

Activity Guide

SEPTEMBER - OCTOBER 2013

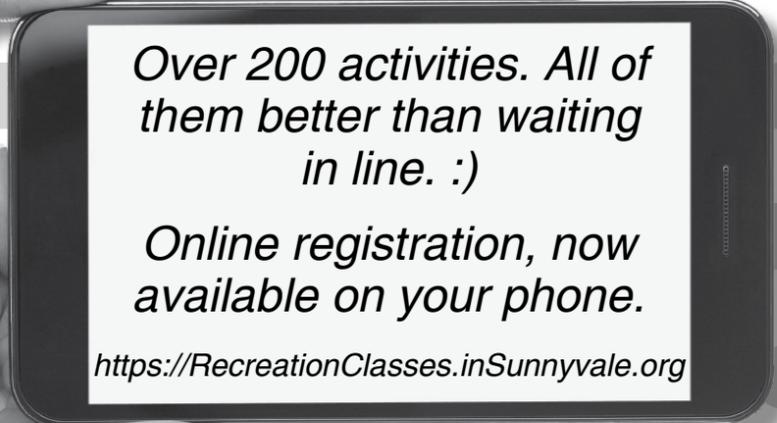
**Sunnyvale Youth
Basketball League Takes
Center Court** *See Page 17*

“The coaching staff was excellent! Our son learned a lot of new skills and had a great time. It was a very positive experience.”

-Kelly Rolls, Sunnyvale



VOLLEYBALL PAINTING
 HULA FOOTBALL
 SOCCER FOOTBALL
 GOLF SALSA DANCE
 YOGA COOKING
 KARATE TENNIS
 MUSIC BASKETBALL
 GYMNASI...
 D...
 FITNESS
 SWIMMING ART
 SWIMMING ART
 WATERCOLOR POTTERY
 ZUMBA THEATRE
 BADMINTON
 PHOTOSHOP
 ICE SKATING
 TAI CHI



Over 200 activities. All of them better than waiting in line. :)

Online registration, now available on your phone.

<https://RecreationClasses.inSunnyvale.org>



CLASS OFFERINGS*

PRESCHOOL (birth - 6years)*	TEENS & ADULTS (12years & older)*
Super Safari Preschool..... 4	Performing Arts (Music, Dance & Drama) 18
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* Please note that the age categories listed above — designated as pre-school, youth, teens & adults and older adults — have overlapping age ranges. Therefore, users of this guide should search through all categories that include the specific age of the participant when looking for classes in which to participate.

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In an effort to keep our classes safe and healthy for everyone, please do not bring children who are ill to class.

How To Register 46

Community Services Division Phone Numbers

- Administration (408) 730-7336
- After-School Programs (408) 730-7350
- For Youth & Teens
- Columbia Neighborhood Center (408) 730-7800
- Creative Arts Center (408) 730-7374
- Performing Arts Center
- Art, Music, Theater, Dance, & Special Interest Programs
- Facility Reservations (408) 730-7751
- Park Buildings, Picnic Sites, and Room Rentals
- Monday thru Friday: 1pm-5pm
- General Information (408) 730-7350*
- Monday thru Friday, 9am-6pm
- *Older Adult Info. (408) 730-7360
- Monday thru Friday, 9am-5:30pm
- Indoor Sports Center (408) 730-7350
- Parks (408) 730-7506
- Pre-School Programs (408) 730-7523
- Registration
- Class information..... (408) 730-7341
- Golf..... (408) 739-6588
- Tennis..... (408) 735-7285
- Senior Center (408) 730-7360
- Older Adult Programs
- Theatre Box Office..... (408) 733-6611
- Therapeutic Programs..... (408) 730-7360
- Programs & Services for the Disabled
- City Council
- Tony Spitaleri, Mayor
- Jim Griffith, Vice Mayor
- Christopher R. Moylan, Councilmember
- David Whittum, Councilmember
- Pat Meyering, Councilmember
- Tara Martin-Milius, Councilmember
- Jim Davis, Councilmember
- Staff: Gary Luebbers, City Manager
- Parks and Recreation Commission
- Henry Alexander III, Chair
- Craig Pasqua, Vice Chair
- Ralph Kenton, Commissioner
- Robert Harms, Commissioner
- Robert Pochowski, Commissioner
- Arts Commission
- Misuk Park, Commissioner
- Suzanne Moshier, Commissioner
- Vanita Karun, Commissioner
- Shawnte Santos, Commissioner
- Robert Sumner, Commissioner
- City of Sunnyvale, Department of Library and Community Services
- Lisa Rosenblum, Director of Library and Community Services
- Dan Wax, Superintendent of Community Services



Super Safari Preschool



A play-based recreation program designed to provide children their first experience in a structured environment. The Program runs September through early June and follows the Sunnyvale School District holiday schedule. Our goal is to encourage your child's imagination and creativity through a play-based learning environment. Our experienced staff will lead a variety of hands on activities such as art, language, storytelling, math readiness, circle time and music movement. Children must be toilet trained by 1st day of class. Please call (408) 730-7341, or visit us on the Web at Preschool.inSunnyvale.com, for more information.

Lion Cubs (3years) - Full for School year
Meets 9:00am-12:30pm on TuTh at Serra Park.

Giraffes (3-4years) - Full for School year
Meets 9:30am-Noon on MWF at Las Palmas Park.

Cheetahs (3-4years) - Limited space available
Meets 9 a.m.-noon on TuTh at Las Palmas Park.

Tigers (4-5years) - Full for School year
Meets 9:00am-12:30pm on MWF at both Serra and Ortega Parks.
Enrollment for the 2013/2014 school year has begun.
Please call (408) 730-7341 for more information or to be placed on the wait list.



Aquatics

Parent Tot (6mos-3years)

Have fun with your child while learning to enjoy the water in a safe and comfortable atmosphere. Parent involvement and safety are stressed. This class is offered to help children become comfortable in and around the water. Fee per pair.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
210400.TA	6 months-3yrs	9/3-9/26	TuTh	3:45pm-4:15pm	\$79/\$99
210400.SA	6 months-3yrs	9/7-9/28	Sa	10:00am-10:30am	\$40/\$50
210400.SB	6 months-3yrs	9/7-9/28	Sa	11:10am-11:40am	\$40/\$50

Tiny Tots (3years)

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
210401.TA	Beg	3yrs	9/3-9/26	TuTh	4:55pm-5:25pm	\$79/\$99
210401.SA	Beg	3yrs	9/7-9/28	Sa	10:35am-11:05am	\$40/\$50
210401.SB	Beg	3yrs	9/7-9/28	Sa	11:10am-11:40am	\$40/\$50



Gymnastics

We ask family & friends to remain outside the gym during class time to avoid distractions for our students, except for the following: 1) At least one parent is required to remain present near and possibly observe in any class where only one staff member is coaching, 2) the parents of new students may stay during the first class of each session, 3) when a coach allows or invites a parent to stay. All are invited to observe the last class of each session and non-participating siblings must be supervised at all times during observation. Thank you for your cooperation.

Gymnastics ParentTots (6mos-3years)

A structured basic movement class for the young child, built around imaginative themes and gymnastics activities. A parent is required to participate in assisting the enrolled child, under the direction of the teacher. Only 1 participating child per parent. Siblings are not allowed in the gym during class time.

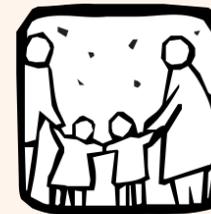
Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
213000.SA	1.5-3yrs	9/7-10/26	Sa	9:00am-9:45am	\$133/\$166
213000.SB	1.5-3yrs	9/7-10/26	Sa	11:00am-11:45am	\$133/\$166

Location: Recreation Center Preschool Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
213000.TA	1.5-3yrs	9/3-10/22	Tu	10:15am-11:00am	\$133/\$166
213000.WA	1.5-3yrs	9/4-10/23	W	9:15am-10:00am	\$133/\$166
213000.WB	1.5-3yrs	9/4-10/23	W	11:15am-12:00pm	\$133/\$166
213000.HA	1.5-3yrs	9/5-10/24	Th	10:15am-11:00am	\$133/\$166
213000.FA	1.5-3yrs	9/6-10/25	F	9:15am-10:00am	\$133/\$166
213000.FB	1.5-3yrs	9/6-10/25	F	11:15am-12:00pm	\$133/\$166
213000.FC	1.5-3yrs	9/6-10/25	F	5:30pm-6:15pm	\$133/\$166



PARENTS

Are you looking for

- Parent Education Workshops?
- Child Care in Sunnyvale?
- Parent Resource Centers and Information?

