



Performing Arts

Abs Arabia Style (18 & older)



Body waves to belly rolls, Abs Arabia Style provides overall body toning and abdominal conditioning, with a focus on Middle Eastern dance moves. Wear comfortable 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)
644100.TQ	18 & older	5/6-6/17	Tu	7:30pm-8:30pm	\$69/\$86
144100.TQ	18 & older	7/8-8/19	Tu	7:30pm-8:30pm	\$69/\$86

Ballroom Dance (18 & older)



Find out how easy it is to have fun on the dance floor once you know the steps. This fun, non-competitive class makes it simple to learn popular ballroom dances. Leather-soled shoes that will stay firmly on your feet and allow you to spin safely are required. No partner necessary. We'll switch dance partners throughout the lesson.

Level 1 - Beginning: Learn the basics of the Fox Trot, Waltz, Tango, West Coast Swing, Rhumba and Cha-Cha.

Level 2 - Intermediate: Fine tune your dance style and learn moves that will get you noticed on the dance floor.

Instructor: Bud Ayers

Location: Recreation Center Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
644301.MP	1	18 & older	5/5-6/30	M*	7:30pm-8:30pm	\$79/\$99
644302.MQ	2	18 & older	5/5-6/30	M*	8:30pm-9:30pm	\$79/\$99

*No class 5/26

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

Level 2: 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)
644101.TP	Beg	16 & older	5/6-6/17	Tu	6:30pm-7:30pm	\$69/\$86
644102.TR	Int/Adv	18 & older	5/6-6/17	Tu	8:30pm-9:30pm	\$69/\$86
144101.TP	Beg	16 & older	7/8-8/19	Tu	6:30pm-7:30pm	\$69/\$86
144102.TR	Int/Adv	18 & older	7/8-8/19	Tu	8:30pm-9:30pm	\$69/\$86

NEW CLASS

Indiance Workout (18 & older)



Does your body move to the beat of Bollywood and Kollywood music? Enjoy a solid hour of dance to chart-topping, foot-tapping rhythms from India. Indiance is not just one style. It's a collage of many dance styles combining hip-shaking, lightbulb twisting moves with elements of modern, jazz, hip hop, salsa and lyrical dance. Get ready for an hour of cardio that will help you shed fat and keep your smiles.

Instructor: Janani Narayanan

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
644160.DA	18 & older	5/4-6/15	Su*	8:30am-9:30am	\$59/\$74
144160.DA	18 & older	7/20-8/31	Su*	8:30am-9:30am	\$69/\$86

*No class 5/25

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, 8:30 – 9 p.m.

Take advantage of our spacious floor and wall mirrors to work on your solo dancing, or bring a friend to practice your moves in an open, collaborative environment. Or, take a short drop-in class from one of our instructors. Lessons are suitable for intermediate to advanced swing dancers, and will cover a new topic each night.

Social Dancing, 9 p.m. – Midnight

Guest DJs provide music for Lindy, Charleston, Balboa, Shag and Blues dance.

Location: Sunnyvale Community Center,
Theatre Dance Studio

When: First and Third Fridays of the Month
Admission \$8 (cash only)

For more information, visit For Dancers Only online at
www.facebook.com/ForDancersOnly or

e-mail ForDancersOnlySB@gmail.com or call us at (408) 657-STFO

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 Dancing 5/27 (Memorial Day)

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



Lunch Hour Hula Dance (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)
644140.FP	18 & older	5/2-6/20	F	12:00pm-1:00pm	\$79/\$99
144140.FP	18 & older	7/11-8/29	F	12:00pm-1:00pm	\$79/\$99

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)
644481.JP	Beg	14 & older	5/1-6/19	Th	6:30pm-7:30pm	\$79/\$99
644482.JQ	Int/Adv	14 & older	5/1-6/19	Th	7:30pm-8:30pm	\$79/\$99
144481.JP	Beg	14 & older	7/10-8/28	Th	6:30pm-7:30pm	\$79/\$99
144482.JQ	Int/Adv	14 & older	7/10-8/28	Th	7:30pm-8:30pm	\$79/\$99

