



# 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!

**2014 Senior Center Membership Drive**  
 Buy your 2014 membership after July 1, 2013 and enjoy the Senior Center for 2013!

## Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of residency and age (photo ID or utility bill) and pay a resident discounted fee of \$25 (Basic) or \$29 (Premium). Those living outside of Sunnyvale pay an annual membership fee of \$39 (Basic) or \$45 (Premium).
3. Have your photo taken and receive your personalized card. For more information, call (408) 730-7360.

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, Gentle Core Fitness, Line Dancing, Sunny Fit, and Current Events.			✓

Older Adult

The Sunnyvale Senior Center is now on Facebook! LIKE US at [www.facebook.com/SunnyvaleSeniorCenter](http://www.facebook.com/SunnyvaleSeniorCenter) to see what is new at the Senior Center, and to keep in touch with friends, both old and new.



## Art

### Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. **Beginning:** Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

**Instructor:** Helen Jurado

**Location:** Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
659901.AA	Beg	50&older	6/3-7/22	M	8:30am-11:30am	\$41/\$51
659902.AA	Int/Adv	50&older	6/3-7/22	M	12:30pm-3:30pm	\$41/\$51

## 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.

May	Bachata
June	Waltz
July	Jitterbug
August	Rumba

### Evening Ballroom Dances

#### Dance Lessons

**Every 3rd Wednesday;** 6:45pm-7:30pm

**Instructor:** Babi & Ron Hogue.

#### Big Band, Swing & Popular Sounds

**Every 3rd Wednesday;** 7:30pm-9:30pm

**Location:** Orchard Pavilion

**Fee:** \$5 members, \$6 non-members

Price includes dance lessons & admission.

Upcoming dates and featured dances:

May 15	Cha-Cha
June 19	Waltz
July 19	Two Step
August	Bolero

### Line Dancing (50 & older)

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

**Level 1:** This is your chance to learn fun, easy dances designed for the very beginning level student. 8-10 dances will be taught, reviewed and practiced for your enjoyment and exercise.

**Level 2:** This advanced class is designed for those who have already taken at least 1-2 sessions of Level 1. Learn 10-12 dances with more complex steps-syncopation, some turns, faster and longer than Level 1.

**Instructor:** Donna Frankel

**Location:** Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
654001.AA	1	50&older	6/5-7/24	W	10:30am-12:00pm	\$45/\$56
654002.BA	2	50&older	6/5-7/24	W	9:00am-10:30am	\$45/\$56

## Fitness

### Back Care Conditioning (50 & older)

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

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658750.AA	50&older	6/3-7/8	M	10:00am-11:00am	\$31/\$39
158750.AB	50&older	7/15-8/19	M	10:00am-11:00am	\$31/\$39

### Body & Core Strength (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 4/2. Priority registration given to walk in residents. **Intermediate:** Must have participated in a Sunnyvale Senior Center fitness class within the past year.

**Advanced:** Higher intensity and faster paced workout.

**Instructor:** Tamara Lo (Int) **Location:** Recreation Center Ballroom

**Instructor:** Christina Vargas (Adv) **Location:** Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658302.AA	Int	50&older	5/28-7/9	TuTh*	10:30am-11:30am	\$43/\$54
658303.AA	Adv	50&older	5/28-7/9	TuTh*	9:00am-10:00am	\$43/\$54
158302.AA	Int	50&older	7/11-8/20	TuTh	10:30am-11:30am	\$43/\$54
158303.AA	Adv	50&older	7/11-8/20	TuTh	9:00am-10:00am	\$43/\$54

\*No class 7/4

### Cardio Mix (50 & older)

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

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658200.AA	50&older	5/28-7/9	TuTh*	8:00am-9:00am	\$37/\$46
158200.AA	50&older	7/11-8/20	TuTh	8:00am-9:00am	\$37/\$46

\*No class 7/4





**Strength Training** (See page 39)

**Summer Morning Shape-Up** (50 years & older)

Join us for this mini-session workout. The class focuses on low impact aerobics, stretching, and toning. Bring a mat. Light hand weights optional

**Instructor:** June Ambrose

**Location:** Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
158260.AA	50&older	7/29-8/30	M,W,F	8:00am-9:00am	\$43/\$54

**Sunny Fit Low Impact** (50 & older)

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

**Instructor:** Fred Brovold

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658140.AA	50&older	6/3-7/10	MW	1:30pm-2:30pm	\$34/\$43
658140.AB	50&older	6/3-7/10	MW	2:45pm-3:45pm	\$34/\$43
158140.AA	50&older	7/15-8/21	MW	1:30pm-2:30pm	\$34/\$43
158140.AB	50&older	7/15-8/21	MW	2:45pm-3:45pm	\$34/\$43

**Zumba Gold** (50 & older)

Are you ready to join the PARTY? Zumba Gold is a fun, effective, low-impact and high-energy workout that will make you SMILE! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves to an exciting mix of Latin and international music. Please wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee: \$5 residents, \$6 non-residents.