Call Youth and Family Resources at (408) 523-8150

childcare.inSunnyvale.com

We assist Child Care Providers too!

Located at the Columbia Neighborhood Center



Gymnastics Tiny/TumbleTots (3-5years)

Children will have an introduction to gymnastic equipment with an emphasis on creative movement activities and organized circuit play. Instructors will lead a warm-up, and then rotate groups around events or circuits so that students may learn their movements and positions. TinyTots classes are designated 3-4 years, while TumbleTots classes are designated 4-5 years.

Instructor: California Sports Center

Location: Recreation Center Preschool Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
213010.MA	3-4yrs	9/9-10/21	M	4:30pm-5:15pm	\$116/\$145
213010.MB	3-4yrs	9/9-10/21	M	6:30pm-7:15pm	\$116/\$145
213010.TA	3-4yrs	9/3-10/22	Tu	9:15am-10:00am	\$133/\$166
213010.TB	3-4yrs	9/3-10/22	Tu	10:15am-11:00am	\$133/\$166
213010.TC	3-4yrs	9/3-10/22	Tu	11:15am-12:00pm	\$133/\$166
213010.TD	3-4yrs	9/3-10/22	Tu	3:30pm-4:15pm	\$133/\$166
213010.TE	3-4yrs	9/3-10/22	Tu	4:30pm-5:15pm	\$133/\$166
213010.TF	3-4yrs	9/3-10/22	Tu	5:30pm-6:15pm	\$133/\$166
213010.TG	3-4yrs	9/3-10/22	Tu	6:30pm-7:15pm	\$133/\$166
213010.WA	3-4yrs	9/4-10/23	W	10:15am-11:00am	\$133/\$166
213010.WB	3-4yrs	9/4-10/23	W	11:15am-12:00pm	\$133/\$166
213010.WC	3-4yrs	9/4-10/23	W	3:30pm-4:15pm	\$133/\$166
213010.WD	3-4yrs	9/4-10/23	W	6:30pm-7:15pm	\$133/\$166
213010.HA	3-4yrs	9/5-10/24	Th	9:15am-10:00am	\$133/\$166
213010.HB	3-4yrs	9/5-10/24	Th	11:15am-12:00pm	\$133/\$166
213010.HC	3-4yrs	9/5-10/24	Th	4:30pm-5:15pm	\$133/\$166
213010.HD	3-4yrs	9/5-10/24	Th	5:30pm-6:15pm	\$133/\$166
213010.FA	3-4yrs	9/6-10/25	F	9:15am-10:00pm	\$133/\$166
213010.FB	3-4yrs	9/6-10/25	F	10:15am-11:00am	\$133/\$166
213010.FC	3-4yrs	9/6-10/25	F	11:15am-12:00pm	\$133/\$166
213010.FD	3-4yrs	9/6-10/25	F	4:30pm-5:15pm	\$133/\$166
213010.SA	3-4yrs	9/7-10/26	Sa	9:00am-9:45am	\$133/\$166
213010.SB	3-4yrs	9/7-10/26	Sa	10:00am-10:45am	\$133/\$166
213020.MA	4-5yrs	9/9-10/21	M	3:30pm-4:15pm	\$116/\$145
213020.MB	4-5yrs	9/9-10/21	M	5:30pm-6:15pm	\$116/\$145
213020.TA	4-5yrs	9/3-10/22	Tu	9:15am-10:00am	\$133/\$166
213020.TB	4-5yrs	9/3-10/22	Tu	11:15am-12:00pm	\$133/\$166
213020.TC	4-5yrs	9/3-10/22	Tu	3:30pm-4:15pm	\$133/\$166
213020.TD	4-5yrs	9/3-10/22	Tu	4:30pm-5:15pm	\$133/\$166
213020.TE	4-5yrs	9/3-10/22	Tu	5:30pm-6:15pm	\$133/\$166
213020.TF	4-5yrs	9/3-10/22	Tu	6:30pm-7:15pm	\$133/\$166
213020.WA	4-5yrs	9/4-10/23	W	9:15am-10:00am	\$133/\$166
213020.WB	4-5yrs	9/4-10/23	W	10:15am-11:00am	\$133/\$166
213020.WC	4-5yrs	9/4-10/23	W	4:30pm-5:15pm	\$133/\$166
213020.WD	4-5yrs	9/4-10/23	W	5:30pm-6:15pm	\$133/\$166
213020.HA	4-5yrs	9/5-10/24	Th	9:15am-10:00am	\$133/\$166
213020.HB	4-5yrs	9/5-10/24	Th	10:15am-11:00am	\$133/\$166
213020.HC	4-5yrs	9/5-10/24	Th	11:15am-12:00pm	\$133/\$166
213020.HD	4-5yrs	9/5-10/24	Th	3:30pm-4:15pm	\$133/\$166
213020.HE	4-5yrs	9/5-10/24	Th	6:30pm-7:15pm	\$133/\$166
213020.FA	4-5yrs	9/6-10/25	F	10:15am-11:00am	\$133/\$166
213020.FB	4-5yrs	9/6-10/25	F	3:30pm-4:15pm	\$133/\$166
213020.SA	4-5yrs	9/7-10/26	Sa	10:00am-10:45am	\$133/\$166
213020.SB	4-5yrs	9/7-10/26	Sa	11:00am-11:45am	\$133/\$166



Performing Arts: Music & Dance

Important information about our dance classes.

GIRLS' ATTIRE

- Leotard and tights are required for any class that includes ballet or tap.
- T-shirt and shorts, jazz pants and leggings are acceptable for all other classes.

BOYS' ATTIRE

- T-shirt and shorts or sweatpants are acceptable for all classes.

SHOES

- For safety reasons, all students are required to wear shoes appropriate for each class. Students will not be allowed to participate without proper shoes.
- Ballet shoes with leather soles are required for any class that includes ballet. Ballet-style bedroom slippers are not acceptable.
- Tap shoes are required for any class that includes tap. However, tap shoes are not necessary until the second class meeting.
- Jazz shoes or tennis shoes are acceptable for hip hop and cheer dance classes.
- For Dancing Together, Tiny Tots Ballet and Hip Hop Boogie, students may also dance barefoot or in Robeez-type shoes with soft leather soles.
- For a list of South Bay stores which carry dance shoes, call the performing arts coordinator at (408) 730-7725.

PARENT OBSERVATIONS

Parents are welcome to observe the final class meeting of each term. Unless specifically allowed in the class description, parents are not permitted in the studio during class. We encourage parents to wait in the Dance Studio Lobby, particularly if they are concerned that their child may experience separation anxiety.

OTHER QUESTIONS

Please call the performing arts coordinator at (408) 730-7725.

Dancing Together (1.5-3years)

Dance hand in hand with your child! The instructor will guide you both through listening and movement activities and dances. Scarves, teddy bears, magic wands and other props add to the fun. Parent or caregiver participation is required.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214020.WA	1.5-3yrs	9/11-10/23	W	9:30am-10:00am	\$89/\$99

Tumble Dance Together (1.5-3years)

Tumble and dance together! Help your child learn basic tumbling moves like somersaults, cartwheels and leap frogs through fun dance routines and movement games. Play with a parachute, limbo bar and other fun props. Parent or caregiver participation is required.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214030.MA	1.5-3yrs	9/9-10/21	M*	9:45am-10:15am	\$79/\$99

*No class 10/14

Hip Hop Boogie (2-7years)

Bounce, jump and spin! Basic hip hop moves are set to fun kids music in this energetic and action-packed class, designed to build confidence, coordination and rhythm. Class concludes with an in-class performance for family and friends. Prerequisite: Children should be ready to take class independently, while a parent or caregiver waits outside the classroom.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214330.SC	2-3yrs	9/7-10/19	Sa	10:30am-11:00am	\$89/\$111
214330.SF	4-7yrs	9/7-10/19	Sa	12:50pm-1:35pm	\$89/\$111
214330.WC	2-3yrs	9/11-10/23	W	10:55am-11:25am	\$89/\$111

Ballet/Tap (3-7years)

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

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214421.MC	1	3-4yrs	9/9-10/21	M*	10:55am-11:40am	\$89/\$111
214421.MD	1	4-5yrs	9/9-10/21	M*	11:45am-12:30pm	\$89/\$111
214421.JQ	1	4-6yrs	9/12-10/24	Th	4:35pm-5:20pm	\$99/\$124
214421.SB	1	3-5yrs	9/7-10/19	Sa	9:40am-10:25am	\$99/\$124
214421.SE	1	4-7yrs	9/7-10/19	Sa	12:00pm-12:45pm	\$99/\$124

