



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.

Cheer FUNDamentals (6-16years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
523050.MA	6-16yrs	3/4-4/29	M*	5:30pm-6:25pm	\$129/\$161
523050.WA	6-16yrs	3/6-5/1	W*	5:30pm-6:25pm	\$129/\$161
523050.FA	6-16yrs	3/8-5/3	F*	5:30pm-6:25pm	\$129/\$161

*No class 4/15, 4/17, 4/19

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)
523030.MA	5-6yrs	3/4-4/29	M*	3:30pm-4:25pm	\$129/\$161
523030.MB	5-6yrs	3/4-4/29	M*	5:30pm-6:25pm	\$129/\$161
523030.MC	5-6yrs	3/4-4/29	M*	6:30pm-7:25pm	\$129/\$161
523030.TA	5-6yrs	3/5-4/30	Tu*	3:30pm-4:25pm	\$129/\$161
523030.TB	5-6yrs	3/5-4/30	Tu*	6:30pm-7:25pm	\$129/\$161
523030.WA	5-6yrs	3/6-5/1	W*	3:30pm-4:25pm	\$129/\$161
523030.WB	5-6yrs	3/6-5/1	W*	5:30pm-6:25pm	\$129/\$161
523030.HA	5-6yrs	3/7-5/2	Th*	3:30pm-4:25pm	\$129/\$161
523030.HB	5-6yrs	3/7-5/2	Th*	4:30pm-5:25pm	\$129/\$161
523030.FA	5-6yrs	3/8-5/3	F*	3:30pm-4:25pm	\$129/\$161
523030.SA	5-6yrs	3/9-5/4	Sa*	9:00am-9:55am	\$129/\$161
523030.SB	5-6yrs	3/9-5/4	Sa*	10:00am-10:55am	\$129/\$161
523030.SC	5-6yrs	3/9-5/4	Sa*	11:00am-11:55am	\$129/\$161

*No class 4/15, 4/16, 4/17, 4/18, 4/19, 4/20



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. Boys begin in Rec FUNDamentals, can graduate to Intermediate, and finally Advanced Rec. Coaches utilize skill cards to track student progress, and a signed certificate will show proof of level readiness before moving up. On average, students take 1 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)
523101.MA	Beg	6-16yrs	3/4-4/29	M*	3:30pm-4:25pm	\$129/\$161
523101.TA	Beg	6-16yrs	3/5-4/30	Tu*	3:30pm-4:25pm	\$129/\$161
523101.WA	Beg	6-16yrs	3/6-5/1	W*	3:30pm-4:25pm	\$129/\$161
523101.WC	Beg	6-16yrs	3/6-5/1	W*	6:30pm-7:25pm	\$129/\$161
523101.HB	Beg	6-16yrs	3/7-5/2	Th*	6:30pm-7:25pm	\$129/\$161
523101.FA	Beg	6-16yrs	3/8-5/3	F*	4:30pm-5:25pm	\$129/\$161
523101.SA	Beg	6-16yrs	3/9-5/4	Sa*	9:00am-9:55am	\$129/\$161
523101.SB	Beg	6-16yrs	3/9-5/4	Sa*	11:00am-11:55am	\$129/\$161
523103.MA	Int	6-16yrs	3/4-4/29	M*	4:30pm-5:25pm	\$129/\$161
523103.TB	Int	6-16yrs	3/5-4/30	Tu*	6:30pm-7:25pm	\$129/\$161
523103.WB	Int	6-16yrs	3/6-5/1	W*	4:30pm-5:25pm	\$129/\$161
523103.HA	Int	6-16yrs	3/7-5/2	Th*	3:30pm-4:25pm	\$129/\$161
523103.FA	Int	6-16yrs	3/8-5/3	F*	3:30pm-4:25pm	\$129/\$161
523103.SA	Int	6-16yrs	3/9-5/4	Sa*	10:00am-10:55am	\$129/\$161
523104.WA	Adv	6-16yrs	3/6-5/1	W*	4:30pm-6:00pm	\$194/\$243