Beginning to Drum (10-15years)

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

Instructor: Drumming Groove Academy

Location: Groove School of Per

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
124861.MP	Beg	10-12yrs	6/16-8/4	M	5:00pm-5:45pm	\$129/\$162
124861.MQ	Beg	13-15yrs	6/16-8/4	M	6:00pm-6:45pm	\$129/\$162

Sunnyvale Bluegrass Jam

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

Facilitated by Bill Boiko. Join fellow bluegrass musicians and singers for an old-time jam session.

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

Where: Creative Arts Center,
Meeting Room

Cost: \$5 per person at the door

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

Piano Keyboard (13 & older)

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

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
644850.MU	13 & older	5/5-6/30	M*	7:00pm-7:45pm	\$99/\$124
144850.MU	13 & older	7/7-8/25	M	7:00pm-7:45pm	\$99/\$124

*No class 5/26

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 School

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
644931.FT	Beg	13 & older	5/9-6/27	F	6:45pm-7:30pm	\$99/\$124
144931.FS	Beg	13 & older	7/11-8/29	F	6:45pm-7:30pm	\$99/\$124
144932.FT	Int/Adv	13 & older	7/11-8/29	F	7:30pm-8:15pm	\$99/\$124

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. Bring a bag lunch. A non-refundable supply fee of \$10 due at first class.

Instructor: Economic Driving School-2430

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
635310.JQ	14 & older	6/9-6/12	M-Th	8:30am-4:30pm	\$135/\$174

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 are welcome in our cooking classes. Please call Young Chefs Academy at (408) 738-CHEF to make accommodations.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
637151.JA	Beg	11-14yrs	5/1-6/12	Th	6:00pm-7:30pm	\$150/\$188
637151.SU	Beg	11-14yrs	5/4-6/15	Su	9:00am-10:30am	\$150/\$188



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)
648160.MA	16 & older	4/28-6/18	MW*	7:00pm-8:30pm	\$109/\$136

*No class 5/26

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
648151.RA	Beg	18 & older	5/1-6/26	Th	9:30am-10:30am	\$108/\$135
648151.SA	Beg	18 & older	5/3-6/28	Sa*	9:00am-10:00am	\$84/\$105
648151.TA	Beg	18 & older	5/6-6/24	Tu	9:30am-10:30am	\$96/\$120
648151.WA	Beg	18 & older	5/7-6/25	W	6:00pm-7:00pm	\$96/\$120
148151.TA	Beg	18 & older	7/1-8/26	Tu*	9:30am-10:30am	\$96/\$120
148151.WA	Beg	18 & older	7/2-8/27	W*	6:00pm-7:00pm	\$96/\$120
148151.RA	Beg	18 & older	7/3-8/28	Th*	9:30am-10:30am	\$96/\$120
148151.SA	Beg	18 & older	7/12-8/30	Sa*	9:00am-10:00am	\$84/\$105

*No class 5/10, 5/24, 7/22, 7/23, 7/24, 7/26

Badminton (14 & older)

Class is structured to review fundamentals and provide play opportunity. Beginners need no previous experience. Racquet and shuttlecocks are required.

Instructor: Terence Chua

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648000.TA	14 & older	5/6-6/24	Tu	7:00pm-9:00pm	\$66/\$83
148000.TA	14 & older	7/1-8/26	Tu	7:00pm-9:00pm	\$75/\$94

Kidz Love Soccer Women's Adult (21 & older)

Whether you've been away from the game or always wanted to learn, come join us as we re-introduce you to soccer and see why it is the world's most popular sport. Brush up on your technique or prepare to join a local soccer league. Our fun program is designed to build your skill set and increase overall fitness. Each class includes work on technique, ball skills and game awareness. During questionable weather, please call 1-888-372-5803 one-half hour before classes begin (or by 6 p.m.) for class information.

