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)
344100.TQ	18 & older	11/5-12/17	Tu	7:30pm-8:30pm	$69/$86
444100.TQ	18 & older	1/7-2/25	Tu	7:30pm-8:30pm	$79/$99

Belly Dance (18 & 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 - Beginning: Learn Middle Eastern dance fundamentals, with an emphasis on technique and finger cymbal basics. This class is perfect for first-time dancers.
Level 2 - Intermediate: Build upon the basics, with a focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: One year training at the beginning level.

Instructor: Alcina Nelson
Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344101.TP	1	18 & older	11/5-12/17	Tu	6:30pm-7:30pm	$69/$86
344102.TR	2	18 & older	11/5-12/17	Tu	8:30pm-9:30pm	$69/$86
444101.TP	1	18 & older	1/7-2/25	Tu	6:30pm-7:30pm	$79/$99
444102.TR	2	18 & older	1/7-2/25	Tu	8:30pm-9:30pm	$79/$99

Lunch Hour Hula (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)
344140.FP	18 & older	11/1-12/20	F*	12:00pm-1:00pm	$69/$86
444140.FP	18 & older	1/10-2/28	F	12:00pm-1:00pm	$79/$99

**No class 11/29*

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 class 12/24, 12/31

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

Square Dancing (18years & older)

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

FIRST NIGHT IS FREE!

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

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

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

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

TM

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*, e-mail *ForDancersOnlySB@gmail.com* or call us at (408) 657-7836

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)
344301.MP	1	18 & older	11/4-12/16	M	7:30pm-8:30pm	$69/$86
344302.MQ	2	18 & older	11/4-12/16	M	8:30pm-9:30pm	$69/$86
444301.MP	1	18 & older	1/6-2/24	M*	7:30pm-8:30pm	$59/$74

**No class 1/20, 2/17*

Night Club Dances (18 & older)

Want to learn dances you could actually use at a night club? Learn to dance to Top 40, hip hop or techno. Students will learn basic steps for the Hustle, Two-step, West Coast Swing and Salsa. Leather-soled shoes that will stay firmly on your feet and allow you to spin safely are required. No partner necessary. We'll switch dance partners throughout the lesson.

Instructor: Bud Ayers
Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344311.TP	Beg	18 & older	11/5-12/17	Tu	7:30pm-8:30pm	$69/$86
444311.TP	Beg	18 & older	1/7-2/25	Tu	7:30pm-8:30pm	$79/$99

Salsa (18 & older)

Looking for some spice in you life? Salsa class will prepare you for the dance floor by introducing basic steps and patterns for today's hottest dance craze. Wear leather-soled shoes that will stay firmly on your feet and allow you to spin safely. No tennis shoes, platform shoes or sandals. No partner necessary. We'll switch dance partners throughout the lesson.

Instructor: Bud Ayers
Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344361.TP	Beg	18 & older	11/5-12/17	Tu	8:30pm-9:30pm	$69/$86
444361.TP	Beg	18 & older	1/7-2/25	Tu	8:30pm-9:30pm	$79/$99

Tap Dance (14 & older)

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

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

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

Instructor: Peggy Page
Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344481.JP	1	14 & older	11/7-12/19	Th*	6:30pm-7:30pm	$59/$74
344482.JQ	2	14 & older	11/7-12/19	Th*	7:30pm-8:30pm	$59/$74
444481.JP	1	14 & older	1/9-2/27	Th	6:30pm-7:30pm	$79/$99
444482.JQ	2	14 & older	1/9-2/27	Th	7:30pm-8:30pm	$79/$99

**No class 11/28*

Guitar (12 & older)

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

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

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

Instructor: Rick DeShera
Location: Recreation Center Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344831.JP	1	12 & older	11/7-12/19	Th*	6:00pm-7:15pm	$59/$74
344832.WQ	2	12 & older	11/6-12/18	W*	6:00pm-7:15pm	$59/$74
444831.JP	1	12 & older	1/9-2/27	Th	6:00pm-7:15pm	$79/$99
444832.WQ	2	12 & older	1/8-2/26	W	6:00pm-7:15pm	$79/$99

**No class 11/27*

**No class 11/28*

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 ¼" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Pre-order non-refundable book for $22 online at *www.noteworthymusicschool.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
Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
344850.MU	13 & older	11/18-12/16	M	7:45pm-8:30pm	$59/$74
444850.MU	13 & older	1/6-2/24	M*	7:45pm-8:30pm	$69/$86

**No class 1/20, 2/17*

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.noteworthymusicschool.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
Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344931.FT	1	13 & older	11/15-12/20	F*	7:30pm-8:15pm	$59/$74
344931.FS	1	13 & older	11/15-12/20	F*	7:30pm-8:15pm	$59/$74
444932.FT	2	13 & older	1/10-2/28	F*	6:45pm-7:30pm	$69/$86
444932.FS	2	13 & older	1/10-2/28	F*	6:45pm-7:30pm	$69/$86

**No class 11/29, 2/21*

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

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

www.economicdrivingschool.com/online

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

Choose Activity Guide. Enter code: 7350

Cost: $68.50

Sunnyvale Bluegrass Jam

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

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

Where: Creative Arts Center, Meeting Room

Cost: $5 per person at the door

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

TM

Gymnastics

Learn To Flip (11-17years)

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

Instructor: California Sports Center
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
333040.MA	11-17yrs	10/28-12/16	M	6:30pm-7:25pm	$133/$166
333040.TA	11-17yrs	10/29-12/17	Tu	5:30pm-6:25pm	$133/$166
333040.HA	11-17yrs	10/31-12/19	Th*	5:30pm-6:25pm	$116/$145
333040.SA	11-17yrs	11/2-12/21	Sa*	12:00pm-12:55pm	$116/$145
433040.MA	11-17yrs	1/6-2/24	M*	6:30pm-7:25pm	$116/$145
433040.TA	11-17yrs	1/7-2/25	Tu	5:30pm-6:25pm	$133/$166
433040.HA	11-17yrs	1/9-2/27	Th	5:30pm-6:25pm	$133/$166
433040.SA	11-17yrs	1/11-3/1	Sa	12:00pm-12:55pm	$133/$166

**No class 11/28, 11/30, 2/17*

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. A lunch break is provided. Students should 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)
335310.DZ	14 & older	12/21-12/29	SaSu	8:30am-4:30pm	$130/$169

Tween Chefs (11-15years)

Calling all budding Tween Chefs! Our experienced chef instructors will inspire our Tween Chefs to master the fundamentals and key techniques of cooking and baking skills. Vegetarian and special diets welcome. Please call Young Chefs Academy at 408-738-CHEF before first class. A non-refundable supply fee will be collected at first class. $60 for the Nov/Dec class and $70 for the Jan/Feb class.

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
337151.JA	Beg	11-15yrs	10/31-12/12	Th*	6:00pm-7:30pm	$120/$150
437151.JA	Beg	11-15yrs	1/9-2/27	Th*	6:00pm-7:30pm	$140/$175

*No class 11/28, 2/20

Sports & Fitness

Aerobics (16 & older)

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

Instructor: Christine Sabooni
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348160.MA	16 & older	11/4-12/16	MW*	7:00pm-8:30pm	$84/$105
448160.MA	16 & older	1/6-2/26	MW*	7:00pm-8:30pm	$102/$128

No class 11/27, 1/20, 2/17

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)
348000.TA	14 & older	11/5-12/17	Tu	7:00pm-9:00pm	$56/$70
448000.TA	14 & older	1/7-2/25	Tu	7:00pm-9:00pm	$66/$83

Baby Boot Camp (18 & older)

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

Instructor: Bay Area Baby Boot Camp
Location: Raynor Park Building

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348151.TA	Beg	18 & older	11/5-12/17	Tu	9:30am-10:30am	$84/$105
348151.WA	Beg	18 & older	11/6-12/18	W	6:00pm-7:00pm	$84/$105
348151.RA	Beg	18 & older	11/7-12/19	Th*	9:30am-10:30am	$72/$90
348151.SA	Beg	18 & older	11/2-12/14	Sa	9:00am-10:00am	$84/$105
448151.TA	Beg	18 & older	1/7-2/25	Tu	9:30am-10:30am	$96/$120
448151.WA	Beg	18 & older	1/8-2/26	W	6:00pm-7:00pm	$96/$120
448151.RA	Beg	18 & older	1/9-2/27	Th	9:30am-10:30am	$96/$120
448151.SA	Beg	18 & older	1/4-2/22	Sa	9:00am-10:00am	$96/$120

No class 11/28

Hypnotize Yourself Slim! ™ (18 & older)

Discover how to: * Succeed with or without a diet * Eat one cookie or two chips & stop wanting more * Visualize your slim self & stay on track * Get the kid in you who loves to indulge on board * Feel joy by day & have willpower at night * INCLUDES: 1on1 Bust Your Cravings!™ session (e.g., chocolate, soda, candy, bread, cheese); Email tips & reminders; Custom hypnosis audio; Jumpstart hypnosis CD cultivates healthy eating & self-love so slimming & loving life become one. $45 materials fee covers 1on1, email, audio, CD, handouts.