*No class 4/15, 4/16, 4/17, 4/18, 4/19, 4/20

After-School Activities at School Campuses

Fun On The Run

FREE Mobile Recreation Program focusing on Fun & Fitness

Starts September 2012

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

RC

Sunnyvale Middle School Campus

Starts September 2012 - May 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



Gymnastics: Girls 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. Girls begin in Rec FUNdamentals, can graduate to Intermediate and finally Advanced Rec. Coaches utilize skill cards to track student progress, and a signed certificate will show proof of level readiness before moving up. On average, students take 1 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)
523201.MA	Beg	6-16yrs	3/4-4/29	M*	3:30pm-4:25pm	\$129/\$161
523201.MD	Beg	6-16yrs	3/4-4/29	M*	6:30pm-7:25pm	\$129/\$161
523201.TB	Beg	6-16yrs	3/5-4/30	Tu*	4:30pm-5:25pm	\$129/\$161
523201.TC	Beg	6-16yrs	3/5-4/30	Tu*	5:30pm-6:25pm	\$129/\$161
523201.WA	Beg	6-16yrs	3/6-5/1	W*	4:30pm-5:25pm	\$129/\$161
523201.WB	Beg	6-16yrs	3/6-5/1	W*	6:30pm-7:25pm	\$129/\$161
523201.HA	Beg	6-16yrs	3/7-5/2	Th*	3:30pm-4:25pm	\$129/\$161
523201.HC	Beg	6-16yrs	3/7-5/2	Th*	5:30pm-6:25pm	\$129/\$161
523201.FA	Beg	6-16yrs	3/8-5/3	F*	3:30pm-4:25pm	\$129/\$161
523201.FB	Beg	6-16yrs	3/8-5/3	F*	4:30pm-5:25pm	\$129/\$161
523201.FC	Beg	6-16yrs	3/8-5/3	F*	5:30pm-6:25pm	\$129/\$161
523201.SA	Beg	6-16yrs	3/9-5/4	Sa*	9:00am-9:55am	\$129/\$161
523201.SB	Beg	6-16yrs	3/9-5/4	Sa*	11:00am-11:55am	\$129/\$161
523203.MB	Int	6-16yrs	3/4-4/29	M*	4:30pm-5:25pm	\$129/\$161
523203.MC	Int	6-16yrs	3/4-4/29	M*	5:30pm-6:25pm	\$129/\$161
523203.TB	Int	6-16yrs	3/5-4/30	Tu*	3:30pm-4:25pm	\$129/\$161
523203.WA	Int	6-16yrs	3/6-5/1	W*	3:30pm-4:25pm	\$129/\$161
523203.WC	Int	6-16yrs	3/6-5/1	W*	5:30pm-6:25pm	\$129/\$161
523203.HB	Int	6-16yrs	3/7-5/2	Th*	4:30pm-5:25pm	\$129/\$161
523203.HD	Int	6-16yrs	3/7-5/2	Th*	6:30pm-7:25pm	\$129/\$161
523203.FA	Int	6-16yrs	3/8-5/3	F*	5:30pm-6:25pm	\$129/\$161
523203.SB	Int	6-16yrs	3/9-5/4	Sa*	10:00am-10:55am	\$129/\$161
523203.SC	Int	6-16yrs	3/9-5/4	Sa*	12:00pm-12:55pm	\$129/\$161
533204.TA	Adv	6-16yrs	3/5-4/30	Tu*	4:30pm-6:00pm	\$194/\$243
533204.TB	Adv	6-16yrs	3/5-4/30	Tu*	6:30pm-8:00pm	\$194/\$243
533204.TC	Adv	6-16yrs	3/5-5/2	TuTh*	6:30pm-8:00pm	\$350/\$400
533204.WB	Adv	6-16yrs	3/6-5/1	W*	6:30pm-8:00pm	\$194/\$243
533204.HA	Adv	6-16yrs	3/7-5/2	Th*	6:30pm-8:00pm	\$194/\$243
533204.SA	Adv	6-16yrs	3/9-5/4	Sa*	12:00pm-1:30pm	\$194/\$243