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648650.TA	21 & older	5/13-6/17	Tu	7:00pm-8:00pm	\$79/\$99
148650.TA	21 & older	7/15-8/26	Tu	7:00pm-8:00pm	\$89/\$111

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

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

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
633040.MA	11-17yrs	5/5-6/23	M*	6:30pm-7:25pm	\$116/\$145
633040.TA	11-17yrs	5/6-6/24	Tu	5:30pm-6:25pm	\$133/\$166
633040.HA	11-17yrs	5/8-6/26	Th	5:30pm-6:25pm	\$133/\$166
633040.SA	11-17yrs	5/10-6/28	Sa*	12:00pm-12:55pm	\$116/\$145
133040.MA	11-17yrs	7/7-8/25	M	6:30pm-7:25pm	\$133/\$166
133040.TA	11-17yrs	7/8-8/26	Tu	5:30pm-6:25pm	\$133/\$166
133040.HA	11-17yrs	7/10-8/28	Th	5:30pm-6:25pm	\$133/\$166
133040.SA	11-17yrs	7/12-8/30	Sa	12:00pm-12:55pm	\$133/\$166

*No class 5/17, 5/26

Meditation/Visualization (14 & 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 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)
648780.SC	14 & older	5/3-6/28	Sa*	11:15am-12:00pm	\$78/\$98
148780.SC	14 & older	7/5-8/30	Sa	11:15am-12:00pm	\$88/\$110

*No class 5/17



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)
648920.TP	18 & older	5/6-6/24	Tu*	12:00pm-1:00pm	\$59/\$74
648920.JP	18 & older	5/8-6/26	Th*	12:00pm-1:00pm	\$69/\$86
148920.TP	18 & older	7/8-8/26	Tu	12:00pm-1:00pm	\$79/\$99
148920.JP	18 & older	7/10-8/28	Th	12:00pm-1:00pm	\$79/\$99

*No class 5/27, 5/29, 6/3



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)
646300.AA	18 & older	6/23-8/25	M*	7:00pm-8:00pm	\$63/\$79
646300.BA	18 & older	6/24-8/26	Tu*	7:00pm-8:00pm	\$63/\$79

*No class 7/7, 7/8, 7/14, 7/15

Better Bones and Balance (50 & older) see page 50

EnhanceFitness (50 & older) see page 50

Personal Training Program (18 & older) see page 51



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: Lawrence "Larry" Young

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648910.WP	14 & older	5/7-6/25	W	7:00pm-8:30pm	\$89/\$111
148910.WP	14 & older	7/9-8/27	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)
648792.SA	Int/Adv	18 & older	5/3-6/28	Sa*	9:00am-10:00am	\$74/\$93
648792.MA	Int/Adv	18 & older	5/5-6/30	M*	8:45am-9:45am	\$74/\$93
148792.SA	Int/Adv	18 & older	7/5-8/30	Sa*	9:00am-10:00am	\$65/\$81
148792.SA	Int/Adv	18 & older	7/7-8/25	M*	8:45am-9:45am	\$65/\$81

*No class 5/17, 5/26, 8/11, 8/16, 8/23

Volleyball - Int/Adv (16 & older)

Emphasis will be on improvement and consistency of all volleyball skills. Fun game-like drills, using the nets, maximizing ball contacts and opportunity for feedback. Class will include team play, with six-person teams practicing the 6-2 offensive system. Students should be able to serve, pass, set, spike, block and dig the ball with some consistency. This is not a class for beginners.

Instructor: Tom Jack

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
648702.MA	Int/Adv	16 & older	5/5-6/9	M*	8:00pm-10:00pm	\$60/\$75
148702.MA	Int/Adv	16 & older	7/7-8/25	M*	8:00pm-10:00pm	\$60/\$75

*No class 5/26, 7/21, 8/11, 8/18

Yoga for Fitness (16 & older)

Open to men and women wishing to develop flexibility and body control via stretching routines and posture. Foam rubber mat is recommended.

