



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)
344100.TQ	18 & older	11/5-12/17	Tu	7:30pm-8:30pm	\$69/\$86
444100.TQ	18 & older	1/7-2/25	Tu	7:30pm-8:30pm	\$79/\$99

Belly Dance (18 & older)



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

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

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

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344101.TP	1	18 & older	11/5-12/17	Tu	6:30pm-7:30pm	\$69/\$86
344102.TR	2	18 & older	11/5-12/17	Tu	8:30pm-9:30pm	\$69/\$86
444101.TP	1	18 & older	1/7-2/25	Tu	6:30pm-7:30pm	\$79/\$99
444102.TR	2	18 & older	1/7-2/25	Tu	8:30pm-9:30pm	\$79/\$99



Lunch Hour Hula (18 & older)



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

Instructor: Kanani Densing

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
344140.FP	18 & older	11/1-12/20	F*	12:00pm-1:00pm	\$69/\$86
444140.FP	18 & older	1/10-2/28	F	12:00pm-1:00pm	\$79/\$99

*No class 11/29

Israeli Folk Dance (13years & older)

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

Where: Ballroom in the Recreation Center

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

Cost: \$7 at the door

No class 12/24, 12/31

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

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, 7:00pm-10:00pm 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

TM

Teen & Adult



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,
e-mail ForDancersOnlySB@gmail.com or call us at
(408) 657-7836

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)
344301.MP	1	18 & older	11/4-12/16	M	7:30pm-8:30pm	\$69/\$86
344302.MQ	2	18 & older	11/4-12/16	M	8:30pm-9:30pm	\$69/\$86
444301.MP	1	18 & older	1/6-2/24	M*	7:30pm-8:30pm	\$59/\$74

*No class 1/20, 2/17

Night Club Dances (18 & older)



Want to learn dances you could actually use at a night club? Learn to dance to Top 40, hip hop or techno. Students will learn basic steps for the Hustle, Two-step, West Coast Swing and Salsa. 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.

Instructor: Bud Ayers

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344311.TP	Beg	18 & older	11/5-12/17	Tu	7:30pm-8:30pm	\$69/\$86
444311.TP	Beg	18 & older	1/7-2/25	Tu	7:30pm-8:30pm	\$79/\$99

Salsa (18 & older)



Looking for some spice in your life? Salsa class will prepare you for the dance floor by introducing basic steps and patterns for today's hottest dance craze. Wear leather-soled shoes that will stay firmly on your feet and allow you to spin safely. No tennis shoes, platform shoes or sandals. No partner necessary. We'll switch dance partners throughout the lesson.

Instructor: Bud Ayers

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344361.TP	Beg	18 & older	11/5-12/17	Tu	8:30pm-9:30pm	\$69/\$86
444361.TP	Beg	18 & older	1/7-2/25	Tu	8:30pm-9:30pm	\$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)
344481.JP	1	14 & older	11/7-12/19	Th*	6:30pm-7:30pm	\$59/\$74
344482.JQ	2	14 & older	11/7-12/19	Th*	7:30pm-8:30pm	\$59/\$74
444481.JP	1	14 & older	1/9-2/27	Th	6:30pm-7:30pm	\$79/\$99
444482.JQ	2	14 & older	1/9-2/27	Th	7:30pm-8:30pm	\$79/\$99

*No class 11/28

Guitar (12 & older)



Feel like a rockstar in no time, as you learn to play guitar and read guitar music using familiar songs from favorite artists. Bring your own guitar. All types of guitar welcome. Non-refundable materials fee of \$20 due at first class meeting.

Level 1 - Beginning: Start with guitar basics, including chords and how to tune your instrument. No experience necessary.

Level 2 - Intermediate: Increase chord vocabulary, improve timing, finger picking and more. Prerequisite: Guitar 1 or self-taught basics, including open chords, timing and basic strumming.

