

Activity Guide

November 2015 – February 2016



Winter Break Camps, [page 11](#)



Adult Sports and Fitness, [page 35](#)



Breakfast with Santa, [page 44](#)



Community Calendar



- Winter class registration begins 9/30
- Most November – December classes begin Week of 11/2
- Community Center closed for Thanksgiving..... 11/26 – 11/27
- Holiday Pottery Sale 12/4 – 12/5
- Senior Center closed for holidays 12/14 – 1/2
- Community Center closed for holiday 12/21 – 1/1
- Most January – February classes begin Week of 1/4
- Community Center closed for Martin Luther King Jr. Day..... 1/18
- “Pints for Pizza” Teen Blood Drive 1/30
- Hands on the Arts artist applications due 1/31
- Community Center closed for President’s Day 2/15

For additional happenings, please visit
Events.inSunnyvale.com

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

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

Senior Clubs

Bayview Senior Citizens	(408) 736-5837
California Grandmothers’ Club	(408) 736-2472
Sunnyvale Lawn Bowls Club	(408) 736-4739
Unique Boutique	(408) 732-4279

Youth Sports Leagues and Clubs

Baseball / Softball	
Metro Little League	www.sunnyvalemetro.org
National Little League	(408) 720-1809
Serra Little League	www.serralittleleague.com
Sunnyvale Girls Softball League	www.sunnyvalegirlssoftball.org
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
Aquatics	
Sunnyvale Swim Club	(408) 248-8979

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TRY IT! If a class you are interested in has the **Try It!** logo 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 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.

On the cover: Mother and son creating art with ink stamps in My First Art Class.
Photo by Valentyna Gorbachenko.

Contact Information

Community Services Division

Administration	(408) 730-7336
After-School Programs	(408) 730-7350
Columbia Neighborhood Center	(408) 730-7800
Facility Reservations	(408) 730-7350
General Information	(408) 730-7350
Golf	(408) 738-3666
Indoor Sports Center	(408) 730-7350
Older Adult Information	(408) 730-7360
Parks	(408) 730-7506
Performing Arts Center	(408) 730-7374
Registration Class Information	(408) 730-7341
Senior Center	(408) 730-7360
Super Safari Preschool	(408) 730-7523
Tennis	(408) 735-7285
Theatre Box Office	(408) 733-6611
Therapeutic Programs	(408) 730-7359
Youth and Family Resources	(408) 730-7800

City Council

Jim Griffith, Mayor
Tara Martin-Milius, Vice Mayor
David Whittum, Pat Meyering, Jim Davis,
Glenn Hendricks, Gustav Larsson

Parks and Recreation Commission

Craig Pasqua, Chair
Ralph Kenton, Vice Chair
Henry Alexander III, Robert Pochowski

Arts Commission

Misuk Park, Chair
Robert Lawson, Vice Chair
Roberta Kiphuth, David Koppel

City of Sunnyvale, Department of Library and Community Services

Anne Cain, Interim Director of
Library and Community Services
Dan Wax, Superintendent of
Community Services



Volunteer Opportunities

City of Sunnyvale’s Community Services division has opportunities for volunteers 13+. Please note, adult volunteers (18+) must be fingerprinted and pass a Department of Justice background check. For special events and other time sensitive opportunities, we recommend applying three weeks in advance. Teen volunteers (13 – 17 years) must present a consent form in order to volunteer.

Winter 2015 Volunteer Opportunities:

- Community Services, Open Painting Studio Attendant, outreach table staff
- Library, teen homework helper
- Marketing, photographer, photo archiver
- Marketing, copy editor
- Senior Lunch Program, kitchen help, ongoing
- Senior Center Computer Lab, PC tech, ongoing
- Senior Center, notary public, blood pressure nurse/doctor, administrative assistant, ballroom dance cashier

These are just some of the volunteer opportunities available. Additional opportunities with the Community Services Division and other City of Sunnyvale divisions are listed online.