Instructor: Betty Strain

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
648750.FA	16 & older	5/3-6/27	F	9:30am-11:00am	\$78/\$98
148750.FA	16 & older	7/11-8/29	F	9:30am-11:00am	\$78/\$98

Location: Senior Center Orchard Pavilion

648750.RA	16 & older	5/8-6/26	Th	6:30pm-8:00pm	\$78/\$98
148750.RA	16 & older	7/10-8/28	Th	6:30pm-8:00pm	\$78/\$98

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)
648770.TA	16 & older	5/6-6/17	Tu*	6:00pm-7:30pm	\$66/\$83
148770.TA	16 & older	7/8-8/26	Tu*	6:00pm-7:30pm	\$77/\$96

*No class 5/20, 7/15

Yoga Lite (Hatha) (14 & 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)
648760.WA	14 & older	5/7-6/25	W	8:30am-10:00am	\$78/\$98
648760.SB	14 & older	5/3-6/28	Sa*	9:30am-11:00am	\$78/\$98
148760.WA	14 & older	7/2-8/27	W	8:30am-10:00am	\$88/\$110
148760.SB	14 & older	7/5-8/30	Sa	9:30am-11:00am	\$88/\$110

*No class 5/17

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)
648790.TA	18 & older	5/6-6/24	Tu	9:00am-10:00am	\$74/\$93
148790.TA	18 & older	7/1-8/26	Tu*	9:00am-10:00am	\$74/\$93

*No class 8/12

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)
648791.HB	Beg	18 & older	5/1-6/26	Th	6:00pm-7:00pm	\$84/\$105
148791.HB	Beg	18 & older	7/3-8/28	Th*	6:00pm-7:00pm	\$74/\$93

*No class 8/14

Zumba Gold (50 & older) see page 51



Visual Arts

Basic Digital Photography (15 & older)

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

Instructor: Richard Fox

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649511.TA	Beg	15 & older	5/6-6/24	Tu	7:00pm-9:00pm	\$76/\$95
149511.TA	Beg	15 & older	7/8-8/26	Tu	7:00pm-9:00pm	\$76/\$95

Glass Fusing (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)
149311.MA	Beg	16 & older	8/11-8/25	M	9:00am-12:00pm	\$68/\$85
149311.WA	Beg	16 & older	8/13-8/27	W	7:00pm-10:00pm	\$68/\$85

NEW CLASS

Jewelry Making (13-18years)

This four-day camp will explore the basics of jewelry making. With a few beads and hand tools, participants will create their own custom jewelry pieces. Topics will include bead stringing, tools, finishing techniques, pearl knotting, wire findings, jump rings, clasps and design theory. A \$50 materials fee will be collected at first class.

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
139940.MA	13-18yrs	8/12-8/15	Tu-F	1:00pm-4:00pm	\$91/\$114

NEW CLASS

Intro to Metal Working (16 & older)

Express your creativity through metal. This four-part series will introduce basic metal working concepts and terminology to students of any skill level. Participants will learn to work with wire and sheets of metal using hand tools and flex shafts. Design, tool safety, basic finishing skills and basic non-heat connection techniques will also be introduced. Hand tools will be provided. A supply fee of \$50 will be collected in class. Please wear comfortable clothing, closed toed shoes and tie long hair back.

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
149340.MK	16 & older	8/11-9/8	M*	1:00pm-4:00pm	\$91/\$114

*No class 9/1

Watercolor (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 (approx. \$45). Supplies should be purchased by second class meeting. Supplies for first class will be provided.