**Instructor:** Kathleen Hill (MF), Marla Yonamine (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.AA	50&older	5/20-7/1	MF*	8:45am-9:45am	\$49/\$61
658210.CB	50&older	5/22-6/26	W	8:45am-9:45am	\$27/\$34
158210.AA	50&older	7/8-8/16	MF	8:45am-9:45am	\$49/\$61
158210.CB	50&older	7/10-8/14	W	8:45am-9:45am	\$27/\$34

**Instructor:** Irene Ortiz

**Location:** Recreation Center Ballroom

658210.BA	50&older	5/28-7/3	TuTh*	4:15pm-5:15pm	\$49/\$61
158210.BA	50&older	7/11-8/20	TuTh	4:15pm-5:15pm	\$49/\$61

**Instructor:** Irene Ortiz

**Location:** Senior Center, Orchard Pavilion

658210.CA	50&older	5/29-7/3	W	4:15pm-5:15pm	\$27/\$34
158210.CA	50&older	7/10-8/14	W	4:15pm-5:15pm	\$27/\$34

\*No class 5/27, 7/4

**Lectures**

Sign up is required to attend and can be done at the reception counter or by calling (408) 730-7360. Space is limited so we encourage early sign-up.

**Senior Exercise**

Join us for this presentation as Johanna demonstrates a variety of exercises and discusses activities to support fitness and healthy aging. Tuesday, May 8, 2013

Laurel Room

Special Guest: Johanna Losito, MSN, R.N., FNP-C, AOCNP

PAMF Hematology/Oncology

**Enhance Fitness** (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.

**Instructor:** Christel Ligocki

**Location:** Recreation Center Ballroom (MF),

Recreation Center Community Room (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658130.AA	50&older	6/17-8/9	MWF	10:00am-11:00am	\$85/\$106

**Gentle Core Fitness** (50 & older)

Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone, and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658120.AA	50&older	5/28-7/2	Tu	12:00pm-1:00pm	\$31/\$39
658120.BA	50&older	5/30-7/11	Th*	12:00pm-1:00pm	\$31/\$39
158120.AA	50&older	7/16-8/20	Tu	12:00pm-1:00pm	\$31/\$39
158120.BA	50&older	7/18-8/22	Th	12:00pm-1:00pm	\$31/\$39

\*No class 7/4

**Personal Training Program** (18 & older)

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

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

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

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



### Common Knee Injuries

Do you lead an active life? Are you interested how to prevent common knee injuries? Join us for a discussion regarding ACL, MCL and meniscal injuries along with the latest techniques in knee replacement surgery.

Tuesday, June 4, 2013, 1pm-2:30pm, Laurel Room  
Special Guest: Bernardo Ferrari, Orthopedics Specialist,  
El Camino Hospital

### Special Interest

#### Current Events (50 & older)

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

**Instructor:** Peggy Nissen

**Location:** Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
657000.AA	50&older	5/30-7/11	Th*	10:15am-11:30am	\$13/\$16
157000.AA	50&older	7/18-8/22	Th	10:15am-11:30am	\$13/\$16

\*No class 7/4

#### Symphony & Concerto (50 & older)

Survey the rich musical activities in the Santa Clara Valley. Lectures focus on concerts presented at Flint Center, California Theater in San Jose and at other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. The instructor is a cellist and lecturer with many years in the symphonic life of the Valley.

**Instructor:** Roger Emanuels

**Location:** Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
654800.AA	50&older	6/3-6/24	M	1:00pm-2:30pm	\$26/\$33

#### AARP Safe Driving Program

AARP Safe Driving Program – Contact the Senior Center for more information. 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 2<sup>nd</sup> and 4<sup>th</sup> 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

\*No class 5/28

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#### 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) 949-7779

# We have something to Celebrate!



Join us for our 10 Year Senior Center Anniversary Gala Ball

Friday, July 19, 2013

Arrival Time

6:00 PM

Event Hours

6:30 PM - 10:00 PM

Dress to Impress

For more information

please call (408) 730-7360 or

visit us at the senior center reception counter.

NH

## Volunteers Needed

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

**Areas Where We Need You**

Lunch Program

Computer Lab

Current Events Instructor

Please call (408) 730-7360



# Trips

## Registration

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



## Day Trips

<b>Monterey Bay Wildflowers</b> , Step-on naturalist, lunch included	Th, 4/18	\$93 R/\$116 NR
<b>Safari West</b> Buffet BBQ lunch included	W, 5/22	\$132 R/\$165 NR
<b>Girl with a Pearl Earring &amp; Impressionists on the Water</b> Lunch on your own	Su, 6/2	\$86 R/\$108 NR
<b>Hyde Street Pier &amp; Tadich Grill</b> Historic sailing ships, lunch included	W, 6/26	\$96 R/\$120 NR
Registrations for all trips are now being accepted – so sign up now! Please check out the <b>Steppin' Out Messenger</b> for more information on upcoming Summer Day Trips		



## Extended Trips

<b>Great Canadian Cities</b> , Wed., 6/12/13 – Wed., 6/19/13
<b>Scandinavian Highlights</b> , Thur., 7/18/13 – Mon., 7/29/13
* <b>Splendors of Croatia</b> , Wed. 9/18/13 – Sat. 9/28/13
* <b>Albuquerque's Balloon Fiesta</b> , Fri., 10/11/13 – Wed., 10/16/13
* <b>Holiday Shows in Branson</b> , Fri. 11/15/13 – Tue. 11/19/13

### \*Trip Slide Show Presentations of our Extended Trips

Join us on Tuesday June 4, 10am to noon, Senior Center, Laurel Room, for slide show presentations of the following trips: Splendors of Croatia, Albuquerque Balloon Fiesta, and Holiday Shows in Branson. See Summer Steppin' Out Newsletter for additional extended trips.

