



Performing Arts

Abs Arabia Style (16 & older)



Body waves to belly rolls, Abs Arabia Style provides overall body toning and abdominal conditioning, with a focus on Middle Eastern dance moves. Wear comfortable fitness attire or your favorite Middle Eastern dance outfit. This exercise-style class is open to all levels. No previous Middle Eastern dance experience necessary.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544100.TQ	16 & older	3/4-4/22	Tu	7:30pm-8:30pm	\$89/\$111

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: RC Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544302.MP	1	18 & older	3/3-4/21	M	7:30pm-8:30pm	\$79/\$99
544302.MQ	2	18 & older	3/3-4/21	M	8:30pm-9:30pm	\$79/\$99

Belly Dance (16 & older)



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

Level 1 - 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.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544101.TP	1	16 & older	3/4-4/22	Tu	6:30pm-7:30pm	\$89/\$111
544102.TR	2	16 & older	3/4-4/22	Tu	8:30pm-9:30pm	\$89/\$111



Square Dancing (18years & older)

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

FIRST NIGHT IS FREE!

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

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

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

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

FOR DANCERS ONLY

(18years & older)

Lindy Lab, 8 – 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. 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, 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): \$8

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

Israeli Folk Dance (13years & older)

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

Where: Ballroom in the Recreation Center

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

Cost: \$7 at the door

No class 12/24, 12/31

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



Lunch-Hour Hula (18 & older)



Spend your lunch-hour in Hawaii! Learn hula basics and ancient Kahiko and modern Auana hula choreography and enjoy traditional Hawaiian music as the instructor accompanies class on gourd drum and ukulele. Hula is a fun, low-impact and spiritually uplifting workout. Wear shorts or stretch pants and T-shirt. Dance is done barefoot.

Instructor: Kanani Densing

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544140.FP	18 & older	3/7-4/25	F	12:00pm-1:00pm	\$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 ¼" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Pre-order non-refundable book for \$22 online at www.noteworthymusicsschool.org and pick up at first class. Or purchase book on first day only with cash or check payable to Noteworthy Music School.

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544850.MU	13 & older	3/3-4/28	M	7:45pm-8:30pm	\$99/\$124

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)
544481.JP	Beg	14 & older	3/6-4/24	Th	6:30pm-7:30pm	\$79/\$99
544482.JQ	Int/Adv	15 & older	3/6-4/24	Th	7:30pm-8:30pm	\$79/\$99

Ukulele (13 & older)

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

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

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

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544931.FT	1	13 & older	3/7-4/25	F	6:45pm-7:30pm	\$89/\$111
544932.FS	2	13 & older	3/7-4/25	F	7:30pm-8:15pm	\$89/\$111

Gymnastics

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

A gymnastics class that concentrates only on the tumbling and trampolines portions of gymnastics.

Instructor: California Sports Center

Location: Indoor Sports Center Gym

Class #	Age	Dates	Day	Time	Fee (Res/NR)
533040.MA	11-17yrs	3/3-4/28	M*	6:30pm-7:25pm	\$133/\$166
533040.TA	11-17yrs	3/4-4/29	Tu*	5:30pm-6:25pm	\$133/\$166
533040.HA	11-17yrs	3/6-5/1	Th*	5:30pm-6:25pm	\$133/\$166
533040.SA	11-17yrs	3/8-5/3	Sa*	12:00pm-12:55pm	\$133/\$166

*No class 4/14, 4/15, 4/17, 4/19

Special Interest

Driver's Education (14 & older)

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

Instructor: Economic Driving School

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
535310.AZ	14 & older	4/5-4/13	SaSu	8:30am-4:30pm	\$135/\$174

Teen & Adult



Online Driver Education Course

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



Tween Chefs (11-14years)

Calling all budding Tween Chefs! Our experienced chef instructors will inspire our Tween Chefs to master the fundamentals and key techniques of cooking and baking skills. Vegetarian and special diets welcome. Please call Young Chefs Academy at 408-738-CHEF before first class. 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)
537151.JA	Beg	11-14yrs	3/6-4/24	Th	6:00pm-7:30pm	\$160/\$200
537151.SU	Beg	11-14yrs	3/9-4/27	Su	9:00am-10:30am	\$160/\$200

Aquatics

Basic Life Support (15 & older)

This American Heart Association course is designed to provide a wide variety of healthcare professionals and professional rescuers the ability to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. This course is for healthcare professionals and professional rescuers who need to know how to perform CPR, as well as other lifesaving skills, in a wide variety of in and out of hospital settings.

Instructor: TBD

Location: Senior Center Laurel Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
540462.AA	Int/Adv	15 & older	3/26	W	5:00pm-9:00pm	\$79/\$99

Heart Saver (15 & older)

This American Heart Association course teaches adult and child CPR and AED use, as well as how to relieve choking on an adult or child. This course teaches skills with AHA's research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a CPR/AED to meet job, regulatory or other requirements.

Instructor: TBD

Location: Senior Center Laurel Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
540461.AA	Beg	15 & older	4/6	Su	8:00am-11:00am	\$74/\$93

Lifeguard Review (15 & older)

This class is the American Red Cross course designed to recertify participants who are currently certified in American Red Cross Lifeguard Training and First Aid and approaching the expiration date for their certification. This 16-hour course will require participants to pass a physical skills examination in lifeguarding rescue skills and first aid, as well as pass the written lifeguarding and first aid portions of the ARC Lifeguard Training exam with an 80 percent or higher.

Instructor: Staff

Location: Washington Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
640441.AA	Beg	15 & older	5/18-5/21	MWSu	4:30pm-8:30pm	\$191/\$239

TEEN ADVISORY COMMITTEE

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 7-11 to apply. You do **not** have to attend a Sunnyvale high school to be eligible. Call (408) 730-7741 for details.

Lifeguard Training (15 & older)

This class is the American Red Cross course to become a certified lifeguard. It will include training and certification in first-aid and CPR for the Professional Rescuer. Attendance at all class sessions is mandatory. Participants must be at least 15 years old and pass a skills test on the first day that includes a 300 yard swim, as well as a timed event with a 10 lb. brick. Fee includes all books, certification and a pocket mask. Attendance and participation at all class meetings is required. Participants must bring their pocket mask and book (provided at the first class meeting), swimsuit and towel to each class meeting. Anyone who does not meet the minimum requirements on the first day will be provided with a refund.

Instructor: Staff

Location: Sunnyvale Middle School Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540440.LA	15 & older	3/22-3/30	SaSu*	8:00am-5:00pm	\$270/\$320

Location: Washington Park Pool

540440.LB	15 & older	4/17-4/20	Th-Sun	8:00am-5:00pm	\$270/\$320
540440.LC	15 & older	4/26-5/4	SaSu	8:00am-5:00pm	\$270/\$320

*No class 3/31, 4/1, 4/7, 4/8

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- and two-day class fees are non-refundable and non-transferable.

Instructor: Staff

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540470.AA	15 & older	4/6	Su	1:00pm-5:00pm	\$79/\$99

Swim Adult (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)
540420.TA	16 & older	4/1-4/24	TuTh	6:00pm-6:30pm	\$115/\$144
540420.SA	16 & older	4/5-4/26	Sa	9:15am-9:45am	\$60/\$75

Swim Adult 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.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540430.WA	16 & older	3/31-4/25	MWF	5:30pm-6:30pm	\$102/\$128
540430.WB	16 & older	4/5-4/26	Sa	8:00am-9:00am	\$34/\$43



Water Safety Instruction (16 & older)

This course is designed to train Water Safety Instructor (WSI) candidates to teach the American Red Cross learn to swim programs and community water safety outreach programs. Water Safety Instructor (WSI) candidates must be 16 years of age, and able to demonstrate six proficient strokes: 25-yards front crawl, 25-yards back crawl, 25-yards elementary backstroke, 25-yards sidestroke, 25-yards breaststroke and 10-yards butterfly. Upon successful completion of the Water Safety Instructor (WSI) course, candidates will receive an American Red Cross Water Safety Instructor certificate valid for two years. Anyone who does not meet the minimum requirements on the first day will be issued a refund.

