



Gymnastics: Girls (6-16years)

Girls' classes are designed to focus on: floor exercise, vault, balance beam, and uneven bars. In addition, strength development and flexibility will be integral parts of the program. Level 1 is the beginner class. Level 2/3 is the intermediate gymnastics class. Level 4+ are the advanced gymnastics classes. Students are required to pass the skills and routine evaluations of the previous levels, and must possess a signed certificate showing proof of level before moving into the classes.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
523201.MA	1	6-16yrs	2/27-4/23	M*	3:30pm-4:25pm	\$125/\$156
523201.MD	1	6-16yrs	2/27-4/23	M*	6:30pm-7:25pm	\$125/\$156
523201.TC	1	6-16yrs	2/28-4/24	Tu*	5:30pm-6:25pm	\$125/\$156
523201.WA	1	6-16yrs	2/29-4/25	W*	4:30pm-5:25pm	\$125/\$156
523201.WB	1	6-16yrs	2/29-4/25	W*	6:30pm-7:25pm	\$125/\$156
523201.HA	1	6-16yrs	3/1-4/26	Th*	3:30pm-4:25pm	\$125/\$156
523201.HC	1	6-16yrs	3/1-4/26	Th*	5:30pm-6:25pm	\$125/\$156
523201.FA	1	6-16yrs	3/2-4/27	F*	3:30pm-4:25pm	\$125/\$156
523201.FB	1	6-16yrs	3/2-4/27	F*	4:30pm-5:25pm	\$125/\$156
523201.FC	1	6-16yrs	3/2-4/27	F*	5:30pm-6:25pm	\$125/\$156
523201.SA	1	6-16yrs	3/3-4/28	Sa*	9:00am-9:55am	\$125/\$156
523201.SB	1	6-16yrs	3/3-4/28	Sa*	11:00am-11:55am	\$125/\$156
523203.MB	2/3	6-16yrs	2/27-4/23	M*	4:30pm-5:25pm	\$125/\$156
523203.MC	2/3	6-16yrs	2/27-4/23	M*	5:30pm-6:25pm	\$125/\$156
523203.TB	2/3	6-16yrs	2/28-4/24	Tu*	3:30pm-4:25pm	\$125/\$156
523203.WA	2/3	6-16yrs	2/29-4/25	W*	3:30pm-4:25pm	\$125/\$156
523203.WC	2/3	6-16yrs	2/29-4/25	W*	5:30pm-6:25pm	\$125/\$156
523203.HB	2/3	6-16yrs	3/1-4/26	Th*	4:30pm-5:25pm	\$125/\$156
523203.HD	2/3	6-16yrs	3/1-4/26	Th*	6:30pm-7:25pm	\$125/\$156
523203.FA	2/3	6-16yrs	3/2-4/27	F*	5:30pm-6:25pm	\$125/\$156
523203.SC	2/3	6-16yrs	3/3-4/28	Sa*	12:00pm-12:55pm	\$125/\$156
533204.MA	4+	6-16yrs	2/27-4/23	M*	3:30pm-5:00pm	\$184/\$230
533204.TA	4+	6-16yrs	2/28-4/24	Tu*	4:30pm-6:00pm	\$184/\$230
533204.TB	4+	6-16yrs	2/28-4/24	Tu*	6:30pm-8:00pm	\$184/\$230
533204.WB	4+	6-16yrs	2/29-4/25	W*	6:30pm-8:00pm	\$184/\$230
533204.HA	4+	6-16yrs	3/1-4/26	Th*	5:30pm-7:00pm	\$184/\$230
533204.SA	4+	6-16yrs	3/3-4/28	Sa*	12:00pm-1:30pm	\$184/\$230

*No class 4/16, 4/17, 4/18, 4/19, 4/20, 4/21

Classes continued on page 16 >

Performing Arts: Music, Dance & Drama

See important information about our performing arts classes on pg 5.

Ballet & Tap (4-7years)

See page 5.

Princess Pre-Ballet (4-7years)

See page 5.