Our extended trips include an escort and a professional tour guide, free parking & round trip transportation from the Sunnyvale Senior Center to the airport, gratuities for guides and drivers, trip insurance, round trip air, admissions and meals as listed on the flyer, wonderful hotels, and a friendly group of travelers to share these amazing trips.



Great Canadian Cities trip June 12 – 19, 2013. \$3,044 per person double. Photo: Quebec City



Scandinavian Highlights trip July 18 – 29, 2013. \$5,697 per person double. Photo: Aurlands Fjord



Splendors of Croatia trip September 18 – 28, 2013. \$3,984 per person double. Photo: Dalmation Coast

Older Adult



## Legal Clinics at the Senior Center

The South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale SABS-NC will be hosting free legal clinics at the Sunnyvale Senior Center. Volunteer attorneys will be available to provide FREE 20-30 minute legal consultations to answer questions on various legal matters. The clinics will be in session on the following Saturdays:

Every 3rd Saturday from 10 am to 12 noon

No appointments required. Just walk in and sign up at the front desk on the day of the clinic. If you would like to set up an appointment, please email [probono@southasianbar.org](mailto:probono@southasianbar.org) or see staff at the Senior Center, Monday through Friday between 9 am to 5:30 pm.

NH



## Care Management

Linking individuals with services that will allow them to maintain their independence. We provide home assessments and both home and office consultation.

Call (408) 730-7732

GM

## 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



NH

Sunnyvale Library at [sunnyvalelibrary.org](http://sunnyvalelibrary.org)

## Get The Help You Need.

### Senior Peer Advocate Program



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

We can provide help & information with:

- Housing, Food and Nutrition
- Adult Day Health/Day Care
- Transportation and Legal Issues
- Caregiving and family support

Call for an appointment: 408-730-7367

The Senior Peer Advocate is a program sponsored by The Health Trust Healthy Aging Initiative in collaboration with nine agencies, including the City of Sunnyvale.

GM

## 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

GM



# 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

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.



Table Tennis  
FREE for  
Premium Members

GB

## 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.

NH

## Senior Center Fitness Room



Fitness Room  
FREE for  
Premium Members

SF

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

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

SF

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

## 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.

Members \$5.50 / Non-Members \$8.00

Menu subject to change

Specialty salads require pre-payment

NH



## NEW - Free Fitness Room Orientations

Free fitness room orientations will be offered twice a month to Premium and Basic Senior Center members. A Senior Center personal trainer will show you how to safely operate fitness room equipment. For more information and to sign up, contact the Senior Center front desk. Space is limited.

SF

Older Adult



## Senior Center Drop-in Programs and Services

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

### DROP-IN PROGRAMS

Program	Non-Member Fee (\$)	Meets
Billiards	\$5	M-F, 9:00am-6:00pm Sa, 10:00am-2:00pm
Book Club	\$2	2 <sup>nd</sup> Friday, 1:15-3:00pm
Bridge sign in between 11-11:45am	\$2	Tu, 12:15-3:00pm
Chess Club	\$2	Th, 2:30-5:30pm
Ballroom Dance - for all Seniors	\$2	Tu, 1:30 – 4:00pm
Computer Club	\$2	2 <sup>nd</sup> F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 <sup>nd</sup> F, 11:30am-12:30pm
Computer Lab	\$5	M-F, 9:30am-11:30am 1:30pm-3:30pm
Dancing for Health ☺	\$2	Th, 3:00-5:00pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup (50¢ per cup for ALL)		M-F, 8:30am-3:00pm
Fitness Room Ⓟ	\$5	M-F, 8:00am-6:30pm Sa, 10:00am-2:00pm
Game Day	\$2	F, 1:00-4:00pm
Lawn Bowls (+ Club Membership for ALL)	\$2	M-Sat, 12:30-3:00pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies (FREE for ALL)		1 <sup>st</sup> & 3 <sup>rd</sup> F, 1:00pm
Open Games	\$2	Thurs., 12:15-3:30pm
Table Tennis Ⓟ	\$5	M-F, 9:30am-4:00pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☺	\$2	F, 9:00-11:00am
Women's Network	\$2	Tu, 10:30-11:30am

Program	Non-Member Fee (\$)	Meets
Yuan Chi ☺	\$2	F, 9:00-11:00am
Muscians Jam Session	\$2	1 <sup>st</sup> & 3 <sup>rd</sup> Mon, 1:30-2:30pm

### SERVICES

Service	Non-Member Fee (\$)	Available / Call
BART Tickets	(\$9 for ALL; a \$24 value)	M-F, 9:00am-5:30pm
Blood Pressure	(FREE for ALL)	M & Th, 10:00am-Noon
Care Management (FREE for Sunnyvale Residents only)		Call: (408) 730-7732
El Camino Hospital Resource Library	(FREE for ALL)	Tu., 10:30am- 11:30am
Diabetes Support		4th Thursday 1:00pm-2:30pm
Foot Care	(\$40 members, \$50 Non-members)	Monday 5/20, 7/29 1:00pm
Health Insurance Counseling and Advocacy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	Will return in Fall