Instructor: Rick DeShera

Location: Recreation Center Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344831.JP	1	12 & older	11/7-12/19	Th*	6:00pm-7:15pm	\$59/\$74
344832.WQ	2	12 & older	11/6-12/18	W*	6:00pm-7:15pm	\$59/\$74
444831.JP	1	12 & older	1/9-2/27	Th	6:00pm-7:15pm	\$79/\$99
444832.WQ	2	12 & older	1/8-2/26	W	6:00pm-7:15pm	\$79/\$99

*No class 11/27

*No class 11/28

**Piano Keyboard (13 & older)**

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with ¼" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Pre-order non-refundable book for \$22 online at www.noteworthymusicsschool.org and pick up at first class. Or purchase book on first day only with cash or check payable to Noteworthy Music School.

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
344850.MU	13 & older	11/18-12/16	M	7:45pm-8:30pm	\$59/\$74
444850.MU	13 & older	1/6-2/24	M*	7:45pm-8:30pm	\$69/\$86

*No class 1/20, 2/17

Ukulele (13 & older)

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

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

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

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344931.FT	1	13 & older	11/15-12/20	F*	7:30pm-8:15pm	\$59/\$74
344931.FS	1	13 & older	11/15-12/20	F*	7:30pm-8:15pm	\$59/\$74
444932.FT	2	13 & older	1/10-2/28	F*	6:45pm-7:30pm	\$69/\$86
444932.FS	2	13 & older	1/10-2/28	F*	6:45pm-7:30pm	\$69/\$86

*No class 11/29, 2/21



This Online Driver's Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test.

The course is very easy to use. You simply log into the web site, enroll, and you can begin immediately! For more information about the course and to register go to:

www.economicdrivingschool.com/online

When registering, complete the question that says:
"How did you hear about us?"

Choose Activity Guide. Enter code: 7350

Cost: \$68.50

Sunnyvale Bluegrass Jam

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

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

Where: Creative Arts Center,
Meeting Room

Cost: \$5 per person at the door

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

TM

Gymnastics

Learn To Flip (11-17years)

Learn to Flip is a gymnastics class that concentrates 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)
333040.MA	11-17yrs	10/28-12/16	M	6:30pm-7:25pm	\$133/\$166
333040.TA	11-17yrs	10/29-12/17	Tu	5:30pm-6:25pm	\$133/\$166
333040.HA	11-17yrs	10/31-12/19	Th*	5:30pm-6:25pm	\$116/\$145
333040.SA	11-17yrs	11/2-12/21	Sa*	12:00pm-12:55pm	\$116/\$145
433040.MA	11-17yrs	1/6-2/24	M*	6:30pm-7:25pm	\$116/\$145
433040.TA	11-17yrs	1/7-2/25	Tu	5:30pm-6:25pm	\$133/\$166
433040.HA	11-17yrs	1/9-2/27	Th	5:30pm-6:25pm	\$133/\$166
433040.SA	11-17yrs	1/11-3/1	Sa	12:00pm-12:55pm	\$133/\$166

*No class 11/28, 11/30, 2/17

Special Interest

Driver's Education (14 & older)

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

Instructor: Economic Driving School-2430

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
335310.DZ	14 & older	12/21-12/29	SaSu	8:30am-4:30pm	\$130/\$169



Tween Chefs (11-15years)

Calling all budding Tween Chefs! Our experienced chef instructors will inspire our Tween Chefs to master the fundamentals and key techniques of cooking and baking skills. Vegetarian and special diets welcome. Please call Young Chefs Academy at 408-738-CHEF before first class. A non-refundable supply fee will be collected at first class. \$60 for the Nov/Dec class and \$70 for the Jan/Feb class.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
337151.JA	Beg	11-15yrs	10/31-12/12	Th*	6:00pm-7:30pm	\$120/\$150
437151.JA	Beg	11-15yrs	1/9-2/27	Th*	6:00pm-7:30pm	\$140/\$175

*No class 11/28, 2/20

Sports & Fitness

Aerobics (16 & older)

Exercise routines 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)
348160.MA	16 & older	11/4-12/16	MW*	7:00pm-8:30pm	\$84/\$105
448160.MA	16 & older	1/6-2/26	MW*	7:00pm-8:30pm	\$102/\$128

*No class 11/27, 1/20, 2/17

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)
348000.TA	14 & older	11/5-12/17	Tu	7:00pm-9:00pm	\$56/\$70
448000.TA	14 & older	1/7-2/25	Tu	7:00pm-9:00pm	\$66/\$83

Baby Boot Camp (18 & older)

Get an all-body workout, including 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 post-partum moms (at least 6-8 weeks) must have their doctor's verbal consent to participate. Exercise kits are required for first time users and can be purchased from the instructor for \$49.