*No class 10/14

Tiny Tots Ballet (2-3years)

Little dancers take their first ballet steps! Magic wands, teddy bears and tutus are all part of the fun, as students are introduced to ballet steps, creative movement and dance terminology. Prerequisite: Children should be ready to take class independently, while a parent or caregiver waits outside the classroom.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214401.MB	Beg	2-3yrs	9/9-10/21	M*	10:20am-10:50am	\$79/\$99
214401.SA	Beg	2-3yrs	9/7-10/19	Sa	9:05am-9:35am	\$89/\$111

*No class 10/14

Princess Pre-Ballet (3-7years)

Little princesses will love the themed props and music featured in this imaginative ballet and creative movement class. Students are introduced to ballet steps, across-the-floor movement and dance combinations, developing grace and confidence along the way. Class concludes with an in-class performance for family and friends.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214510.WB	3-5yrs	9/11-10/23	W	10:05am-10:50am	\$99/\$124
214510.JP	3-5yrs	9/12-10/24	Th	3:45pm-4:30pm	\$99/\$124
214510.JR	4-7yrs	9/12-10/24	Th	5:25pm-6:10pm	\$99/\$124
214510.SD	3-5yrs	9/7-10/19	Sa	11:05am-11:50am	\$99/\$124



Music Together (birth-4years)

Sing, chant, clap, dance and play simple instruments together as a family! Through guided musical play, your child will learn to imitate tonal patterns and rhythms and begin to sing in tune. Learn to incorporate music into daily home life and encourage young children's natural musical development. International and historical song repertoire changes each term. Non-refundable materials fee of \$40 due at first class.

Instructor: Music For Families

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214800.TA	0-4yrs	9/17-12/3	Tu*	9:30am-10:15am	\$182/\$228
214800.TB	0-4yrs	9/17-12/3	Tu*	10:30am-11:15am	\$182/\$228
214800.WA	0-4yrs	9/18-12/4	W*	9:30am-10:15am	\$182/\$228
214800.WB	0-4yrs	9/18-12/4	W*	10:30am-11:15am	\$182/\$228
214800.JP	0-4yrs	9/19-12/5	Th*	4:30pm-5:15pm	\$182/\$228
214800.JQ	0-4yrs	9/19-12/5	Th*	5:30pm-6:15pm	\$182/\$228
214800.FA	0-4yrs	9/20-12/6	F*	9:30am-10:15am	\$182/\$228
214800.FB	0-4yrs	9/20-12/6	F*	10:30am-11:15am	\$182/\$228
214800.FC	0-4yrs	9/20-12/6	F*	11:30am-12:15pm	\$182/\$228
214800.SA	0-4yrs	9/21-12/7	Sa*	9:30am-10:15am	\$182/\$228
214800.SB	0-4yrs	9/21-12/7	Sa*	10:30am-11:15am	\$182/\$228

*No class 11/26, 11/27, 11/28, 11/29, 11/30

My First Drum Class (3-5years)

When your littlest drummer is ready to graduate from pots and pans to the real thing, explore percussion instruments specifically designed for small hands. This class emphasizes fun music experiences and an intro to music vocabulary, note values and the musical scale. Instruments used in class vary each term. Parent participation is welcome, but not required.

Instructor: Groove Academy of Drumming

Location: Santa Clara Vanguard Hall, 1765 Space Park Dr., Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214860.MP	3-5yrs	9/9-11/4	M*	4:30pm-5:00pm	\$129/\$161
214860.MQ	3-5yrs	9/9-11/4	M*	5:15pm-5:45pm	\$129/\$161

*No class 10/14

Piano Keyboard Parent & Child (3-5years)

Help your young child learn basic piano skills, theory and music reading. Level 1 is for new students and returning students who have not yet completed Book 1. Level 2 is for returning students continuing in the parent-child workbook series at their own pace. Parent participation is required. Access to a piano or keyboard for practice between lessons is essential for progress. Each student will have a keyboard for use in class. Bring headphones with 1/4" adapter and a pillow for your child to sit on. Non-refundable material fee of \$18 due for new Level 1 students on first day of class and Level 2 students who are advancing to a new book.

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214851.FP	1	3-5yrs	9/20-10/25	F	2:00pm-2:45pm	\$69/\$86
214852.FQ	2	3-5yrs	9/20-10/25	F	2:45pm-3:30pm	\$69/\$86



Melody's Group Piano (4-5years)

Children develop piano keyboard skills and general music ability—including singing, ear-training, music theory, rhythm and sight-reading—through a variety of activities. Class concludes with a piano recital. Non-refundable materials fee of \$45 due at first class meeting. Parents are required to attend weekly with their children. Children should have access to a keyboard or piano to practice between lessons.

Instructor: Melody Academy of Music

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
214901.C1	Beg	4-5yrs	9/7-10/12	Sa	11:00am-11:45am	\$144/\$180
214901.C2	Beg	4-5yrs	9/11-10/16	W	3:30pm-4:15pm	\$144/\$180
214901.C3	Beg	4-5yrs	9/15-10/20	Su	10:00am-10:45am	\$144/\$180
214901.C4	Beg	4-5yrs	10/6-11/10	Su	12:00pm-12:45pm	\$144/\$180
214901.C5	Beg	4-5yrs	10/15-11/19	Tu	3:15pm-4:00pm	\$144/\$180

Abacadabra Kids (4-6years)

Turn an ordinary afternoon or evening into magic with the wave of a wand. Learn to perform simple self-working magic tricks with your child. Wertman the Wizard will also entertain the class with a few tricks of his own. Parent or caregiver participation is required. No unregistered siblings in the classroom. Non-refundable materials fee of \$6 is due to instructor at workshop. Fees for one- and two-day classes are non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
214670.9P	4-6yrs	10/30	W	6:30pm-7:40pm	\$19/\$24



Special Interest

Big/Lil' Chefs (2.5-4.5years)

Cook simple recipes with your Mom, Dad or caretaker! This class incorporates monthly themed recipes, age-appropriate culinary skills, basic nutrition, stories and circle time. Sample what you cook at each class. Parent participation required. Parents may accompany up to 2 children. A non-refundable \$60 supply fee will be collected at first class. Vegetarian and special diets welcome. Please contact Young Chefs Academy at 408-736-CHEF before first meeting.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
217121.TA	Beg	2.5-4.5yrs	9/3-10/22	Tu	10:30am-11:30am	\$100/\$125
217121.WA	Beg	2.5-4.5yrs	9/4-10/23	W	6:00pm-7:00pm	\$100/\$125
217121.JA	Beg	2.5-4.5yrs	9/5-10/24	Th	9:30am-10:30am	\$100/\$125
217121.FA	Beg	2.5-4.5yrs	9/6-10/25	F	10:30am-11:30am	\$100/\$125
217121.SA	Beg	2.5-4.5yrs	9/7-10/26	Sa	9:00am-10:00am	\$100/\$125
217121.SU	Beg	2.5-4.5yrs	9/8-10/27	Su	9:30am-10:30am	\$100/\$125



Sports & Fitness

Ice Skating Parent/Child (3-4years)

This is a fun experience for a parent and child to learn to ice skate together. Classes are geared to the child's level, so parents will learn quickly in this six week course. Children must be between 3-4years old. Cost includes skate rental for both parent and child, a 30 minute lesson from 10:00-10:30AM and practice from 10:30-11:00AM. Be sure to dress warmly, wear gloves and thick socks.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd, Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
217411.WA	Beg	3-4yrs	9/11-10/16	W	10:00am-11:00am	\$82/\$103

No registration after 9/5

217411.WC	Beg	3-4yrs	10/23-11/27	W	10:00am-11:00am	\$82/\$103
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No registration after 10/17

FTSA Parent Child (1.5-4years)

This class is designed to encourage young children to get involved with a variety of sports such as basketball, t-ball, hockey and soccer. Children will develop gross motor skills, hand-eye coordination, and socialization skills. The last ten minutes of class will be devoted to story time. This class requires parent participation. Please wear comfortable athletic clothing and gym shoes (no black soled shoes allowed).

Instructor: Fun Tyme Sports Academy

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218550.TA	1.5-4yrs	9/10-10/29	Tu	10:15am-11:00am	\$129/\$161	
218550.FA	1.5-4yrs	9/13-10/25	F	10:15am-11:00am	\$129/\$161	

Location: Indoor Sports Center

Little Tigers Taekwondo 4-6 (4-6years)

The main training emphasis is on motor skills and coordination, learning focus drills such as directions, task completion and learning basic/intermediate kicking and punching concepts. Uniform, equipment, and testing are an additional fee. Tiger uniform required after first class and can be purchased from the instructor.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real #117, Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218501.MA	Beg	4-6yrs	9/9-10/21	M	3:00pm-3:30pm	\$104/\$130
218501.WA	Beg	4-6yrs	9/4-10/16	W	3:00pm-3:30pm	\$104/\$130
218501.SA	Beg	4-6yrs	9/7-10/19	Sa	10:00am-10:30am	\$104/\$130

Skyhawks Mini-Hawk Class (4-7years)

(Soccer and T-Ball)

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff is trained to handle the specific needs of young athletes.