Balloon Twisting (7-11years)

Balloon sculptors are always POP-ular at parties! Learn a simple three-step method for making "one balloon" animals, like giraffes, cats and horses. Practice twisting and decorating several animal sculptures to take home. Non-refundable materials fee of \$3 due at workshop. One- and two-day classes are nonrefundable and nontransferable.

Instructor: Larry Wertman

Location: Recreation Center, Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524679.8P	All	7-11yrs	4/27	F	3:30pm-5:00pm	\$19/\$24

Hip Hop Dance (6-15years)

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 #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524320.MP		6-10yrs	3/5-4/30	M*	6:30pm-7:15pm	\$69/\$86
524320.MQ		11-15yrs	3/5-4/30	M*	7:15pm-8:00pm	\$69/\$86

*No class 4/9

Filmmaking (8-12years)

Turn a script into a real movie. Your "production team" will select a professionally written comedy, drama, sci-fi, action adventure or horror script, create a storyboard and use basic video cameras and editing software to film, add special effects, sound effect and a score. Learn about camera angles, film etiquette and terms, and digital film tools. Skills developed in class will allow you to make movies at home with your own video camera and computer. Film will be screened at a premiere for family and friends on the last day.

Instructor: Freshi Films

Location: Recreation Center, Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524701.FP	Beg	8-12yrs	3/2-5/4	F*	4:30pm-6:00pm	\$199/\$249

*No class 4/6, 4/20

Guitar (6-12years)

Learn basic guitar skills, including chords, scales and music reading. Bring your own guitar. Non-refundable materials fee of \$12 due at first class meeting.

Instructor: Noteworthy Music

Location: Creative Arts Center, Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524831.FQ	1	6-12yrs	3/2-4/27	F*	5:15pm-6:00pm	\$89/\$111
524832.FP	2	6-12yrs	3/2-4/27	F*	4:30pm-5:15pm	\$89/\$111
524832.FR	2	6-12yrs	3/2-4/27	F*	6:00pm-6:45pm	\$89/\$111

*No class 4/20



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- and two-day classes are nonrefundable and nontransferable.

Instructor: Larry Wertman

Class #	Age	Dates	Day	Time	Fee (Res/NR)
524670.8P	7-11yrs	4/27	F	6:30pm-8:30pm	\$29/\$36

Magic Wizards Spring Break Camp (7-11years)

Make the doldrums disappear and find fun in their place at this Harry Potter-esque camp. Aspiring wizards will learn a variety of magic tricks, including mind-reading, optical illusions, basic sleight-of-hand and made or manufactured tricks. Students build confidence, creativity and fine motor skills through practice and performing. Participants receive a starter kit of magical items, including wand, wizard's hat, deck of cards, 102 E-Z Magic Tricks book and a selection of easy-to-perform manufactured tricks. Camp concludes with a magic show for parents on the final day. Non-refundable supply fee of \$20 is due to instructor at first class meeting.

Instructor: Larry Wertman

Location: Recreation Center, Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524677.7P	All	7-11yrs	4/16-4/20	M-F	1:30pm-4:30pm	\$119/\$149

Melody's Group Piano (4-7years)

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: MAM; 1299 Water Lily Way, #10 (Inside Kentwood Center) San Jose, CA 95129

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524901.C1	Beg	4-5yrs	4/15-5/20	Su	3:45pm-4:30pm	\$144/\$180
524901.C2	Beg	4-5yrs	4/21-5/26	Sa	12:00pm-12:45pm	\$144/\$180
524901.C3	Beg	5-7yrs	4/15-5/20	Su	4:30pm-5:15pm	\$144/\$180
524901.C4	Beg	5-7yrs	4/21-5/26	Sa	1:00pm-1:45pm	\$144/\$180



Piano Keyboard (6-12years)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with ¼" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Materials fee of \$8 is due at first class meeting for new students and whenever continuing students advance to a new level. Flash cards are available for purchase for \$6.

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: Completion of beginning level or familiarity with the keyboard, note reading.

