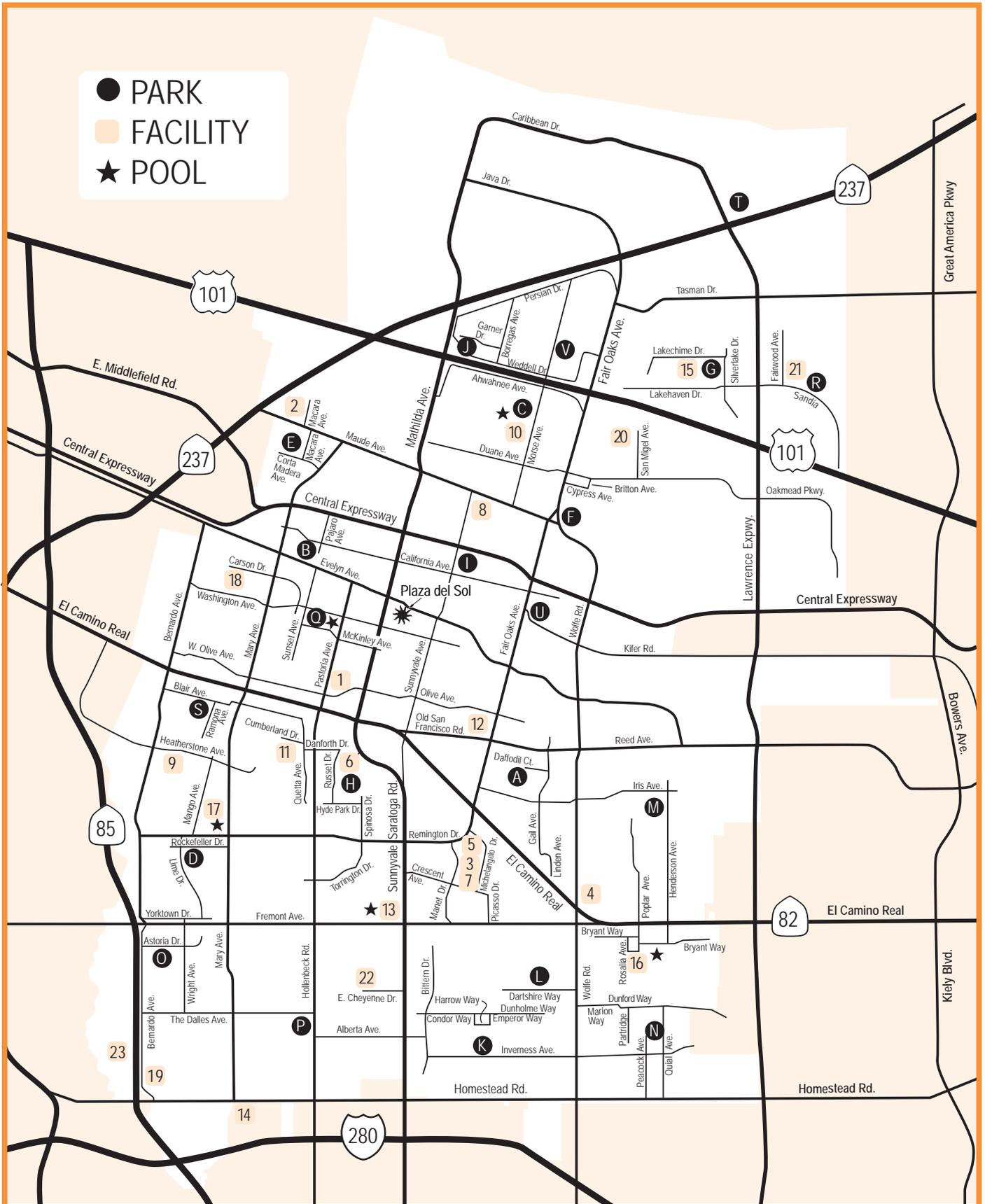
For a map of Sunnyvale Parks, Community Center and Golf Courses, see page 60.