Volunteering.inSunnyvale.com
(408) 730-7599

CONNECT
with Your Community
on Social Media


Like us on Facebook
facebook.com/pages/SunnyvaleRecreation


Follow us on Twitter
twitter.com/SunnyvaleRec


Rate us on Yelp
yelp.com/biz/sunnyvale-community-center-sunnyvale


Find activity partners on Meetup
meetup.com/SunnyvaleCommunityCenter


Sign up for our e-newsletter
or email recreation@sunnyvale.ca.gov

Tell us which social media channels you use
www.surveymonkey.com/r/SunnyvaleSocialMedia



Preschool

Art

My First Art Class (1.5 – 5 years)

Explore five different art stations each week where children can experiment with a variety of different art materials and techniques. Emphasis is on process, not product. New themes and projects will be introduced year round. Parent participation is required. Please do not bring unregistered siblings to class. A non-refundable supply fee (\$6 for November/December and \$15 for January/February) will be collected at first class. Wear clothes that can get messy. Smocks will be available in class.

Instructor: My First Art Class
Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
319020.TA	1.5 – 3	11/10 – 12/1	Tu	9 a.m. – 10 a.m.	\$59/\$74
419020.TA	1.5 – 3	1/26 – 3/15	Tu	9 a.m. – 10 a.m.	\$113/\$141
319020.TB	2 – 5	11/10 – 12/1	Tu	10:15 a.m. – 11:15 a.m.	\$59/\$74
419020.TB	2 – 5	1/26 – 3/15	Tu	10:15 a.m. – 11:15 a.m.	\$113/\$141



My First Art Class

Photo by Valentyna Gorbachenko

Cooking

Big/Lil' Chefs (2.5 – 4.5 years)

Parents and caregivers, cook simple recipes with your littlest chefs. This class incorporates monthly themed recipes, age-appropriate culinary skills and basic nutrition. Sample what you cook at each class. Adult participation required. Adults may accompany up to 2 children. A non-refundable supply fee of \$50 for November/December classes and \$60 for January/February classes is due at the first class meeting. Vegetarian and special diets welcome. Please contact Young Chefs Academy at (408) 738-CHEF before first meeting to make special arrangements.

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
317121.SA	2.5 – 4.5	10/31 – 12/12	Sa*	9 a.m. – 10 a.m.	\$90/\$113
317121.SU	2.5 – 4.5	11/1 – 12/13	Su*	9:30 a.m. – 10:30 a.m.	\$90/\$113
317121.WA	2.5 – 4.5	11/4 – 12/16	W*	6 p.m. – 7 p.m.	\$90/\$113
317121.JA	2.5 – 4.5	11/5 – 12/17	Th*	9:30 a.m. – 10:30 a.m.	\$90/\$113
317121.FA	2.5 – 4.5	11/6 – 12/18	F*	10:30 a.m. – 11:30 a.m.	\$90/\$113
417121.WA	2.5 – 4.5	1/6 – 2/24	W	6 p.m. – 7 p.m.	\$120/\$150
417121.JA	2.5 – 4.5	1/7 – 2/25	Th	9:30 a.m. – 10:30 a.m.	\$120/\$150
417121.FA	2.5 – 4.5	1/8 – 2/26	F	10:30 a.m. – 11:30 a.m.	\$120/\$150
417121.SA	2.5 – 4.5	1/9 – 2/27	Sa	9 a.m. – 10 a.m.	\$120/\$150
417121.SU	2.5 – 4.5	1/10 – 2/28	Su	9:30 a.m. – 10:30 a.m.	\$120/\$150

*No class 11/25, 11/26, 11/27, 11/28, 11/29

Dance

Your little performer will have a blast learning simple dance steps and following teacher-led movement routines. Dance Force Kids preschool classes use fun props and games to teach dance basics and conclude with an in-class performance for family and friends. Children should be ready to take class independently while a parent or caregiver waits outside the classroom unless otherwise noted. Girls wear leotard and tights. Boys wear T-shirt and shorts or sweatpants. For safety reasons, ballet shoes with leather soles are required for Tiny Tots Ballet and Ballet/Tap. Tap shoes are required for tap classes. For a list of South Bay stores that carry dance shoes, call (408) 730-7373.

Instructor: Dance Force Kids
Location: Theatre Dance Studio

Ballet/Tap (3 – 7 years)

Children learn basic ballet and tap steps with tippy toe turns, alligator walks and magic garden dances. Level 2 students must have completed 3 sessions of our Level 1 Ballet/Tap class.