Instructor: Noteworthy Music

Location: Creative Arts Center, Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524851.MQ	1	6-12yrs	3/12-4/30	M	4:15pm-5:00pm	\$89/\$111
524851.WQ	1	6-12yrs	3/14-4/25	W	4:15pm-5:00pm	\$79/\$99
524851.WS	1	6-12yrs	3/14-4/25	W	6:15pm-7:00pm	\$79/\$99
524852.MP	2	6-12yrs	3/12-4/30	M	3:30pm-4:15pm	\$89/\$111
524852.MR	2	6-12yrs	3/12-4/30	M	5:00pm-5:45pm	\$89/\$111
524852.MS	2	6-12yrs	3/12-4/30	M	6:15pm-7:00pm	\$89/\$111
524852.MT	2	6-12yrs	3/12-4/30	M	7:00pm-7:45pm	\$89/\$111
524852.WP	2	6-12yrs	3/14-4/25	W	3:30pm-4:15pm	\$79/\$99
524852.WR	2	6-12yrs	3/14-4/25	W	5:00pm-5:45pm	\$79/\$99
524852.WT	2	6-12yrs	3/14-4/25	W	7:00pm-7:45pm	\$79/\$99
524852.FR	2	6-12yrs	3/2-4/27	F*	3:30pm-4:15pm	\$89/\$111

*No class 4/20

Musical Theater (7-14years)

Sing, dance, act and be a star! Learn the basics of musical theater and build confidence as you work together toward a junior production of a well-known musical. Everyone will have an opportunity to shine on stage with a speaking role and appear in several song-and-dance numbers. Performance is May 9 at 6:30 p.m. Wear comfortable clothes and tennis shoes or jazz dance shoes. Bring water. Non-refundable materials fee of \$20 due to instructor at first class meeting.



Instructor: Debbie Merrell

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524611.WP	Beg	7-14yrs	3/7-5/9	W	4:45pm-6:15pm	\$149/\$186

Melody's Group Violin (6-10years)

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory. Class concludes with a violin recital. Non-refundable materials fee of \$45 is due to instructor at first class meeting; materials fee includes six-week violin rental. Parents are required to attend weekly with their children.

Instructor: Melody Academy of Music

Location: MAM; 1299 Water Lily Way, #10 (Inside Kentwood Center) San Jose, CA 95129

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524871.C1	Beg	6-10yrs	4/17-5/22	Tu	6:30pm-7:15pm	\$144/\$180
524871.C2	Beg	6-10yrs	4/21-5/26	Sa	3:15pm-4:00pm	\$144/\$180



Special Interests

Vegetarian and special diets welcome. Please contact Young Chefs Academy before first class at 408-738-CHEF

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. An \$80 non-refundable material 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)
527131.WA	Beg	4.5-6.5yrs	3/7-5/2	W*	4:00pm-5:30pm	\$160/\$200
527131.JA	Beg	4.5-6.5yrs	3/8-5/3	Th*	4:00pm-5:30pm	\$160/\$200
527131.FA	Beg	4.5-6.5yrs	3/9-5/4	F*	1:30pm-3:00pm	\$160/\$200

*No class 4/18, 4/19, 4/20

Young Chefs (7-12years)

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. An \$80 non-refundable materials fee will be collected at first class. Participants must be able to read a simple recipe.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
527141.WA	Beg	7-11yrs	3/7-5/2	W*	4:00pm-5:30pm	\$160/\$200
527141.JA	Beg	9-12yrs	3/8-5/3	Th*	6:00pm-7:30pm	\$160/\$200
527141.FA	Beg	7-11yrs	3/9-5/4	F*	4:00pm-5:30pm	\$160/\$200
527141.SU	Beg	9-12yrs	3/11-4/29	Su	9:00am-10:30am	\$160/\$200

*No class 4/18, 4/19, 4/20

Spring Survivor Cooking Camp (5-14years)

Challenges, immunity, and rewards are at stake! Get ready for challenges and teamwork as you navigate through a river of recipes and a jungle of ingredients. Only the best young chefs will survive! Bring a non-refundable supply fee of \$100 to first class and be ready to get messy.



Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
527151.AM	Beg	5-9yrs	4/16-4/20	M-F	9:00am-12:00pm	\$150/\$188
527151.PM	Beg	9-14yrs	4/16-4/20	M-F	1:30pm-4:30pm	\$150/\$188



Sports, Fitness & Aquatics

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)
528101.MA	Beg	5-7yrs	3/5-4/23	M	3:30pm-4:45pm	\$123/\$154
528101.TA	Beg	8-9yrs	3/6-4/24	Tu	3:30pm-4:45pm	\$123/\$154
528101.WA	Beg	10-11yrs	3/7-4/25	W	3:30pm-4:45pm	\$123/\$154
528102.FA	Int/Adv	8-14yrs	3/9-4/27	F	3:30pm-4:45pm	\$123/\$154

Martial Sport 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)
528410.SA	7-14yrs	3/10-4/21	Sa	1:15pm-2:15pm	\$107/\$134





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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
Location: Las Palmas Park Building						
528451.SA	Beg	4-7yrs	3/4-4/15	Su	1:00pm-2:00pm	\$99/\$124

Location: Ponderosa Park Building

528451.FA	Beg	4-7yrs	3/9-4/20	F	5:30pm-6:30pm	\$99/\$124
-----------	-----	--------	----------	---	---------------	------------

Chang Tai Do Karate for Families (8yrs & older)

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

Intermediate/Advanced: 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 Staff

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
Location: Las Palmas Park Building						
528461.SA	Beg	8yrs&older	3/4-4/15	Su	2:00pm-4:00pm	\$132/\$165
528462.SA	Int/Adv	10yrs&older	3/4-4/15	Su	4:00pm-6:00pm	\$132/\$165

Location: Ponderosa Park Building

528461.TA	Beg	8yrs&older	3/6-4/20	TuF	6:30pm-7:30pm	\$132/\$165
528462.TA	Int/Adv	10yrs&older	3/6-4/20	TuF	7:30pm-8:30pm	\$132/\$165

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.

Instructor: Planet Granite Staff

Location: Planet Granite, 815 Stewart Drive, Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
527451.TA	Beg	5-8yrs	4/3-5/1	Tu	4:00pm-6:00pm	\$134/\$168
527451.WA	Beg	9-13yrs	4/4-5/2	W	4:00pm-6:00pm	\$134/\$168

No registration after 3/29

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 of the six lessons provide 30 minutes of instruction and 30 minutes of practice time on the ice (practice time will be from 5:45-6:15 p.m. for ages 5-14.) Be sure to dress warmly, wear gloves and thick socks. Skate rental is included in the class fee.

Instructor: Ice Center Staff

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
Location: Vallco Mall, 10123 N Wolfe Rd., Cupertino						
527411.MA	Beg	5-7yrs	2/27-4/2	M	5:15pm-6:15pm	\$82/\$103
527411.MB	Beg	8-14yrs	2/27-4/2	M	5:45pm-6:45pm	\$82/\$103

No registration after 2/23

527411.MK	Beg	5-7yrs	4/9-5/14	M	5:15pm-6:15pm	\$82/\$103
527411.ML	Beg	8-14yrs	4/9-5/14	M	5:45pm-6:45pm	\$82/\$103

No registration after 4/5

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 3:30P- 4:00P. Lesson is from 4:15-4:45PM. 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)
527431.TA	Beg	6-14yrs	2/28-4/3	Tu	3:30pm-4:45pm	\$82/\$103

No registration after 2/23

527431.TK	Beg	6-14yrs	4/10-5/15	Tu	3:30pm-4:45pm	\$82/\$103
-----------	-----	---------	-----------	----	---------------	------------

No registration after 4/5

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)
528661.RA	Beg	5-6yrs	3/1-4/19	Th	3:45pm-4:45pm	\$105/\$131
528661.RB	Beg	7-12yrs	3/1-4/19	Th	3:45pm-4:45pm	\$105/\$131



KLS (Kidz Love Soccer) (5-6years)

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

Instructor: Kidz Love Soccer

Class #	Age	Dates	Day	Time	Fee (Res/NR)
528660.TB	5-6yrs	3/20-4/24	Tu	6:50pm-7:35pm	\$63/\$79

Location: Cupertino Middle School

Location: Las Palmas Park

528660.TA	5-6yrs	3/20-4/24	Tu	3:45pm-4:30pm	\$63/\$79
-----------	--------	-----------	----	---------------	-----------