Instructor: Eric Rosen, CHt
Location: Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348250.TA	18 & older	11/5-11/19	Tu	6:30pm-9:00pm	$69/$86
448250.TA	18 & older	2/4-2/18	Tu	6:30pm-9:00pm	$71/$89

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

Soccer Training for Women

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 get prepared 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. KLS class status hotline (888) 372-5803

Instructor: Kidz Love Soccer
Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348650.TA	21 & older	11/12-12/10	Tu	7:00pm-8:00pm	$68/$85

Lunch-hour Pilates (18 & older)

TRY-IT

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)
348920.TP	18 & older	11/5-12/17	Tu*	12:00pm-1:00pm	$59/$74
348920.JP	18 & older	11/7-12/19	Th*	12:00pm-1:00pm	$59/$74
448920.TP	18 & older	1/7-2/25	Tu	12:00pm-1:00pm	$79/$99
448920.JP	18 & older	1/9-2/27	Th	12:00pm-1:00pm	$79/$99

No class 11/26, 11/28

Meditation and Visualization (16 & older)

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

Instructor: Robin Pickel
Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348780.SC	16 & older	11/2-12/21	Sa	11:15am-12:00pm	$76/$95
448780.SC	16 & older	1/4-2/22	Sa	11:15am-12:00pm	$78/$98

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.

Strength Training (18 & older)

TRY•IT

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility-all through the proper use of fitness machines, medicine balls, kettle weights and bosu. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of 8 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)
346300.AA	18 & older	11/11-12/9	M	7:00pm-8:00pm	$39/$49
346300.BA	18 & older	11/12-12/10	Tu	7:00pm-8:00pm	$39/$49
446300.AA	18 & older	1/6-3/10	M*	7:00pm-8:00pm	$63/$79
446300.BA	18 & older	1/7-3/11	Tu*	7:00pm-8:00pm	$63/$79

No class 1/20, 1/21, 2/17, 2/18

Tai Chi Chuan (14 & older)

TRY•IT

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 85-form long routine. Advanced students will also practice traditional sword and saber long routines.

Instructor: Larry Young
Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348910.WP	14 & older	11/6-12/11	W*	7:00pm-8:30pm	$59/$74
448910.WP	14 & older	1/8-2/26	W	7:00pm-8:30pm	$89/$111

No class 11/27

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 & leaves you begging for more! U-JAM Fitness® is Universal, Unique & 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)
348792.SA	Int/Adv	18 & older	11/2-12/14	Sa	9:00am-10:00am	$63/$79
448792.SA	Int/Adv	18 & older	1/4-2/22	Sa	9:00am-10:00am	$74/$93

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)
348702.MA	Int/Adv	16 & older	11/4-12/16	M*	8:00pm-10:00pm	$66/$83
448702.MA	Int/Adv	16 & older	1/6-2/24	M*	8:00pm-10:00pm	$68/$85

No class 11/25, 1/20, 2/17

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)
348750.FA	16 & older	11/8-12/13	F*	9:30am-11:00am	$48/$60
448750.FA	16 & older	1/10-2/28	F	9:30am-11:00am	$78/$98

Location: Senior Center Orchard Pavilion

348750.RA	16 & older	11/7-12/12	Th*	6:30pm-8:00pm	$48/$60
448750.RA	16 & older	1/9-2/27	Th	6:30pm-8:00pm	$78/$98

No class 11/28, 11/29

Evenings of Cultural Arts

Arts.inSunnyvale.com

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

Please indicate your ticket order below.

Type of Ticket GA = General Admission S/S = Student / Senior 60+	② Metales M5 10/26/13	③ Swingin' Blue Stars 11/30/13	④ Hot Club of San Francisco 12/21/13	⑤ Nykken 1/11/14	⑥ Adam Marks 2/15/14	⑦ The Kathy Kallick Band 3/22/14	⑧ Dave Stamey 5/3/14	# Ordered	Price Each	Cost
SUBSCRIPTIONS: please check which shows you wish to see										
6-shows: GA									X $144	
6-shows: S/S									X $108	
4-shows: GA									X $104	
4-shows: S/S									X $80	
INDIVIDUAL TICKETS: please mark the # desired per show – Buy 9 individual tickets and get a 10th free										
General Admission									X $28	
Student or Senior									X $22	
Per Order Handling Fee (for mail, fax, phone orders)										+ $1
Total Amount Due										
Tax-Deductible Donation toward City-Presented Performances										
Total Enclosed										

SPONSORS

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The Sun

The Starving Musician

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

PAYMENT INFORMATION

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

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

Name on Card: _____ Signature: _____

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

Phone #: _____ E-mail: _____

☐ Please mail my tickets to the address above. (This option not available for orders received fewer than 10 days before earliest performance purchased.)
☐ Please hold my tickets at "Will Call." ☐ I would like to receive e-mail announcements and special offers from Sunnyvale Theatre.

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

The City of Sunnyvale encourages persons with disabilities to participate in our recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, please call (408) 730-7725, TDD (408) 730-7501, at least five days in advance of the performance.

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*)

Metales M5 . . . . . *10/26*
Swingin' Blue Stars *11/30*
Hot Club of San Francisco *12/21*
Nykken *1/11*
Adam Marks *2/15*

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

Jack and the Beanstalk *10/5-11/16*
I Don't Want to Go To Bed *10/26-11/9*
The Elves and the Shoemaker *12/7-12-14*
Madeline's Christmas *12/7-12/22*
The Princess and the Pea *1/11-2/1*
The Frog Prince *1/25-2/7*
Charlotte's Web *2/22-3/15*
Miss Nelson is Missing *2/23, 3/2*

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*)

Pippin *9/13-10/6*
Zombie Prom *11/1-11/24*
A Little Princess *2/21-3/16*

Friday & Saturday 8 p.m., Sunday 2:30 p.m., Thursdays 7:30 p.m.
Tickets $24 general ($19 Jr. Show)
$21 students & seniors ($16 Jr. Show)
$11 children 5 and younger ($9 Jr. Show)
$21 Thursday Bonus Night – all seats ($16 Jr. Show)
$2 per ticket Box Office fee
$1 per order on phone and online orders

Yoga for Wellness (16 & older)

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

Instructor: Baerbel Schuhmacher
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348770.TA	16 & older	11/5-12/17	Tu*	6:00pm-7:30pm	$54/$68
448770.TA	16 & older	1/7-2/25	Tu	6:00pm-7:30pm	$88/$110

**No class 11/26, 12/3*

Yoga Lite (Hatha) (16 & older)

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

Instructor: Robin Pickel
Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348760.WA	16 & older	11/6-12/18	W	8:30am-10:00am	$67/$84
348760.SB	16 & older	11/2-12/21	Sa	9:30am-11:00am	$76/$95
448760.WA	16 & older	1/8-2/26	W	8:30am-10:00am	$78/$98
448760.SB	16 & older	1/4-2/22	Sa	9:30am-11:00am	$78/$98

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)
348790.TA	18 & older	11/5-12/17	Tu	9:00am-10:00am	$63/$79
448790.TA	18 & older	1/7-2/25	Tu	9:00am-10:00am	$74/$93

Zumba Gold (50 & older) - See page 38.

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: **Location**: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348791.HB	Beg	18 & older	11/7-12/19	Th*	6:00pm-7:00pm	$54/$68
448791.HB	Beg	18 & older	1/9-2/27	Th	6:00pm-7:00pm	$74/$93

**No class 11/28*

Visual Arts/Pottery

Glass Fusing: Beginning (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 existng 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)
349311.MA	Beg	16 & older	11/4-11/18	M	9:00am-12:00pm	$68/$85
349311.MK	Beg	16 & older	12/2-12/16	M	9:00am-12:00pm	$68/$85
349311.WA	Beg	16 & older	11/6-11/27	W*	7:00pm-10:00pm	$68/$85
449311.MK	Beg	16 & older	2/3-2/24	M*	9:00am-12:00pm	$68/$85
449311.WB	Beg	16 & older	2/5-2/26	W*	7:00pm-10:00pm	$68/$85

**No class 11/20, 2/17, 2/19*

Pottery I (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 25lb bag. Beginning tool kits may be purchased in class for $25. Firing and glazing are included in class price. Participants will also receive a free Open Studio pass with their first three registrations.

Instructor: Danny Sheu (M, Th, F, S) TBA (W)
Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349911.MA	Beg	16 & older	11/11-12/16	M	7:00pm-10:00pm	$171/$216
349911.WA	Beg	16 & older	11/13-12/18	W	9:00am-12:00pm	$171/$216
349911.JA	Beg	16 & older	11/14-12/19	Th*	10:00am-1:00pm	$143/$179
349911.JB	Beg	16 & older	11/14-12/19	Th*	7:00pm-10:00pm	$143/$179
349911.FA	Beg	16 & older	11/15-12/20	F*	10:00am-1:00pm	$143/$179
349911.SA	Beg	16 & older	11/16-12/21	Sa	1:30pm-4:30pm	$171/$216
449911.MA	Beg	16 & older	1/6-2/10	M*	7:00pm-10:00pm	$143/$179
449911.MK	Beg	16 & older	2/24-3/24	M	7:00pm-10:00pm	$143/$179
449911.WA	Beg	16 & older	1/8-2/12	W	9:00am-12:00pm	$171/$216
449911.WK	Beg	16 & older	2/19-3/26	W	9:00am-12:00pm	$171/$216
449911.JA	Beg	16 & older	1/9-2/13	Th	10:00am-1:00pm	$171/$216
449911.JK	Beg	16 & older	1/9-2/13	Th	7:00pm-10:00pm	$171/$216
449911.JB	Beg	16 & older	2/20-3/27	Th	10:00am-1:00pm	$171/$216
449911.JL	Beg	16 & older	2/20-3/27	Th	7:00pm-10:00pm	$171/$216
449911.FA	Beg	16 & older	1/10-2/14	F	10:00am-1:00pm	$171/$216
449911.FK	Beg	16 & older	2/21-3/28	F	10:00am-1:00pm	$171/$216
449911.SA	Beg	16 & older	1/11-2/15	Sa	1:30pm-4:30pm	$171/$216
449911.SK	Beg	16 & older	2/22-3/29	Sa	1:30pm-4:30pm	$171/$216

**No class 11/28, 11/29, 1/20*

Private & Group Pottery Lessons
Mondays & Thursdays, 11am - 2 pm
$65 per person*
Call (408) 730-7345
to schedule an appointment
*Group Rate for 3-6 people is $45 per person.