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

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



Detailed information about our facilities, which are divided into the following categories, is available on the Web at [Recreation.inSunnyvale.com](http://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) 730-7725



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

*For a map of Sunnyvale Parks, Community Center and Golf Courses, see page 60.*

**Main Facilities Reservations Office**  
**Monday - Friday, 9 a.m. - 6 p.m.**  
**Phone: (408) 730-7751 • Fax: (408) 730-7754**  
***Recreation.inSunnyvale.com***  
**550 E. Remington Drive • P.O. Box 3707**  
**Sunnyvale, CA 94088-3707**

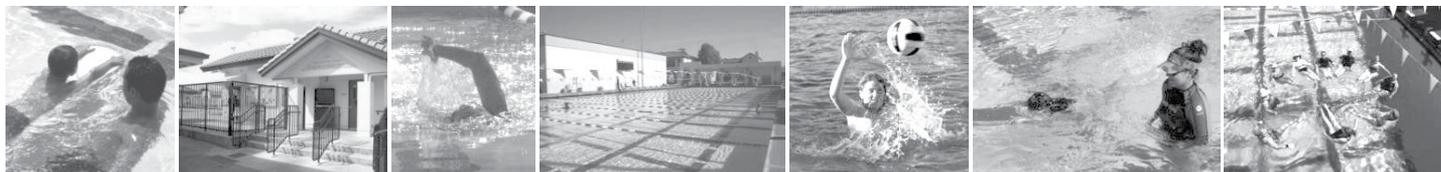


## Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087

(408) 732-2257 [www.calsportscenter.com](http://www.calsportscenter.com)

The California Sports Center offers a wide range of aquatics programs to suit the needs of swimmers of all ages and abilities. The Sunnyvale Swim Complex @ Fremont High school is an outdoor Olympic size 50 meter x 25 yard pool. The water temperature is maintained at 78-82 degrees. The facility includes a pool house with locker rooms separate from the high school, a training room for community classes and other amenities.



### Swim Lessons

Daily

CSC instructors teach lessons at the Sunnyvale Swim Complex throughout the year. Designed for children and adults of all ages and abilities - 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) formats.

- **Summer registration will begin on April 8<sup>th</sup>**
- **Summer sessions begin on June 3<sup>rd</sup>**

**Summer Swim Lessons** are taught weekdays from 9:30am-1pm and from 3:30-7:45 pm. Morning lessons are also available on Saturdays and Sundays. Multiple age and skill-based swim levels are offered. Space is limited and fills quickly!!!

### Parent-Tot Lessons Weekday mornings and weekends

This parent/child class is designed to ease infants and toddlers (ages 3 & under) into the water in preparation for independent lessons. A parent is required to assist in the water.

### Summer Rec Program / Pre-Comp Mon-Fri

These programs are for swimmers looking to develop their competitive swimming skills and increase physical fitness. Students should be able to swim 50 yards of each of the four competitive strokes.

### Springboard Diving contact pool for schedule

Diving classes are available for beginner and intermediate divers. Instruction includes approach, dives and more. Competitive options are also available-check website for more information.

### Youth Water Polo Mondays, Thursdays & Saturdays

Youth Water Polo is a co-ed developmental program for youth-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.

### Adult Lap Swim

Daily

We are the City of Sunnyvale lap swim center. Adults (16 & older) 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

Saturdays 8-11am

Sunday 8 am-1pm

\*M/W/F am lap swim 5:30-8:00 am June 10-August 9

You choose: Daily drop-in rates, 12 swim punch cards, or monthly passes. Senior rates are available for the am, noon and weekend lap swimmers.

### Adult Fitness Programs

#### CSC Masters – Sunnyvale

Weekdays

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

Mon/Wed/Fri 8-9 am (long course in summer)

\*T/Th mornings (contact pool)

Mon-Fri 12-1 pm

### Summer Open Swim

Daily

Open Swim is available to the public seven days a week during the summer. Swimmers must be able to pass a swim test to swim in the deep end. Open swim will be begin June 10.

Monday-Friday 1:30-3:30 pm

Saturday/Sunday 1:30-4:30 pm

### Summer Camps

Weekly starting June 17

Summer swim day camps are available for children ages 6-14. Camps offer swim instruction, activities in the water and out of the pool, and more. Camp sessions run Monday-Friday. Full and half day camps are available.

### ...And More!

CSC offers many more aquatics programs. Contact the pool or visit our website for more information:

Adult Water Polo

Water Fitness

Intro to Masters

Tri Specific Swim Workouts

CPR and First Aid Classes

Lifeguard Training

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

[www.calsportscenter.com](http://www.calsportscenter.com)



## Therapeutic Recreation

Mission is to enhance the quality of life of individuals with disabilities through meaningful programs. Our goals are to:

1. Provide recreation opportunities in a safe, caring and fun environment.
2. Create self confidence through exposure to new recreation opportunities.
3. Plan and implement activities and programs to enhance motor skills, social interactions, positive self expression and foster independence.