Location: Ponderosa Park, Field 1

528660.RA	5-6yrs	3/22-4/26	Th	3:10pm-3:55pm	\$63/\$79
-----------	--------	-----------	----	---------------	-----------

Location: Serra Park

528660.WA	5-6yrs	3/21-4/25	W	3:45pm-4:30pm	\$63/\$79
-----------	--------	-----------	---	---------------	-----------

Location: Sunnyvale Middle School

528660.SA	5-6yrs	3/24-4/28	Sa	10:10am-10:55pm	\$63/\$79
528660.SB	5-6yrs	3/24-4/28	Sa	10:55am-11:40am	\$63/\$79

KLS Skillz and Scrimmages (7-10years)

Kidz 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)
528670.RA	7-10yrs	3/22-4/26	Th	3:55pm-4:40pm	\$70/\$88

Location: Ponderosa Park, Field 1

Location: Serra Park

528670.WA	7-10yrs	3/21-4/25	W	4:30pm-5:15pm	\$70/\$88
-----------	---------	-----------	---	---------------	-----------

Location: Sunnyvale Middle School

528670.SA	7-10yrs	3/24-4/28	Sa	11:40am-12:25pm	\$70/\$88
-----------	---------	-----------	----	-----------------	-----------

Youth Swim: Beginning (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)
520411.TA	Beg	4-15yrs	4/3-4/26	TuTh	3:45pm-4:15pm	\$80/\$100
520411.TB	Beg	4-15yrs	4/3-4/26	TuTh	4:20pm-4:50pm	\$80/\$100
520411.TC	Beg	4-15yrs	4/3-4/26	TuTh	4:55pm-5:25pm	\$80/\$100
520411.TD	Beg	4-15yrs	4/3-4/26	TuTh	5:30pm-6:00pm	\$80/\$100
520411.SA	Beg	4-15yrs	4/7-4/28	Sa	10:00am-10:30am	\$41/\$51
520411.SB	Beg	4-15yrs	4/7-4/28	Sa	10:35am-11:05am	\$41/\$51
520411.SC	Beg	4-15yrs	4/7-4/28	Sa	11:45am-12:15pm	\$41/\$51

Youth Swim: 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)
520413.TA	3	4-15yrs	4/3-4/26	TuTh	4:20pm-4:50pm	\$80/\$100
520413.TB	3	4-15yrs	4/3-4/26	TuTh	5:30pm-6:00pm	\$80/\$100
520413.SA	3	4-15yrs	4/7-4/28	Sa	11:45am-12:15pm	\$41/\$51

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)
528501.MB	Beg	7-14yrs	3/12-4/23	M	3:30pm-4:15pm	\$99/\$124
528501.WB	Beg	7-14yrs	3/7-4/18	W	3:30pm-4:15pm	\$99/\$124
528501.SB	Beg	7-14yrs	3/10-4/21	Sa	9:15am-10:00am	\$99/\$124

FTSA Volleyball (7-14years)

Work on volleyball fundamentals--strength and conditioning, setting, blocking, digging, passing and serving. In this co-ed class students are divided into two age groups (7-10 yrs and 11-14 yrs). The first part of the class focuses on skills; the second on team play. Prizes will be awarded to the winners of Fun Tyme challenges. Knee pads and gym shoes are required (no black soled shoes allowed).

Instructor: Fun Tyme Sports Academy

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
528700.FA	7-14yrs	3/9-4/27	F	3:30pm-4:45pm	\$123/\$154

Yoga Lite Parent & Child (5yrs & older)

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

Instructor: Robin Pickel

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
528750.SA	5yrs&older	3/3-4/28	Sa*	8:30am-9:20am	\$74/\$93

*No class 4/7

Visual Arts

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: TBA

Location: Creative Arts Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529911.WA	Beg	6-7yrs	4/4-5/9	W	3:30pm-4:45pm	\$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: TBA

Location: Creative Arts Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529921.WB	Beg	8-10yrs	4/4-5/9	W	5:00pm-6:30pm	\$58/\$73

Egg Decorating (8yrs & older)

Learn the Art of egg decorating in this one-day workshop. Batik egg dyeing, marbling, and Japanese washi decoupage will be taught. These projects can be enjoyed by children and adults alike. Bring a non-refundable \$27 supply fee and an empty egg carton to class. One- and two-day classes are nonrefundable and nontransferable.