Watercolor (16 & 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. Suppy 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)
349641.JA	Beg	16 & older	11/7-12/19	Th*	10:00am-12:00pm	$66/$83
449641.JA	Beg	16 & older	1/16-2/20	Th	10:00am-12:00pm	$66/$83

**No class 11/28*

Figure Drawing & Painting (18 & older)

This class offers the fundamentals of drawing and painting. Explore depth and dimension and study space and movement of the picture plane while combining analytical thought and imagination. Brief demonstrations will be given at the beginning of each class. Long and short poses with a live model will be included. Participants must be 18 years old. Supply list will appear on your receipt. Model's fees will be split between class participants ($50-$80) and will be due at first class.

Instructor: Rebecca Bui
Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349944.MA	All	18 & older	11/11-12/16	M	7:00pm-10:00pm	$89/$111
449944.MA	All	18 & older	1/6-2/24	M	7:00pm-10:00pm	$89/$111

Been a while since you've worked in clay? Here's your chance to get throwing again! Come experience our clay studio for FREE.

GIVE IT A WHIRL!

Terms & Conditions: No Reservation necessary. Ages 16 & up. Experienced potters only. No formal instruction will be provided. Clay must be purchased in the studio. $6.00/ 5lbs of clay. Bisque firing included. No glazing. Refer to the Open Studio Schedule for available days and times.

Open to potters who have not attended Open Studio in more than a year or first-time studio users.

For more information, contact: Visual Arts Coordinator at kdance@sunnyvale.ca.gov or 408.730.7758.

Creative Arts Center Pottery Studio
Sunnyvale Community Center
550 E. Remington Drive, Sunnyvale

Friends of the Sunnyvale Pottery Studio
Creative Arts Center
Sunnyvale Community Center
550 East Remington Drive
Sunnyvale, CA 94087

HOLIDAY POTTERY SALE

Friday Dec 6 & Saturday Dec 7, 2013
10:00 am - 5:00 pm

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

Free Admission!

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 (closed 12/24, 12/31, 2/18, 2/21)

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

Want to TRY•IT?

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

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

Open Pottery Studio
(16yrs & older)

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

Session: 1/11-12/21, 1/6-3/29 (studio closed 11/28, 11/29, 12/23 thru 1/4, 1/20, 2/17)
Fee* (Res/NR): $28/$34 per 4-hour pass
Day: M 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.

***Fees are subject to change.**

High School Teen Events

Things to look forward to:

- Outdoor Movie Nights
- Community Service Day
- Workshops
- Volunteer Opportunities

A chance to hang out with your friends and other Sunnyvale Teens! For more information join "Sunnyvale Teens" on Facebook or call 408-730-7520.

ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive

BADMINTON

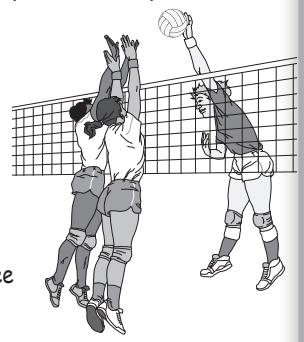
Tuesday thru Friday
11:30am-1:30pm

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

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

VOLLEYBALL

Tuesday 5:00-7:00pm



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

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

* Two separate sessions—separate fee charged.

Discount passes available:
Sunnyvale Resident (10 visit pass $40)
Non-Resident (10 visit pass $50)
Fee includes use of showers & locker room

For more information, call (408) 730-7334

GB

Adult Sports Leagues

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

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

Volleyball: 8-week season + playoffs

Winter: *early January through mid March*
Spring: *late March through early June*
Summer: *late June through late August*
Fall: *late September through mid November.*

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

GB

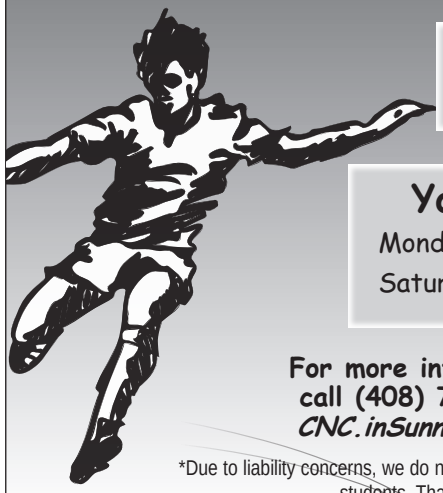
GB

Columbia DROP-IN GYM

Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale

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

FEE: $0.50 Resident , $1 Non-Resident



Youth Basketball*
Fridays 7-10pm

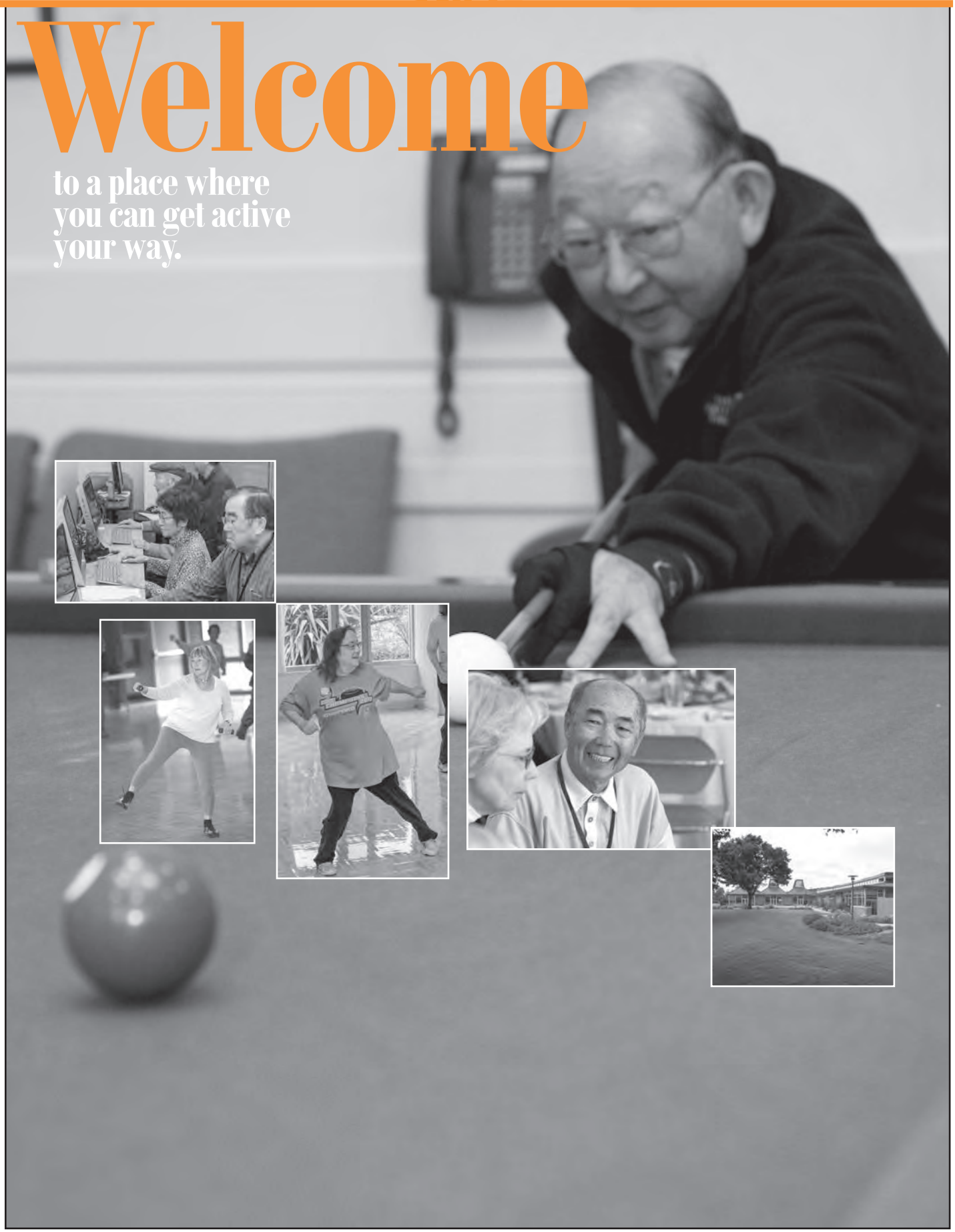
Youth Soccer*
Mondays 7-9pm
Saturdays 7-10pm

For more information, call (408) 730-7334
CNC.inSunnyvale.com

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

Welcome

to a place where you can get active your way.



The Sunnyvale Senior Center

2014 Senior Center Membership Drive

Buy your membership now and get active your way!

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!

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of residency and age (photo ID or utility bill)
3. Have your photo taken and receive your personalized card. For more information, call (408) 730-7360.

Membership Benefit Structure Prices effective January 2, 2014*	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
	Resident	*$28/Year	*$32/Year
	Non-resident	$43/Year	$50/Year
$5 discount for any Older Adult class and personal training registration offered at the Senior Center		✔	✔
Free drop-in programs, lectures, game days and movies		✔	✔
Discounts on special events, daily lunches and dances listed in the Older Adult Section		✔	✔
Free health screening services (blood pressure and hearing)		✔	✔
Activity Guide mailing		✔	✔
Free use of Computer Lab and free computer repairs (parts not included)		✔	✔
Free use of Billiard Room		✔	✔
Free Table Tennis (does not include ball fee)			✔
Free use of fitness equipment in Fitness Room			✔
One $5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✔
Two Drop-In Passes; good for Back Care, Cardio Mix, Enhance Fitness, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Total Body Fitness, Body Core (10:30 am only) and Current Events.			✔

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 to keep in touch with friends, both old and new.

Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy. 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)
359901.AA	Beg	50 & older	10/28-12/16	M	8:30am-11:30am	$42/$53
359902.AA	Int/Adv	50 & older	10/28-12/16	M	12:30pm-3:30pm	$42/$53
459901.AA	Beg	50 & older	1/27-3/24	M*	8:30am-11:30am	$42/$53
459902.AA	Int/Adv	50 & older	1/27-3/24	M*	12:30pm-3:30pm	$42/$53

**No class 2/17*

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.

November	Chinese Tango
December	Night Club 2-Step
January	East Coast Swing
February	Hustle

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 Waltz Across Texas, Elvira, New York New York, Mamma Mia, 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.
Drop in fee: $5 resident, $6 non-resident
Instructor: Donna Frankel

Location: Recreation Center Ballroom

454002.AA	2	50 & older	1/27-3/24	M*	10:00am-11:30am	$46/$58
454002.BA	2	50 & older	1/29-3/26	W	9:00am-10:30am	$46/$58

**No class 2/17*

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	1	50 & older	1/29-3/26	W	10:30am-12:00pm	$46/$58

Fitness

Back Care Conditioning (50 & older)

TRY•IT

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

Instructor: Tamara Lo
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50 & older	10/28-1/6	M*	10:00am-11:00am	$40/$50
458750.AA	50 & older	1/27-3/24	M*	10:00am-11:00am	$40/$50

**No class 12/16, 12/23, 12/30, 2/17*

Body & Core (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone densitiy, metabolism and muscle tone-a perfect complement to regular cardio workouts. Bring a mat and handweights. Class registration forms will be accepted on 10/1. Priority registration given to walk in residents.
Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.
Advanced: Higher intensity and faster paced workout.

Instructor: Christina Vargas
Location: Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
358303.AA	3	50 & older	10/29-1/9	TuTh*	9:00am-10:00am	$56/$70
358302.AA	2	50 & older	10/29-1/9	TuTh*	10:15am-11:15am	$56/$70
458303.AA	3	50 & older	1/21-3/13	TuTh	9:00am-10:00am	$56/$70
458302.AA	2	50 & older	1/21-3/13	TuTh	10:30am-11:30am	$56/$70

**No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31*

Cardio Mix (50 & older)

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

Instructor: Tamara Lo
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358200.AA	50 & older	10/29-1/9	TuTh*	8:00am-9:00am	$49/$61
458200.AA	50 & older	1/21-3/13	TuTh	8:00am-9:00am	$49/$61

**No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31*

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 Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50 & older	10/28-1/10	MWF*	10:00am-11:00am	$87/$109
458130.AA	50 & older	1/22-3/19	MWF*	10:00am-11:00am	$87/$109

**No class 11/29, 12/16, 12/18, 12/20, 12/23, 12/25, 12/27, 12/30, 1/1, 2/17*

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.

Instructor: Fred Brovold
Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358150.AA	50 & older	10/28-1/8	MW*	1:00pm-2:15pm	$50/$63
458150.AA	50 & older	1/22-3/19	MW*	1:00pm-2:15pm	$50/$63

**No class 12/16, 12/18, 12/23, 12/25, 12/30, 1/1, 2/17*

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

Instructor: Tamara Lo
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.AA	50 & older	10/29-1/7	Tu*	12:00pm-1:00pm	$40/$50
358120.BA	50 & older	10/31-1/9	Th*	12:00pm-1:00pm	$40/$50
458120.AA	50 & older	1/21-3/11	Tu	12:00pm-1:00pm	$40/$50
458120.BA	50 & older	1/23-3/13	Th	12:00pm-1:00pm	$40/$50

**No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31*

Strength Training (See Page 27)

Sunny Fit-Low Impact (50 & older)

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

Instructor: Fred Brovold
Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358140.AA	50 & older	10/28-1/8	MW*	2:30pm-3:30pm	$45/$56
458140.AA	50 & older	1/22-3/19	MW*	2:30pm-3:30pm	$45/$56

**No class 12/16, 12/18, 12/23, 12/25, 12/30, 1/1, 2/17*

Personal Training Program (50 & older)

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

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

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

*Current Senior Center members receive a $5 discount.

Older Adult

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.

Instructor: Kathleen Hill
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.AA	50 & older	10/28-1/10	MF*	8:45am-9:45am	$64/$80
458210.AA	50 & older	1/24-3/21	MF*	8:45am-9:45am	$64/$80

Instructor: Marla Yonamine
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.CB	50 & older	10/30-1/8	W*	8:45am-9:45am	$35/$44
458210.CB	50 & older	1/22-3/12	W	8:45am-9:45am	$35/$44

Instructor: Irene Ortiz
Location: Recreation Center Ballroom

358210.BA	50 & older	10/29-1/9	TuTh*	4:15pm-5:15pm	$64/$80
458210.BA	50 & older	1/21-3/13	TuTh	4:15pm-5:15pm	$64/$80

Location: Senior Center Orchard Pavilion

358210.DA	50 & older	10/28-1/8	MW*	6:00pm-7:00pm	$64/$80
458210.DA	50 & older	1/22-3/19	MW*	6:00pm-7:00pm	$64/$80
358210.CA	50 & older	10/30-1/8	W	4:15pm-5:15pm	$35/$44
458210.CA	50 & older	1/22-3/12	W	4:15pm-5:15pm	$35/$44

**No class 11/28, 12/16-12/31, 1/1, 2/17*

Lectures

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

Crime Prevention

Tuesday, November 5
Sunnyvale Senior Center, Laurel Room
10 – 11 a.m.
Join us for this informative presentation where you'll learn about personal safety for seniors, how to help prevent being a victim and current financial crime trends targeting seniors.
Guest Speaker: Greg Othon, PS Officer II/Investigations Police Bureau of Special Operations

Glitches in the Road of Life

Wednesday, February 19, 2014
Sunnyvale Senior Center, Laurel Room
1 – 2:30 p.m.
At any time we can be stopped in our tracks by a glitch while on our life's journey. Are you going through an unwanted change in your life or are you interested in learning how to better manage life's surprises? Vivian I. Silva, (educator, gerontologist and geriatric care manager) presents ways to identify our strengths and manage life's surprises based on her experience working with mid-life and older adults.
Guest Speaker: Vivian Silva, Sunnyvale Senior Center Care Mgr.

Special Interest

AARP Safe Driving Program

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

Current Events (50 & older)

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

Instructor: Peggy Nissen
Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50 & older	10/31-1/9	Th*	10:15am-11:30am	$16/$20
457000.AA	50 & older	1/23-3/13	Th	10:15am-11:30am	$16/$20

**No class 11/28, 12/19, 12/26*

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)
354800.AA	50 & older	11/18-12/9	M	1:00pm-2:30pm	$26/$33
454800.AA	50 & older	1/6-2/24	M*	1:00pm-2:30pm	$37/$46

**No class 1/20, 2/17*

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) 949-7102

Trips

Registration

You can now register for all trips as soon as they are publicized 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

Classic Cars - Canepa *Lunch at the Crow's Nest, wine tasting*	Th, 11/7	$76 R/$95 NR
Peter & the Starcatcher *At SF's Curran Theatre, no lunch*	W, 11/13	$112 R/$140 NR
Porgy and Bess *At SF's Golden Gate Theatre, no lunch*	W, 12/4	$117 R/$146 NR
Historic Houses *Lunch at Paradiso*	Th, 12/12	$102 R/$128 NR
City Lights, Bay Bridge *Holiday lights, dinner at Palomino's*	Tu, 12/17	$98 R/$123 NR
Hockney & SF Art Museums *Lunch on your own*	F, 1/17	$79 R/$99 NR
Cirque du Soleil's Amaluna *Dinner at Los Gatos Brewing Co.*	Tu, 1/28	$147 R/$184 NR
Benicia, Then and Now *History, ArtGlass + Lunch*	Th, 2/6	$94 R/$118 NR
We're working on more day trips for January and February - so please check out the upcoming winter edition of the *Steppin' Out Newsletter* for more details.		

Extended Trips

Holiday Shows in Branson, Fri. 11/15/13 – Tue. 11/19/13
Costa Rica Eco Adventure, Sat. 2/1/14 – Mon. 2/10/14
Palm Springs Desert Fun, Tue. 3/11/14 – Fri. 3/14/14
Washington DC, Wed. 4/23/14 – Tue. 4/29/14
New York City, Thur. 6/5/14 – Mon. 6/9/14
Black Sea Voyage, Thurs. 7/31/14 – Tue. 8/12/14
American Canyonlands, Thurs. 9/18/14 – Fri. 9/26/14
Rails of New England, Fri. 10/3/14 – Fri. 10/10/14

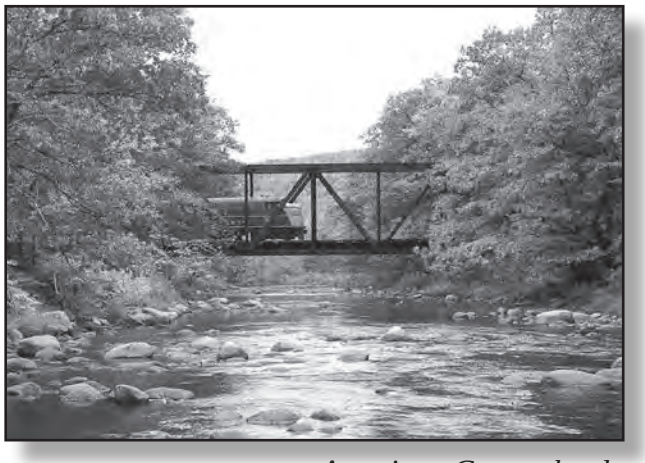
Upcoming Trip Slide Shows

(10 a.m. - Noon, Senior Center, Laurel Room)

- Tue., 12/3/13: Costa Rica Eco Adventure, Black Sea Voyage and American Canyonlands, Rails of New England
- Fri., 12/6/13: Washington DC, New York City, and Palm Springs Desert Fun.
- $100 Early Booking Discounts (EBD) available on Washington DC (ends Oct. 23), New York City (ends Dec. 4.) and Rails of New England (ends Jan. 24) trips. Come to the slide shows for details. See you there!