To register or receive a 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	(408) 733-1804
Sunnyvale Community Players	(650) 425-7549
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	(408) 475-8101
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

### Senior Clubs

Bayview Senior Citizens	(408) 736-4453
California Grandmothers' Club	(408) 409-9769
Chinese Senior Club of Santa Clara Valley	(408) 731-0776
Sunnyvale Senior Citizens	(408) 736-3119
Unique Boutique	(408) 733-8459

### Sports Clubs

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

### Youth Sports Leagues

#### Baseball/Softball

Lakewood Pony Baseball	lakewoodponybaseball@yahoo.com
Metro Little League	www.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



## Lifetime Tennis at the Sunnyvale Municipal Tennis Center

Sunnyvale Municipal Tennis Center • 755 South Mathilda Ave • [www.lifetimetennis.com](http://www.lifetimetennis.com) • (408)735-7285

The tennis courts at the Sunnyvale Municipal Tennis Center in Las Palmas Park are available on a pay-as-you-play basis.

The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons, and ball machine rental please visit our website at [www.lifetimetennis.com](http://www.lifetimetennis.com) or call us at the phone number listed above.

Office hours are Mon-Fri 8:00am-10:00pm, Sat-Sun 8:00am-8:00pm.



## Summer Tennis Class Schedule



### Youth Tennis Classes - Summer

#### Little Tennis & Athletic Development (Ages 4-6)

Session is 6 weeks long • Student / teacher ratio is 4:1

Fee: \$89 Resident, \$98 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time (45 Min)	Session I	Session II
Little Tennis (4-6 yrs)	MO	3:15-4:00 pm	6/24-7/29	8/5-9/10
Little Tennis (4-6 yrs)	TU	3:15-4:00 pm	6/25-7/30	8/6-9/10
Little Tennis (4-6 yrs)	WE	3:15-4:00 pm	6/26-7/31	8/7-9/11
Little Tennis (4-6 yrs)	TH	3:15-4:00 pm	6/27-8/1	8/8-9/12
Little Tennis (4 yrs)	SA	9:00-9:45 am	6/29-8/3	8/10-9/14
Little Tennis (5 yrs)	SA	9:45-10:30 am	6/29-8/3	8/10-9/14
Little Tennis (6 yrs)	SA	10:30-11:15 am	6/29-8/3	8/10-9/14

#### Little Ralliers (Ages 5-6)

Session is 6 weeks long • Student / teacher ratio is 4:1

Fee: \$118 Resident, \$130 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

\*\*\*Instructor approval needed\*\*\*

Level	Day	Time (1-HR)	Session I	Session II
Little Ralliers (5-6 yrs)	SA	12:00-1:00 pm	6/29-8/3	8/10-9/14
Little Ralliers (5-6 yrs)	SA	1:00-2:00 pm	6/29-8/3	8/10-9/14
Little Ralliers (5-6 yrs)	SU	12:00-1:00 pm	6/30-8/4	8/11-9/14
Little Ralliers (5-6 yrs)	TH	3:15-4:15 pm	6/27-8/1	8/8-9/12

#### 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 fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Beginning (7-10 yrs)	MO	4:00-5:30 pm	6/24-7/29	8/5-9/9
Adv. Beg. (7-10 yrs)	MO	4:00-5:30 pm	6/24-7/29	8/5-9/9
Intermed. (7-10 yrs)	MO	4:00-5:30 pm	6/24-7/29	8/5-9/9
Beginning (11-15 yrs)	WE	4:00-5:30 pm	6/26-7/31	8/7-9/11
Adv. Beg. (11-15 yrs)	WE	4:00-5:30 pm	6/26-7/31	8/7-9/11
Intermed. (11-15 yrs)	WE	4:00-5:30 pm	6/26-7/31	8/7-9/11
Beginning (7-10 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Adv. Beg. (7-10 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Intermed. (7-10 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Beginning (11-15 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Adv. Beg. (11-15 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Intermed. (11-15 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Beginning (7-10 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14
Adv. Beg. (7-10 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14

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

Session is 6 weeks long • Student / teacher ratio is 8:1

\$109 Resident, \$120 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Intermed. (7-10 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14
Beginning (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Adv. Beg. (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Intermed. (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Beginning (7-10 yrs)	SU	9:00-10:30 am	6/30-8/4	8/11-9/15
Adv. Beg. (7-10 yrs)	SU	9:00-10:30 am	6/30-8/4	8/11-9/15
Intermed. (7-10 yrs)	SU	9:00-10:30 am	6/30-8/4	8/11-9/15
Beginning (11-15 yrs)	SU	10:30-12:00 pm	6/30-8/4	8/11-9/15
Adv. Beg. (11-15 yrs)	SU	10:30-12:00 pm	6/30-8/4	8/11-9/15
Intermed. (11-15 yrs)	SU	10:30-12:00 pm	6/30-8/4	8/11-9/15

#### 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 fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Beginning (11-15 yrs)	TU	4:00-5:30 pm	6/25-7/30	8/6-9/10
Adv. Beg. (11-15 yrs)	TU	4:00-5:30 pm	6/25-7/30	8/6-9/10
Intermed. (11-15 yrs)	TU	4:00-5:30 pm	6/25-7/30	8/6-9/10
Int./Adv. (11-15 yrs)	TU	5:30-7:00 pm	6/25-7/30	8/6-9/10
Beginning (7-10 yrs)	TH	4:00-5:30 pm	6/27-8/1	8/8-9/12
Adv. Beg. (7-10 yrs)	TH	4:00-5:30 pm	6/27-8/1	8/8-9/12
Intermed. (7-10 yrs)	TH	4:00-5:30 pm	6/27-8/1	8/8-9/12
Int./Adv. (7-10 yrs)	TH	5:30-7:00 pm	6/27-8/1	8/8-9/12
Beginning (11-15 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14
Adv. Beg. (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Intermed. (11-15 yrs)	SA	12:00-1:30 pm	6/29-8/3	8/10-9/14