Participants should bring: Appropriate clothing, athletic shoes, sunscreen, and water bottle.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218561.SA	Beg	4-7yrs	9/8-10/27	Su	10:00am-11:00am	\$149/\$186

Skyhawks Tiny-Hawk Class (3-4years)

Description: In Tiny-Hawk camps, the essentials of sports are introduced in a fun and safe environment with lots of encouragement. Children must be toilet trained in order to participate. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Our staff is trained to handle the specific needs of these young athletes.

Participants should bring: Appropriate clothing, athletic shoes, sunscreen, and water bottle.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218560.SA	Beg	3-4yrs	9/8-10/27	Su	10:00am-11:00am	\$129/\$161

Futsal Indoor Soccer (3.5-5years)

Futsal is a fun, fast-paced soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. The game consists of two teams of four players and a goalkeeper with unlimited substitutions and quick restarts.

Futsal Kingz programs have age-specific curriculum, innovative class formats and qualified professional coaching staff. This enables all players to develop their skills and have a great experience, whether they're the next Beckham or trying Futsal for the first time!

Instructor: Futsal Kingz

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
218661.RB	Beg	4-5yrs	9/12-10/31	Th	3:10pm-3:45pm	\$110/\$138
218661.RA	Beg	3.5-4yrs	9/12-10/31	Th	3:10pm-3:45pm	\$110/\$138



Kidz Love Soccer 3.5-5 (3.5-5years)

Children learn age-appropriate skills and techniques of the "World's Most Popular Sport" in a non-competitive environment, which encourages development of large motor skills, socialization skills and self-esteem. Shin guards are required after the first meeting. Note: During questionable weather, please call 1-888-372-5803- one-half hour before classes (or by 6pm) for class information.

Instructor: Kidz Love Soccer

Class #	Age	Dates	Day	Time	Fee (Res/NR)
218660.TE	4-5yrs	9/17-10/22	Tu	6:25pm-7:00pm	\$69/\$86

Location: Cupertino Middle School

218660.FA	4-5yrs	9/20-10/25	F	4:40pm-5:15pm	\$69/\$86
218660.FB	3.5-4yrs	9/20-10/18	F	5:15pm-5:45pm	\$58/\$78

Location: Lakewood Park

218660.TA	3.5-4yrs	9/17-10/22	Tu	10:00am-10:30am	\$69/\$86
218660.TB	4-5yrs	9/17-10/22	Tu	10:30am-11:05am	\$69/\$86

Location: Las Palmas Park

218660.TC	4-5yrs	9/17-10/22	Tu	3:10pm-3:45pm	\$69/\$86
218660.TD	3.5-4yrs	9/17-10/22	Tu	4:30pm-5:00pm	\$69/\$86

Location: Ponderosa Park

218660.RA	4-5yrs	9/19-10/17	Th	5:10pm-5:45pm	\$58/\$78
218660.RB	3.5-4yrs	9/19-10/17	Th	5:45pm-6:15pm	\$58/\$78

Location: Serra Park

218660.WA	4-5yrs	9/18-10/16	W	5:15pm-5:50pm	\$58/\$73
218660.WB	3.5-4yrs	9/18-10/16	W	5:50pm-6:20pm	\$58/\$78

Location: Sunnyvale Middle School

218660.SA	3.5-4yrs	9/21-10/26	Sa	9:00am-9:30am	\$69/\$86
218660.SB	4-5yrs	9/21-10/26	Sa	9:30am-10:05am	\$69/\$86
218660.SC	4-5yrs	9/21-10/26	Sa	11:00am-11:35am	\$69/\$86

Kidz Love Soccer Mommy, Daddy & Me (2-3.5years)

Your child will participate in fun, age-appropriate activities designed around soccer, the "World's Most Popular Sport," which encourages development of large motor skills, socialization skills and self-esteem and you don't have to watch from the sidelines. Note: During questionable weather, please call 1-888-372-5803 one-half hour before classes (or by 6pm) for class information.

Instructor: Kidz Love Soccer

Class #	Age	Dates	Day	Time	Fee (Res/NR)
218650.TB	2-3.5yrs	9/17-10/22	Tu	5:45pm-6:15pm	\$69/\$86

Location: Cupertino Middle School

218650.TA	2-3.5yrs	9/17-10/22	Tu	11:15am-11:45am	\$69/\$86
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Location: Las Palmas Park

218650.SA	2-3.5yrs	9/21-10/26	Sa	12:00pm-12:30pm	\$69/\$86
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Location: Sunnyvale Middle School



Visual Arts

My First Art Class (1.5-5years)

Explore five different art stations each week where children can experiment with a variety of different art materials and techniques. Emphasis is on process, not product. New themes and projects will be introduced year round. Parent participation is required. Please do not bring unregistered siblings to class. A non-refundable \$6 supply fee will be collected at first class. Wear clothes that can get messy. Smocks will be available in class.

Instructor: My First Art Class

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68

Location: Creative Arts Center Art Room

219020.TA	1.5-3yrs	9/3-9/24	Tu	9:00am-10:00am	\$54/\$68
219020.TC	1.5-3yrs	10/8-10/29	Tu	9:00am-10:00am	\$54/\$68
219020.TB	2-5yrs	9/3-9/24	Tu	10:15am-11:15am	\$54/\$68
219020.TD	2-5yrs	10/8-10/29	Tu	10:15am-11:15am	\$54/\$68



Aquatics

Youth Group Lessons - Beg (4-15years)

Beginning level classes (otters, seals, dolphins) range in skills from little or no experience to coordination of the front crawl. Water safety and pool rules will be discussed. Children will be grouped with those of similar ability. Bring swimsuit, towel, and sunblock.

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
220411.TA	Beg	4-15yrs	9/3-9/26	TuTh	3:45pm-4:15pm	\$79/\$99
220411.TB	Beg	4-15yrs	9/3-9/26	TuTh	4:20pm-4:50pm	\$79/\$99
220411.TC	Beg	4-15yrs	9/3-9/26	TuTh	4:55pm-5:25pm	\$79/\$99
220411.TD	Beg	4-15yrs	9/3-9/26	TuTh	5:30pm-6:00pm	\$79/\$99
220411.SA	Beg	4-15yrs	9/7-9/28	Sa	10:00am-10:30am	\$40/\$50
220411.SB	Beg	4-15yrs	9/7-9/28	Sa	10:35am-11:05am	\$40/\$50
220411.SC	Beg	4-15yrs	9/7-9/28	Sa	11:45am-12:15pm	\$40/\$50

Group Lessons - Level 3 (4-15years)

This level is designed to develop and improve coordination and stamina in the front crawl and back crawl. The body motion and kick for the butterfly stroke will also be introduced. Students should have passed Beginning Levels to enroll. Bring swimsuit, towel, and sunblock.

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
220413.TA	3	4-15yrs	9/3-9/26	TuTh	4:20pm-4:50pm	\$79/\$99
220413.TB	3	4-15yrs	9/3-9/26	TuTh	5:30pm-6:00pm	\$79/\$99
220413.SA	3	4-15yrs	9/7-9/28	Sa	11:45am-12:15pm	\$40/\$50



Gymnastics

We ask family & friends to remain outside the gym during class time to avoid distractions for our students, except for the following: 1) At least one parent is required to remain present near and possibly observe in any class where only one staff member is coaching, 2) the parents of new students may stay during the first class of each session, 3) when a coach allows or invites a parent to stay. All are invited to observe the last class of each session and non-participating siblings must be supervised at all times during observation. Thank you for your cooperation.