SF Museums

Washington DC



American Canyonlands

Older Adult

Upcoming Events

Thanksgiving Luncheon

Join us as we begin the Holiday Season with a delicious Thanksgiving Luncheon followed by a performance from the Columbia Middle School Choir.
Sunnyvale Senior Center ~ Orchard Pavilion,
550 E. Remington Drive
Friday, November 8, 2013
Admission: Members $11 / Non-members: $13 (add $2 if purchased after November 1).
Doors open at 11 a.m. Event begins at 11:45 a.m. -1 p.m.

Breakfast with Santa

Grandparents, Grandchildren and Families!
This is a wonderful opportunity to treat your loved ones to a fun breakfast, have your picture taken with Santa and participate in a variety of crafts.
Special Entertainment will be provided!
Sunnyvale Senior Center ~ Orchard Pavilion,
550 E. Remington Drive
Saturday, December 7, 2013
2 Shifts available: 8 a.m. – 9:30 a.m. or 10:30 a.m. - noon.
Admission: $5 ($7.50 if purchased after November 27.)

Holiday Luncheon

It's Holiday time to Deck the Halls and Celebrate with friends, family and staff for a festive Holiday Luncheon.
Live Entertainment will follow!
Sunnyvale Senior Center ~ Orchard Pavilion,
550 E. Remington Drive
Friday, December 13, 2013
11:45 a.m. – 1 p.m.
Doors open at 11 a.m.
Admission: Members $11 / Non-members: $13 (Add $2 if purchased after December 6.)

For more information, call (408) 730-7360

NH

Murphy Park Senior Programs

250 N. Sunnyvale Ave.

**Note: Table Tennis is moving to Fair Oaks Park, 540 N. Fair Oaks Avenue, during construction at Murphy Park*

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.
For one free class of instruction & equipment use,
call Al Rizzo: (408) 736-4739

Table Tennis FREE for Premium Members

TABLE TENNIS*

M – F, 9:30 am – 4:00 pm.
Bring your own paddle & light soled shoes.
For more information about either program, call (408) 730-7334.

GB

Volunteers Needed

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

Areas Where We Need You

Lunch Program
Computer Lab
Computer Tutors

Please call (408) 730-7360

NH

Senior Center Fitness Room

Fitness Room FREE for Premium Members

SF

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

M – F, 8:00am – 6:00pm
Sa, 10:00am – 2:00pm
Su, CLOSED

For more information, call (408) 730-7358.

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.

NH

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.

Tour will not be offered in December.

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 membership to the Chinese Club, noted by ☯, or Premium Membership, noted by Ⓟ. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center at (408) 730-7360.

DROP-IN PROGRAMS

Program	Fee ($)	Meets
Billiards	$5	M-F, 9am-6pm Sa, 10am-2pm
Book Club	$2	2nd 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	2nd F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	$2	2nd 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 *(50¢ per cup for ALL)*		M-F, 8:30am-3pm
Fitness Room Ⓟ	$5	M-F, 8am-6:30pm Sa, 10am-2pm
Game Day	$2	Fri, 1-4pm
Lawn Bowls @ Murphy Park *(+ Club Membership for ALL)*	$2	M-Sat, 12:30-3pm
Mah Jong	$2	Th, 9:30-11:30am
Movies *(FREE for ALL)*		1st & 3rd F, 1pm
Musicians Jam Session	$2	1st & 3rd M, 1:30-3pm
Table Tennis Ⓟ @ Fair Oaks Park	$5	M-F, 9:30am-4pm
Tai Chi	$2	Th, 1:30-2:30pm
Wu's Tai Chi ☯	$2	Fri, 9-11am
Women's Network	$2	Tu, 10:30-11:30am
Yuan Chi ☯	$2	Fri, 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	4th Thursday each month
El Camino Hospital Resource Library	FREE	Tu., 10:30am-11:30pm
Foot Care	$40/$50 NM	Monday 11/25, 1/29 1pm
Health Insurance Counseling and Advodcocy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	By appointment - call
Legal Services	FREE	3rd Saturday 10am-Noon
Notary Services	$2	By appointment - call
VTA Photo ID	FREE	By appointment - call

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

Join us for Lunch in the Orchard Café

Enjoy a home style meal prepared by our on-site Chef, Cecilia Garza-Ruiz.

Meals are served, Monday-Friday at 12:00pm in the Orchard Café.

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

Call for pricing

Dining room opens at 11:30 a.m.
Salads are available, if ordered by 10 a.m.
Salads must be paid for in advance

Arrivals after 12:15 p.m. are not guaranteed unless special arrangements have been made in advance

Menu subject to change

Get The Help You Need.

Information & Assistance Program

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

We provide help with:

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

Call for an appointment: 408-730-7367

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

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.

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

GENERAL INFORMATION

Sunnyvale Tennis Center

755 S. Mathilda Ave.
Reservations: (408) 735-7285 or visit www.lifetimetennis.com

The tennis courts at the Sunnyvale Tennis Center are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a multi-use facility and higher level of maintenance. Other public tennis courts located at community parks and schools in Sunnyvale are available free of charge and available on a first come, first serve basis .

Office & Court Hours

Monday – Friday, 8 a.m. – 10 p.m.
Saturday and Sunday, 8 a.m. – 8 p.m.

Rain Procedure

On rainy days, staff may close the courts until they are playable. Please call us at (408) 735-7285 to see if courts are available for play. Credit will be issued for paid, unused time if it rains during play. Make ups will be scheduled for lesson and league rainouts.

Court Fees per hour

Weekdays 8 a.m. – 4 p.m. $5 per hr R/ $6 per hr, NR
Weekdays after 4 p.m. and Weekends $10 R/$12 NR
(1.5hrs $15 residents/$18 non-residents)

Program Registration

Register online by visiting www.lifetimetennis.com
In person or mail to Lifetime Tennis at 755 South Mathilda Ave, Sunnyvale, CA 94087

Reservations

1. Residents may reserve courts eight days in advance. Non-residents may reserve courts seven days in advance.
2. Minimum of 30 minutes, maximum of 2 hours rental for open play.
3. Court reservations are forfeited after 15 minutes. Ball Machine reservations are forfeited after 10 minutes.
4. Fees will not be prorated for late arrivals.
5. Credit will be issued for unused rain-out time.
6. Reserve a court online at www.lifetimetennis.com

Ball Machine Rental

Ball machine rental is available. No one under the age of 15 years old may use the ball machine unless accompanied by an adult. A 45-minute session use is $7 during non-prime time(8am-4pm M-F) and $10 during prime time(4pm-10pm M-F and weekends) (Sunnyvale Tennis Club members receive the following discounted rates: $5 per hour non-prime time, $7 per hour prime time. $59 3-month non-prime time pass, $99 3-month anytime pass)

Three Month Ball Machine Pass

Passes allow players to use the ball machine one time per day for 45-min for the duration of the pass. $129 for prime time / anytime use and $79 for non-prime time.

Court and Ball Machine Cancellation Policy

Reservations must be canceled four hours in advance or full payment will be assessed. No-shows or late cancellation fees not paid will be required to be paid before claiming next reservation.

Tennis Program Notes

1. Pre-registration is required for all tennis programs.
2. No registrations for classes accepted by phone.
3. Leagues and lessons may be combined or cancelled based on registrations. Participants may be reassigned according to age, ability, and class size.
4. Class refunds are only given if requested no later than 10 working days prior to the first class meeting. Refund requests received after this time, but at least five working days prior to the start of a class or program will be assessed a $5 administrative fee, per class or program. No refunds or credits will be issued for requests received less than five working days prior to the start of the class or program.
5. Full refunds will be granted for classes or programs cancelled by Lifetime Tennis.
6. No refunds given for non attendance.
7. Make ups for rain outs will be posted on line and/or in guide. Refunds not granted for non attendance.

Court Rules

1. Please do not bring the following on court: food, drinks, skateboards, bikes, in-line skates, scooters, pets, or small children who are not playing tennis. Drinking water is okay on court.
2. Shirts and non-marking shoes required.
3. No personal ball machines.
4. Lifetime Tennis sponsored lessons only.