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
314421.WC	1	3 – 5	11/4 – 12/16	W*	10:55 a.m. – 11:40 a.m.	\$69/\$86
314421.SC	1	3 – 5	11/7 – 12/12	Sa*	9:40 a.m. – 10:25 a.m.	\$69/\$86
414421.WC	1	3 – 5	1/6 – 2/10	W	10:55 a.m. – 11:40 a.m.	\$79/\$99
414421.SC	1	3 – 5	1/9 – 2/13	Sa	9:40 a.m. – 10:25 a.m.	\$79/\$99
314421.JQ	1	4 – 7	11/5 – 12/10	Th*	3:50 p.m. – 4:35 p.m.	\$69/\$86
314421.SF	1	4 – 7	11/7 – 12/12	Sa*	12 p.m. – 12:45 p.m.	\$69/\$86
414421.JQ	1	4 – 7	1/7 – 2/11	Th	3:50 p.m. – 4:35 p.m.	\$79/\$99
414421.SF	1	4 – 7	1/9 – 2/13	Sa	12:00 a.m. – 12:45 a.m.	\$79/\$99
324423.WQ	2	4 – 7	11/4 – 12/16	W*	4:20 p.m. – 5:05 p.m.	\$69/\$86
424423.WQ	2	4 – 7	1/6 – 2/10	W	4:20 p.m. – 5:05 p.m.	\$79/\$99

*No class 11/11, 11/24, 11/25, 11/26, 11/28



Ballet/Tap

Dancing Together

(1.5 – 3 years)

Teacher leads parents or caregivers in dancing with their children.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
314020.WA	1.5 – 3	11/4 – 12/16	W*	9:30 a.m. – 10 a.m.	\$59/\$74
314020.SA	1.5 – 3	11/7 – 12/12	Sa*	8:30 a.m. – 9 a.m.	\$59/\$74
414020.WA	1.5 – 3	1/6 – 2/10	W	9:30 a.m. – 10 a.m.	\$69/\$86
414020.SA	1.5 – 3	1/9 – 2/13	Sa	8:30 a.m. – 9 a.m.	\$69/\$86

*No class 11/11, 11/25, 11/28

Hip Hop Boogie

(2 – 5 years)

Children bounce, jump and spin, with basic hip hop moves set to energetic kids' music.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
314330.MA	2 – 3	11/2 – 12/7	M	9:30 a.m. – 10 a.m.	\$69/\$86
314330.SD	2 – 3	11/7 – 12/12	Sa*	10:30 a.m. – 11 a.m.	\$59/\$74
414330.MA	2 – 3	1/4 – 2/8	M*	9:30 a.m. – 10:30 a.m.	\$59/\$74
414330.SD	2 – 3	1/9 – 2/13	Sa	10:30 a.m. – 11 a.m.	\$69/\$86
314330.MD	3 – 5	11/2 – 12/7	M	11:30 a.m. – 12:15 p.m.	\$79/\$99
314330.WP	3 – 5	11/4 – 12/16	W*	3:30 p.m. – 4:15 p.m.	\$69/\$86
414330.MD	3 – 5	1/4 – 2/8	M*	11:30 a.m. – 12:15 p.m.	\$69/\$86
414330.WP	3 – 5	1/6 – 2/10	W	3:30 p.m. – 4:15 p.m.	\$79/\$99

*No class 11/11, 11/25, 11/28, 1/18



Having your child participate weekly in Kids Klub or Teen Hangout gives them an opportunity to socialize and participate with fellow youth outside of a classroom setting. **(Asset #18)**

41Assets.inSunnyvale.com

Tumble and Dance

(3 – 5 years)

Help your child learn basic tumbling moves, including somersaults and cartwheels. Parent/caregiver participation is required.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
314031.WB	3 – 5	11/4 – 12/16	W*	10:05 a.m. – 10:50 a.m.	\$69/\$86
414031.WB	3 – 5	1/6 – 2/10	W	10:05 a.m. – 10:50 a.m.	\$79/\$99

*No class 11/11, 11/25



Tumble and Dance

Tiny Tot Ballet

(2 – 3 years)