Gymnastics Pre-Rec (5-6years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

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

Cheer FUNdamentals (6-16years)

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

Instructor: California Sports Center

Location: Indoor Sports/Gym

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

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

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

Instructor: California Sports Center

Location: Indoor Sports Center

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

Gymnastics Boys Rec FUNdamentals (6-16years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

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

Gymnastics Girls Rec FUNdamentals (6-16years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

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

Gymnastics Boys Int/Adv (6-16years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
223103.MA	Int	6-16yrs	9/9-10/21	M	4:30pm-5:25pm	\$116/\$145
223103.TB	Int	6-16yrs	9/3-10/22	Tu	6:30pm-7:25pm	\$133/\$166
223103.WB	Int	6-16yrs	9/4-10/23	W	4:30pm-5:25pm	\$133/\$166
223103.FA	Int	6-16yrs	9/6-10/25	F	3:30pm-4:25pm	\$133/\$166
223103.SA	Int	6-16yrs	9/7-10/26	Sa	10:00am-10:55am	\$133/\$166
223104.WA	Adv	6-16yrs	9/4-10/23	W	4:30pm-6:00pm	\$200/\$250

Gymnastics Girls Int/Adv (6-16years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

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

Performing Arts

Hip Hop Dance (8-12years)

Hip hop, don't stop! This super high-energy class will get you moving like the dancers in your favorite videos. You'll learn to count music, dance with strong movement, develop your own unique hip hop style and build confidence to perform in front of an audience. Class uses age appropriate music and moves.

Instructor: Linh Ton

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224320.MP	8-12yrs	9/9-10/28	M	6:00pm-7:00pm	\$79/\$99

Tap Dance (8-14years)

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

Instructor: Peggy Page

Location: Theatre Dance Studio

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



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

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



After-School Activities at School Campuses

Fun On The Run

FREE Mobile Recreation Program focusing on Fun & Fitness

Starts September 2013

Fairwood Elementary	M	2:15pm-4:00pm
Nimitz Elementary	Tu	1:30pm-3:30pm
Nimitz Elementary	W	2:15pm-4:15pm
Ellis Elementary	F	1:00pm-3:30pm

Contact Michael Sodos at (408) 730-7337 for more information
Recreation Center

Sunnyvale Middle School Campus

Starts September 2013 - Fees vary

Various Enrichment Classes	M-Th	3:20pm-4:50pm
Extreme Zone – Drop In	M-F	3:20pm-5:30pm

Must be a Sunnyvale Middle School Student

Contact Jenni Wong at 408-730-7724 for more information

JW



Piano Keyboard (6-12years)

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

Level 1- Beginning: Start with the fundamentals of piano, learning the keys and basic theory.

Level 2 - Advanced Beginning-Advanced: Progress through workbook series, with weekly one-on-one coaching from teacher. Prerequisite: One session of beginning level or familiarity with the keyboard, note reading.

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
224851.MQ	1	6-12yrs	9/9-10/28	M*	4:15pm-5:00pm	\$79/\$99
224851.WQ	1	6-12yrs	9/11-10/30	W*	4:15pm-5:00pm	\$79/\$99
224851.WS	1	6-12yrs	9/11-10/30	W*	6:15pm-7:00pm	\$79/\$99
224852.MP	2	6-12yrs	9/9-10/28	M*	3:30pm-4:15pm	\$79/\$99
224852.MR	2	6-12yrs	9/9-10/28	M*	5:00pm-5:45pm	\$79/\$99
224852.MS	2	6-12yrs	9/9-10/28	M*	6:15pm-7:00pm	\$79/\$99
224852.MT	2	6-12yrs	9/9-10/28	M*	7:00pm-7:45pm	\$79/\$99
224852.WP	2	6-12yrs	9/11-10/30	W*	3:30pm-4:15pm	\$79/\$99
224852.WR	2	6-12yrs	9/11-10/30	W*	5:00pm-5:45pm	\$79/\$99
224852.WT	2	6-12yrs	9/11-10/30	W*	7:00pm-7:45pm	\$79/\$99
224852.FR	2	6-12yrs	9/20-10/25	F	3:30pm-4:15pm	\$69/\$86

*No class 9/30, 10/2

Melody's Group Piano (5-7years)

Children develop piano keyboard skills and general music ability, including singing, ear-training, music theory, rhythm, sight-reading through a variety of activities. Older children also try composition. Class concludes with a piano recital. Non-refundable materials fee of \$45 due at first class meeting. Parents are required to attend weekly with their children. Children should have access to a keyboard or piano to practice between lessons.

Instructor: Melody Academy of Music

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

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



Ukulele (6-12years)

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

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

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

Evening of Magic (7-11years)

Turn an ordinary evening into magic with the wave of a wand. Learn to perform simple "self-working" magic tricks with your child. Wertman the Wizard will also entertain the class with a few tricks of his own. Parent or caregiver participation is required. No unregistered siblings in the classroom. Non-refundable materials fee of \$5 due at workshop. One day classes are non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
224670.8P	7-11yrs	10/25	F	6:45pm-8:45pm	\$29/\$36



Special Interest

Game Design (7-12years)

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

Instructor: Freshi Films

Location: Recreation Center Neighborhood Room

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

Mobile App Development (7-12years)

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

Instructor: Freshi Films

Location: Recreation Center Neighborhood Room

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



Friday Creative Cooking (5-11years)

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

Instructor: Young Chefs Academy

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

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

Kinder Chefs (4.5-6.5years)

Kinder Chefs will cook up their very own kind of fun, with curriculum and recipes geared for Pre-K and K students. Participants will make two recipes, eat what they've made, read a story and play a cooking related game. A non-refundable \$80 supply fee will be collected at first class.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227131.WA	Beg	4.5-6.5yrs	9/4-10/23	W	4:00pm-5:30pm	\$160/\$200
227131.JA	Beg	4.5-6.5yrs	9/5-10/24	Th	4:00pm-5:30pm	\$160/\$200
227131.FA	Beg	4.5-6.5yrs	9/6-10/25	F	2:30pm-4:00pm	\$160/\$200
227131.SU	Beg	4.5-6.5yrs	9/8-10/27	Su	9:00am-10:30am	\$160/\$200

Tween Chefs (11-15years)

Calling all budding Tween Chefs! Our experienced chef instructors will inspire our Tween Chefs to master the fundamentals and key techniques of cooking and baking skills. A non-refundable \$80 supply fee will be collected at first class.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
237151.JA	Beg	11-15yrs	9/5-10/24	Th	6:00pm-7:30pm	\$160/\$200

Vegan Cooking (4.5-11years)

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

Instructor: Young Chefs Academy

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

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

Young Chefs (7-11years)

Cook recipes based on a different theme each week. Principles of kitchen safety, proper food handling, basic cooking and baking techniques, food presentation, table setting, and table manners will be included. Participants must be able to read a simple recipe. A non-refundable \$80 supply fee will be collected at first class.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227141.WA	Beg	7-11yrs	9/4-10/23	W	4:00pm-5:30pm	\$160/\$200
227141.JA	Beg	7-11yrs	9/5-10/24	Th	4:00pm-5:30pm	\$160/\$200
227141.FA	Beg	7-11yrs	9/6-10/25	F	2:30pm-4:00pm	\$160/\$200
227141.FB	Beg	7-11yrs	9/6-10/25	F	4:00pm-5:30pm	\$160/\$200
227141.SU	Beg	7-11yrs	9/8-10/27	Su	9:00am-10:30am	\$160/\$200

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



Sports & Fitness

FTSA Basketball (5-14years)

Have fun sharpening your basketball skills and strategies, including strengthening and conditioning; boys will guard boys and girls will guard girls.

Beginning/Intermediate: Passing, shooting, dribbling and offensive/defensive moves are covered. Session ends with four Fun Tyme challenges with challenge winners awarded prizes: dribble and lay-up challenge, spot shot challenge, passing challenge and 3 on 3 tournament.

Intermediate/Advanced: Sharpening fundamental skills and offensive/defensive strategies are covered. The first-half of each class will focus on skills while the second-half focuses on team play. Prizes will be awarded to the winners of Fun Tyme challenges.

Gym shoes are required (no black soled shoes allowed).

Instructor: Fun Tyme Sports Academy

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228101.MA	Beg	5-7yrs	9/9-10/28	M	3:30pm-4:45pm	\$129/\$161
228101.TA	Beg	8-10yrs	9/10-10/29	Tu	3:30pm-4:45pm	\$129/\$161
228102.FA	Int/Adv	10-14yrs	9/13-10/25	F	3:30pm-4:45pm	\$113/\$141

FTSA Basketball Development (5-14years)

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

Instructor: Fun Tyme Sports Academy

Location: Columbia Neighborhood Center

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

Skyhawks Basketball (5-7years)

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

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

Instructor: Skyhawks Sports Academy

Location: Indoor Sports Center

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

Skyhawks Basketball (8-10years)

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

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

Instructor: Skyhawks Sports Academy

Location: Indoor Sports Center

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

Chang Tai Do Karate (4-7years)

Introduction to proper stretching, basic blocks, punches, kicks, strikes, and what to do to defend off an attacker. Children's natural curiosity and playfulness combined with basic Karate drill help develop coordination, mental focus and alertness. A great way to learn discipline, respect, self-confidence, help release energy and prepare students for future, more structured classes. Uniform, equipment and testing are additional fees. White belts up to two stripes. Uniform required after 1st class.