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 the phone number listed above. **Office hours are Mon-Fri 8:00am-10:00pm, Sat-Sun 8:00am-8:00pm.**

Winter Tennis Class Schedule

Youth Tennis Classes - Winter

Little Tennis & Athletic Development (Ages 4-6)

Session is 6 weeks long • Student / teacher ratio is 4:1
Fee: $89 Resident, $98 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time (45 Min)	Session I	Code	Session II	Code
Little Tennis (4-6 yr)	MO	3:15-4:00 pm	1/6-2/10	12734	2/17-3/24	12892
Little Tennis (4-6 yr)	TU	3:15-4:00 pm	1/7-2/11	12735	2/18-3/25	12898
Little Tennis (4-6 yr)	WE	3:15-4:00 pm	1/8-2/12	12736	2/19-3/26	12899
Little Tennis (4-6 yr)	TH	3:15-4:00 pm	1/9-2/13	12737	2/20-3/27	12897
Little Tennis (4-6 yr)	SA	8:30-9:15 am	1/11-2/15	12738	2/22-3/29	12893
Little Tennis (4-6 yr)	SA	9:15-10:00 am	1/11-2/15	12739	2/22-3/29	12894
Little Tennis (4-6 yr)	SU	10:00-10:45 am	1/12-2/16	12740	2/23-3/30	12895
Little Tennis (4-6 yr)	SU	10:45-11:30 am	1/22-2/16	12741	2/23-3/30	12896

Little Rallyers (Ages 5-7)

Session is 6 weeks long • Student / teacher ratio is 4:1
Fee: $118 Resident, $130Non-Resident
All classes taught at Sunnyvale Tennis Center
Instructor approval needed

Level	Day	Time (1-HR)	Session I	Code	Session II	Code
Little Rally (5-7yr)	SA	11:30–12:30 pm	1/11-2/15	12742	2/22-3/29	12889
Little Rally (5-7yr)	SU	11:30-12:30 pm	1/12-2/16	12743	2/23-3/30	12890
Little Rally(5-7yr)	TH	4:00-5:00 pm	1/9-2/13	12744	2/20-3/27	12891

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.

Level	Day	Time	Session I	Code	Session II	Code
Beginning (7-10yr)	MO	4:00–5:30 pm	1/6-2/10	12751	2/17-3/24	12937
Adv. Beg. (7-10yr)	MO	4:00–5:30 pm	1/6-2/10	12757	2/17-3/24	12929
Intermed. (7-10yr)	MO	4:00–5:30 pm	1/6-2/10	12765	2/17-3/24	12945
Beginning (11-15yr)	WE	4:00–5:30 pm	1/8-2/12	12768	2/19-3/26	12935
Adv. Beg. (11-15yr)	WE	4:00–5:30 pm	1/8-2/12	12774	2/19-3/26	12927
Intermed. (11-15yr)	WE	4:00–5:30 pm	1/8-2/12	12779	2/19-3/26	12943
Beginning (7-10yr)	FR	4:00–5:30 pm	1/10-2/14	12752	2/21-3/28	12936
Adv. Beg. (7-10yr)	FR	4:00-5:30 pm	1/10-2/14	12756	2/21-3/28	12928
Intermed. (7-10yr)	FR	4:00–5:30 pm	1/10-2/14	12764	2/21-3/28	12944
Beginning (11-15yr)	FR	4:00-5:30 pm	1/10-2/14	12769	2/21-3/28	12933
Adv. Beg. (11-15yr)	FR	4:00–5:30 pm	1/10-2/14	12776	2/21-3/28	12925
Intermed. (11-15yr)	FR	4:00–5:30 pm	1/10-2/14	12780	2/22-3/29	12941
Beginning (7-10yr)	SA	10:00-11:30 am	1/11-2/15	12753	2/22-3/29	12938
Adv. Beg. (7-10yr)	SA	10:00-11:30 am	1/11-2/15	12758	2/22-3/29	12930

Please register at www.lifetimetennis.com

Youth Tennis Lessons-8:1 Ratio-Cont. (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.

Level	Day	Time	Session I	Code	Session II	Code
Intermed. (7-10yr)	SA	10:00-11:30 am	1/11-2/15	12766	2/22-3/29	12946
Beginning (11-15yr)	SA	11:30-1:00 pm	1/11-2/15	12770	2/22-3/29	12934
Adv. Beg. (11-15yr)	SA	11:30-1:00 pm	1/11-2/15	12777	2/22-3/29	12926
Intermed. (11-15yr)	SA	11:30-1:00 pm	1/11-2/15	12781	2/22-3/29	12942
Beginning (7-10yr)	SU	8:30-10:00 am	1/12-2/16	12754	2/23-3/30	12939
Adv. Beg. (7-10yr)	SU	8:30-10:00 am	1/12-2/16	12759	2/23-3/30	12931
Intermed. (7-10yr)	SU	8:30-10:00 am	1/12-2/16	12767	2/23-3/30	12947

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.

Level	Day	Time	Session I	Code	Session II	Code
Beginning (11-15yr)	TU	4:00-5:30 pm	1/7-2/11	12784	2/18-3/25	12917
Adv. Beg. (11-15yr)	TU	4:00-5:30 pm	1/7-2/11	12789	2/18-3/25	12913
Intermed. (11-15yr)	TU	4:00-5:30 pm	1/7-2/11	12793	2/18-3/25	12912
Beginning (7-10yr)	TH	4:00–5:30 pm	1/9-2/13	12786	2/20-3/27	12918
Adv. Beg. (7-10yr)	TH	4:00–5:30 pm	1/9-2/13	12790	2/20-3/27	12914
Intermed. (7-10yr)	TH	4:00-5:30 pm	1/9-2/13	12794	2/20-3/27	12922
Beginning (11-15yr)	SA	2:00–3:30 pm	1/11-2/15	12785	2/22-3/29	12916
Adv. Beg. (11-15yr)	SA	2:00–3:30 pm	1/11-2/15	12788	2/22-3/29	12912
Intermed. (11-15yr)	SA	2:00-3:30 pm	1/11-2/15	12792	2/22-3/29	12920

Junior Development Teams (Ages 10-17)

Session is 12 weeks long • Student / teacher ratio is 8:1 (6:1 Gold Team)
$298 Resident, $328 Non-Resident ($397 Resident,
$437 Non-Resident Gold Team)
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session	Code
Intro to Bronze & Bronze (10-17 yr)	MO	4:00–6:00 pm	1/6-3/24	12796
Silver(10-17 yr)	WE	6:30–8:30 pm	1/8-3/26	12799
Gold (10-17 yr)	TH	6:30–8:30 pm	1/9-3/27	12802
Intro to Bronze & Bronze (10-17 yr)	FR	6:30–8:30 pm	1/10-3/28	12795
Silver (10-17 yr)	FR	6:30–8:30 pm	1/10-3/28	12800
Intro to Bronze & Bronze (10-17 yr)	SA	2:00–4:00 pm	1/11-3/29	12798
Silver (10-17 yr)	SA	4:00–6:00 pm	1/11-3/29	12801
Match Play (10-17yr)	SU	4:00-5:30 pm	1/12-3/30	12803

(*Must be Junior Team Member to participate in Match Play.**
Class fee is $100 for resident and $110 non-resident for 12 weeks*)**

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

10 and Under Tournament Training (Ages 7-10)

Session is 6 weeks long • Student / teacher ratio is 6:1
$149 Resident, $164 Non-Resident
All classes taught at Sunnyvale Tennis Center
This program is by ***INVITATION ONLY***
For additional details please visit www.lifetimetennis.com

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

Improvement / Match Play Camps (7-15) Little Tennis Camp (4-6)
Student / teacher ratio is 8:1 for Improvement and Match Play camps
Student / teacher ratio is 4:1 for Little Tennis and Little Rallyers camps
Session fee: Improvement and Match Play, $195 resident / $220 non-resident.
Session fee: Little Tennis and Little Rallyers, $151 resident / $166 non-resident
All classes taught at Sunnyvale Tennis Center

February 17th-21st	Code
Little Tennis & Little Rallyers M-F 9-10:30 am	12962
Improvement & Match Play (7-15 yr) M-F 9 am-12 pm	12956
Improvement & Match Play (7-15 yr) M-F 12:30-3:30 pm	12959

April 14th-18th (Spring)	
Little Tennis & Little Rallyers M-F 9-10:30 am	12963
Improvement & Match Play (7-15 yr) M-F 9 am-12 pm	12957
Improvement & Match Play (7-15 yr) M-F 12:30-3:30 pm	12960

Adult Tennis Classes - Winter

Adult Tennis Lessons (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 8:1
$109 Resident, $120 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Beginning	MO	6:30-8:00 pm	1/6-2/10	12809	2/17-3/24	12858
Adv. Beginning	MO	8:00-9:30 pm	1/6-2/10	12815	2/17-3/24	12852
Intermediate	MO	8:00-9:30 pm	1/6-2/10	12821	2/17-3/24	12864
Beginning	TU	8:00-9:30 am	1/7-2/11	12810	2/18-3/25	12861
Adv. Beginning	WE	8:00-9:30 am	1/8-2/12	12818	2/19-3/26	12853
Beginning	WE	6:30-8:00 pm	1/8-2/12	12811	2/19-3/26	12862
Adv. Beginning	WE	8:00-9:30 pm	1/8-2/12	12819	2/19-3/26	12854
Intermediate	WE	8:00-9:30 pm	1/8-2/12	12825	2/19-3/26	12867
Beginning	SA	8:30-10:00 am	1/11-2/15	12812	2/22-3/29	12859
Adv. Beginning	SA	10:00-11:30 am	1/11-2/15	12816	2/22-3/29	12855
Intermediate	SA	11:30-1:00 pm	1/11-2/15	12822	2/22-3/29	12865
Beginning	SU	8:30-10:00 am	1/12-2/16	12813	2/23-3/30	12860
Adv. Beginning	SU	10:00–11:30 am	1/12-2/16	12817	2/23-3/30	12856
Intermediate	SU	11:30–1:00 pm	1/12-2/16	12823	2/23-3/30	12866

Adult Specialty Classes (Ages 16+)

Academy-USTA Prep

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	Session I	Code	Session II	Code
Academy NTRP 3.0+	TU	9:00-10:30am	1/7-2/11	12827	2/18-3/25	12872
Academy NTRP 3.0+	TH	9:00-10:30am	1/9-2/13	12828	2/20-3/27	12871
Academy NTRP 2.5-3.0	TU	6:30-8:00 pm	1/7-2/11	12829	2/18-3/25	12870
Academy NTRP 3.5-4.0	TH	6:30-8:00 pm	1/9-2/13	12830	2/20-3/27	12874
Academy NTRP 2.5-3.0	SU	8:30-10:00 am	1/12-2/16	12831	2/23-3/30	12869
Academy NTRP 3.5-4.0	SU	10:00–11:30 am	1/12-2/16	12832	2/23-3/30	12973

Adult Drill Classes

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	Session I	Code	Session II	Code
Ladies Adv. Drill	TU	7:00– 8:00 pm	1/7-2/11	12833	2/18-3/25	12877
Men's Adv. Drill	TU	8:00– 9:00 pm	1/7-2/11	12834	2/18-3/25	12878

Adult Camps (Ages 16+)

Each camp is 3-hours long • Student / teacher ratio is 6:1
$45 Resident, $50 Non-Resident
All camps taught at Sunnyvale Tennis Center
Various levels from beginning to advanced
Please visit www.lifetimetennis.com for dates, times and additional details.