Little dancers take their first ballet steps! Magic wands, teddy bears and tutus are all part of the fun, as students are introduced to ballet steps, creative movement and dance terminology. Prerequisite: Children should be ready to take class independently, while a parent or caregiver waits outside the classroom.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
314401.MC	2 – 3	11/2 – 12/7	M	10:55 a.m. – 11:25 a.m.	\$69/\$86
314401.WR	2 – 3	11/4 – 12/16	W*	5:10 p.m. – 5:40 p.m.	\$59/\$74
314401.SB	2 – 3	11/7 – 12/12	Sa*	9:05 a.m. – 9:35 a.m.	\$59/\$74
414401.MC	2 – 3	1/4 – 2/8	M*	10:55 a.m. – 11:25 a.m.	\$69/\$86
414401.WR	2 – 3	1/6 – 2/10	W	5:10 p.m. – 5:40 p.m.	\$69/\$86
414401.SB	2 – 3	1/9 – 2/13	Sa	9:05 a.m. – 9:35 a.m.	\$69/\$86

*No class 1/19, 11/11, 11/25, 11/28

Princess Pre-Ballet

(3 – 5 years)

Little princesses love themed props and music featured in this creative movement class.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
314510.MB	3 – 5	11/2 – 12/7	M	10:05 a.m. – 10:50 a.m.	\$79/\$99
314510.JP	3 – 5	11/5 – 12/10	Th*	3 p.m. – 3:45 p.m.	\$69/\$86
314510.JR	3 – 5	11/5 – 12/10	Th*	4:40 p.m. – 5:25 p.m.	\$69/\$86
314510.SE	3 – 5	11/7 – 12/12	Sa*	11:05 a.m. – 11:50 a.m.	\$69/\$86
414510.MB	3 – 5	1/4 – 2/8	M	10:05 a.m. – 10:50 a.m.	\$79/\$99
414510.JP	3 – 5	1/7 – 2/11	Th	3 p.m. – 3:45 p.m.	\$79/\$99
414510.JR	3 – 5	1/7 – 2/11	Th	4:40 p.m. – 5:25 p.m.	\$79/\$99
414510.SE	3 – 5	1/9 – 2/13	Sa	11:05 a.m. – 11:50 a.m.	\$79/\$99

*No class 1/19, 11/26, 11/28

Gymnastics

We ask family and friends to remain outside the gym during class times to reduce distractions for our students, except for: 1) at least one parent will be asked to stay and observe any environment with only one staff member, 2) parents of new students may stay during the first class, 3) if a staff member asks a parent to stay. We encourage all parents to observe the last class of each session. Thank you for your cooperation.

ParentTots TRY IT! (1.5 – 3 years)

Our structured, basic movement class for the young child is built around imaginative themes and gymnastics activities. A parent is required to participate in assisting the child, under the direction of the teacher. Only one participating child per parent. Siblings are not allowed in the gym during class time.

Instructor: California Sports Center
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
313000.SA	1.5 – 3	10/31 – 12/19	Sa*	9 a.m. – 9:45 a.m.	\$124/\$155
313000.SB	1.5 – 3	10/31 – 12/19	Sa*	11 a.m. – 11:45 a.m.	\$124/\$155
413000.SA	1.5 – 3	1/16 – 2/27	Sa*	9 a.m. – 9:45 a.m.	\$124/\$155
413000.SB	1.5 – 3	1/16 – 2/27	Sa*	11 a.m. – 11:45 a.m.	\$124/\$155

Location: Recreation Center Preschool Room

313000.TA	1.5 – 3	10/27 – 12/15	Tu	10 a.m. – 10:45 a.m.	\$141/\$176
313000.WA	1.5 – 3	10/28 – 12/16	W	9 a.m. – 9:45 a.m.	\$141/\$176
313000.HA	1.5 – 3	10/29 – 12/17	Th*	10 a.m. – 10:45 a.m.	\$124/\$155
313000.FA	1.5 – 3	10/30 – 12/18	F*	9 a.m. – 9:45 a.m.	\$124/\$155
313000.FC	1.5 – 3	10/30 – 12/18	F*	5:30 p.m. – 6:15 p.m.	\$124/\$155
413000.TA	1.5 – 3	1/5 – 2/23	Tu	10 a.m. – 10:45 a.m.	\$141/\$176
413000.WA	1.5 – 3	1/6 – 2/24	W	9 a.m. – 9:45 a.m.	\$141/\$176
413000.HA	1.5 – 3	1/7 – 2/25	Th	10 a.m. – 10:45 a.m.	\$141/\$176
413000.FA	1.5 – 3	1/8 – 2/26	F	9 a.m. – 9:45 a.m.	\$141/\$176
413000.FC	1.5 – 3	1/8 – 2/26	F	5:30 p.m. – 6:15 p.m.	\$141/\$176