Instructor: Staff

Location: Sunnyvale Middle School Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540450.AA	16 & older	4/14-4/18	M-F	8:00am-5:00pm	\$298/\$348

Sports & Fitness

Aerobics (16 & older)

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

Instructor: Christine Sabooni

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548160.MA	16 & older	3/3-4/23	MW	7:00pm-8:30pm	\$116/\$145

Baby Boot Camp (18 & older)

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

Instructor: Baby Boot Camp

Location: Raynor Park Bldg

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548151.TA	Beg	18 & older	3/4-4/29	Tu	9:30am-10:30am	\$108/\$135
548151.WA	Beg	18 & older	3/5-4/30	W	6:00pm-7:00pm	\$108/\$135
548151.RA	Beg	18 & older	3/6-4/24	Th	9:30am-10:30am	\$96/\$120
548151.SA	Beg	18 & older	3/1-4/26	Sa	9:00am-10:00am	\$108/\$135

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 Gym

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548000.TA	14 & older	3/4-4/29	Tu	7:00pm-9:00pm	\$75/\$94

Personal Training Program (18 & older)

See Page 37

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 Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548780.SC	16 & older	3/1-4/26	Sa	11:15am-12:00pm	\$88/\$110



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)
548920.TP	18 & older	3/4-4/29	Tu*	12:00pm-1:00pm	\$89/\$111
548920.JP	18 & older	3/6-5/1	Th*	12:00pm-1:00pm	\$89/\$111

*No class 4/22, 4/24



Strength Training (18 & older)

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility—all through the proper use of fitness machines, medicine balls, kettle weights and BOSU ball. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of ten students to better meet your individual fitness goals.

Instructor: Suzanne Luft

Location: Senior Center Aspen Fit Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
546300.AA	18 & older	4/21-6/16	M*	7:00pm-8:00pm	\$63/\$79
546300.BA	18 & older	4/22-6/17	Tu*	7:00pm-8:00pm	\$63/\$79

*No class 5/26, 5/27



Tai Chi Chuan (14 & older)

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

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548910.WP	All	14 & older	3/12-4/30	W	7:00pm-8:30pm	\$89/\$111

U-JAM Fitness® (18 & older)

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

Instructor: Gwen Gillespie

Location: Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548792.SA	All	18 & older	3/1-4/26	Sa	9:00am-10:00am	\$84/\$105



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 Gym

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548702.MA	Int/Adv	16 & older	3/3-4/28	M*	8:00pm-10:00pm	\$84/\$105

*No class 3/31, 4/7

Yoga For Fitness (16 & older)

This class is 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)
548750.FA	16 & older	3/7-4/25	F	9:30am-11:00am	\$78/\$98

Location: Senior Center Orchard Pavilion

548750.RA	16 & older	3/6-4/24	Th	6:30pm-8:00pm	\$78/\$98
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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 at least two firm yoga blankets or two large towels. Age 12-15 may register with a parent.

Instructor: Lori Neumann

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548770.TA	16 & older	3/4-4/29	Tu	6:00pm-7:30pm	\$99/\$124

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)
548760.WA	16 & older	3/5-4/30	W	8:30am-10:00am	\$88/\$110
548760.SB	16 & older	3/1-4/26	Sa	9:30am-11:00am	\$88/\$110

Zumba (18 & older)

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

Instructor: Gwen Gillespie

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548790.TA	18 & older	3/4-4/22	Tu	9:00am-10:00am	\$74/\$93

Zumba Toning (18 & older)

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

Instructor: Gwen Gillespie

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548791.HB	All	18 & older	3/6-4/24	Th	6:00pm-7:00pm	\$74/\$93

Visual Arts

Basic Digital Photography (16 & 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)
549511.TA	Beg	16 & older	3/4-4/22	Tu	7:00pm-9:00pm	\$79/\$99

Glass Fusing-Beg/Int (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)
549311.MA	Beg/Int	16 & older	3/3-3/17	M	9:00am-12:00pm	\$69/\$86
549311.WA	Beg/Int	16 & older	3/5-3/26	W*	7:00pm-10:00pm	\$69/\$86
549311.WB	Beg/Int	16 & older	4/2-4/30	W*	7:00pm-10:00pm	\$69/\$86

*No class 3/19, 4/16, 4/23

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

Try out the Sunnyvale Pottery Studio with this lunchtime workshop. Create your own ceramic handbuilt plate to give as a gift or use at potlucks or family gatherings. Your plate will be ready just in time for Mother's Day! Firing and glazing included in registration fee. Wear clothes that can get messy.

Instructor: Danny Sheu

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549932.MA	Beg	16 & older	4/21-4/21	M	12:00pm-1:00pm	\$19/\$24

Zumba Gold (50 & older) See page 37.



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

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

Instructor: Danny Sheu

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549931.MA	Beg	16 & older	3/17-3/17	M	12:00pm-1:30pm	\$19/\$24

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

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

Location: Creative Arts Center Pottery Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
549911.MA	16 & older	4/7-5/12	M	7:00pm-10:00pm	\$171/\$216
549911.WA	16 & older	4/9-5/14	W	9:00am-12:00pm	\$171/\$216
549911.JA	16 & older	4/10-5/15	Th	10:00am-1:00pm	\$171/\$216
549911.JB	16 & older	4/10-5/15	Th	7:00pm-10:00pm	\$171/\$216
549911.FA	16 & older	4/11-5/16	F	10:00am-1:00pm	\$171/\$216
549911.SA	16 & older	4/12-5/10	Sa	1:30pm-4:30pm	\$143/\$179

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

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

Instructor: Doris Fischer-Colbri

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
539933.WA	Beg	13-18yrs	4/9-5/14	W	7:30pm-9:30pm	\$157/\$196

Pottery: Parent & Teen - Adv (11-18years)

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

Instructor: Susan Worley

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
539932.FA	Adv	11-18yrs	3/7-4/25	F*	6:30pm-8:30pm	\$157/\$196

*No class 3/21, 4/18

Watercolor Painting (18 & older)

Learn watercolor basics in a relaxed setting. Have fun trying out still life, landscape and the figure. See how famous artists have used this versatile medium to enhance their lives. Class includes demonstrations and slide lectures. Supply list will appear on your receipt. Supplies cost approximately \$25 and should be purchased by second class meeting. Supplies for first class will be provided.

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
549641.JA	18 & older	3/13-4/24	Th*	10:00am-12:00pm	\$69/\$86

*No class 3/27

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: 2/18-3/29 and 4/7-5/16 (studio closed 2/17, 3/31-4/5 and 5/17)

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

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

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

Teen & Adult

Open Painting Studio (18yrs & older)

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

Location: Creative Arts Center Paint Room

Sunnyvale Community Center

550 E. Remington Drive, Sunnyvale, CA 94087

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

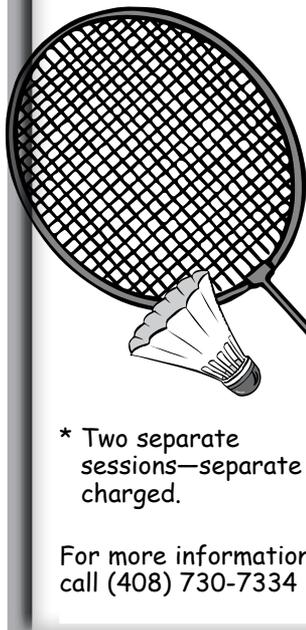
Day: Mondays, 9am-noon

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



ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive



BADMINTON

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

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

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

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

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

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

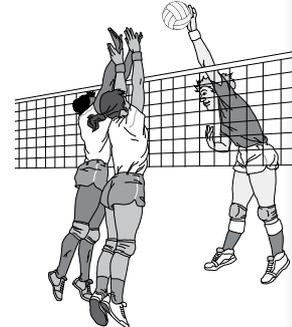
Fee includes use of showers and locker room

* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

VOLLEYBALL

Tuesday 5:00-7:00pm



GB

Adult Sports Leagues

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



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



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

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

GB

Columbia DROP-IN GYM

Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale

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

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



Youth Basketball*

Fridays 7-10pm

Youth Soccer*

Mondays 7-9pm

Saturdays 7-10pm



For more information, call (408) 730-7334

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



The Sunnyvale

Senior Center



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

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

Support the Senior Center - Buy a Membership Today!!