Cardio Classes (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1
$73 Resident, $80 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Level	Day	Time	Session I	Code	Session II	Code
Cardio	TU	6:30– 7:15 pm	1/7-2/11	12835	2/18-3/25	12876
Cardio	TH	6:30– 7:15 pm	1/9-2/13	12836	2/20-3/27	12875

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
Classes meet twice a week.

Level	Day	Time	Session I	Code	Session II	Code
Beginning	MO & WE	3:30–4:30 pm	1/6-2/12	12838	2/17-3/26	12902
Adv Beg.	MO & WE	4:30–5:30 pm	1/6-2/12	12839	2/17-3/26	12901

Serra Park Tennis Classes (Ages 7-16)

Session is 6 weeks long
Little Tennis Classes $89 Resident $98 Non-Resident (4:1 ratio)
Youth Classes$109 Resident, $120 Non Resident (8:1 ratio)
All classes taught at Serra Park.

Level	Day	Time	Session I	Code	Session II	Code
Little Tennis (5-6 yr)	SAT	8:15 –9:00 am	1/11-2/15	12841	2/22-3/29	12908
Beginning (7-8 yr)	SAT	9:00–10:30 am	1/11-2/15	12842	2/22-3/29	12905
Beginning (9-16 yr)	SAT	10:30–12:00 pm	1/11-2/15	12843	2/22-3/29	12906
Adv. Beg. (9-16 yr)	SAT	12:00–1:30 pm	1/11-2/15	12844	2/22-3/29	12904
Intermed. (9-16 yr)	SAT	1:30 –3:00 pm	1/11-2/15	12845	2/22-3/29	12907

Winter 2014
Tennis Descriptions

YOUTH TENNIS (4-17 years old) – Community Tennis Programs

LITTLE TENNIS & ATHLETIC DEVELOPMENT PROGRAM (4-6 years old)
This specialized program is designed to stimulate, challenge and appeal to children 4 to 6 years old. Our expert instructors will guide the students through fun games and exercises designed to build a solid foundation of tennis technique and motor skills. Students and parents alike will be impressed by the dynamic lesson plans and enthusiastic coaching provided throughout the session. Equipment can be purchased in the Sunnyvale Tennis Center Pro Shop.

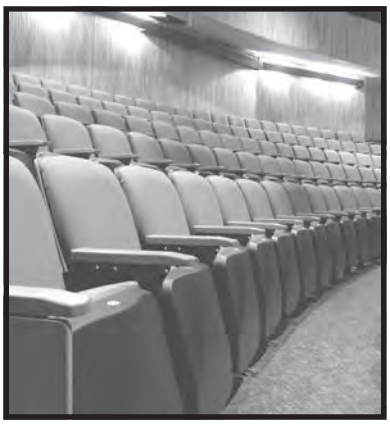
LITTLE RALLYERS (5-7 years old)
The Lifetime Tennis Elite Future Stars program is for promising young players that demonstrate the skills necessary to become future tournament players. This program is designed to give our future stars rigorous training in technique, footwork, and rallying skills. Registration with instructor approval only. For details please contact our Tennis Director.

BEGINNING, ADV. BEGINNING & INTERMEDIATE LEVELS (7-15 years old)
This 3 tiered introduction program is designed to develop early tennis skills that include stage 1,2 & 3 balls, ground strokes (stationary & moving), serving (1/2 & full motion), volleys, overheads, and basic vocabulary. Students are grouped by age and ability levels the 1st day of class. Class goal: to maintain "full court" rallies and serve 1 of 3 balls into correct service box while using proper technique. Graduates are encouraged to join the Bronze, Silver & Gold program.

INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS (10-17 years old)
For students who graduated from the Beginning, Advanced or Intermediate programs can fulfill the program requirements. Students will learn topspin, under spin sidespin; add & reduce the power to shots, and develop specialty shots. Program drills enhance quickness, balance and racquet control for improved consistency and accuracy. Class goal: Develop foundation to become a well-rounded tennis player, successfully play singles & doubles matches, and to play in local tennis leagues, school teams or tournaments.

www.lifetimetennis.com

Lifetime Tennis
Excellence in Community Tennis



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

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

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

- Meeting/Conference/Banquet Rooms, (408) 730-7335
- Baylands Park and Park Buildings, (408) 730-7335
- Indoor Sports Center, (408) 730-7334
- Picnic Areas, (408) 730-7751
- Pools, (408) 730-7723
  (renters must provide their own certified lifeguards and insurance.)
- 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 52 .

Main Facilities Reservations Office
Monday - Friday, 9 a.m. – 6 p.m.
Phone: (408) 730-7751 • Fax: (408) 730-7754

Recreation.inSunnyvale.com

550 E. Remington Drive • P.O. Box 3707
Sunnyvale, CA 94088-3707

Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087
(408) 732-2257 www.calsportscenter.com

The California Sports Center is proud to offer our 12th year of aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High is an outdoor Olympic size 50 meter by 25 yard pool-which includes a pool house with locker rooms separate from the high school, a training room for community classes, and other amenities. The water temperature maintains between 78-82 degrees.

Swim Lessons **Daily**

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

Winter Sessions begin October 28, 2013

Spring swim lessons are taught in four week sessions. Weekday classes are available 3:00-7:00pm. Morning lessons are also available Saturdays and Sundays as well as select weekdays. Multiple age and skill-based swim levels are offered. Spaces fill up quickly, so register early.

Pre-Comp **Mon/Wed/Fri**

This program is for swimmers looking to develop their competitive swimming skills and increase physical fitness. Students should be able to swim at least 200 yards of free, back and fly and 50 yards of butterfly.

Adult Lessons **Daily**

CSC offers swim lessons specific to adults. Classes that are offered include beginner and intermediate. Classes are available throughout the week.

Youth Water Polo **Mon/Thu/Sat**

Youth Water Polo is a co-ed developmental program for swimmers age 11-15, focusing on both individual and team skills. No experience is required to participate. Participants must be able to swim 200 yards & tread water for 2 minutes.

*Contact the pool directly for info regarding our intermediate water polo program.

American Red Cross Safety Training Classes

Red Cross CPR and Lifeguard Training classes are available at the swim center. For more information, contact the pool or visit our website. Class space is limited.

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	8-11am
Sundays	8am-1pm

*Senior rates available for morning, noon and weekend lap swim.

*Contact pool directly for possible expanded lap swim hours on Mondays, Wednesdays and Fridays.

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

Adult Fitness Programs

CSC Masters – Sunnyvale **Weekdays**

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

M/W/F	8-9am
Mon-Fri	12-1pm

*Contact the pool office for possible T/TH morning and Saturday practices.

Podium Training **Wednesdays**

CSC offers a tri-specific workout for all swimmers interested in improving the swimming portion of their tri's. Workouts are offered on Wednesdays from 6-7 pm and 7-8 pm.

Water Fitness **10:15-11:15 am** **Mon/Wed/Fri**

This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness. Tuesday/Thursday classes may be available (check with pool office.

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

www.calsportscenter.com

Therapeutic Recreation

Our 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 brochure, call 730-7360.

Winter Programs

Saturday of Experience (18 years and older)

Join us for a morning of activities that include exercises, 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

CO-OP Dances (18 Years and Older)

Dances are sponsored by the Cities of San Jose, Santa Clara and Sunnyvale. Call (408) 730-7360 for more info.

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	sunnyvaleartclub.org
Sunnyvale Community Players	(408) 859-6871
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	sunnyvalephoto.com
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
Chinese Senior Club of Santa Clara Valley	(408) 731-0776
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	
Lakewood Pony Baseball	lakewoodponybaseball@yahoo.com
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.ssll.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 Golf Course

605 Macara Avenue
(408) 738-3666

Sunnyvale Golf Course is a par 70 regulation 18-hole course with numerous bunkers, dog legs and water holes. Sunnyvale is a well-manicured test of the player's skill stretching out to 6,255 yards.

Sunken Gardens Golf Course

1010 South Wolfe Road
(408) 739-6588

Sunken Gardens Golf Course is a 9-hole, 1,502 yard executive course. Sunken Gardens is ideal for the beginning golfer, and offers ample practice facilities and shorter length holes.

The driving range is open 364 days a year from 7:00am-9:00pm (except Wed's closings are at 7pm and Thur's openings are at 9:30am). Eighteen (18) range stalls are available to the public for practice, warm-up before play, or for excercise/therapy. Golf clubs, if needed, are available at no extra charge. Please note that the range is well lit for evening practice.

Green Fees: Please call appropriate golf shop for current green fee and discount play card rates.

Monthly Discount Cards offer unlimited play Monday through Thursday for each calendar month (excluding holidays).

Sunnyvale Advantage Card for any Sunnyvale resident.

Golf Discount Card for any golfer 16 years and under; 60 years and over or disabled.