*No class 11/26, 11/27, 11/28, 1/9



ParentTots



Super Safari Preschool

Super Safari is a play-based program designed to provide children with their first experience in a structured environment. Super Safari runs September through early June, following the Sunnyvale School District holiday schedule. Our goal is to encourage your child's imagination and creativity within learning through a play environment. Our experienced staff will lead a variety of hands-on activities in art, language, storytelling, math readiness, circle time and music movement. Children must be toilet trained by the first day of class.

Enrollment for the 2016/17 School Year begins:

Current Super Safari participantsFebruary 22, 2016
 New participants who are Sunnyvale residents.February 29, 2016
 New participants who are non-residents March 7, 2016

Information Nights for 2016/2017 School Year

Tour our classrooms and learn more about the Super Safari program. We offer an Information Night specific to each class. Please reserve your spot by calling (408) 730-7374.

Cheetahs (Ages 3 – 4)

Meets Tuesday/Thursday mornings

Las Palmas Park Building, 850 Russett Park Drive
 Information Night: Monday, 2/8, 5:30 – 6:30 p.m.

Lion Cubs (Ages 3)

Meets Tuesday/Thursday mornings

Serra Park Building, 730 The Dalles
 Information Night: Wednesday, 2/10, 5:30 – 6:30 p.m.

Giraffes (Ages 3 – 4)

Meets Monday, Wednesday and Friday mornings

Las Palmas Park Building, 850 Russett Park Drive
 Information Night: Monday, 2/8, 5:30 – 6:30 p.m.

Giraffes (Ages 3 – 4)

Meets Monday, Wednesday and Friday mornings

Murphy Park, 250 N. Sunnyvale Ave.
 Information Night: Thursday, 2/11, 5:30 – 6:30 p.m.

Tigers (Ages 4 – 5)

Meets Monday, Wednesday and Friday mornings

Serra Park Building, 730 The Dalles
 Information Night: Wednesday, 2/10, 5:30 – 6:30 p.m.

Tigers (Ages 4 – 5)

Meets Monday, Wednesday and Friday mornings

Ortega Park Building, 636 Harrow Way
 Information Night: Tuesday, 2/9, 5:30 – 6:30 p.m.

For more information
Preschool.inSunnyvale.com



TinyTots

TinyTots and TumbleTots TRY IT! (3 – 5 years)

Children are introduced to gymnastic equipment with an emphasis on creative movement activities and organized circuit play. Instructors lead a warm-up and rotate groups around events or circuits, so students have a chance to try each piece of equipment.

Instructor: California Sports Center

Location: Recreation Center Preschool Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
313010.MA	3-4	10/26 – 12/14	M	4:30 p.m. – 5:15 p.m.	\$141/\$176
313010.MB	3-4	10/26 – 12/14	M	6:30 p.m. – 7:15 p.m.	\$141/\$176
313010.TA	3-4	10/27 – 12/15	Tu	9 a.m. – 9:45 a.m.	\$141/\$176
313010.TC	3-4	10/27 – 12/15	Tu	11 a.m. – 11:45 a.m.	\$141/\$176
313010.TD	3-4	10/27 – 12/15	Tu	3:30 p.m. – 4:15 p.m.	\$141/\$176
313010.TF	3-4	10/27 – 12/15	Tu	5:30 p.m. – 6:15 p.m.	\$141/\$176
313010.WA	3-4	10/28 – 12/16	W	10 a.m. – 10:45 a.m.	\$141/\$176
313010.WB	3-4	10/28 – 12/16	W	11 a.m. – 11:45 a.m.	\$141/\$176
313010.WD	3-4	10/28 – 12/16	W	3:30 p.m. – 4:15 p.m.	\$141/\$176
313010.WE	3-4	10/28 – 12/16	W	6:30 p.m. – 7:15 p.m.	\$141/\$176
313010.HA	3-4	10/29 – 12/17	Th*	9 a.m. – 9:45 a.m.	\$124/\$155
313010.HB	3-4	10/29 – 12/17	Th*	11 a.m. – 11:45 a.m.	\$124/\$155
313010.HC	3-4	10/29 – 12/17	Th*	3:30 p.m. – 4:15 p.m.	\$124/\$155
313010.HD	3-4	10/29 – 12/17	Th*	5:30 p.m. – 6:15 p.m.	\$124/\$155