Three Easy Steps to Become a Member

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

Older Adult

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
		Resident	\$25/Year
	Non-resident	\$39/Year	\$45/Year
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		✓	✓
Free drop-in programs, lectures, game days and movies		✓	✓
Discounts on special events, daily lunches and dances listed in the Older Adult Section		✓	✓
Free health screening services (blood pressure and hearing)		✓	✓
Activity Guide mailing		✓	✓
Free use of Computer Lab and free computer repairs (parts not included)		✓	✓
Free use of Billiard Room		✓	✓
Free Table Tennis (does not include ball fee)			✓
Free use of fitness equipment in Fitness Room			✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✓
Two Drop-In Passes: good for Back Care, Cardio Mix, Zumba Gold, EnhanceFitness, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Body Core (10:30 am only) and Current Events.			✓

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

Online registration not yet available for older adult classes.



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends.

Beginning: Learn how to cast liquid slip into molds, then clean and decorate ceramic pieces. This beginning class is fun and easy.

Intermediate/Advanced: Learn advanced decorating techniques. You will be introduced to glazes and techniques such as staining, airbrushing, decals and more. A nonrefundable \$7 slip and glaze fee is payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
559901.AA	Beg	50 & older	3/31-5/19	M	8:30am-11:30am	\$42/\$53
559902.AA	Int/Adv	50 & older	3/31-5/19	M	12:30pm-3:30pm	\$42/\$53

Dance

Daytime Ballroom Dance & Lessons

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

March	Bachata
April	Bolero

Line Dancing (50 & older)

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

Level 1: Designed for new beginners, this line dance class includes basic steps and 8-10 classic beginning dances such as Waltz Across Texas, Elvira, New York, New York, Cotton-Eyed Joe, etc.

Level 2: Designed for more advanced dancers who know basic steps-pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle step, vines, etc., and have taken at least two line dance courses and/or know at least 12 dances.

Drop in fee: \$6 resident, \$8 non-resident

Please note: On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Donna Frankel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
554001.AA	1	50 & older	TBD*	W	10:30am-12:00pm	\$46/\$58
554002.AA	2	50 & older	TBD*	W	9:00am-10:30pm	\$46/\$58

* Contact the Senior Center for more information.

Personal Training Program (18 & older)

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

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

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

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

Sports & Fitness



Back Care Conditioning (50 & older)

Move more easily and reduce chronic pain with gentle exercises that strengthen, and stretch your back. Exercising with a chair, belt and mat, you'll build a stronger, more vital torso while relaxing and rejuvenating the whole body. Bring a mat and yoga belt, and wear comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558750.AA	50 & older	3/31-5/19	M	10:00am-11:00am	\$40/\$50

Better Bones & Balance (50 & older)

Better Bones and Balance is an evidence-based exercise program designed to gradually improve the strength and balance of seniors, helping them to avoid falls and remain independent. It is appropriate for men and women (pre-and post-menopause) and is safe for individuals with osteoporosis. Participants must be able to walk independently. This class is taught by Jennifer Barnett, a physical therapist and certified Better Bones and Balance instructor. She has worked with the senior population for twenty years.

Instructor: Jennifer Barnett

Contact the Senior Center for more information.

Body & Core Strengthening (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone—a perfect complement to regular cardio workouts. Bring a mat and handweights. Class registration forms will be accepted on 1/28. Priority registration given to walk in residents.

Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout. Class registration starts 1/28/14. Drop-in fee \$5 resident, \$6 non-resident, 10:15 a.m. class only. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Christine Vargas

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
558302.AA	2	50 & older	3/25-5/15	TuTh	10:15am-11:15am	\$56/\$70
558303.AA	3	50 & older	3/25-5/15	TuTh	9:00am-10:00am	\$56/\$70

Cardio Mix (50 & older)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kick-boxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. Drop-in Fee \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558200.AA	50 & older	3/25-5/15	TuTh	8:00am-9:00am	\$49/\$61



EnhanceFitness (50 & older)



EnhanceFitness is an evidence-based group exercise class that will help you become more active, energized and empowered to sustain an independent life. The class will focus on dynamic cardiovascular exercise, strength training, balance and flexibility. EnhanceFitness is an exercise program with proven results. Exercises can be done seated or standing. Wrist/ankle weights provided. This class meets 3 times per week. Drop-in fee \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Christel Ligocki

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558130.AA	50 & older	4/7-6/2	MWF*	10:00am-11:00am	\$87/\$109

*No class 5/26

Everyday Fitness (50 & older)



Designed for those with arthritis, back problems or who just want to maintain and improve fitness. Strength and cardiovascular training, endurance, flexibility and bone density, warm-up, sit-and-be-fit aerobics, back exercises, and information on body mechanics are offered. Exercises may be done in a chair. Drop-in fee: \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558150.AA	50 & older	4/7-6/2	MW	1:00pm-2:15pm	\$50/\$63

*No class 5/26

Gentle Core Fitness (50 & older)



Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone, and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558120.AA	50 & older	3/25-5/13	Tu	12:00pm-1:00pm	\$40/\$50

Sunny Fit (Low Impact) (50 & older)



This entry level fitness class will help you gain independence in your activities of daily living and increase your confidence in exploring other fitness workouts. Class will include low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing. Drop-in Fee \$5 residents, \$6 non-residents. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558140.AA	50 & older	4/7-6/2	MW	2:30pm-3:30pm	\$45/\$56

*No class 5/26

Strength Training (18 & older) See page 31

Want To TRY IT ?
See Page 54.

Zumba Gold (50 & older)



Are you ready to join the party? Zumba® Gold is a fun, low-impact and high-energy workout that will make you smile! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves to an exciting mix of Latin and international music. Please wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee: \$5 residents, \$6 non-residents. Drop-in fee \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Special Discount: Register for 2 or more Zumba Gold classes and get a \$5 discount off total transaction.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558210.EA	50 & older	3/25-5/13	Tu	9:00am-10:00am	\$35/\$44
558210.FA	50 & older	3/28-5/16	F	8:55am-9:55am	\$35/\$44

Instructor: Irene Ortiz

Location: Recreation Center Ballroom

558210.EB	50 & older	3/25-5/13	Tu	4:15pm-5:15pm	\$35/\$44
558210.CA	50 & older	3/26-5/14	W	4:15pm-5:15pm	\$35/\$44
558210.FA	50 & older	3/27-5/15	Th	4:15pm-5:15pm	\$35/\$44

Location: Senior Center Orchard Pavilion

558210.GA	50 & older,	3/24 - 5/12	M	6:00pm-7:00 pm,	\$35/\$44
558210.CC	50 & older,	3/26 - 5/14	W	6:00pm-7:00 pm,	\$35/\$44

Instructor: Marla Yonamine

Location: Indoor Sports Center

58210.CB	50 & older	3/26-5/14	W	9:00am-10:00am	\$35/\$44
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Lectures

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

Coping With Transitions and Loss

Life is full of changes, many that are joyful and many that are challenging and painful. As we grow older, those transitions and losses seem to come ever faster. Please join us on March 4, when you'll learn some of the myths surrounding these transitions and losses. There will also be a discussion about how we can meet life's inevitable challenges with presence and hope, and also how we can support our friends and loved ones as they deal with their losses and transitions.