*No class 4/15, 4/16, 4/17, 4/18, 4/19, 4/20

Learn to Flip Co-Ed (6-17years)

This is a gymnastics class designed for children who would like to concentrate only on the tumbling and trampoline portion of gymnastics.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
523040.MA	6-10yrs	3/4-4/29	M*	4:30pm-5:25pm	\$129/\$161
523040.TA	6-10yrs	3/5-4/30	Tu*	4:30pm-5:25pm	\$129/\$161
523040.HA	6-10yrs	3/7-5/2	Th*	4:30pm-5:25pm	\$129/\$161
533040.TA	11-17yrs	3/5-4/30	Tu*	5:30pm-6:25pm	\$129/\$161
533040.MA	11-17yrs	3/4-4/29	M*	6:30pm-7:25pm	\$129/\$161
533040.HA	11-17yrs	3/7-5/2	Th*	5:30pm-6:25pm	\$129/\$161
533040.FA	11-17yrs	3/8-5/3	F*	5:30pm-6:25pm	\$129/\$161
533040.SA	11-17yrs	3/9-5/4	Sa*	12:00pm-12:55pm	\$129/\$161

*No class 4/15, 4/16, 4/18, 4/19, 4/20

Performing Arts: Music & Dance

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 non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
524670.3Q	7-11yrs	3/22	F	6:30pm-8:30pm	\$29/\$35

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 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 #	Age	Dates	Day	Time	Fee (Res/NR)
524677.7P	7-11yrs	4/15-4/19	M-F	1:30pm-4:30pm	\$125/\$156

Digital Animation (8-12years)

Today's animators use sophisticated computer programs to create cartoon worlds. But first they have to teach themselves and their computers how to give form to the worlds they envision. Learn skills that will help with computer drawing, character movement, frame layering, and dialogue matching. In small groups, students will focus more on learning these techniques and complete a short animated film. Bring a flash drive on the last day of the class to take home a copy of your project.

Instructor: Freshi Films

Location: Recreation Center Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524711.JP	Beg	8-12yrs	3/7-4/25	Th	4:00pm-5:15pm	\$125/\$156

Youth

Sunnyvale Bluegrass Jam

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

Facilitated by Paul Carignan and Sue Newberry. Join fellow bluegrass musicians and singers for an old-time jam session.

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

Where: Creative Arts Center, Meeting Room

Cost: \$5 per person at the door

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



Hip Hop Dance (7-15years)

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 #	Age	Dates	Day	Time	Fee (Res/NR)
524320.MP	7-10yrs	3/4-4/29	M*	5:30pm-6:30pm	\$79/\$99
524320.MQ	11-15yrs	3/4-4/29	M*	6:30pm-7:30pm	\$79/\$99

*No class 4/15

Beginning to Drum (10-14years)

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

Instructor: Groove Academy of Drumming

Location: Groove Academy of Drumming, Santa Clara Vanguard Hall, 1765 Space Park Drive, Santa Clara

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524861.MT	Beg	10-11yrs	4/1-5/20	M	6:15pm-7:00pm	\$129/\$161
524861.MU	Beg	12-14yrs	4/1-5/20	M	6:15pm-7:00pm	\$129/\$161

Fun With Drums (6-9years)

Play drums from around the world, as well as found percussion objects like brooms and plastic buckets. Beginners will have fun and be inspired by creative, expressive and rhythmic activities. The 6- to 7-year-old class introduces different types of drums. The 8- to 9 year-old class emphasizes beat and rhythm control to develop motor and communication skills. Instruments used in class vary each term.