#### Junior Development Teams (Ages 9-17)

Session is 6 weeks long • Student / teacher ratio is 8:1

\$149 Resident, \$164 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Intro to Bronze & Bronze (10-17 yrs)	MO	4:00-6:00 pm	6/24-7/29	8/5-9/9
Silver & Gold (10-17)	WE	4:00-6:00 pm	6/26-7/31	8/7-9/11
Intro to Bronze & Bronze (10-17)	FR	6:30-8:30 pm	6/28-8/2	8/9-9/13
Silver & Gold (10-17)	FR	6:30-8:30 pm	6/28-8/2	8/9-9/13
Intro to Bronze & Bronze (10-17)	SA	2:00-4:00 pm	6/29-8/3	8/10-9/14
Silver & Gold (10-17)	SU	2:00-4:00 pm	6/30-8/4	8/11-9/15

#### 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 go to [www.lifetimetennis.com](http://www.lifetimetennis.com)

Register online at [lifetimetennis.com](http://lifetimetennis.com) or in the office at  
755 South Mathilda Ave, Sunnyvale.

2 Summer sessions run for 6 weeks each.

For additional information please call 408-735-7285



Summer 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 camps run every week (M-F) from June 10th-August 30th All classes taught at Sunnyvale Tennis Center

Little Tennis & Little Rallyers (4-6 yrs) • Improvement & Match Play (7-15 yrs)

Table with 3 columns: Level, Day, Time. Rows include Little Tennis & Little Rallyers (4-6 yrs), Improvement & Match Play (7-15 yrs), and Improvement & Match Play (7-15 yrs).

Adult Tennis Classes - Summer

Adult Tennis Lessons (Ages 16+)

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

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists various tennis levels from Beginning to Intermed/Adv with corresponding 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 fee All classes taught at Sunnyvale Tennis Center

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Academy (USTA Prep) classes for NTRP 3.0+, 2.5-3.0, 3.5-4.0, and 2.5-3.0.

Adult Drill Classes

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

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Ladies Advanced Drill and Men's Advanced Drill.

Private lessons are available. For more information, visit www.lifetimetennis.com

New Program! Adult Day Camps (Ages 16+)

Each camp is 3-hours long • Student / teacher ratio is 6:1 \$45 Resident, \$50 Non-Resident All camps taught at Sunnyvale Tennis Center Various levels from beginning to advanced

Please visit www.lifetimetennis.com for dates, times and additional details.

Cardio Classes (Ages 16+)

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

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Cardio classes on TU and TH.

Ponderosa Park Tennis Classes (Ages 9-16)

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

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Beginning and Adv Beg classes on MO & WE.

Serra Park Tennis Classes (Ages 7-16)

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

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Little Tennis (5-6 yrs), Beginning (7-8 yrs), Beginning (9-16 yrs), Adv. Beg. (9-16 yrs), and Intermed. (9-16 yrs) classes.

Summer 2013 Tennis Descriptions

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

LITTLE TENNIS & ATHLETIC DEVELOPMENT PROGRAM

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 (6-9 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

This 3 tiered introduction program is designed to develop early tennis skills that include stage 1, 2 & 3 balls, ground strokes (stationary & moving), serving (1/2 & full motion), volleys, overheads, and basic vocabulary. Students are grouped by age and ability levels the 1st day of class.

INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS

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.

Tennis



# GOLF in SUNNYVALE

Save Time - Book Online at [golf.inSunnyvale.com](http://golf.inSunnyvale.com)

Remember — Free replays at Sunken Gardens!



## Sunnyvale Golf Course

605 Macara Avenue  
(408) 738-3666

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

## Sunken Gardens Golf Course

1010 South Wolfe Road  
(408) 739-6588

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

The driving range is open 364 days a year from 7:00am-9:00pm (except Wed's closings are at 7pm and Thur's openings are at 9:30am). Eighteen (18) range stalls are available to the public for practice, warm-up before play, or for 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.

## Join a Sunnyvale Golf Club !!!

Interested in some friendly competition?  
Like to meet new golfers and play more golf?  
Want to establish a handicap?

At Sunnyvale Golf Course, we have three great clubs ready to take your golf experience to the next level. Come join us for outdoor fun, new friends, and an improved swing!

## Men's Club

Jay Dameron (408) 712-0227  
John Balsley (650) 678-2191  
[www.smgc.us](http://www.smgc.us)

## Ladies' Club

Jane Harvey (650) 964-3735

## Senior Men's Club

Fritz Offensend (650) 968-6540  
[www.sssgc.org](http://www.sssgc.org)

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

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

**Sunnyvale Advantage Card** for any Sunnyvale resident.

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

## Reservations

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

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

**Last Chance for free replays  
at Sunken Gardens!**

This program will end on June 30th.  
It will be replaced with a nominal fee.