313010.FA	3-4	10/30 – 12/18	F*	10 a.m. – 10:45 a.m.	\$124/\$155
313010.FC	3-4	10/30 – 12/18	F*	11 a.m. – 11:45 a.m.	\$124/\$155
313010.FD	3-4	10/30 – 12/18	F*	4:30 p.m. – 5:15 p.m.	\$124/\$155
313010.SA	3-4	10/31 – 12/19	Sa*	9 a.m. – 9:45 a.m.	\$124/\$155
313010.SB	3-4	10/31 – 12/19	Sa*	11 a.m. – 11:45 a.m.	\$124/\$155
413010.MA	3-4	1/4 – 2/22	M*	4:30 p.m. – 5:15 p.m.	\$124/\$155
413010.MB	3-4	1/4 – 2/22	M*	6:30 p.m. – 7:15 p.m.	\$124/\$155
413010.TA	3-4	1/5 – 2/23	Tu	9 a.m. – 9:45 a.m.	\$141/\$176
413010.TC	3-4	1/5 – 2/23	Tu	11 a.m. – 11:45 a.m.	\$141/\$176
413010.TD	3-4	1/5 – 2/23	Tu	3:30 p.m. – 4:15 p.m.	\$141/\$176
413010.TF	3-4	1/5 – 2/23	Tu	5:30 p.m. – 6:15 p.m.	\$141/\$176
413010.WA	3-4	1/6 – 2/24	W	10 a.m. – 10:45 a.m.	\$141/\$176
413010.WB	3-4	1/6 – 2/24	W	11 a.m. – 11:45 a.m.	\$141/\$176
413010.WD	3-4	1/6 – 2/24	W	3:30 p.m. – 4:15 p.m.	\$141/\$176
413010.WE	3-4	1/6 – 2/24	W	6:30 p.m. – 7:15 p.m.	\$141/\$176
413010.HA	3-4	1/7 – 2/25	Th	9 a.m. – 9:45 a.m.	\$141/\$176
413010.HB	3-4	1/7 – 2/25	Th	11 a.m. – 11:45 a.m.	\$141/\$176
413010.HC	3-4	1/7 – 2/25	Th	3:30 p.m. – 4:15 p.m.	\$141/\$176
413010.HD	3-4	1/7 – 2/25	Th	5:30 p.m. – 6:15 p.m.	\$141/\$176
413010.FA	3-4	1/8 – 2/26	F	10 a.m. – 10:45 a.m.	\$141/\$176
413010.FC	3-4	1/8 – 2/26	F	11 a.m. – 11:45 a.m.	\$141/\$176
413010.FD	3-4	1/8 – 2/26	F	4:30 p.m. – 5:15 p.m.	\$141/\$176
413010.SA	3-4	1/16 – 2/27	Sa*	9 a.m. – 9:45 a.m.	\$124/\$155
413010.SB	3-4	1/16 – 2/27	Sa*	11 a.m. – 11:45 a.m.	\$124/\$155
313020.MA	4-5	10/26 – 12/14	M	3:30 p.m. – 4:15 p.m.	\$141/\$176
313020.MB	4-5	10/26 – 12/14	M	5:30 p.m. – 6:15 p.m.	\$141/\$176
313020.TA	4-5	10/27 – 12/15	Tu	9 a.m. – 9:45 a.m.	\$141/\$176
313020.TB	4-5	10/27 – 12/15	Tu	11 a.m. – 11:45 a.m.	\$141/\$176
313020.TC	4-5	10/27 – 12/15	Tu	3:30 p.m. – 4:15 p.m.	\$141/\$176
313020.TD	4-5	10/27 – 12/15	Tu	4:30 p.m. – 5:15 p.m.	\$141/\$176
313020.TE	4-5	10/27 – 12/15	Tu	5:30 p.m. – 6:15 p.m.	\$141/\$176