Instructor: Groove Academy of Drumming

Location: Groove Academy of Drumming, Santa Clara Vanguard Hall, 1765 Space Park Drive, Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
524860.MR	6-7yrs	4/1-5/20	M	4:15pm-5:00pm	\$129/\$161
524860.MS	8-9yrs	4/1-5/20	M	5:15pm-6:00pm	\$129/\$161

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	3/1-4/26	F*	5:15pm-6:00pm	\$89/\$111
524832.FP	2	6-12yrs	3/1-4/26	F*	4:30pm-5:15pm	\$89/\$111
524832.FR	2	6-12yrs	3/1-4/26	F*	6:00pm-6:45pm	\$89/\$111

*No class 4/19



Melody's Group Violin (6-10years)

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

Instructor: Melody Academy of Music

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524871.A1	Beg	6-10yrs	3/7-4/11	Th	6:45pm-7:30pm	\$144/\$180
524871.C1	Beg	6-10yrs	4/5-5/10	F	5:30pm-6:15pm	\$144/\$180
524871.C2	Beg	6-10yrs	4/28-6/2	Su	4:00pm-4:45pm	\$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. Order non-refundable materials (book, flashcards) online at www.noteworthy-music-school.org. Pay with credit card online or in class with check or money order to Noteworthy Music School. Pre-ordered materials will be delivered on the first day of class. 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

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524851.MQ	1	6-12yrs	3/4-4/29	M*	4:15pm-5:00pm	\$89/\$111
524851.WQ	1	6-12yrs	3/6-4/24	W*	4:15pm-5:00pm	\$79/\$99
524851.WS	1	6-12yrs	3/6-4/24	W*	6:15pm-7:00pm	\$79/\$99
524852.MP	2	6-12yrs	3/4-4/29	M*	3:30pm-4:15pm	\$89/\$111
524852.MR	2	6-12yrs	3/4-4/29	M*	5:00pm-5:45pm	\$89/\$111
524852.MS	2	6-12yrs	3/4-4/29	M*	6:15pm-7:00pm	\$89/\$111
524852.MT	2	6-12yrs	3/4-4/29	M*	7:00pm-7:45pm	\$89/\$111
524852.WP	2	6-12yrs	3/6-4/24	W*	3:30pm-4:15pm	\$79/\$99
524852.WR	2	6-12yrs	3/6-4/24	W*	5:00pm-5:45pm	\$79/\$99
524852.WT	2	6-12yrs	3/6-4/24	W*	7:00pm-7:45pm	\$79/\$99
524852.FR	2	6-12yrs	3/1-4/26	F*	3:30pm-4:15pm	\$89/\$111

*No class 4/15, 4/17, 4/19

NOW HIRING

Make a Difference

Kids never forget someone who makes a difference in their lives. Be that someone.

We're hiring day camp counselors, lifeguards, pool managers, camp site directors and after school staff

APPLICATIONS AVAILABLE at jobs.inSunnyvale.com
and at Sunnyvale Community Center
Call (408) 730-7350 today for more information.



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: Melody Academy of Music, 1299 Water Lily Way # 10, San Jose

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524901.A1	Beg	4-5yrs	3/7-4/11	Th	5:15pm-6:00pm	\$144/\$180
524901.C1	Beg	4-5yrs	4/5-5/10	F	3:30pm-4:15pm	\$144/\$180
524901.C2	Beg	4-5yrs	4/22-6/3	M*	4:30pm-5:15pm	\$144/\$180
524901.C3	Beg	4-5yrs	4/27-6/1	Sa	1:15pm-2:30pm	\$144/\$180
524901.A4	Beg	5-7yrs	3/7-4/11	Th	6:00pm-6:45pm	\$144/\$180
524901.C4	Beg	5-7yrs	4/5-5/10	F	4:30pm-5:15pm	\$144/\$180
524901.C5	Beg	5-7yrs	4/22-6/3	M*	5:30pm-6:15pm	\$144/\$164
524901.C6	Beg	5-7yrs	4/27-6/1	Sa	2:45pm-3:30pm	\$144/\$164

*No class 5/27

Ukelele (6-12years)



Learn basic ukelele skills, including chords, scales and music reading at your own pace. Order non-refundable materials (\$12) online at www.noteworthymusicsschool.org. Pay with credit card online or in class with check, exact cash, or money order to

Noteworthy Music School. Pre-ordered materials will be delivered on the first day of class.