Tuesday, March 4, 2014, 1- 2 p.m.

Laurel Room

Guest Speaker: Kathryn Lodato, Licensed Marriage and Family Therapist and Grief Counselor, Hospice of the Valley

Age Well ~ Drive Smart

Senior Driver Safety Seminar Presented by the California Highway Patrol

This program is designed with an emphasis on Traffic Safety and Awareness. Seminar topics include: compensating for age-related physical changes; myths about older drivers; tuning up your driving skills and rules of the road. A discussion regarding transportation alternatives is also presented.

Wednesday, March 19, 2014, 9 a.m. - 1 p.m.

Laurel Room

History of Traditional Chinese Medicine, Acupuncture and Herbology

This educational lecture will cover the fascinating history of Traditional Chinese Medicine, Acupuncture and Herbology. A recent AARP survey suggests that 47 percent of Americans over 50 years of age have been treated with complimentary medicine, such as Traditional Chinese Medicine, Acupuncture and Herbs, in the last year.

Wednesday, April 2, 2014, 1 - 2 pm

Sequoia Room



Thermometer Exchange and Med Drop

Do you want to properly dispose of that old mercury fever thermometer that might be stored in the back of your medicine cabinet or that bathroom vanity drawer? The first 100 residents who bring in their mercury fever thermometers will receive a free, non-mercury-containing fever thermometer in exchange (limited to one (1) per household). To avoid breakage and contamination, mercury fever thermometers MUST be contained in an unbreakable and closed container such as its original case, a plastic toothbrush holder, or a soda/water bottle with a screw-on cap. As a second measure of protection, the closed container must be placed in a sealable plastic bag (zip-lock is fine). Other mercury-containing products will not be accepted at this event.

Do you have medications piling up and need to get rid of them? Residents can bring their unneeded prescription, over-the-counter medications and medicated ointments and creams to this event for proper disposal. This program does not accept sharps, personal hygiene items, bug spray or household cleaning products.

Wednesday, March 12, 2014, 11 a.m. – 1:30 p.m.
Sequoia Room

Special Interest

AARP Smart Driver Program

Contact the Senior Center for more information about AARP's Smart Driver Program. Pre-registration required.

Threads of Life: Senior Support Group

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

Tuesday, 2:30pm–4:00pm

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center, Laurel Room

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

Symphony & Concerto (50 & older)

Survey the rich musical activities in the Santa Clara Valley. Lectures focus on concerts presented at Flint Center, California Theater in San Jose and other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. The instructor is a cellist and lecturer with many years in the symphonic life of the Valley. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
554800.AA	50 & older	3/31-4/21	M	1:00pm-2:30pm	\$26/\$33
554800.AB	50 & older	4/28-5/19	M	1:00pm-2:30pm	\$26/\$33

Inner Resources (50 & older)



This is a psychoeducational program using relaxation, breathing, and meditation to enhance your ability to cope with stress. Sessions will focus on meditation, mind-body awareness practices and stress reduction techniques. This is a non-religious course involving sitting, breathing, and noticing thoughts and body. No yoga or rigorous exercise is required. No previous experience is required. Meditation beginners are welcome.

Instructor: Palo Alto University

Location: Recreation Center Boardroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
556401.AA	Beg	50 & older	2/4-3/25	Tu	2:00pm-3:30pm	\$0/\$0
556401.AB	Beg	50 & older	TBD*	Tu	2:00pm-3:30pm	\$0/\$0

***Class will start in April. Contact the Senior Center for dates.**

Current News & Events (50 & older)

Discover how today's current news may affect you. The class will cover the analysis and discussion of world, national and local news, science and technology, medicine and health care and business and the economy. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557000.AA	50 & older	3/27-5/15	Th	10:15am-11:30am	\$16/\$20

US History: First Ladies (50 & older)

Join our class as we continue to examine the lives of the First Ladies. Who were they? What were they like? What were their early upbringings like? What was it like living in the eras in which they grew up? What were the events of their times? How did they meet the men they married? What influence did they have on their husbands' Presidencies? And what were their lives like after they left the White House? Please join us as we explore the lives of the First Ladies. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Dr. Ken Bruce

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557010.AA	50 & older	3/19-6/4	W*	1:00pm-2:00pm	\$37/\$46

Adult and Community Education

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

ACE, (408) 522-2700 • De Anza College, (408) 864-8885
Foothill College, (650) 949-7102



Senior Center Drop-in Programs and Services

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

DROP-IN PROGRAMS

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

SERVICES

Service	Fee (\$)	Available/Call
BART Tickets	\$9	M-F, 9am-5:30pm
Blood Pressure	Free	M & Th, 10am-Noon
Care Management	Free*	M & Th, 10am-Noon
Diabetes Support	\$2	4th Thursday each month
El Camino Hospital Resource Library	Free	Tu, 10:30am-11:30pm
Foot Care	\$40/\$50 NM	By appointment - call
Health Insurance Counseling and Advdocoy Program (HICAP)	Free	By appointment - call
Hearing Screenings	Free	By appointment - call
Legal Services	Free	3rd Saturday 10am-Noon
Notary Services	\$2	By appointment - call
VTA Photo ID	Free	Call for new info

Older Adult

Get The Help You Need.

Information & Assistance Program

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

We provide help with:

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

Call for an appointment: 408-730-7367

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



Upcoming Events

Luncheon & Fashion Show

March 14, 2014

Chico's of Los Altos will introduce their **NEW** line of clothing!

\$10 Members
\$12 Non-Members

Purchase tickets by 3/7
No Refunds

Men are welcome to attend!

- MENU**
- Starter*
 - Mixed Green Salad with Sweet Sherry Vinaigrette
 - Soup Du Jour*
 - Cream of Cauliflower & Cheddar Scones
 - Tea Sandwich*
 - Cranberry Chicken Salad
 - Fresh Fruit Platter
 - Dessert*
 - Assorted Petite Desserts
 - Beverage*
 - Coffee & Tea

ORCHARD PAVILION

Luncheon Served at 11:45 a.m. • Fashion Show begins at 12:15 p.m.

If you are interested in being a model, please stop by the reception counter or call Nancy Hextell at (408) 730-7361

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



NH 7361



Care Management

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

The Unique Boutique

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

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



Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.

For one free class of instruction & equipment use, call Al Rizzo: (408) 736-4739

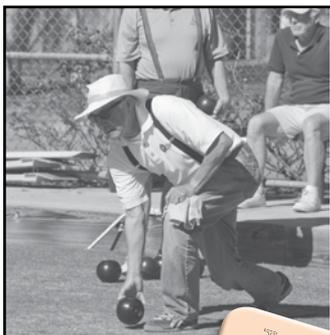


Table Tennis FREE for Premium Members

TABLE TENNIS

Table Tennis has been temporarily relocated to Fair Oaks Park.

M – F, 9:30 am – 4:00 pm.

Bring your own paddle & light soled shoes.

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



GB

Volunteers Needed

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

Areas Where We Need You:

- Lunch Program
- Computer Tutors
- Current Events Instructor

Please call (408) 730-7360

NH

Senior Center Fitness Room



SF

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

- M – F, 8:00am – 6:30pm
- Sa, 10:00am – 2:00pm
- Su, CLOSED

Fitness Room FREE for Premium Members

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

Older Adult

Join us for Lunch in the Orchard Café



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

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

Our lunches include:

soup or salad, entrée, dessert and beverage.