# Golf Lessons

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

## Group Golf Lessons

### Beginning Adult (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). Class size minimum of 4 students.

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

### Intermediate Adult (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). Class size minimum of 4 students.

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

### Advanced Adult (experience necessary)

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

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

### Beginning Junior (8-16years)

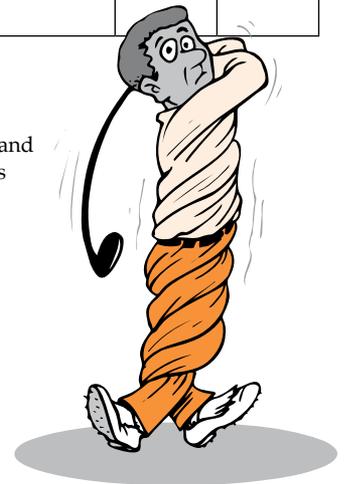
Basics of grip, stance, swing, alignment, rules, and etiquette. A \$6 fee will be collected at each class for a bucket of balls. Equipment available at no additional charge (if needed). A \$6 fee for a small bucket of balls will be charged for each of the six, one-hour lessons. Class size minimum of 4 students.

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

Schedule Of Group Golf Lessons				
Sessions	Start Times			
	Beginning	Intermediate	Advanced	Junior
<b>Session II</b> Sign up starts April 19th Classes run 4/30 thru 6/8	Tues 6pm/7pm Wed 11am Sat 9am	Fri 12pm Sat 10am		Sat 11am
<b>Session III</b> Sign up starts May 31 Classes run 6/11 thru 7/20	Tues 6pm/7pm Wed 11am Sat 9am	Fri 12pm		Sat 10am/11am
<b>Session IV</b> Sign up starts July 19 Classes run 7/30 thru 9/7	Tues 6pm/7pm Wed 11am Sat 9am	Fri 12pm Sat 10am		Sat 11am
<i>Note: Sign up for series V starts Friday, Aug. 30th Dates and times TBA</i>				

### Private Golf Lessons

Private Instruction is also available on Thursdays between Noon and 4:30pm, and at other times depending on instructor's schedule. Please call the Golf Shop at (408) 739-6588 for current information.



## Play Golf America!

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

# KIDS PLAY FREE

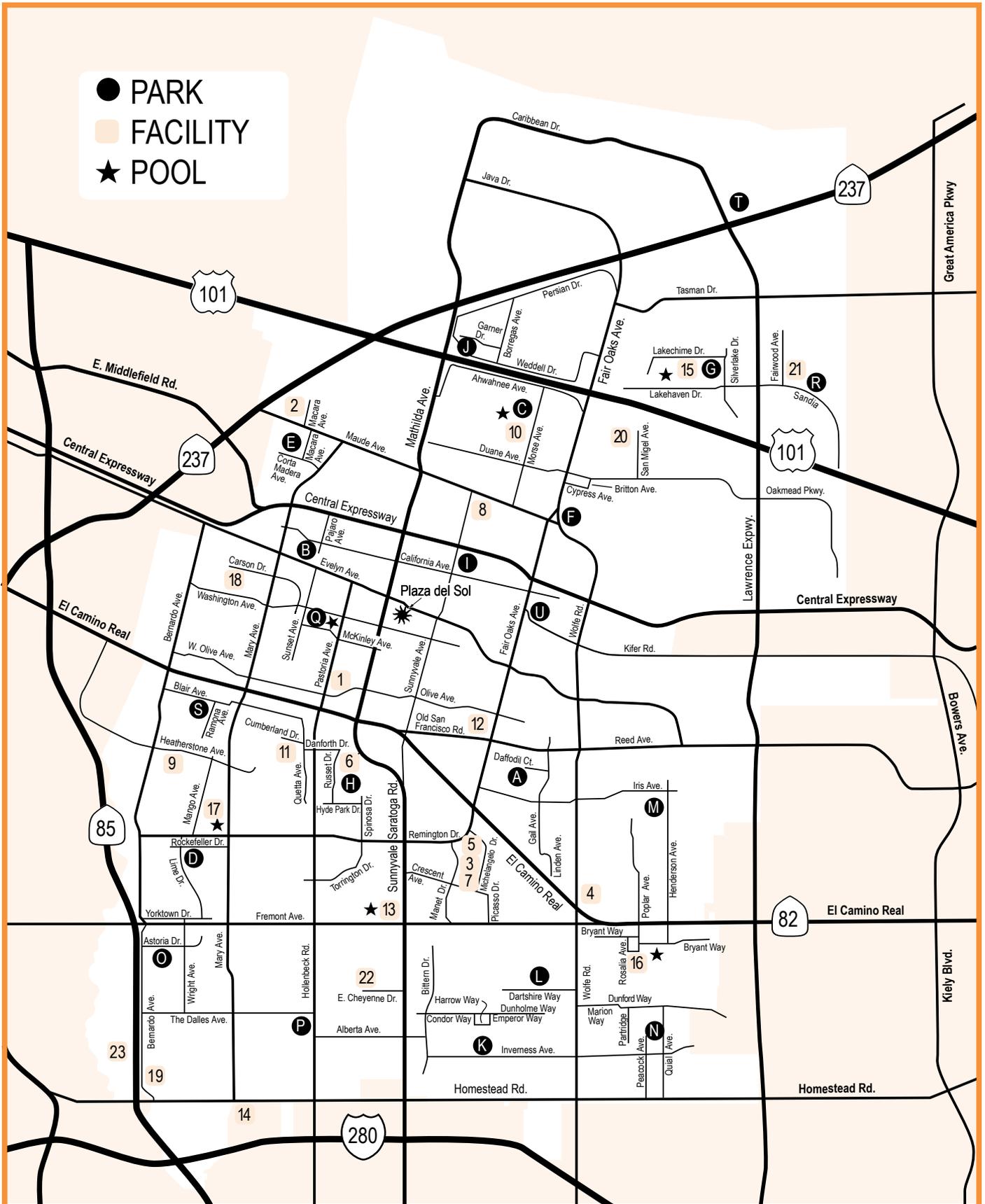
- One free junior round with one paid adult green fee or monthly golf card registration.
- Junior must be 16 or under.
- No limitations; 7 days/week, all day.
- Sunnyvale Golf Course.
- Sunken Gardens Golf Course.
- Reservations suggested.