Instructor: Bay Area Baby Boot Camp

Location: Raynor Park Building

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348151.TA	Beg	18 & older	11/5-12/17	Tu	9:30am-10:30am	\$84/\$105
348151.WA	Beg	18 & older	11/6-12/18	W	6:00pm-7:00pm	\$84/\$105
348151.RA	Beg	18 & older	11/7-12/19	Th*	9:30am-10:30am	\$72/\$90
348151.SA	Beg	18 & older	11/2-12/14	Sa	9:00am-10:00am	\$84/\$105
448151.TA	Beg	18 & older	1/7-2/25	Tu	9:30am-10:30am	\$96/\$120
448151.WA	Beg	18 & older	1/8-2/26	W	6:00pm-7:00pm	\$96/\$120
448151.RA	Beg	18 & older	1/9-2/27	Th	9:30am-10:30am	\$96/\$120
448151.SA	Beg	18 & older	1/4-2/22	Sa	9:00am-10:00am	\$96/\$120

*No class 11/28

Hypnotize Yourself Slim!™ (18 & older)

Discover how to: * Succeed with or without a diet * Eat one cookie or two chips & stop wanting more * Visualize your slim self & stay on track * Get the kid in you who loves to indulge on board * Feel joy by day & have willpower at night * INCLUDES: 1on1 Bust Your Cravings!™ session (e.g., chocolate, soda, candy, bread, cheese); Email tips & reminders; Custom hypnosis audio; Jumpstart hypnosis CD cultivates healthy eating & self-love so slimming & loving life become one. \$45 materials fee covers 1on1, email, audio, CD, handouts.

Instructor: Eric Rosen, CHT

Location: Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348250.TA	18 & older	11/5-11/19	Tu	6:30pm-9:00pm	\$69/\$86
448250.TA	18 & older	2/4-2/18	Tu	6:30pm-9:00pm	\$71/\$89

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

Soccer Training for Women

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 get prepared 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. KLS class status hotline (888) 372-5803

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348650.TA	21 & older	11/12-12/10	Tu	7:00pm-8:00pm	\$68/\$85

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)
348920.TP	18 & older	11/5-12/17	Tu*	12:00pm-1:00pm	\$59/\$74
348920.JP	18 & older	11/7-12/19	Th*	12:00pm-1:00pm	\$59/\$74
448920.TP	18 & older	1/7-2/25	Tu	12:00pm-1:00pm	\$79/\$99
448920.JP	18 & older	1/9-2/27	Th	12:00pm-1:00pm	\$79/\$99

*No class 11/26, 11/28

Meditation and Visualization (16 & older)

Learn easy methods to quiet the mind. By watching your thoughts you can find a peaceful place inside of yourself. Breathing techniques, listening skills and visualization will be taught to help you cope with the outside world. Experience your true self. Please bring a mat or blanket and wear comfortable clothing.

Instructor: Robin Pickel

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348780.SC	16 & older	11/2-12/21	Sa	11:15am-12:00pm	\$76/\$95
448780.SC	16 & older	1/4-2/22	Sa	11:15am-12:00pm	\$78/\$98



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 85-form long routine. Advanced students will also practice traditional sword and saber long routines.

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348910.WP	14 & older	11/6-12/11	W*	7:00pm-8:30pm	\$59/\$74
448910.WP	14 & older	1/8-2/26	W	7:00pm-8:30pm	\$89/\$111

*No class 11/27

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 & leaves you begging for more! U-JAM Fitness® is Universal, Unique & 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)
348792.SA	Int/Adv	18 & older	11/2-12/14	Sa	9:00am-10:00am	\$63/\$79
448792.SA	Int/Adv	18 & older	1/4-2/22	Sa	9:00am-10:00am	\$74/\$93

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)
348702.MA	Int/Adv	16 & older	11/4-12/16	M*	8:00pm-10:00pm	\$66/\$83
448702.MA	Int/Adv	16 & older	1/6-2/24	M*	8:00pm-10:00pm	\$68/\$85