Call for pricing

Menu subject to change

Late arrivals are not guaranteed a lunch

NH

New Member Coffee

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



Trips

Registration

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



Day Trips

Benicia, Then and Now <i>History, Art Glass + lunch</i>	Thu, 2/6	\$94 R/\$118 NR
Aquaponics <i>Farm tour + lunch</i>	Sat, 2/15	\$97 R/\$121 NR
North Beach with Gary <i>History + lunch at Scoma's</i>	Wed, 3/5	\$98 R/\$123 NR
Ironstone Vineyards – Gardens, <i>Wine tasting, tour + lunch</i>	Fri, 3/14	\$123 R/\$154 NR
Spring Wildflowers <i>w/Ranger Dan + lunch</i>	Thu, 3/27	\$97 R/\$121 NR
Mamma Mia! – Musical <i>Orpheum Theatre, show only</i>	Wed, 4/2	\$109 R/\$136 NR
Brunch at Chaminade and Half Moon Bay <i>+ free time</i>	Sun, 4/13	TBD/TBD
Sea Chanteys <i>sing-along in SF + dinner</i>	Sat, 5/3	TBD/TBD
CSI <i>Crime solving at SJSU + lunch</i>	Fri, 5/9	TBD/TBD
Tentacles at the Monterey Bay Aquarium <i>lunch on your own</i>	Thu, 5/22	TBD/TBD
Art Deco <i>Driving + walking tour of SF + lunch</i>	Tue, 6/3	TBD/TBD
Pippin - musical <i>Golden Gate Theatre, show only</i>	Wed, 10/1	TBD/TBD

Registrations for all trips are now being accepted – so sign up now!

For more information about these and other upcoming day trips, please pick up a copy of our Steppin' Out Newsletter.



Extended Trips

Palm Springs Desert Fun, Tue. 3/11/14 – Fri. 3/14/14

Washington D.C., Wed. 4/23/14 – Tue. 4/29/14

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

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

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

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

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



Washington, D.C.



New York City.

Lunchtime Librarian

Sunnyvale Librarians visit the Senior Center

Every 1st and 3rd Thursday of the month

11:00 am to 12:00 pm

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

Visit us at sunnyvalelibrary.org



Upcoming Trip Slide Shows

*Tue., 2/25/14, 10 a.m – Noon, Recreation Center, Community Room for Black Sea Voyage, Panama Canal, Washington D.C., and New York City

*Thu., 2/27/14, 10 a.m – Noon, Recreation Center, Neighborhood Room for American Canyonlands & Rails of New England



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

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

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

- Meeting/Conference/Banquet Rooms, (408) 730-7335
- Baylands Park and Park Buildings, (408) 730-7335
- Indoor Sports Center, (408) 730-7334
- Picnic Areas, (408) 730-7751
- Pools, (408) 730-7723
(renters must provide their own certified lifeguards)
- Sports Fields, (408) 730-7721
- Sunnyvale Theatre, (408) 730-7354

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

For a map of Sunnyvale Parks, Community Center and Golf Courses, see page 44 .

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

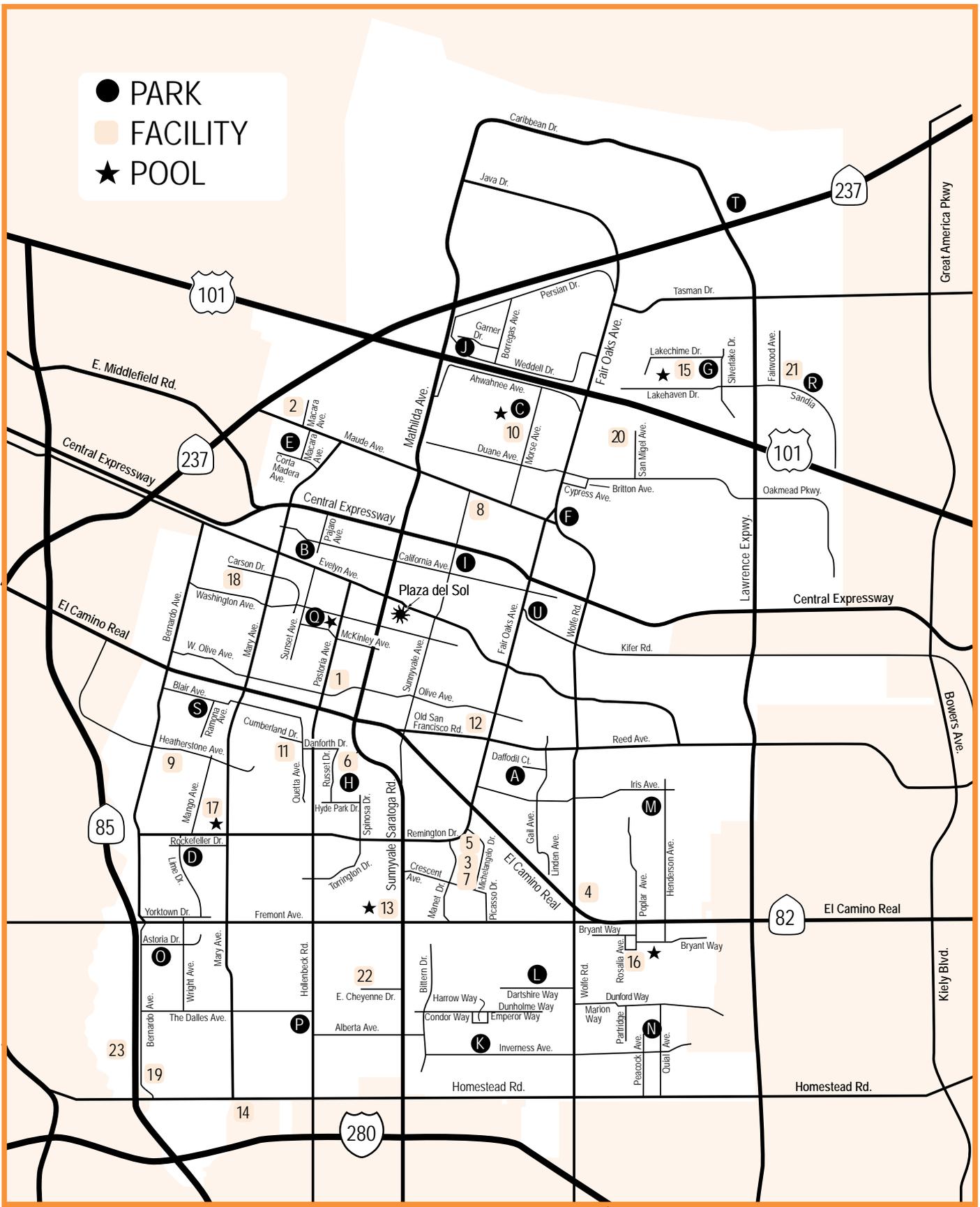
Recreation.inSunnyvale.com

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





- PARK
- FACILITY
- ★ POOL





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

Park and Restroom Hours: 6am – 9pm • Tennis Lights stay on until 10pm • See the facilities map on page 44 for locations
Information and Reservations, call (408) 730-7751. For Maintenance, call (408) 730-7506.

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

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

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



Sunnyvale is home to 21 beautiful parks with features ranging from water play, picnic areas and play grounds to roller skaiing, tennis courts and lawn bowling.