Instructor: Susan Worley

Location: Creative Arts Center, Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
529020.FA	8yrs&older	4/2	M	4:00pm-6:00pm	\$16/\$18

Animal & People Drawing (5-12years)

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

Instructor: Kim NaVarre

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
529400.MA	5-7yrs	3/12-4/23	M*	4:00pm-5:00pm	\$56/\$70
529400.MB	8-12yrs	3/12-4/23	M*	5:15pm-6:15pm	\$56/\$70

*No class 4/16

Japanese Anime (8-17years)

This eight-week course will teach students how to draw the recognizable facial features that define Japanese Anime. Each week students will be asked to sketch in their sketchbooks and share their progress in class. A non-refundable supply fee of \$6 will be collected at first class.



Instructor: Noteworthy Music

Location: Creative Arts Center, Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
529450.FA	8-12yrs	3/9-5/4	F*	3:30pm-4:30pm	\$72/\$90
539450.FB	13-17yrs	3/9-5/4	F*	4:45pm-5:45pm	\$72/\$90

*No class 4/20

Painting and Drawing for Kids (5-12years)

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

Instructor: Christopher TseTBA

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529621.TA	Beg	5-7yrs	2/28-3/27	Tu	3:30pm-4:30pm	\$47/\$59
529621.TB	Beg	8-12yrs	2/28-3/27	Tu	4:45pm-5:45pm	\$47/\$59
529621.TK	Beg	5-7yrs	4/3-5/8	Tu*	3:30pm-4:30pm	\$47/\$59
529621.TL	Beg	8-12yrs	4/3-5/8	Tu*	4:45pm-5:45pm	\$47/\$59

*No class 4/17

All About Egypt (6-12years)

Walk like an Egyptian! Step back in time 5,000 years to play ancient games, role play and create artifacts of your very own, including a cartouche of your name written in hieroglyphics. Learn about mummies and Egyptian gods as we act out stories from Egyptian mythology. Each week, we will have a brief history lesson and do a fun project and activity based on the lesson. Bring a non-refundable \$15 supply fee to first class.



Instructor: Farima Berenji

Location: Creative Arts Center, Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
529130.WA	6-7yrs	4/4-5/16	W*	3:30pm-4:30pm	\$56/\$70
529130.WB	8-12yrs	4/4-5/16	W*	4:45pm-6:00pm	\$56/\$70

*No class 4/18

Pottery: Parent and Child, Beginning (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)
529931.JA	Beg	7-14yrs	3/8-4/26	Th*	5:30pm-7:00pm	\$118/\$128

*No class 3/29, 4/12

Pottery: Parent & Child, Advanced (11-16years)

Learn advanced pottery skills while working side by side with your child. Techniques in wheel throwing and high-fire glazing will be taught. Previous clay experience required. Clay must be purchased in class for \$28 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)
529932.FA	Adv	11-16yrs	3/2-5/4	F*	6:30pm-8:30pm	\$157/\$196

*No class 3/23, 3/30, 4/6, 4/13





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 held at all times during observation. Thank you for your cooperation.

Don't forget to check for Gymnastic classes in the Youth section, too!

Learn to Flip (11-17years)

This gymnastics class only concentrates on the tumbling and trampoline portion of gymnastics.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
533040.TA	11-17yrs	2/28-4/24	Tu*	5:30pm-6:25pm	\$125/\$156
533040.HA	11-17yrs	3/1-4/26	Th*	5:30pm-6:25pm	\$125/\$156
533040.FA	11-17yrs	3/2-4/27	F*	5:30pm-6:25pm	\$125/\$156
533040.SA	11-17yrs	3/3-4/28	Sa*	12:00pm-12:55pm	\$125/\$156

*No class 4/17, 4/19, 4/20, 4/21

Gymnastics: Co-ed Levels 1-4 (17yrs & older)