Instructor: Chang Tai Do Staff

Location: Las Palmas Park Bldg

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

Location: Ponderosa Park Bldg

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

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

To learn more about the 41 Assets for youth development, visit our website:
Recreation.inSunnyvale.com

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



Chang Tai Do Karate for Families (8 & older)

BEG: Introduction to the history and terminology of Chang Tai Do Karate. Students will learn proper stretching, basic blocks, punches, kicks, self defense, and forms (Kata). Returning students will also learn sparring. Training will help students develop better mental focus, coordination, discipline, respect, strength, endurance and skills to defend oneself. This is a great opportunity for family and friends to get in shape, reduce stress and spend quality time together. White and yellow belt.

INT/ADV: Students will be drilled on blocks, punches, kicks, self defense, forms (Kata), sparring (Kumite and Escrima Sticks), as well as combination techniques. Stretching time will NOT be extensive. Students will be responsible for stretching before class to avoid injury. Orange belt and above.

Uniforms required after 1st class for both BEG and INT/ADV. Equipment (for returning students) and testing are an additional fee.

Instructor: Chang Tai Do

Location: Las Palmas Park Bldg

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

Location: Ponderosa Park Bldg

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

Martial Sports Fencing (7-14years)

A safe form of fencing based on techniques similar to Japanese and European fencing. Students will learn basic proficiency, etiquette and terminology. Foundations of footwork, stances, timing, and offensive and defensive parrying will be covered. Students will participate in games and bouts with classmates. Protective gear and uniform are required after first class.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real #117, Sunnyvale

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

Skyhawks Flag Football Intro (5-12years)

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

All sessions are on Sunday. The first two weeks consist of 1.25 hour skill development and evaluation clinics. During this time, the Skyhawks coaching staff will be evaluating the participants so that teams may be created equally. The next five weeks include 30 minutes of practice, followed by a 45 minute game. The final session of the program will be a fun day of competition including the "Super Bowl", giving participants a chance to showcase new and refined skills. The program is taught by Skyhawks coaching staff. All participants will receive a shirt at the beginning and player evaluation at the conclusion of this program. Participants should bring: Appropriate clothing, athletic shoes, sunscreen, and water bottle. Skyhawks Flag Football Intro-To-Team (Level 1) Includes t-shirt and player evaluation.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

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

Ice Skating (5-14years)

This introductory class will include forward and backward marching and skating, falling and getting up, and stopping. No intermediate or advanced techniques will be taught. Each week participants will receive 30 minutes of instruction and a voucher for practice time (redeemable during Public Skating Hours. Schedule will appear on your receipt or visit Icecenter.net for days and times). Skate rental is included in class price. Be sure to dress warmly, wear gloves and thick socks.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd, Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227411.MA	Beg	5-7yrs	9/9-10/14	M	5:00pm-5:30pm	\$82/\$103
227411.MB	Beg	8-14yrs	9/9-10/14	M	5:00pm-5:30pm	\$82/\$103
no registration after 9/5						
227411.MC	Beg	5-7yrs	10/21-11/25	M	5:00pm-5:30pm	\$82/\$103
227411.MD	Beg	8-14yrs	10/21-11/25	M	5:00pm-5:30pm	\$82/\$103
no registration after 10/17						

Intro to Hockey Skating (6-14years)

Students will learn to skate in a controlled manner that is necessary to be a hockey player. Balance, use of blade edges, forwards and backwards skating, crossovers, stopping and stick handling will be emphasized. Students must provide a stick and helmet with full cage by the first class. Skate rental will be included. Practice session is 3:30- 4 p.m. Lesson is from 4:15-4:45 p.m. Beginning skating skills are required.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd, Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227431.TA	Beg	6-14yrs	9/10-10/15	Tu	3:30pm-4:45pm	\$82/\$103
no registration after 9/5						
227431.TC	Beg	6-14yrs	10/29-12/3	Tu	3:30pm-4:45pm	\$82/\$103
no registration after 10/24						

Rock Climbing (5-13years)

Basic rock climbing techniques will be taught in this 5 session program. Perfect for beginning and advanced beginning climbers. Classes are designed so that participants climb with children of their own age. Age groups are 5-8 and 9-13. Please bring a bicycle helmet to wear while climbing. Parent or legal guardian must sign a Planet Granite waiver at the first class, or go to www.planetgranite.com to complete the waiver to send with your child to the first class. Please include a copy of your driver's license.

Instructor: Planet Granite Staff

Location: Planet Granite, 815 Stewart Dr., Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
227451.TA	Beg	9-13yrs	9/3-10/1	Tu	4:00pm-6:00pm	\$146/\$183
227451.TB	Beg	9-13yrs	10/8-11/5	Tu	4:00pm-6:00pm	\$146/\$183
227451.JA	Beg	5-8yrs	9/5-10/3	Th	4:00pm-6:00pm	\$146/\$183
227451.JB	Beg	5-8yrs	10/10-11/7	Th	4:00pm-6:00pm	\$146/\$183





Futsal Kingz Indoor Soccer (5-12years)

Futsal is a fun, fast-paced soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. The game consists of two teams of four players and a goalkeeper with unlimited substitutions and quick restarts.

Futsal Kingz programs have age-specific curriculum, innovative class formats and qualified professional coaching staff. This enables all players to develop their skills and have a great experience, whether they're the next Beckham or trying Futsal for the first time!

Instructor: Futsal Kingz

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228661.RA	Beg	5-6yrs	9/12-10/31	Th	3:45pm-4:45pm	\$110/\$138
228661.RB	Beg	7-12yrs	9/12-10/31	Th	3:45pm-4:45pm	\$110/\$138

Kidz Love Soccer (5-6years)

These classes offer a non-competitive environment for children to learn and play the "World's Most Popular Sport!" Children will learn different skills according to age; dribbling, passing, receiving, shooting, and team tactics. Small sided soccer games will be played at every class. Shin guards are required after the first meeting. Note: During questionable weather, please call 1-888-372-5803 one-half hour before classes begin (or by 6 PM)

Instructor: Kidz Love Soccer

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

Location: Cupertino Middle School

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

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

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

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

228660.SA	5-6yrs	9/21-10/26	Sa	10:05am-10:50am	\$69/\$86
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Location: Sunnyvale Middle School

228660.SB	5-6yrs	9/21-10/26	Sa	10:50am-11:35am	\$69/\$86
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Kidz Love Soccer Skillz & Scrimmages (7-10years)

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level. All levels of skill are welcome to learn and enjoy the world's most popular sport!

Each participant will receive a soccer jersey.

Instructor: Kidz Love Soccer

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

Location: Lakewood Park

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

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

228670.SA	7-10yrs	9/21-10/26	Sa	11:35am-12:20pm	\$79/\$99
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Location: Sunnyvale Middle School

228670.SB	7-10yrs	9/21-10/26	Sa	11:35am-12:20pm	\$79/\$99
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Tigers Taekwondo (7-14years)

The main training emphasis is on motor skills and coordination, learning focus drills such as directions, task completion and learning basic/intermediate kicking and punching concepts. Uniform, equipment, and testing are an additional fee. Tiger uniform required after first class and can be purchased from the instructor.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real #117, Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
228501.MA	Beg	7-14yrs	9/9-10/21	M	3:30pm-4:15pm	\$104/\$130
228501.WA	Beg	7-14yrs	9/4-10/16	W	3:30pm-4:15pm	\$104/\$130
228501.FA	Beg	7-14yrs	9/6-10/18	F	4:15pm-5:00pm	\$104/\$130
228501.SA	Beg	7-14yrs	9/7-10/19	Sa	9:15am-10:00am	\$104/\$130

Skyhawks Track & Field Class (5-12years)

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

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

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

Yoga Lite Parent & Child (5 & older)

Revitalize and come alive with your child through postures, breathing techniques, and relaxation. Learn practical methods to keep yourself healthy and full of good energy. Fee noted below is per pair.

Instructor: Robin Pickel

Location: Recreation Center Community Room

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



Visual Arts/Pottery

Clay Creations (6-7years)

Using basic clay techniques, children will make projects which are fun and easy. Clay, glaze and firing are included in registration fee. Wear clothes that can get messy and/or bring a smock.