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



- PARK
- FACILITY
- ★ POOL





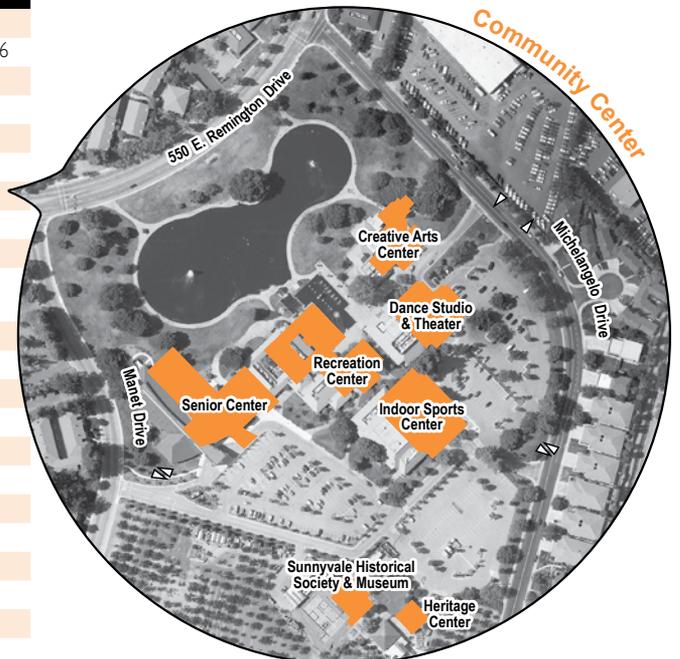
Sunnyvale Parks	Map Loc.	Acres	Ball Field	Basketball	Rec. Bldg.	Multi-Use Field	Picnic Area	Play-ground	Rest-rooms	Tennis	Volleyball	Special Features
<b>Baylands</b> , 999 E. Caribbean Drive	<b>T</b>	177.0				1/0	✓☑	4/0	✓			Nature Trails, Amphitheater
<b>Braly</b> , 704 Daffodil Court	<b>A</b>	5.6	1/0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

**Park and Restroom Hours: 6am – 9pm • Tennis Lights stay on until 10pm • See the facilities map on page 52 for locations Call (408) 730-7751 for Information and Reservations, (408) 730-7506 for Maintenance.**

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

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

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





### Registration Checklist/Information

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

- Telephone service for the deaf: To obtain general City information, call TDD (408) 730-7501.
- Class registration will be accepted until the second class meeting, provided openings are available.
- For general registration information, please call (408) 730-7350.

#### ★ Online

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

#### Mail In

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

#### Fax In

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

#### Walk In

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

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

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

### Additionally ...

#### WAITING LISTS

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

#### CANCELLATIONS

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

#### REFUND/TRANSFER POLICY

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

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

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

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

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

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

**Refund or transfer requests for summer camps must be received at least 4 weeks before the first day of camp.**

#### FEE WAIVER ASSISTANCE PROGRAM FOR YOUTH PROGRAMS

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

For more information call (408) 730-7350.

#### GOLF/TENNIS REGISTRATION:

For golf registration please see pg.58, and for tennis registration please see pg.56. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

Follow us on Twitter @SunnyvaleRec

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

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



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.

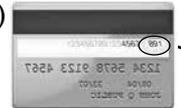
Check the appropriate box(es) and sign:  Participant (over 18)  Parent  Legal Guardian

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

P.O. Box 3707, Sunnyvale, CA 94088-3707

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**Saturday**

**May 18, 2013**

**10 a.m. – 4 p.m.**

Sunnyvale Community Center  
550 E. Remington Drive

Children ages 3-12  
can participate in  
multicultural music, dancing,  
painting, theater and  
craft workshops.

\$10 per child for a full day of  
wonder, fun, imagination and awe.

**Don't stand in line. Get your tickets online!  
[HandsOnTheArts.inSunnyvale.com](http://HandsOnTheArts.inSunnyvale.com)**



The festival, which is open to the  
public, will have food booths and  
a variety of stage entertainment.

For more information,  
please call (408) 730-7350;  
TDD (408) 730-7501

**Volunteers Needed. Call 730-7334**