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
524931.FR	Beg	6-12yrs	3/1-4/26	F*	6:45pm-7:30pm	\$89/\$111

No class 4/19

Special Interest

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 material fee will be collected at first class. Vegetarian and special diets welcome. Please call Young Chefs Academy at 408-738-CHEF before 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	3/6-4/24	W	4:00pm-5:30pm	\$160/\$200
527131.JA	Beg	4.5-6.5yrs	3/7-4/25	Th	4:00pm-5:30pm	\$160/\$200
527131.FA	Beg	4.5-6.5yrs	3/8-4/26	F	4:00pm-5:30pm	\$160/\$200



Young Chefs (7-10years)

Cook recipes based on a different theme each week. Principles of kitchen safety, proper food handling, basic cooking and baking techniques, food presentation, table setting, and table manners will be included. A non-refundable \$80 materials fee will be collected at first class. Participants must be able to read a simple recipe. Vegetarian and special diets welcome. Please call Young Chefs Academy at 408-738-CHEF before first class.

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	7-10yrs	3/6-4/24	W	4:00pm-5:30pm	\$160/\$200
527141.JA	Beg	7-10yrs	3/7-4/25	Th	4:00pm-5:30pm	\$160/\$200
527141.FA	Beg	7-10yrs	3/8-4/26	F	6:00pm-7:30pm	\$160/\$200

Spring Cooking n' Art Mini Camp (5-11years)

Join us for this special 3-day Spring camp centered around cooking and baking with farm-fresh fruits and vegetables! Creative art projects such as drawing, acrylic painting, water color painting, clay and crafts included. A non-refundable \$100 supply fee will be collected at first day of camp. Vegetarian and special diets are welcome. Extended care is also available. Please call Young Chefs Academy at 408-738-CHEFS prior to first day of camp to make special arrangements.



Instructor: Young Chefs Academy

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
527204.AA	5-11yrs	4/15-4/17	M-W	9:00am-3:00pm	\$150/\$188

Tween Chefs (11-14years)

Calling all budding Tween Chefs! Our experienced chef instructors will inspire our Tween Chefs to master the fundamentals and key techniques of cooking and baking skills. Bring a non-refundable \$80 supply fee to first class. Vegetarian and special diets are welcome; please call Young Chefs Academy at 408-738-CHEF before first class meeting.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
537151.JA	Beg	11-14yrs	3/7-4/25	Th	6:00pm-7:30pm	\$160/\$200
537151.SU	Beg	11-14yrs	3/3-4/28	Su*	9:00am-10:30am	\$160/\$200

*No class 3/31

Sports & Fitness & Aquatics

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)
528451.SA	Beg	4-7yrs	3/3-4/21	Su	1:00pm-2:00pm	\$119/\$149
528451.FA	Beg	4-7yrs	3/8-4/26	F	5:30pm-6:30pm	\$119/\$149





ChangTai Do Karate for Families (8 & older)

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

Intermediate/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

Location: Las Palmas Pk Bldg

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
528461.SA	Beg	8-older	3/3-4/21	Su	2:00pm-4:00pm	\$158/\$198
528461.TA	Beg	8-older	3/5-4/26	TuF	6:30pm-7:30pm	\$158/\$198
528462.SA	Int/Adv	10-older	3/3-4/21	Su	4:00pm-6:00pm	\$158/\$198
528462.TA	Int/Adv	10-older	3/5-4/26	TuF	7:30pm-8:30pm	\$158/\$198