Lifetime Tennis at the Sunnyvale Municipal Tennis Center



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

The tennis courts at the Sunnyvale Municipal Tennis Center in Las Palmas Park are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons, and ball machine rental please visit our website at www.lifetimetenis.com, or call us at the phone number listed above. **Office hours are Mon-Fri 8:00am-10:00pm, Sat-Sun 8:00am-8:00pm.**

Spring Tennis Class Schedule

Youth Tennis Classes - Spring

Little Tennis & Athletic Development (Ages 4-6)

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

Level	Day	Time (45 Min)	Session I	Code	Session II	Code
Little Tennis (4-6 yr)	MO	3:15-4:00pm	3/31-5/5	14196	5/12-6/16	14387
Little Tennis (4-6 yr)	TU	3:15-4:00pm	4/1-5/6	14199	5/13-6/17	14393
Little Tennis (4-6 yr)	TU	5:30-6:15pm	4/1-5/6	14198	5/13-6/17	14394
Little Tennis (4-6 yr)	WE	3:15-4:00pm	4/2-5/7	14197	5/14-6/18	14395
Little Tennis (4-6 yr)	TH	3:15-4:00pm	4/3-5/8	14200	5/15-6/19	14392
Little Tennis (4-6 yr)	FR	5:00-5:45pm	4/4-5/9	14202	5/16-6/20	14386
Little Tennis (4-6 yr)	SA	8:30-9:15am	4/5-5/10	14204	5/17-6/21	14388
Little Tennis (4-6 yr)	SA	9:15-10:00am	4/5-5/10	14205	5/17-6/21	14389
Little Tennis (4-6 yr)	SU	10:00-10:45am	4/6-5/11	14206	5/18-6/22	14390
Little Tennis (4-6 yr)	SU	10:45-11:30am	4/6-5/11	14208	5/18-6/22	14391

Little Rallyers (Ages 5-7)

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

Level	Day	Time (1 Hr)	Session I	Code	Session II	Code
Little Rallyer (5-7 yr)	SA	11:30-12:30pm	4/5-5/10	14209	5/17-6/21	14383
Little Rallyer (5-7 yr)	SU	11:30-12:30pm	4/6-5/11	14210	5/18-6/22	14384
Little Rallyer (5-7 yr)	TH	4:00-5:00pm	4/3-5/8	14212	5/15-6/19	14385
Little Rallyer (5-7 yr)	FR	6:00-7:00pm	4/4-5/9	14214	5/16-6/20	14382

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

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

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beginning (7-10 yr)	MO	4:00-5:30pm	3/31-5/5	14221	5/21-6/16	14446
Adv. Beg. (7-10 yr)	MO	4:00-5:30pm	3/31-5/5	14229	5/21-6/16	14435
Intermed. (7-10 yr)	MO	4:00-5:30pm	3/31-5/5	14243	5/21-6/16	14455
Beginning (11-15 yr)	WE	4:00-5:30pm	4/2-5/7	14262	5/14-6/18	14422
Adv. Beg. (11-15 yr)	WE	4:00-5:30pm	4/2-5/7	14251	5/14-6/18	14411
Intermed. (11-15 yr)	WE	4:00-5:30pm	4/2-5/7	14271	5/14-6/18	14430
Beginning (7-10 yr)	FR	3:30-5:00pm	4/4-5/9	14222	5/16-6/20	14445
Adv. Beg. (7-10 yr)	FR	3:30-5:00pm	4/4-5/9	14228	5/16-6/20	14434
Intermed. (7-10 yr)	FR	3:30-5:00pm	4/4-5/9	14242	5/16-6/20	14454
Beginning (11-15 yr)	FR	3:30-5:00pm	4/4-5/9	14261	5/16-6/20	14420
Adv. Beg. (11-15 yr)	FR	3:30-5:00pm	4/4-5/9	14250	5/16-6/20	14409
Intermed. (11-15 yr)	FR	3:30-5:00pm	4/4-5/9	14270	5/16-6/20	14428
Beginning (7-10 yr)	SA	10:00-11:30am	4/5-5/10	14223	5/17-6/21	14447
Adv. Beg. (7-10 yr)	SA	10:00-11:30am	4/5-5/10	14230	5/17-6/21	14456
Intermed. (7-10 yr)	SA	10:00-11:30am	4/5-5/10	14244	5/17-6/21	14412

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

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

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beginning (11-15 yr)	SA	11:30-1:00pm	4/5-5/10	14263	5/17-6/21	14421
Adv. Beg. (11-15 yr)	SA	11:30-1:00pm	4/5-5/10	14252	5/17-6/21	14410
Intermed. (11-15 yr)	SA	11:30-1:00pm	4/5-5/10	14272	5/17-6/21	14429
Beginning (7-10 yr)	SA	12:00-1:30pm	4/5-5/10	14224	5/17-6/21	14448
Adv. Beg. (7-10 yr)	SA	12:00-1:30pm	4/5-5/10	14231	5/17-6/21	14437
Intermed. (7-10 yr)	SA	12:00-1:30pm	4/5-5/10	14245	5/17-6/21	14457
Beginning (7-10 yr)	SU	8:30-10:00am	4/6-5/11	14225	5/18-6/22	14449
Adv. Beg. (7-10 yr)	SU	8:30-10:00am	4/6-5/11	14232	5/18-6/22	14438
Intermed. (7-10 yr)	SU	8:30-10:00am	4/6-5/11	14246	5/18-6/22	14458

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

Session is 6 weeks long • Student / teacher ratio is 4:1
 \$181 Resident, \$199 Non-Resident
 All classes taught at Sunnyvale Tennis Center.

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beginning (11-15 yr)	TU	4:00-5:30pm	4/1-5/6	14259	5/13-6/17	14418
Adv. Beg. (11-15 yr)	TU	4:00-5:30pm	4/1-5/6	14256	5/13-6/17	14414
Intermed. (11-15 yr)	TU	4:00-5:30pm	4/1-5/6	14268	5/13-6/17	14426
Beginning (7-10 yr)	TH	4:00-5:30pm	4/3-5/8	14234	5/15-6/19	14443
Adv. Beg. (7-10 yr)	TH	4:00-5:30pm	4/3-5/8	14236	5/15-6/19	14440
Intermed. (7-10 yr)	TH	4:00-5:30pm	4/3-5/8	14239	5/15-6/19	14452
Beginning (11-15 yr)	SA	2:00-3:30pm	4/5-5/10	14275	5/17-6/21	14417
Adv. Beg. (11-15 yr)	SA	2:00-3:30pm	4/5-5/10	14276	5/17-6/21	14413
Intermed. (11-15 yr)	SA	2:00-3:30pm	4/5-5/10	14277	5/17-6/21	14425

Junior Development Teams (Ages 10-17)

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

Level	Day	Time (2 Hrs)	Session	Code
Intro to Bronze & Bronze (10-17 yr)	MO	4:00-6:00pm	3/31-6/16	14278
Silver (10-17 yr)	WE	6:30-8:30pm	4/2-6/18	14283
Gold (10-17 yr)	TH	6:30-8:30pm	4/3-6/19	14286
Intro to Bronze & Bronze (10-17 yr)	FR	5:00-7:00pm	4/4-6/20	14279
Silver (10-17 yr)	FR	7:00-9:00pm	4/4-6/20	14283
Intro to Bronze & Bronze (10-17 yr)	SA	2:00-4:00pm	4/5-6/21	14280
Intro to Bronze & Bronze (10-17 yr)	SA	4:00-6:00pm	4/5-6/21	14281
Silver (10-17 yr)	SA	4:00-6:00pm	4/5-6/21	14285
Gold (10-17 yr)	SA	4:00-6:00pm	4/5-6/21	14286
Match Play (10-17 yr)	SU	4:00-5:30pm	4/6-6/22	14287
Match Play (10-17 yr)	TU	5:30-7:00pm	4/1-6/17	14288 *Bonus

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

Please register at www.lifetimetenis.com

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



10 and Under Tournament Training (Ages 7-10)

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

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

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

April 14th-18th (Spring Camp)

Table with 2 columns: Activity Name and Price. Includes Little Tennis & Little Rallyers (4-6 yrs) M-F 9-10:30 am (12963), Improvement & Match Play (7-15 yrs) M-F 9am-12pm (12957), and Improvement & Match Play (7-15 yrs) M-F 12:30-3:30pm (12960).