*No class 11/25, 1/20, 2/17

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)
348750.FA	16 & older	11/8-12/13	F*	9:30am-11:00am	\$48/\$60
448750.FA	16 & older	1/10-2/28	F	9:30am-11:00am	\$78/\$98

Location: Senior Center Orchard Pavilion

348750.RA	16 & older	11/7-12/12	Th*	6:30pm-8:00pm	\$48/\$60
448750.RA	16 & older	1/9-2/27	Th	6:30pm-8:00pm	\$78/\$98

*No class 11/28, 11/29

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.

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. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of 8 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)
346300.AA	18 & older	11/11-12/9	M	7:00pm-8:00pm	\$39/\$49
346300.BA	18 & older	11/12-12/10	Tu	7:00pm-8:00pm	\$39/\$49
446300.AA	18 & older	1/6-3/10	M*	7:00pm-8:00pm	\$63/\$79
446300.BA	18 & older	1/7-3/11	Tu*	7:00pm-8:00pm	\$63/\$79

*No class 1/20, 1/21, 2/17, 2/18

Teen & Adult

Evenings of Cultural Arts

Arts.inSunnyvale.com

Exceptional talent. Endless variety.
Everything you want in your neighborhood theater.



Please indicate your ticket order below.

Type of Ticket	②	③	④	⑤	⑥	⑦	⑧	#	Price	Cost
GA = General Admission	Metales M5	Swingin' Blue Stars	Hot Club of San Francisco	Nykken	Adam Marks	The Kathy Kallick Band	Dave Stamey	Ordered	Each	
S/S = Student / Senior 60+	10/26/13	11/30/13	12/21/13	1/11/14	2/15/14	3/22/14	5/3/14			
SUBSCRIPTIONS: please check which shows you wish to see										
6-shows: GA									X \$144	
6-shows: S/S									X \$108	
4-shows: GA									X \$104	
4-shows: S/S									X \$80	
INDIVIDUAL TICKETS: please mark the # desired per show – Buy 9 individual tickets and get a 10th free										
General Admission									X \$28	
Student or Senior									X \$22	
Per Order Handling Fee (for mail, fax, phone orders)										+ \$1
Total Amount Due										
Tax-Deductible Donation toward City-Presented Performances										
Total Enclosed										



SPONSORS



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

PAYMENT INFORMATION

My check is enclosed, made payable to "City of Sunnyvale". A \$30 service charge will be applied to all returned checks

Visa MasterCard Card # _____ Exp: _____ 3-digit security code from back of card: _____

Name on Card: _____ Signature: _____

Mailing Street Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ E-mail: _____

Please mail my tickets to the address above. (This option not available for orders received fewer than 10 days before earliest performance purchased.)

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

You must provide all information requested for your form to be processed. All sales are final. No refunds or exchanges. Once completed, detach this registration form and mail to the following address along with your check or credit card information: City of Sunnyvale, Performing Arts Center, P.O. Box 3707, Sunnyvale, CA 94088-3707 or fax to (408) 730-7726. To order by phone, call (408) 733-6611.

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



SEE A SHOW IN SUNNYVALE!

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

Evenings of Cultural Arts

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

<i>Metales M5</i>	10/26
<i>Swingin' Blue Stars</i>	11/30
<i>Hot Club of San Francisco</i>	12/21
<i>Nykken</i>	1/11
<i>Adam Marks</i>	2/15

All shows at 8 p.m.

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

California Theatre Center

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

FAMILY SERIES

<i>Jack and the Beanstalk</i>	10/5-11/16
<i>I Don't Want to Go To Bed</i>	10/26-11/9
<i>The Elves and the Shoemaker</i>	12/7-12-14
<i>Madeline's Christmas</i>	12/7-12/22
<i>The Princess and the Pea</i>	1/11-2/1
<i>The Frog Prince</i>	1/25-2/7
<i>Charlotte's Web</i>	2/22-3/15
<i>Miss Nelson is Missing</i>	2/23, 3/2

Saturdays 11:00 a.m., selected evenings 7 p.m.