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	3/4-4/22	M	3:30pm-4:45pm	\$129/\$161
528101.TA	Beg	8-9yrs	3/5-4/23	Tu	3:30pm-4:45pm	\$129/\$161
528101.WA	Beg	10-11yrs	3/6-4/24	W	3:30pm-4:45pm	\$129/\$161
528102.FA	Int/Adv	8-14yrs	3/8-4/26	F	3:30pm-4:45pm	\$129/\$161

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	3/7-4/25	Th	3:45pm-4:45pm	\$110/\$148
528661.RB	Beg	7-12yrs	3/7-4/25	Th	3:45pm-4:45pm	\$110/\$148

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 5:45-6:15PM 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)
527411.MA	Beg	5-7yrs	3/4-4/8	M	5:15pm-6:15pm	\$82/\$103
527411.MB	Beg	8-14yrs	3/4-4/8	M	5:45pm-6:45pm	\$82/\$103
<i>No registration after 2/28</i>						
527411.MK	Beg	5-7yrs	4/15-5/20	M	5:15pm-6:15pm	\$82/\$103
527411.ML	Beg	8-14yrs	4/15-5/20	M	5:45pm-6:45pm	\$82/\$103
<i>No registration after 4/11</i>						

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- 4:00PM. 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	2/26-4/2	Tu	3:30pm-4:45pm	\$82/\$103
<i>No registration after 2/21</i>						
527431.TK	Beg	6-14yrs	4/9-5/14	Tu	3:30pm-4:45pm	\$82/\$103
<i>No registration after 4/4</i>						



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)
Location: Cupertino Middle School					
528660.TB	5-6yrs	3/19-4/23	Tu	6:50pm-7:35pm	\$68/\$85
Location: Las Palmas Park					
528660.TA	5-6yrs	3/19-4/23	Tu	3:45pm-4:30pm	\$68/\$85
Location: Ponderosa Park Fld 1					
528660.RA	5-6yrs	3/21-4/25	Th	3:10pm-3:55pm	\$68/\$85
Location: Sunnyvale Middle School					
528660.SA	5-6yrs	3/23-4/27	Sa	10:05am-10:50pm	\$68/\$85
528660.SB	5-6yrs	3/23-4/27	Sa	10:50am-11:35am	\$68/\$85
Location: Serra Park					
528660.WA	5-6yrs	3/20-4/24	W	3:45pm-4:30pm	\$68/\$85



Kidz Love Soccer Skillz and Scrimmages (7-10years)

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our beginner 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)
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Location: Ponderosa Park

528670.RA	7-10yrs	3/21-4/25	Th	3:55pm-4:40pm	\$77/\$96
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Location: Serra Park

528670.WA	7-10yrs	3/20-4/24	W	4:30pm-5:15pm	\$77/\$96
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Location: Sunnyvale Middle School

528670.SA	7-10yrs	3/23-4/27	Sa	11:35am-12:20pm	\$77/\$96
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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)
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528410.SA	7-14yrs	3/9-4/20	Sa	1:15pm-2:15pm	\$112/\$140
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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)
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527451.TA	Beg	9-13yrs	3/19-4/16	Tu	4:00pm-6:00pm	\$146/\$183
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527451.JA	Beg	5-8yrs	3/21-4/18	Th	4:00pm-6:00pm	\$146/\$183
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No registration after 3/14

527451.TB	Beg	9-13yrs	4/23-5/21	Tu	4:00pm-6:00pm	\$146/\$183
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527451.JB	Beg	5-8yrs	4/25-5/23	Th	4:00pm-6:00pm	\$146/\$183
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No registration after 4/18