Adult Tennis Classes - Spring

Adult Tennis Lessons (Ages 16+)

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

Table with 7 columns: Level, Day, Time (1.5 Hrs), Session I, Code, Session II, Code. Lists various tennis levels from Beginning to Intermediate across different days and times.

Adult Specialty Classes (Ages 16+)

Academy-USTA Prep

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

Table with 7 columns: Level, Day, Time (1.5 Hrs), Session I, Code, Session II, Code. Lists Academy NTRP classes for various age groups.

Adult Drill Classes

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

Table with 7 columns: Level, Day, Time (1 Hr), Session I, Code, Session II, Code. Lists Ladies' and Men's Adv. Drill classes.

Adult Camps (Ages 16+)

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

Cardio Classes (Ages 16+)

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

Table with 7 columns: Level, Day, Time (45 Min), Session I, Code, Session II, Code. Lists Cardio classes on TU and TH.

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

Session is 6 weeks long • Activity Includes 1 doubles match per week.
\$42 Resident, \$46 Non-Resident. Court fees and tennis balls are provided

Table with 8 columns: Level, Day, Time (2 Hrs), Session I, Code, Session II, Code. Lists Women's and Men's doubles league classes.

Ponderosa Park Tennis Classes (Ages 9-16)

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

Table with 7 columns: Level, Day, Time (1 Hr), Session I, Code, Session II, Code. Lists Beginning and Adv. Beg classes at Ponderosa Park.

Serra Park Tennis Classes (Ages 7-16)

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

Table with 7 columns: Level, Day, Time, Session I, Code, Session II, Code. Lists Little Tennis and various youth classes at Serra Park.

Spring 2014

Tennis Descriptions

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

LITTLE TENNIS & ATHLETIC DEVELOPMENT PROGRAM (4-6 years old)

This specialized program is designed to stimulate, challenge and appeal to children 4 to 6 years old. Our expert instructors will guide the students through fun games and exercises designed to build a solid foundation of tennis technique and motor skills.

LITTLE RALLYERS (5-7 years old)

The Lifetime Tennis Elite Future Stars program is for promising young players that demonstrate the skills necessary to become future tournament players. This program is designed to give our future stars rigorous training in technique, footwork, and rallying skills.

BEGINNING, ADV. BEGINNING & INTERMEDIATE LEVELS (7-15 years old)

This 3 tiered introduction program is designed to develop early tennis skills that include stage 1, 2 & 3 balls, ground strokes (stationary & moving), serving (1/2 & full motion), volleys, overheads, and basic vocabulary.

INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS (10-17 years old)

For students who graduated from the Beginning, Advanced or Intermediate programs can fulfill the program requirements. Students will learn topspin, under spin sidespin; add & reduce the power to shots, and develop specialty shots.



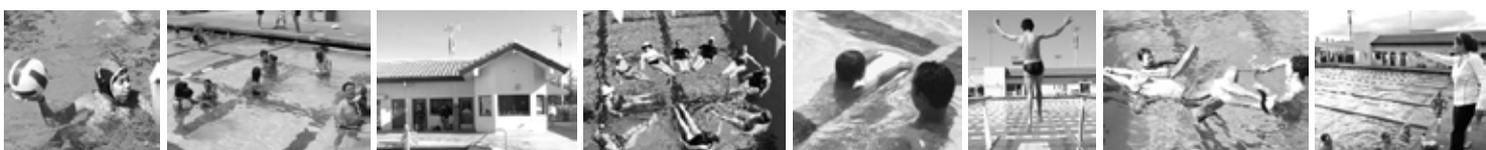


Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087

(408) 732-2257 www.calsportscenter.com

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



Swim Lessons

Daily

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

Spring registration begins Monday, January 13th

Summer 2014 registration begins Monday, April 14th

Spring swim lessons are taught in four week sessions. Weekday classes are available 3:00-7:00pm. Morning lessons are also available Tue, Thu, Fri, Sat and Sun. Multiple age and skill-based swim levels are offered. Spaces fill quickly, so register early.

Pre-Comp

Mon/Wed/Fri

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

Youth Water Polo

Mon/Thu/Sat

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

Youth Springboard Diving

Saturdays

Youth diving classes are available on Saturday afternoons. Classes focus on the fundamentals of springboard diving, including the approach, basic dives, and entries.

Safety Training Classes

We offer Lifeguard Training, CPR, Safety Training For Swim Coaches, Waterfront Guard, Water Safety Instructors classes, and more. Additional information and registration is available at the pool, or visit our website. Class space is limited.

Adult Lap Swim

Daily

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



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

*Senior rates available for morning, noon and weekend lap swim.
**Extended hours may be available, check our website or the pool.

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

Adult Fitness Programs

CSC Masters – Sunnyvale

Weekdays

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

Mon-Fri 8:00-9:00 am
Mon-Fri 12:00-1:00 pm
Sat 7:00-8:00 am

Podium Program

Wednesdays

The Podium program is available for multi-sport athletes who are looking to improve their swimming skills. Contact the pool for more information about this program.

Water Fitness

10:30-11:30 am

Mon/Wed/Fri

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

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

www.calsportscenter.com



GOLF in SUNNYVALE

Save Time - Book Online at golf.inSunnyvale.com



Sunnyvale Golf Course

605 Macara Avenue
(408) 738-3666

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

Sunken Gardens Golf Course

1010 South Wolfe Road
(408) 739-6588

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

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

Golf Merchandise

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

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

20% OFF SALE!!!

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

- Coupon must be presented at time of purchase
- One coupon per purchase allowed (Coupon must be an original clipped from an Activity Guide—no copies accepted.)
- Valid for in-stock merchandise
- Cannot be combined with other offers
- Expires 6/30/2014

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

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

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

Sunnyvale Advantage Card for any Sunnyvale resident.

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

Reservations

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

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



Golf Lessons

Group Golf Lessons

Group Golf Classes for all skill levels start April 1. Please contact Sunken Gardens Golf Shop, (408) 739-6588, after March 1, for dates, times, and sign-up information.

Beginning (no experience necessary)

Class content includes basic safety, rules and etiquette, grip, stance and swing fundamentals. Putting and sand trap instruction is included in this beginners' introduction to golf. A \$6 fee for a small bucket of balls will be charged for each of the six one-hour lessons. Clubs provided at no charge, if needed.

Location: Sunken Gardens Driving Range
Fee: \$100/person (Resident/Non-Resident)

Intermediate (some experience necessary)

Six sessions on the range will cover pre-shot routine, aiming and alignment, ball position, ball flight laws, intentional curvature of the ball, equipment technology and more, depending on student interest. A \$6 fee for a small bucket of balls will be charged for each of the six one-hour lessons. Clubs provided at no charge (if needed).

Location: Sunken Gardens Driving Range
Fee: \$100/person (Resident/Non-Resident)

Advanced (experience necessary)

The instructor is on the course with this class for two hours. Each student must bring his or her own set of clubs. This class deals with playing situations, not swing mechanics. **Green fees will be charged for each of the 4 classes.**

Location: Sunken Gardens Golf Course
Fee: \$100/person + Green Fees (Resident/Non-Resident)

Vista
AT SUNNYVALE

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

Business Hours:

Monday to Sunday: 6:30 a.m. – 7 p.m.

Happy Hour: 3 – 7 p.m. (M-F)

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

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

Beginning Junior (9-16years) & Beginning Super Junior (5-8years)

Basics of grip, stance, swing, alignment, rules and etiquette. A \$6 fee will be collected at each class for a bucket of balls. Equipment available at no additional charge, if needed.

Location: Sunken Gardens Driving Range
Fee: \$100/person (Resident/Non-Resident)

Private Golf Lessons

Private and small group instruction is also available each Saturday, and at other times during the week by appointment. Treat yourself to a lesson or series of lessons with PGA Director of Instruction Hank Pollex. For more information, please call the Golf Shop, (408) 739-6588

Play Golf America!