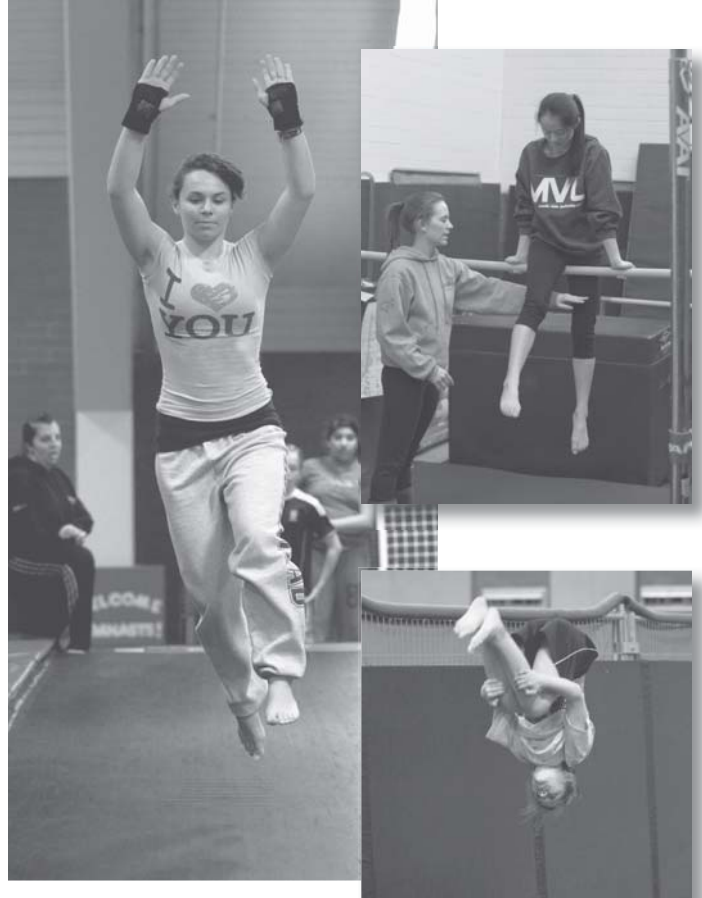
Beginners and more advanced gymnasts focus on strength development, flexibility, and skills on floor exercises, vault, balance beam, uneven bars, high bar, parallel bars, pommel horse and tumble track. Students will be able to track their level progress along with the instructor.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
543061.WA	Beg	17yrs&older	2/29-4/25	W*	7:30pm-8:25pm	\$125/\$156

*No class 4/18



After-School Activities at School Campuses

Fun On The Run

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 RC

Sunnyvale Middle School Campus

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

Kids Learning After School

The Community Services Division in partnership with the Sunnyvale School District provides after school programs, Monday through Friday at the following schools; Bishop, Ellis, Fairwood, San Miguel, Vargas and Columbia.

Contact school offices for more details JW





Sunnyvale Youth & Family Resources Presents: Raising a Healthy, Happy Eater

A caregiver workshop • Wednesday, March 7, 2012
6:30 – 8:30 p.m.

Sunnyvale Community Center • Neighborhood Room
550 E. Remington Drive, Sunnyvale 94087

Karen Astrachan, Palo Alto Medical Foundation Registered Dietician, will give you strategies to tackle common mealtime challenges that can lead to poor child health and obesity. Topics include:

- encouraging children to make healthier meal and snack choices
- how to handle situations when children are not eating enough
- what to do when a pediatrician recommends a weight loss and dietary change in your child

TO REGISTER

Email: childcareresources@ci.sunnyvale.ca.us

or call: (408) 523-8150

SUMMER EXPRESS

A Fun Alternative to Morning Summer School (5-13 years)

Step 1

Mark your calendars NOW with the session dates for Summer Express and Club X.

Step 2

Mark your calendars NOW with April 3, 2012 – the first day you can reserve your spot.

Step 3

Register between April 3 - 23, 2012!

Call
(408) 730-7523
for more information.