Swim Youth (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)
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520411.TA	Beg	4-15yrs	4/2-4/25	TuTh	3:45pm-4:15pm	\$82/\$103
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520411.TB	Beg	4-15yrs	4/2-4/25	TuTh	4:20pm-4:50pm	\$82/\$103
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520411.TC	Beg	4-15yrs	4/2-4/25	TuTh	4:55pm-5:25pm	\$82/\$103
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520411.TD	Beg	4-15yrs	4/2-4/25	TuTh	5:30pm-6:00pm	\$82/\$103
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520411.SA	Beg	4-15yrs	4/6-4/27	Sa	10:00am-10:30am	\$42/\$53
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520411.SB	Beg	4-15yrs	4/6-4/27	Sa	10:35am-11:05am	\$42/\$53
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520411.SC	Beg	4-15yrs	4/6-4/27	Sa	11:45am-12:15pm	\$42/\$53
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520413.TA	3	4-15yrs	4/2-4/25	TuTh	4:20pm-4:50pm	\$82/\$103
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520413.TB	3	4-15yrs	4/2-4/25	TuTh	5:30pm-6:00pm	\$82/\$103
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520413.SA	3	4-15yrs	4/6-4/27	Sa	11:45am-12:15pm	\$42/\$53
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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)
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528501.MB	Beg	7-14yrs	3/11-4/22	M	3:30pm-4:15pm	\$104/\$130
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528501.WB	Beg	7-14yrs	3/6-4/17	W	3:30pm-4:15pm	\$104/\$130
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528501.SB	Beg	7-14yrs	3/9-4/20	Sa	9:15am-10:00am	\$104/\$130
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FOR DANCERS ONLY

(18years & older)

Lindy Lab, 8:30 – 9 p.m.

Learn new dance moves in a mini-lessons, taught by FDO staff, or practice on your own. 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. .

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 (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



Yoga Lite Parent & Child (5 & older)

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

Instructor: Robin Pickel

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
528750.SA	5-older	3/2-4/27	Sa	8:30am-9:20am	\$86/\$108

Visual Arts/Pottery

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	3/11-4/22	M*	4:00pm-5:00pm	\$56/\$70
529400.MB	8-12yrs	3/11-4/22	M*	5:15pm-6:15pm	\$56/\$70

*No class 4/15

Animation Drawing (5-12years)

Bring you imagination to learn a brief history of animation. Students will do art projects based on various types of animation, cartooning and stop action films. Bring a \$15 non-refundable supply fee to first class.

Instructor: Kim NaVarre

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
529100.JA	5-8yrs	3/14-4/25	Th*	4:00pm-5:00pm	\$56/\$70
529100.JB	9-12yrs	3/14-4/25	Th*	5:15pm-6:15pm	\$56/\$70

*No class 4/18

Cartoon and Comic Drawing (6-12years)

Create your very own cartoon character. Various illustration and comic styles will be taught. Focus will be on details such as clothes, hair, facial expressions, interactions between figures and backgrounds. Outlining and shading will be introduced, as well as the concepts of lighting and perspective. Each week, student will show progress in their sketch book to the instructor. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529140.FA	1	6-12yrs	3/1-4/26	F*	3:30pm-4:30pm	\$72/\$90
529140.FB	2	6-12yrs	3/1-4/26	F*	4:30pm-5:30pm	\$72/\$90

*No class 4/19

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)
529911.WA	Beg	6-7yrs	4/3-5/8	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: Rebecca Bui

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529921.WB	Beg	8-10yrs	4/3-5/8	W	5:00pm-6:30pm	\$58/\$73

Japanese Anime (6-12years)

This seven 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 #	Level	Age	Dates	Day	Time	Fee (Res/NR)
#529450.MA	Beg	6-12	3/4-4/29	M*	3:30-4:30pm	\$72/\$90
#529450.MB	Int	6-12	3/4-4/29	M*	4:30-5:30pm	\$72/\$90

*No class 4/15

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: Lori Nock

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529621.TA	Beg	5-7yrs	3/12-4/23	Tu*	4:00pm-5:00pm	\$56/\$70
529621.TB	Beg	8-12yrs	3/12-4/23	Tu*	5:15pm-6:15pm	\$56/\$70

*No class 4/16

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)
529931.JA	Beg	7-14yrs	3/14-4/25	Th*	5:30pm-7:00pm	\$118/\$148

*No class 4/18