Reservations

Weekdays — Sunnyvale residents may place reservations for weekday play beginning seven (7) days in advance in person when the pro shop opens for the day until 6:30am. All golfers may place phone reservations after 6:30am seven (7) days in advance.

Weekends & Holidays — Sunnyvale residents may place reservations for weekend/holiday play beginning Monday prior to the weekend/holiday in person from 6:00am to 6:30am. All golfers may place phone reservations beginning 6:30am on that same Monday.

Golf Merchandise

Golf shops at Sunnyvale and Sunken Gardens golf courses carry a large inventory of gear from leading golf manufacturers: Titleist, Callaway, Taylor Made, Foot-Joy, Nike, Sun Mountain, Cleveland Golf, Ashworth, Adidas, Bridgestone, ProActive and many others.

20% OFF 20% OFF 20% OFF 20% OFF

20%OFF SALE!!!

Bring in this coupon for 20% off your next Sunnyvale Golf Shop or Sunken Gardens Golf Shop merchandise purchase!!!

- Coupon must be presented at time of purchase
- One coupon per purchase allowed (coupon must be an original clipped from an Activity Guide—no copies accepted)
- Valid for in-stock merchandise
- Cannot be combined with other offers
- Expires 12/31/2012

20% OFF 20% OFF 20% OFF 20% OFF

Golf Lessons

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

Vista AT SUNNYVALE

Grand Opening! 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

$5.00 Replays at Sunken Gardens Golf Course. 7 days per week, all day. September 1 through February 28.

Play Golf America!

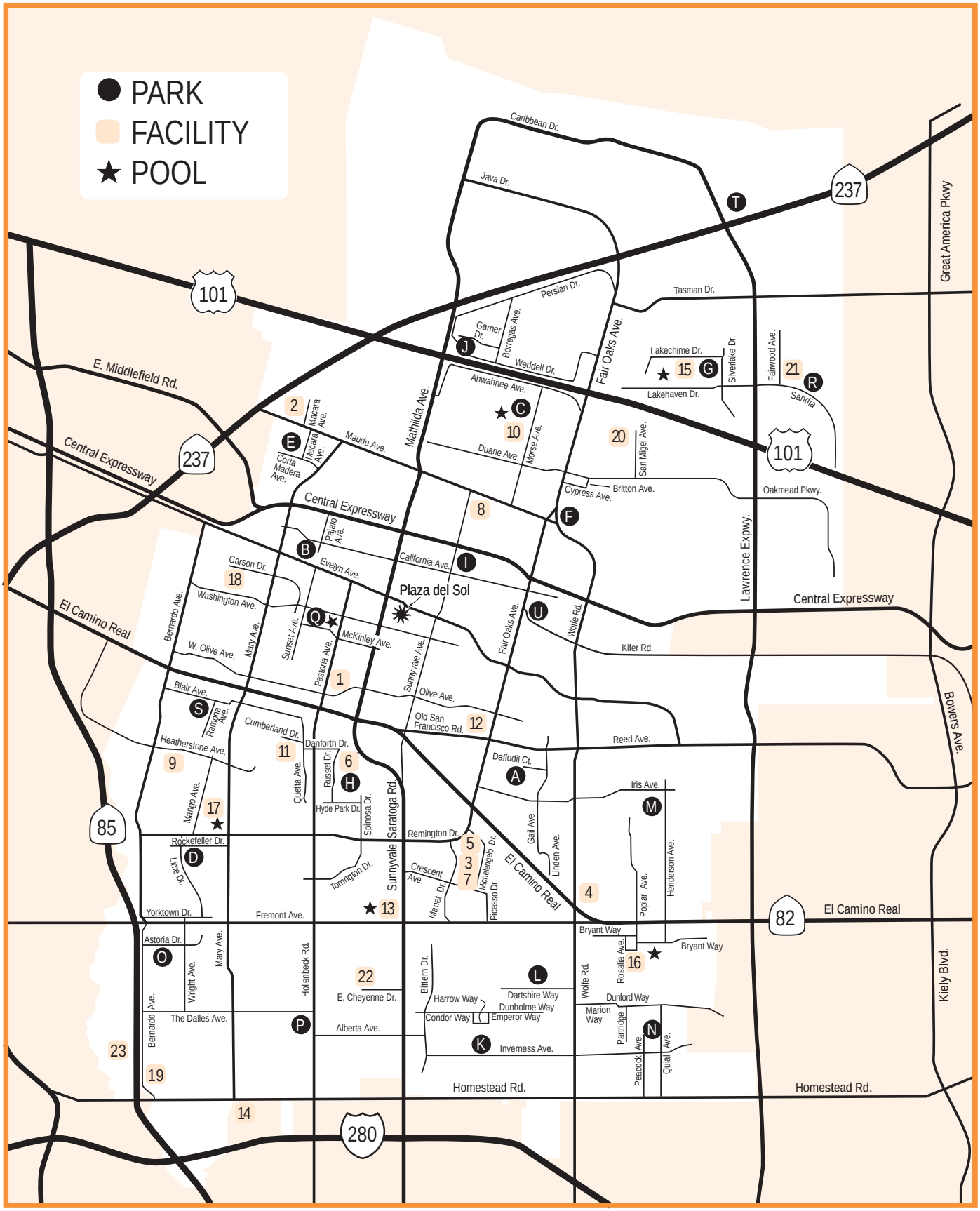
The City of Sunnyvale is proud to continue our junior development program

KIDS PLAY FREE

- One free junior round with one paid adult green fee or monthly golf card registration.
- Junior must be 16 or under.
- No limitations; 7 days/week, all day.
- Sunnyvale Golf Course.
- Sunken Gardens Golf Course.
- Reservations suggested.

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

facilities map



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
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 52 for locations
Call (408) 730-7751 for Information and Reservations, (408) 730-7506 for Maintenance.
#/# = number of unlighted facilities / number of lighted facilities; + = on adjacent School property
= electrical outlets (110 volts) available in certain picnic areas

Map	Facility
1	**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

Did you know? Sunnyvale is home to 21 beautiful parks with features ranging from water play, picnic areas and play gounds to roller skating, tennis courts and lawn bowling.

Registration Checklist/Information

- ☐ Make sure your registration form is signed.
- ☐ Include payment: check, money order, VISA or 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.
- Telephone service for the deaf: To obtain general City information, call TDD (408) 730-7501.
- Class registration will be accepted until the second class meeting, provided openings are available.
- For general registration information, please call (408) 730-7350.

Online

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

Mail In

- Mail registration to:
  City of Sunnyvale,
  Community Services Division, "Registration"
  P.O. Box 3707
  Sunnyvale, CA 94088-3707
- Confirmation will be sent by mail.
- Fax 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 9am-6pm; Senior Center from 9am-5:30pm
- Our office is located at 550 East Remington Dr., Sunnyvale.

For additional registration information, call (408) 730-7341

SUNNYVALE RESIDENT RATES: A participant must be a City of Sunnyvale resident in order to receive Sunnyvale resident rates. One form of current California picture identification or utility bill, with customer's name and Sunnyvale address, is required in order to qualify for Sunnyvale resident benefits. If your picture identification or utility bill does not have your current Sunnyvale address, then you will need to show two forms of identification with your current Sunnyvale address.

Additionally ...

WAITING LISTS

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

CANCELLATIONS

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

REFUND/TRANSFER POLICY

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

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

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

Refunds may be requested by phone, fax (408-730-7754), or in person. If submitting via fax or in person; be prepared to present a receipt. If submitting by phone; be prepared to share info from your receipt. Receipts can be printed online.

Refunds will be issued in the form of a check, credit card or coupon, depending on the original method of payment. Cash payments will be refunded by check.

The Department of Library and Community Services–Community Services Division is dedicated to providing you with high quality recreation services. Our trained staff is happy to assist you in finding a class or activity to meet your needs.

The Community Center and Senior Center Registration desks will be closed Dec. 19, 2012–Jan. 1, 2013. Offices re-open on Jan. 2, 2013

FEE WAIVER ASSISTANCE PROGRAM FOR YOUTH PROGRAMS

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

For more information call (408) 730-7350.

GOLF/TENNIS REGISTRATION:

For golf registration please see pg.50-51, and for tennis registration please see pg.43-46. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

Follow us on Twitter **@SunnyvaleRec**

To sign up for e-newsletter: ***http://tinyurl.com/3mbgaul***

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

*For Senior Center trips, please use the registration page in the "**Steppin' Out Messenger**" newsletter*

registration

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) 1st Choice	2nd Choice	Class Fee
				.	.	
				.	.	
				.	.	
				.	.	
Current Senior Center members can deduct $5 per Senior Center class						–
Tax deductible donation toward City Recreation Programs						–

***T-shirt Size** for select classes only; see class desciption.
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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Artists Wanted

Do you have a visual or performing arts project that you would like to share with over 1,000 children and their families? We're looking for artists for the 2014 **Hands on the Arts** event. Applications will be available January 2, 2014. Contact Kristin dance at (408)730-7758 or kdance@sunnyvale.ca.gov for more information. The cost of supplies for the workshop and a stipend will be offered to artists who are selected to participate in the event.

Volunteers Needed

The 28th Annual **Hands on the Arts** Festival is scheduled for Saturday, May 17, 2014 from 10 a.m. – 4 p.m. The festival features artists' workshops for children ages 3-12, storytelling, live performances and a variety of food. To staff this 2,000+ participant event, the Community Services Division relies on the assistance of over 200 volunteers who are needed to assist artists in conducting workshops and prepping supplies before the event. No artistic ability required, and all volunteers will receive a commemorative event t-shirt! First-time volunteers are required to be fingerprinted. Call (408) 730-7350 for more information, or visit ***HandsOnTheArts.inSunnyvale.com***.