Summer Express is a flexible summer program offering a smorgasbord of both mental and physical enrichment classes such as: cooking, Spanish, swimming and other exciting activities. The program provides your child the opportunity to explore his/her evolving interests — **all at one location** — by selecting up to four different classes to attend. *Participants are required to get from one class to the next on their own (with the exception of Kindergarten Club, which stays in one room).*

Location: Sunnyvale Middle School

Times: 8:00am-12:10pm

Fees: 1-hour classes \$73(Resident) / \$91(Non-Resident)
2-hour classes \$141(Resident) / \$176(Non-Resident)

Days: Monday through Friday

Sessions: I June 25 – July 6, 2012 (no class 7/4)
II July 9 – July 20, 2012



And to complete the rest of your day, there's

Club X offers afternoons filled with arts & crafts, supervised games and swim days. Although Club X immediately follows Summer Express, participation in the Summer Express program is not required.

Location: Sunnyvale Middle School

Times: 12:10pm-5:00pm

Ages: 5-13 years

Fees: TBD

Days: Monday through Friday

Sessions: I June 25 – July 6, 2012 (no class 7/4)
II July 9 – July 20, 2012



Performing Arts: *Music, Dance & Drama*

Ballroom Dance (18yrs & older) **TRY•IT**

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, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544301.MP	1	18yrs&older	3/5-4/23	M	7:30pm-8:30pm	\$79/\$99
544301.TQ	1	18yrs&older	3/6-4/24	Tu	8:30pm-9:30pm	\$79/\$99
544302.MQ	2	18yrs&older	3/5-4/23	M	8:30pm-9:30pm	\$79/\$99

Belly Dance (16yrs & older) **TRY•IT**

Have fun learning traditional Middle Eastern style dance moves, while gaining core strength and control. You'll increase body awareness, muscle tone and flexibility!

Level 1 - Beginning: Learn Middle Eastern dance fundamentals, with an emphasis on technique and finger cymbal basics. This class is perfect for first-time dancers.

Level 2 - Intermediate: Build upon the basics, with a focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: 1 year training at the beginning level.

Level 3 - Advanced: Perfect your performance with an emphasis on stage positioning, overall stage presence, advanced combinations and layering. Prerequisite: 2 years training at intermediate level.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544101.TP	1	16yrs&older	3/6-4/24	Tu	6:30pm-7:30pm	\$79/\$99
544102.TQ	2	16yrs&older	3/6-4/24	Tu	7:30pm-8:30pm	\$79/\$99
544103.TR	3	16yrs&older	3/6-4/24	Tu	8:30pm-9:30pm	\$79/\$99

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.

Flamenco (12yrs & older) **TRY•IT**

Stomp your stress away! Gain an understanding of the style and basic rhythm of flamenco and apply it in a new dance. This term features the lively tangos dance that is a mainstay at Spanish fiestas. Hard soled shoes are required. No partner necessary. This dance can be performed solo..

Instructor: Cyndie Zikmund

Location: Recreation Center, Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544461.WP	1	12yrs&older	3/7-4/25	W	7:30pm-8:30pm	\$69/\$86

International Folk Dance (13yrs & older) **TRY•IT**

Dance your way around the world! Enjoy great music and learn a wide variety of fun and easy dances from Europe, the Middle East, Asia and the Americas. Folk dance is fun way to get some low impact exercise and meet new people in a friendly environment. No prior dance experience required. No partner required. Dress in comfortable clothing and soft-soled shoes.



Instructor: Loui Tucker

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544190.TP	13yrs&older	3/6-4/24	T	7:30pm-9:00pm	\$99/\$124

NEW



FOR DANCERS ONLY

(18years & older)

* f o r d a n c e r s o n l y *

A Friday night drop-in dance party for Lindy/Balboa/Shag/Blues dancers in the South Bay.

Lindy Lab, 8 – 8:30 p.m.

Take advantage of our spacious floor and wall of mirrors to work on your solo dancing, or bring a friend to practice your moves in a open, collaborative environment. Bring your video camera, and an FDO staff member will record a clip of your dancing for you to review and learn from.

Social Dancing, 8:30 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 (cash only): \$5 before 8:30 p.m., \$8 after 8:30 p.m.

For more information, visit For Dancers Only online at www.facebook.com/ForDancersOnly or e-mail ForDancersOnlySB@gmail.com