Single-ticket \$12 • At-the-door tickets \$15 Saturdays

Tickets on sale in advance by phone (408) 245-2978 and at the door 30 minutes prior to show

Sunnyvale Community Players

more information at www.sunnyvaleplayers.org)

<i>Pippin</i>	9/13-10/6
<i>Zombie Prom</i>	11/1-11/24
<i>A Little Princess</i>	2/21-3/16

Friday & Saturday 8 p.m., Sunday 2:30 p.m., Thursdays 7:30 p.m.

Tickets \$24 general (\$19 Jr. Show)

\$21 students & seniors (\$16 Jr. Show)

\$11 children 5 and younger (\$9 Jr. Show)

\$21 Thursday Bonus Night – all seats (\$16 Jr. Show)

\$2 per ticket Box Office fee

\$1 per order on phone and online orders



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 two towels or a firm blanket.

Age 12-15 may register with a parent.

Instructor: Baerbel Schuhmacher

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348770.TA	16 & older	11/5-12/17	Tu*	6:00pm-7:30pm	\$54/\$68
448770.TA	16 & older	1/7-2/25	Tu	6:00pm-7:30pm	\$88/\$110

*No class 11/26, 12/3

Yoga Lite (Hatha) (16 & older)

Improve your balance, flexibility and mental focus. Mudra, Asanas and deep breathing techniques will teach you to handle life in an easy relaxed way. Techniques are 5,000 years old and work for all ages and levels. Come start the day in a good mood! Wear loose clothes and bring a mat.

Instructor: Robin Pickel

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348760.WA	16 & older	11/6-12/18	W	8:30am-10:00am	\$67/\$84
348760.SB	16 & older	11/2-12/21	Sa	9:30am-11:00am	\$76/\$95
448760.WA	16 & older	1/8-2/26	W	8:30am-10:00am	\$78/\$98
448760.SB	16 & older	1/4-2/22	Sa	9:30am-11:00am	\$78/\$98

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)
348790.TA	18 & older	11/5-12/17	Tu	9:00am-10:00am	\$63/\$79
448790.TA	18 & older	1/7-2/25	Tu	9:00am-10:00am	\$74/\$93

Zumba Gold (50 & older) - See page 38.

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)
348791.HB	Beg	18 & older	11/7-12/19	Th*	6:00pm-7:00pm	\$54/\$68
448791.HB	Beg	18 & older	1/9-2/27	Th	6:00pm-7:00pm	\$74/\$93

*No class 11/28

Visual Arts/Pottery

Glass Fusing: Beginning (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 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)
349311.MA	Beg	16 & older	11/4-11/18	M	9:00am-12:00pm	\$68/\$85
349311.MK	Beg	16 & older	12/2-12/16	M	9:00am-12:00pm	\$68/\$85
349311.WA	Beg	16 & older	11/6-11/27	W*	7:00pm-10:00pm	\$68/\$85
449311.MK	Beg	16 & older	2/3-2/24	M*	9:00am-12:00pm	\$68/\$85
449311.WB	Beg	16 & older	2/5-2/26	W*	7:00pm-10:00pm	\$68/\$85

*No class 11/20, 2/17, 2/19

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

Instructor: Danny Sheu (M, Th, F, S) TBA (W)