Instructor: Rebecca Bui

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229911.WA	Beg	6-7yrs	10/2-11/6	W	4:15pm-5:30pm	\$54/\$68

Intro to Clay (8-10years)

Use your imagination and basic clay techniques to express yourself in clay. Clay, glaze and firing included in registration fee. Wheel throwing will not be taught. Wear clothing that can get messy and/or bring a smock.

Instructor: Rebecca Bui

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229921.WA	Beg	8-10yrs	10/2-11/6	W	5:30pm-7:00pm	\$58/\$73

Painting and Drawing for Kids (5-12years)

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

Instructor: Lori Nock

Location: Creative Arts Center Paint Room

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

Pottery-Parent and Child (7-14years)

Share a creative experience in clay. Working with your child you will learn to hand-build projects out of clay and glaze them using low-fire glazes (wheel throwing and high-fire glazing will not be included). Clay, glazing, and firing are included with class registration. Parent may accompany more than one child. No unregistered siblings will be permitted in the studio. Price is per child. Wear clothes that can get messy.

Instructor: Susan Worley

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229931.JA	Beg	7-14yrs	9/5-10/17	Th*	5:30pm-7:00pm	\$118/\$148

*No class 9/26

SYBL
SUNNYVALE YOUTH BASKETBALL LEAGUE
2014

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

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

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

Youth

For Pottery: Parent & Teen Classes see page 23



Performing Arts: Dance

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 exercise 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 #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244100.TQ	1	18 & older	9/10-10/29	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)
244101.TP	1	18 & older	9/10-10/29	Tu	6:30pm-7:30pm	\$79/\$99
244102.TR	2	18 & older	9/10-10/29	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 #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244140.FP	1	18 & older	9/6-10/25	F	12:00pm-1:00pm	\$79/\$99

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)
244301.MP	1	18 & older	9/9-10/28	M	7:30pm-8:30pm	\$79/\$99
244302.MQ	2	18 & older	9/9-10/28	M	8:30pm-9:30pm	\$79/\$99

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)
244311.TP	1	18 & older	9/10-10/29	Tu	7:30pm-8:30pm	\$79/\$99

Salsa Dance (18 & older)

Spice up your life and prepare to ignite the dance floor. You'll learn basic steps and patterns for salsa, one of today's hottest club 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.

Instructor: Bud Ayers

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244361.TQ	1	18 & older	9/10-10/29	Tu	8:30pm-9:30pm	\$79/\$99

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: Recreation Center Ballroom

When: Mondays with Loui Tucker, 7:45pm-11:00pm

Cost: \$7 at the door

No dancing 9/2 (Labor Day)

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

Square Dancing (18 years & 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



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)
244481.JP	1	14 & older	9/5-10/24	Th	6:30pm-7:30pm	\$79/\$99
244482.JQ	2	14 & older	9/5-10/24	Th	7:30pm-8:30pm	\$79/\$99

FOR DANCERS ONLY

(18 years & 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



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



Performing Arts: Music

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 instructor approval.

Instructor: Rick DeShera

Location: Recreation Center Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244831.JP	1	12 & older	9/5-10/24	Th	6:00pm-7:15pm	\$79/\$99
244832.WP	2	12 & older	9/4-10/23	W	6:00pm-7:15pm	\$79/\$99

Piano Keyboard (13 & older)

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

Instructor: Noteworthy Music School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
244850.MU	1	13 & older	9/9-10/28	M*	7:45pm-8:30pm	\$79/\$99
244850.WU	1	13 & older	9/11-10/30	W*	7:45pm-8:30pm	\$79/\$99

*No class 9/30, 10/2

Special Interest

Driver's Education (14 & older)

Driver's Education is the state required course all students under 18 must take to obtain their instruction permit. This course meets the State of California requirements. Driver 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. Upon completion of the course the student will receive a Certificate of Completion of Classroom Driver Education. Students should bring a bag lunch.

Instructor: Economic Driving School-2430

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
235310.OX	1	14 & older	10/5-10/13	SaSu	8:30am-4:30pm	\$130/\$169

CPR AED Adult Lay Responder (14 & older)

Obtain your 1-year CPR/AED certifications for adults with successful completion of this 3-hour American Red Cross course. Graduates will be able to access the Emergency Medical System and provide basic care for breathing, cardiac emergencies until advanced medical help arrives. Participants must successfully complete all required skills and pass a written examination with a score of 80% or better in each course section. One day class fees are nonrefundable and nontransferable.

Instructor: Staff

Location: Senior Center Sequoia Room

Class #	Level	Age	Date	Day	Time	Fee (Res/NR)
240460.AA	1	14 & older	9/14	Sa	9:00am-2:00pm	\$75/\$94





Standard First Aid (15 & older)

Obtain your 3-year Standard First Aid certification with successful completion of this 3-hour American Red Cross course. Graduates will be able to access the Emergency Medical System and provide basic care for first aid and sudden illness emergencies until advanced medical help arrives. Participants must successfully complete all required skills and pass a written examination with a score of 80% or better in each course section. One day class fees are nonrefundable and nontransferable.

Instructor: Staff

Location: Senior Center Sequoia Room

Class #	Age	Date	Day	Time	Fee (Res/NR)
240470.AA	15 & older	9/14	Sa	3:00pm-6:00pm	\$75/\$94

For Tween Chefs, ages 11-15, see page 13

Aquatics

Adult Lessons (16 & older)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skill and technique coaching.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
240420.TA	16 & older	9/3-9/26	TuTh	6:00pm-6:30pm	\$112/\$140
240420.SA	16 & older	9/7-9/28	Sa	9:15am-9:45pm	\$42/\$52

Water Exercise (16 & older)

Splash into an exciting workout and enjoy the benefits of water exercise! This class is a great way to increase cardiovascular fitness, muscle strength, endurance, and flexibility. Relieve stress and have fun while making new friends. Open to all fitness levels. No swimming skills are necessary. Water walkers/joggers welcome. **Teens 13-15 may register with a parent or guardian.** You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$90 for 12 workouts.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
240430.WB	16 & older	9/4-9/27	MWF	5:30pm-6:30pm	\$82/\$103
240430.WA	16 & older	9/7-9/28	Sa	8:00am-9:00am	\$29/\$35

Gymnastics

Gymnastics Co-Ed Young Adult (17 & older)

This is a co-ed recreational class for beginners. No previous experience is required. This class focuses on both men's and women's events and skills, including floor exercise, pommel horse, uneven bars, vault, balance beam, parallel bars and tumble trak. Strength and flexibility development are integral parts of the class.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
243061.WA	Beg	17 & older	9/4-10/23	W	7:30pm-8:25pm	\$133/\$166

Learn To Flip Co-Ed (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)
233040.MA	11-17yrs	9/9-10/21	M	6:30pm-7:25pm	\$116/\$145
233040.TA	11-17yrs	9/3-10/22	Tu	5:30pm-6:25pm	\$133/\$166
233040.HA	11-17yrs	9/5-10/24	Th	5:30pm-6:25pm	\$133/\$166
233040.SA	11-17yrs	9/7-10/26	Sa	12:00pm-12:55pm	\$133/\$166

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)
248160.MA	16 & older	9/4-10/30	MW*	7:00pm-8:30pm	\$98/\$123

*No class 9/18, 10/16

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)
248151.TA	Beg	18 & older	9/3-9/24	Tu	9:30am-10:30am	\$48/\$60
248151.TB	Beg	18 & older	10/1-10/29	Tu	9:30am-10:30am	\$60/\$75
248151.RA	Beg	18 & older	9/5-9/26	Th	9:30am-10:30am	\$48/\$60
248151.RB	Beg	18 & older	10/3-10/31	Th	9:30am-10:30am	\$60/\$75

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)
248000.TA	14 & older	9/3-10/29	Tu	7:00pm-9:00pm	\$72/\$90

TEEN ADVISORY COMMITTEE

APPLICATIONS DUE BY SEPTEMBER 6!

We are looking for high school teens interested in volunteering with the Community Services Division to plan events, programs and volunteer opportunities for high school teens. You must be a Sunnyvale Resident and enrolled in grades 9-12 to apply. You do **not** have to attend a Sunnyvale high school to be eligible. Call (408) 730-7472 for details. NT



Hypnotize Yourself Slim! (18 & older)

Diets don't work. Gyms help - if old eating habits don't turn new muscle into fat. Use hypnosis and **end the self sabotage** for good. You'll **discover how to stop nibbling & binges** before they start and enjoy many of the benefits of private hypnosis... at a fraction of the cost. Class CD cultivates healthy living & self-love so slimming & loving life become one. Last class before the Holidays so register now. A \$45 materials fee gives you 15 daily email tips, 4 hypnosis sessions on CD, 7 handouts PLUS 1 personalized audio!