Community Center Hours
Monday - Friday, 9 a.m. – 6 p.m.
Phone: (408) 730-7751 • Fax: (408) 730-7754
Recreation.inSunnyvale.com
550 E. Remington Drive • P.O. Box 3707
Sunnyvale, CA 94088-3707



- PARK
- FACILITY
- ★ POOL





Sunnyvale Parks	Map Loc.	Acres	Ball Field	Basket-ball	Rec. Bldg.	Multi-Use Field	Picnic Area	Play-ground	Rest-rooms	Tennis	Volley-ball	Special Features
Baylands , 999 E. Caribbean Drive	T	177.0				1/0	✓☑	4/0	✓			Nature Trails, Amphitheater
Braly , 704 Daffodil Court	A	5.6	1/0		✓	1/0	✓☑	1/0	✓	0/2	1/0	Sand Volleyball Ct., Lagoon, Water Play
Cannery , 900 W. California Ave.	B	.7					✓	1/0				
Columbia , 739 Morse Ave.	C	14.7	1+0	2/0		2/0	✓	2/0	✓	0/2		Par course, Swim
De Anza , 1150 Lime Drive	D	9.4	2/0	1+0	✓	1/0	✓☑	1/0	✓			Roller Skating Rink, Handball/Racquetball Ct.
Encinal , 999 Corte Madera Ave.	E	4.2	1/0	0/½		1/0	✓	2/0	✓	0/2	0/1	¼-mile Par course, Sand Volleyball Ct.
Fair Oaks , 540 N. Fair Oaks Ave.	F	15.3	0/2	0/3	✓	0/1	✓	1/0	✓		1/0	Skate Park, Sand Volleyball Ct.
Fairwood , 1255 Sandia Ave.	R	1.9				1+0	✓☑	1/0	✓	0/2*	0/2	JWC Greenbelt, Par course, Sand Volleyball Ct.
Greenwood Manor , Ramona & Blair Ave.	S	.4						1/0				
Lakewood , 834 Lakechime Drive	G	10.7	1/1	0/1	✓	1/0	✓☑	2/0	✓	0/2		Skate Park, Water Play, Handball Cts.
Las Palmas , 850 Russet Drive	H	24.3	1/0		✓	1/0	✓☑	1/0	✓	0/16		Dog Park, Water Play
Murphy , 250 N. Sunnyvale Ave.	I	5.4			✓		✓	1/0	✓			Amphitheater, Lawn Bowling Green
Orchard Gardens , 238 Garner Ave.	J	2.6		1/0	✓		✓	1/0	✓	2/0		JWC Greenbelt
Ortega , 636 Harrow Way	K	18.0	1/2*	0/1	✓	1/0	✓☑	1/0	✓	0/2		Water Play, Cricket Pitch
Panama , 755 Dartshire Way	L	4.9	1/0			1/0	✓		✓			
Ponderosa , 811 Henderson Ave.	M	9.1	1/0	0/1	✓	1/0	✓	1/0	✓	0/2	1/0	Sand Volleyball Ct., Bocce Ball Ct.
Raynor , 1565 Quail Ave.	N	14.7	2/0		✓	1/0	✓☑	1/0	✓			Roller Skating Rink
San Antonio , 1026 Astoria Drive	O	5.8	1/0			2/0			✓			
Serra , 730 The Dalles	P	11.5	2/0		✓	1/0	✓☑	1/0	✓	0/4		Roller Skating Rink, Water Play
Seven Seas Park , Under Construction	V	5.3				1/0		2/0	✓	0/1		Water Play
Victory Village , Fair Oaks at Kifer	U	1.0					✓	1/0				Picnic Tables Only, Fenced Tots Playground
Washington , 840 W. Washington Ave.	Q	11.8	1/1	0/2	✓	1/0	✓☑	2/0	✓	0/2		Handball, Swim