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349911.MA	Beg	16 & older	11/11-12/16	M	7:00pm-10:00pm	\$171/\$216
349911.WA	Beg	16 & older	11/13-12/18	W	9:00am-12:00pm	\$171/\$216
349911.JA	Beg	16 & older	11/14-12/19	Th*	10:00am-1:00pm	\$143/\$179
349911.JB	Beg	16 & older	11/14-12/19	Th*	7:00pm-10:00pm	\$143/\$179
349911.FA	Beg	16 & older	11/15-12/20	F*	10:00am-1:00pm	\$143/\$179
349911.SA	Beg	16 & older	11/16-12/21	Sa	1:30pm-4:30pm	\$171/\$216
449911.MA	Beg	16 & older	1/6-2/10	M*	7:00pm-10:00pm	\$143/\$179
449911.MK	Beg	16 & older	2/24-3/24	M	7:00pm-10:00pm	\$143/\$179
449911.WA	Beg	16 & older	1/8-2/12	W	9:00am-12:00pm	\$171/\$216
449911.WK	Beg	16 & older	2/19-3/26	W	9:00am-12:00pm	\$171/\$216
449911.JA	Beg	16 & older	1/9-2/13	Th	10:00am-1:00pm	\$171/\$216
449911.JK	Beg	16 & older	1/9-2/13	Th	7:00pm-10:00pm	\$171/\$216
449911.JB	Beg	16 & older	2/20-3/27	Th	10:00am-1:00pm	\$171/\$216
449911.JL	Beg	16 & older	2/20-3/27	Th	7:00pm-10:00pm	\$171/\$216
449911.FA	Beg	16 & older	1/10-2/14	F	10:00am-1:00pm	\$171/\$216
449911.FK	Beg	16 & older	2/21-3/28	F	10:00am-1:00pm	\$171/\$216
449911.SA	Beg	16 & older	1/11-2/15	Sa	1:30pm-4:30pm	\$171/\$216
449911.SK	Beg	16 & older	2/22-3/29	Sa	1:30pm-4:30pm	\$171/\$216

*No class 11/28, 11/29, 1/20

Private & Group Pottery Lessons
Mondays & Thursdays, 11am - 2 pm
\$65 per person*

Call (408) 730-7345

to schedule an appointment

*Group Rate for 3-6 people is \$45 per person.



Watercolor (16 & 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)
349641.JA	Beg	16 & older	11/7-12/19	Th*	10:00am-12:00pm	\$66/\$83
449641.JA	Beg	16 & older	1/16-2/20	Th	10:00am-12:00pm	\$66/\$83

*No class 11/28

Figure Drawing & Painting (18 & older)

This class offers the fundamentals of drawing and painting. Explore depth and dimension and study space and movement of the picture plane while combining analytical thought and imagination. Brief demonstrations will be given at the beginning of each class. Long and short poses with a live model will be included. Participants must be 18 years old. Supply list will appear on your receipt. Model's fees will be split between class participants (\$50-\$80) and will be due at first class.

Instructor: Rebecca Bui

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349944.MA	All	18 & older	11/11-12/16	M	7:00pm-10:00pm	\$89/\$111
449944.MA	All	18 & older	1/6-2/24	M	7:00pm-10:00pm	\$89/\$111

Been a while since you've worked in clay? Here's your chance to get throwing again! Come experience our clay studio for FREE.

GIVE IT A WHIRL!



Terms & Conditions: No Reservation necessary. Ages 16 & up. Experienced potters only. No formal instruction will be provided. Clay must be purchased in the studio. \$6.00/ lbs of clay. Bisque firing included. No glazing. Refer to the Open Studio Schedule for available days and times.

Open to potters who have not attended Open Studio in more than a year or first-time studio users.

For more information, contact: Visual Arts Coordinator at kdance@sunnyvale.ca.gov or 408.730.7758.

Creative Arts Center Pottery Studio
Sunnyvale Community Center
550 E. Remington Drive, Sunnyvale

Teen & Adult

Friends of the Sunnyvale Pottery Studio

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

HOLIDAY POTTERY SALE

Friday Dec 6 & Saturday Dec 7, 2013
10:00 am - 5:00 pm

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

Free Admission!





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 (closed 12/24, 12/31, 2/18, 2/21)

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



Open Pottery Studio (16yrs & older)

For intermediate and advanced potters. No formal instruction will be provided, but technical assistance is available. Open studio passes, good for one 4-hour block, may be purchased in the studio. Prorating for unused hours will not be available and passes expire at the end of each 12-week session. Children under the age of 16 may participate if accompanied by an adult.

Location: Pottery Room in Creative Arts Center

Session: 1/11-12/21, 1/6-3/29 (studio closed 11/28, 11/29, 12/23 thru 1/4, 1/20, 2/17)

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

Day: M 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.

*Fees are subject to change.

High School Teen Events

Things to look forward to:

- Outdoor Movie Nights
- Community Service Day
- Workshops
- Volunteer Opportunities

A chance to hang out with your friends and other Sunnyvale Teens! For more information join "Sunnyvale Teens" on Facebook or call 408-730-7520.

Want to **TRY•IT?**

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

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