Instructor: Eric Rosen, CHt

Location: Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248250.TA	18 & older	10/8-10/22	Tu	6:30pm-9:00pm	\$69/\$86

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.

Kidz Love Soccer class status hotline (888) 372-5803

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248650.TA	21 & older	9/17-10/22	Tu	7:00pm-8:00pm	\$79/\$99

Lunch-hour Pilates (18 & older)

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

Instructor: Sarah Graves

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248920.TP	18 & older	9/3-10/29	Tu**	12:00pm-1:00pm	\$79/\$99
248920.JP	18 & older	9/5-10/31	Th*	12:00pm-1:00pm	\$79/\$99

*No class 10/10

** No class 10/15

Meditation & 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)
248780.SC	16 & older	9/7-10/26	Sa	11:15am-12:00pm	\$76/\$95

Strength Training (18 & older)

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility-all through the proper use of fitness machines, medicine balls, kettle weights and bosu. 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)
246300.AA	18 & older	9/23-11/4	M*	7:00pm-8:00pm	\$47/\$59
246300.BA	18 & older	9/24-11/5	Tu**	7:00pm-8:00pm	\$47/\$59

*No class 9/2, 9/30

**No class 10/1

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.

# 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.

Tai Chi Chuan (14 & older)

Exercise your body and mind with the slow motion, continuous movements of this traditional Chinese martial art. Regular practice can improve balance, flexibility and strength. Because the movements require mental focus, it also serves as a stress reducing meditation. This is a mixed-level class. First part of the class will focus on fundamentals to help beginners master authentic Yang-Style 8- and 28-form short routines. Second part allows practice time for beginners, while Intermediate/Advanced students learn more challenging techniques with and without partners and work on 85-form long routine. Advanced students will also practice traditional sword and saber long routines.

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248910.WP	14 & older	9/11-10/30	W	7:00pm-8:30pm	\$89/\$111

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)
248702.MA	Int/Adv	16 & older	9/9-10/28	M*	8:00pm-10:00pm	\$66/\$83

*No class 9/30, 10/21



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)
248750.FA	16 & older	9/13-11/1	F	9:30am-11:00am	\$76/\$95

Location: Senior Center Orchard Pavilion

248750.RA	16 & older	9/12-10/31	Th	6:30pm-8:00pm	\$76/\$95
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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)
248770.TA	16 & older	9/10-10/29	Tu*	6:00pm-7:30pm	\$75/\$94

*No class 10/22

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)
248760.WA	16 & older	9/4-10/30	W	8:30am-10:00am	\$86/\$108
248760.SB	16 & older	9/7-10/26	Sa	9:30am-11:00am	\$76/\$95

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 (Tue), Ley Howell (Sat)

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248790.TA	18 & older	9/3-10/29	Tu	9:00am-10:00am	\$81/\$101

Location: Senior Center Orchard Pavilion

248790.SA	18 & older	9/7-10/26	Sa*	9:00am-10:00am	\$63/\$79
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*No class 9/14

Zumba Toning (18 & older)

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

Instructor: Gwen Gillespie

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
248791.HB	18 & older	9/5-10/31	Th	6:00pm-7:00pm	\$81/\$101

Zumba Gold (50 & older) see page 29

Visual Arts/Pottery

Figure Drawing & Painting (18 & older)

Explore depth and dimension through drawing and painting the figure. 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)
249944.WA	4	18 & older	9/9-10/28	M	7:00pm-10:00pm	\$118/\$148

Glass Fusing-Beg (16 & older)

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

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249311.MA	Beg	16 & older	9/9-9/23	M	9:00am-12:00pm	\$68/\$85
249311.MC	Beg	16 & older	10/7-10/21	M	9:00am-12:00pm	\$68/\$85
249311.WC	Beg	16 & older	10/2-10/16	W	7:00pm-10:00pm	\$68/\$85

Basic Digital Photography (15 & older)

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

Instructor: Richard Fox

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249511.WA	Beg	15-99yrs	9/4-10/23	W	7:00pm-9:00pm	\$76/\$95

Basic Photoshop for Photographers (15 & older)

Turn your digital images into photographs using Photoshop tools and tricks. Digital workflow used by professionals will be taught. Improve contrast, sharpness and color. Students are urged to bring a laptop with Photoshop CS 4/5 or Photoshop elements. Students who do not bring a laptop to class may still participate.

Instructor: Richard Fox

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
249550.TA	15-99yrs	9/3-10/22	Tu	7:00pm-9:00pm	\$76/\$95

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

Learn beginning pottery techniques while spending time with your teen. Techniques in hand building, wheel throwing and high fire glazing will be taught. Clay must be purchased in class for \$31 per 25lb bag. Glazes and firing are included in class price. Parent may accompany more than one child. Price is per child. No unregistered siblings will be permitted in the studio.

Instructor: TBD

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
239933.WA	Beg	13-18yrs	10/2-11/6	W	7:30pm-9:30pm	\$157/\$196

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

Learn advanced pottery skills while working side by side with your teen. Techniques in hand building, wheel throwing and high fire glazing will be taught. Previous clay experience required. Clay must be purchased in class for \$31 per 25lb bag. Glazing and firing are included in class price. Parent may accompany more than one child. No unregistered siblings will be permitted in the studio. Price is per child. Wear clothes that can get messy.

Instructor: Susan Worley

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
229932.FA	Int/Adv	13-18yrs	9/6-10/18	F*	6:30pm-8:30pm	\$157/\$196

*No class 9/27

Watercolor - Beg/Int (18 & older)

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

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249641.JA	Beg/Int	18 & older	9/12-10/17	Th	10:00am-12:00pm	\$66/\$83

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.

Third Sunday of the Month, 1-5 p.m.

in the Creative Arts Center Meeting Room

Cost: \$5 per person at the door

More Info: Arts.inSunnyvale.com

or (408) 730-7725

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 camaraderie 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

KD

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.



The Sunnyvale

Pottery Studio

For more than 40 years, the Sunnyvale Pottery Studio has been the South Bay's premiere workspace for potters. Amid the beautiful setting of the Sunnyvale Community Center, it offers classes and open studio workspace, overseen by a staff of professional potters and kiln technicians. For more information, please call (408) 730-7758 or email kdance@sunnyvale.ca.gov

Private and group lessons.
Mondays and Thursdays 11 am - 2 pm.
\$65 per hour, per person*
Call (408) 730-7345 to schedule
an appointment

*Group rate for 3-6 people is \$45 per person



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

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: 8/12-9/21, 9/30-11/9 (studio closed 9/2, 9/23-9/28)

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, \$25 per 25 lb bag (\$31 per 25 lb bag after 9/21) • 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.



Now offering Iceberg, Yellow Salt and Oil Spot glazes; ShinoTrap glaze and firing!

Pottery (16 & older)

Throw your soul into your art, and learn to make beautiful and functional pottery. Our master potters provide individual coaching, whatever your skill level! Beginners will learn basic hand, wheel throwing 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

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
249911.MB	Beg	16 & older	9/30-11/4	M	7:00pm-10:00pm	\$171/\$214
249911.WA	Beg	16 & older	10/2-11/6	W	9:00am-12:00pm	\$171/\$214
249911.JA	Beg	16 & older	10/3-11/7	Th	10:00am-1:00pm	\$171/\$214
249911.JB	Beg	16 & older	10/3-11/7	Th	7:00pm-10:00pm	\$171/\$214
249911.FA	Beg	16 & older	10/4-11/8	F	10:00am-1:00pm	\$171/\$214
249911.SA	Beg	16 & older	10/5-11/9	Sa	1:30pm-4:30pm	\$171/\$214

NEW! SEPTEMBER DEMOS



Learn advanced pottery techniques by watching master potters at work. The Sunnyvale Pottery Studio is now offering free in-studio demonstrations by award-winning potters Danny Sheu and Hsin Lin on Monday mornings in September, beginning at 11 a.m. Stay after to practice the techniques demonstrated that day during Open Studio time.



No charge for studio use immediately following the demo. However, all clay must be purchased in studio, \$6 per 5lbs of clay. Open to ages 16 and up.



Sept 9: Covered jar

Sept 16: Sodium Silicate technique

Sept 23: Chattering technique

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

The City of Sunnyvale encourages persons with disabilities to participate in any of our Recreation programs. We will make reasonable efforts to accommodate persons with disabilities in the provision of City services, programs or activities in accordance with the Americans with Disabilities Act. If you require special accommodations to participate in this class, please call the Visual Arts Coordinator at (408) 730-7758, TDD (408) 730-7501 at least five days before the first class meeting.