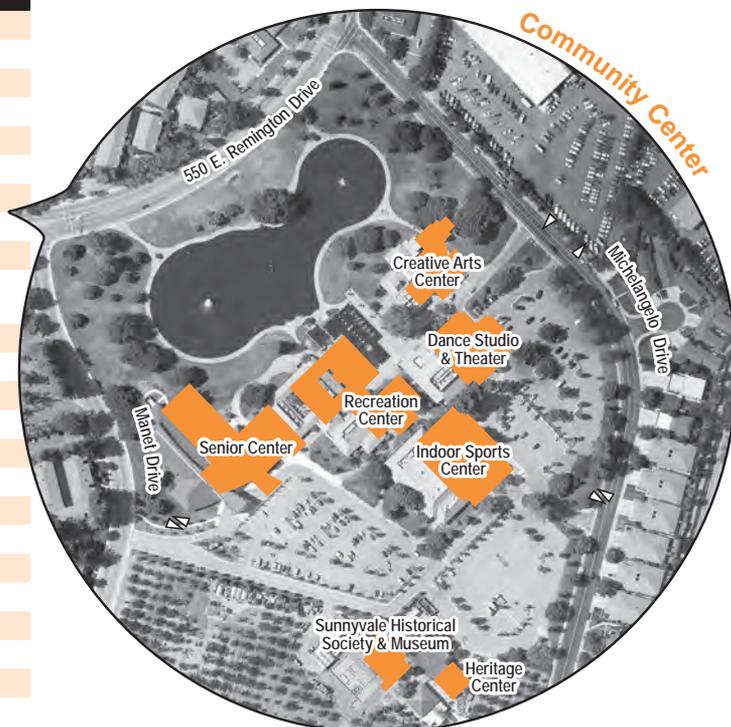
Park and Restroom Hours: 6am – 9pm • Tennis Lights stay on until 10pm • See the facilities map on page 60 for locations.

For more information, call (408) 730-7751. For maintenance, call (408) 730-7506.

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

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

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





Online

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



New! Scan this code to access our mobile registration site!

Mail In



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

Fax In



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

Walk In



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

Registration Checklist/Information

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

SUNNYVALE RESIDENT RATES: The participant must be a City of Sunnyvale resident in order to receive Sunnyvale resident rates.

One form of current California picture identification or utility bill, with customer's name and Sunnyvale address, is required in order to qualify for Sunnyvale resident benefits. If your picture identification or utility bill does not have your current Sunnyvale address, then you will need to show two forms of identification with your current Sunnyvale address.

Additionally ...

WAITING LISTS

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

CANCELLATIONS

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

REFUND/TRANSFER POLICY

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

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

Refunds may be requested by phone, fax (408-730-7754), or in person. If submitting via fax or in person; be prepared to present a receipt. If submitting by

phone; be prepared to share info from your receipt. Receipts can be printed online. Refunds will be issued in the form of a check, credit card or coupon, depending on the original method of payment. Cash payments will be refunded by check.

NON-PARTICIPANTS

The City of Sunnyvale does not allow unregistered individuals in the program space, except when family and friends are invited to attend student recitals or demonstrations.

FEE WAIVER ASSISTANCE PROGRAM FOR YOUTH PROGRAMS

Eligible Sunnyvale residents may apply to waive, or offset, the expense of Community Services Division registration fees for youth (age 17 and under) of up to \$234 per eligible family member, per Fiscal Year (July 1 – June 20). This includes, but is not limited to, youth recreation classes and after school programs sponsored by the City. The program does not fund special events or participation in non-profit youth sports organizations. Program resources are limited and subject to availability of funds. Applicants may apply by bringing proof of residency and letter confirming participation in the free School lunch program with the fee waiver application to the Community Center. Please allow 30 (thirty) days for a response to your application.

For more information call (408) 730-7350.

GOLF/TENNIS REGISTRATION:

For golf registration, please see pg.44-45. For tennis registration, please see pg.46-47. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

NOTE

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

Want to TRY*IT?

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

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

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



Please **PRINT** your information:

Today's Date: _____

Participant's Last Name: _____ Street Address: _____

City: _____ State: _____ Zip: _____ Home Phone: () _____

Work Phone: () _____ E-mail Address: _____

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

Emergency Contact Name: _____ Emergency Contact Phone: () _____

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

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

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

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

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

Signature: _____ Date: _____

Print Name: _____

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

Charge my: MasterCard Visa



Name of card holder _____

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

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

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

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

First Name	Birth Date (if under 18yrs)	Class Name	T-shirt Size*	Class # (example: 123456.MC)		Class Fee
				1st Choice	2nd Choice	

Current Senior Center members can deduct \$5 per Senior Center classes

—

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

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



Total Fees

For office use only Receipt #: _____ Initial: _____



SUNNYVALE Activity Guide

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

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More Than 60 Summer Camps!
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Hands on the Arts - 5/17
Page 2



Aquatics Classes & Recreation Swim *Page 4*