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649641.JA	Beg	18 & older	5/15-6/19	Th	10:00am-12:00pm	\$66/\$83
149641.JA	Beg	18 & older	7/17-8/21	Th	10:00am-12:00pm	\$66/\$83

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

Try out the Sunnyvale Pottery Studio on your lunch hour. Create your own ceramic hand-built plate to give as a gift or use at potlucks or family gatherings. 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)
649932.MA	Beg	16 & older	6/16	M	12:00pm-1:00pm	\$19/\$24

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.

Instructor: Danny Sheu

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649931.MA	Beg	16 & older	6/23	M	11:30am-1:00pm	\$19/\$24

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 25lb 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 #	Age	Dates	Day	Time	Fee (Res/NR)
639933.WA	13-18yrs	5/21-6/25	W	7:30pm-9:30pm	\$157/\$196
139933.WA	13-18yrs	7/9-8/13	W	7:30pm-9:30pm	\$157/\$196
139933.WB	13-18yrs	8/20-9/24	W	7:30pm-9:30pm	\$157/\$196

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 comradery available.

Location: Paint Room in Creative Arts Center
Sunnyvale Community Center
550 E. Remington Drive
Sunnyvale, CA 94087

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

Day: Mondays, 9am-noon

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



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, wheelthrowing 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. Try-it participants must register at the end of the first class meeting if they wish to have any projects fired.

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

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
649911.MA	Beg	16 & older	5/19-6/23	M*	7:00pm-10:00pm	\$143/\$179
649911.WA	Beg	16 & older	5/21-6/25	W	10:00am-1:00pm	\$171/\$216
649911.JA	Beg	16 & older	5/22-6/26	Th	10:00am-1:00pm	\$171/\$216
649911.JB	Beg	16 & older	5/22-6/26	Th	7:00pm-10:00pm	\$171/\$216
649911.FA	Beg	16 & older	5/23-6/27	F	10:00am-1:00pm	\$171/\$216
649911.SA	Beg	16 & older	5/24-6/28	Sa	1:30pm-4:30pm	\$171/\$216
149911.MA	Beg	16 & older	7/7-8/11	M	7:00pm-10:00pm	\$171/\$216
149911.WA	Beg	16 & older	7/9-8/13	W	10:00am-1:00pm	\$171/\$216
149911.JA	Beg	16 & older	7/10-8/14	Th	10:00am-1:00pm	\$171/\$216
149911.JB	Beg	16 & older	7/10-8/14	Th	7:00pm-10:00pm	\$171/\$216
149911.FA	Beg	16 & older	7/11-8/15	F	10:00am-1:00pm	\$171/\$216
149911.SA	Beg	16 & older	7/12-8/16	Sa	1:30pm-4:30pm	\$171/\$216
149911.MK	Beg	16 & older	8/18-9/22	M*	7:00pm-10:00pm	\$143/\$179
149911.WK	Beg	16 & older	8/20-9/24	W	10:00am-1:00pm	\$171/\$216
149911.JK	Beg	16 & older	8/21-9/25	Th	10:00am-1:00pm	\$171/\$216
149911.JL	Beg	16 & older	8/21-9/25	Th	7:00pm-10:00pm	\$171/\$216
149911.FK	Beg	16 & older	8/22-9/26	F	10:00am-1:00pm	\$171/\$216
149911.SK	Beg	16 & older	8/23-9/27	Sa	1:30pm-4:30pm	\$171/\$216

*No class 5/27, 9/1

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: Creative Arts Center Pottery Studio

Session: 4/7-6/28 and 7/7-9/27

(studio closed 5/26, 6/30-7/5, 9/1)

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.

Friends of Sunnyvale Pottery Studio

Creative Arts Center
Sunnyvale Community Center
550 East Remington Drive
Sunnyvale, CA-94087

SPRING POTTERY & FUSED GLASS SALE

Friday & Saturday May 2nd-3rd 2014
10am to 5pm

Come browse a large selection of handmade ceramics and fused glass by over 30 local artists. Find unique gifts and support the arts in Sunnyvale.

Free Admission!