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

KIDS PLAY FREE

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

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





Connect With Your Community



Like us on Facebook

facebook.com/pages/Sunnyvale-Recreation/129315147144574



Find activity partners on Meetup

meetup.com/SunnyvaleCommunityCenter/



Follow us on Twitter

twitter.com/SunnyvaleRec



*Scan to sign up for our bi-monthly newsletter,
or email trupel@sunnyvale.ca.gov*



Free

Child Care Fair

Saturday, May 31, 2014
11 a.m. - 2 p.m.

Sunnyvale Public Library  **665 W. Olive Avenue, Sunnyvale**

Find the right licensed child care for your child.
You're invited to meet with over 20 Sunnyvale licensed home and center-based child care providers.

Infant • Toddler • Preschool • School Age
Full-Time Care • Part-Time Care
Half Day Programs • After & Before School Programs

The Developmental Assets for Early Childhood are the positive values, relationships, skills and experiences that help children thrive. This program supports Developmental Asset # 5: **Caring climate in child care and education** - Caregivers and teachers create environments that are nurturing, accepting, encouraging and secure. To learn more about the 41 Developmental Assets, visit projectteamofone.org

Childcare.inSunnyvale.com **For more information, call (408) 730-7800**
Email: childcareresources@sunnyvale.ca.gov

The City of Sunnyvale does not endorse any particular child care program. Families are encouraged to conduct their own screening/interview process to determine if a program meets their needs. The City of Sunnyvale encourages persons with disabilities to participate in our programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, contact (408) 730-7800. TDD (408) 730-7501 at least five days in advance of the program. AG 7805



Evenings of Cultural Arts

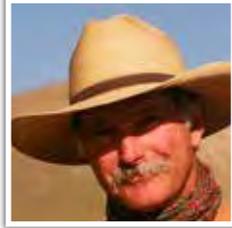
Arts.inSunnyvale.com



Adam Marks



Kathy Kallick Band



Dave Stamey

SPONSORS



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

Please indicate your ticket order below.

Type of Ticket	Adam Marks 2/15/14	The Kathy Kallick Band 3/22/14	Dave Stamey 5/3/14	# Ordered	Price Each	Cost
GA = General Admission S/S = Student / Senior 60+						
INDIVIDUAL TICKETS: please mark the # desired per show – Buy 9 individual tickets and get a 10th free						
General Admission					X \$28	
Student or Senior					X \$22	
Per Order Handling Fee (for mail, fax, phone orders)						+ \$1
Total Amount Due						
Tax-Deductible Donation toward City-Presented Performances						
Total Enclosed						

PAYMENT INFORMATION

- My check is enclosed, made payable to "City of Sunnyvale".
A \$30 service charge will be applied to all returned checks
- Visa MasterCard Card # _____
- Exp: _____ 3-digit security code from back of card: _____
- Name on Card: _____
- Signature: _____
- Mailing Street Address: _____
- City: _____ State: _____ Zip: _____
- Phone #: _____
- E-mail: _____

- Please mail my tickets to the address above.
- Please hold my tickets at "Will Call."
- I would like to receive e-mail announcements and special offers from Sunnyvale Theatre.

You must provide all information requested for your form to be processed. All sales are final.
No refunds or exchanges. Once completed, detach this registration form and mail to the following address along with your check or credit card information:

City of Sunnyvale, Performing Arts Center, P.O. Box 3707,
Sunnyvale, CA 94088-3707 or fax to (408) 730-7726. To order by phone, call (408) 733-6611.

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

SEE A SHOW IN SUNNYVALE!

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

Evenings of Cultural Arts

(Information & Tickets: 408.733.6611, more information at Arts.inSunnyvale.com)

Adam Marks.....2/15
Kathy Kallick Band.....3/22

All shows at 8 p.m.

Tickets \$28 general • \$22 students & seniors
Convenience fee of \$1 per order applies on mailed, faxed, online & phoned orders

California Theatre Center

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

The Frog Prince.....1/25-2/15
Charlotte's Web.....2/22-3/15
The Reluctant Dragon.....3/22-3/29

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

Sunnyvale Community Players

(more information at www.sunnyvaleplayers.org)

A Little Princess (JR Theatre).....2/21-3/16
A Little Shop of Horrors.....4/4-4/27

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





Therapeutic Recreation

Mission is to enhance the quality of life of individuals with disabilities through meaningful programs. To register or receive a TR brochure, call 730-7360.

Winter Programs

Saturday of Experience (18 years and older)

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

Saturdays from 10 am to 12:30 pm

Bowling (18 years and older)

Join your friends for an afternoon of bowling at Homestead Lanes. Work on your bowling skills, while building sportsmanship teamwork and making new friends.

Thursdays, 3:30 – 5 pm

Santa Clara County Special Olympics:

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

AYSO (American Youth Soccer Organization)

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

Community Organizations

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

Community Groups	Phone
Friends of the Sunnyvale Library	(408) 982-6657
Nova Vista Symphony	(408) 624-1492
Belle Swingers Square Dance Club	(408) 739-3977
Sunnyvale Art Club	sunnyvaleartclub.org
Sunnyvale Community Players	(408) 859-6871
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	sunnyvalephoto.com
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

Senior Clubs

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

Sports Clubs

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

Youth Sports Leagues

Baseball/Softball

Lakewood Pony Baseball	lakewoodponybaseball@yahoo.com
Metro Little League	www.sunnyvalometro.org
National Little League	(408) 720-1809
Serra Little League	serralittleleague.com
Sunnyvale Girls Softball League	(408) 380-1210
Southern Little League	www.sssl.org

Football

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

Soccer

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

Sunnyvale Bluegrass Jam

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

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

Where: Creative Arts Center, Meeting Room

Cost: \$5 per person at the door

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



Online



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

Mail In



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

Fax In



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

Walk In



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

Registration Checklist/Information

- Make sure your registration form is signed.
- Include payment: check, money order, VISA or Mastercard credit card
- Make checks payable to: **City of Sunnyvale**
There is a charge of \$30 for returned checks.
- Age level in course descriptions indicates participants must be that age by starting date of the class.

- Class registration will be accepted until the second class meeting, provided openings are available.
- For general registration information, please call (408) 730-7350.

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

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

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

Additionally ...

WAITING LISTS

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

CANCELLATIONS

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

REFUND/TRANSFER POLICY

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

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

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

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

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

FEE WAIVER ASSISTANCE PROGRAM FOR YOUTH PROGRAMS

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

For more information call (408) 730-7350.

GOLF/TENNIS REGISTRATION:

For golf registration, please see pg.49-50, and for tennis registration, please see pg.46-47. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

Want to TRY•IT?

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

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

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



registration

Please **PRINT** your information:

Today's Date: _____

Participant's Last Name: _____ Street Address: _____

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

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

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

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

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

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

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

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

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

Signature: _____ Date: _____

Print Name: _____

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

Charge my: MasterCard Visa

Name of card holder _____

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

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



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

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

First Name	Birth Date (if under 18yrs)	Class Name	T-shirt Size*	Class # (example: 123456.MC)		Class Fee
				1st Choice	2nd Choice	
				.	.	
				.	.	
				.	.	
				.	.	
Current Senior Center members can deduct \$5 per Senior Center class						—
Tax deductible donation toward City Recreation Programs						—

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

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



Total Fees



SUNNYVALE *Activity Guide*

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11 a.m. - 3 p.m.

Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale

Over 60 Exhibitors
Games, Rock Wall & Prizes
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Free Health Screenings

For information, visit
FitandFunFair.inSunnyvale.com

FREE FAMILY EVENT

Questions? Call (408) 730-7800
Email: fitandfunfair@sunnyvale.ca.gov

Panama Canal Cruise December 8 - 22, 2014

For this and other Senior Center Trips, please
see page 42, or call (408) 730-7360