313020.TF	4-5	10/27 – 12/15	Tu	6:30 p.m. – 7:15 p.m.	\$141/\$176
313020.WB	4-5	10/28 – 12/16	W	10 a.m. – 10:45 a.m.	\$141/\$176
313020.WC	4-5	10/28 – 12/16	W	11 a.m. – 11:45 a.m.	\$141/\$176
313020.WD	4-5	10/28 – 12/16	W	4:30 p.m. – 5:15 p.m.	\$141/\$176
313020.WE	4-5	10/28 – 12/16	W	5:30 p.m. – 6:15 p.m.	\$141/\$176
313020.HD	4-5	10/29 – 12/17	Th*	3:30 p.m. – 4:15 p.m.	\$124/\$155
313020.HE	4-5	10/29 – 12/17	Th*	4:30 p.m. – 5:15 p.m.	\$124/\$155
313020.HF	4-5	10/29 – 12/17	Th*	6:30 p.m. – 7:15 p.m.	\$124/\$155
313020.FA	4-5	10/30 – 12/18	F*	10 a.m. – 10:45 a.m.	\$124/\$155
313020.FB	4-5	10/30 – 12/18	F*	3:30 p.m. – 4:15 p.m.	\$124/\$155
313020.SA	4-5	10/31 – 12/19	Sa*	10 a.m. – 10:45 a.m.	\$124/\$155
313020.SB	4-5	10/31 – 12/19	Sa*	12 p.m. – 12:45 p.m.	\$124/\$155
413020.MA	4-5	1/4 – 2/22	M*	3:30 p.m. – 4:15 p.m.	\$124/\$155
413020.MB	4-5	1/4 – 2/22	M*	5:30 p.m. – 6:15 p.m.	\$124/\$155
413020.TA	4-5	1/5 – 2/23	Tu	9 a.m. – 9:45 a.m.	\$141/\$176
413020.TB	4-5	1/5 – 2/23	Tu	11 a.m. – 11:45 a.m.	\$141/\$176
413020.TC	4-5	1/5 – 2/23	Tu	3:30 p.m. – 4:15 p.m.	\$141/\$176
413020.TD	4-5	1/5 – 2/23	Tu	4:30 p.m. – 5:15 p.m.	\$141/\$176
413020.TE	4-5	1/5 – 2/23	Tu	5:30 p.m. – 6:15 p.m.	\$141/\$176
413020.TF	4-5	1/5 – 2/23	Tu	6:30 p.m. – 7:15 p.m.	\$141/\$176
413020.WB	4-5	1/6 – 2/24	W	10 a.m. – 10:45 a.m.	\$141/\$176
413020.WC	4-5	1/6 – 2/24	W	11 a.m. – 11:45 a.m.	\$141/\$176
413020.WD	4-5	1/6 – 2/24	W	4:30 p.m. – 5:15 p.m.	\$141/\$176
413020.WE	4-5	1/6 – 2/24	W	5:30 p.m. – 6:15 p.m.	\$141/\$176
413020.HD	4-5	1/7 – 2/25	Th	3:30 p.m. – 4:15 p.m.	\$141/\$176
413020.HE	4-5	1/7 – 2/25	Th	4:30 p.m. – 5:15 p.m.	\$141/\$176
413020.HF	4-5	1/7 – 2/25	Th	6:30 p.m. – 7:15 p.m.	\$141/\$176
413020.FA	4-5	1/8 – 2/26	F	10 a.m. – 10:45 a.m.	\$141/\$176
413020.FB	4-5	1/8 – 2/26	F	3:30 p.m. – 4:15 p.m.	\$141/\$176
413020.SA	4-5	1/16 – 2/27	Sa*	10 a.m. – 10:45 a.m.	\$124/\$155
413020.SB	4-5	1/16 – 2/27	Sa*	12 p.m. – 12:45 p.m.	\$124/\$155

*No class 11/26, 11/27, 11/28, 1/9, 1/18, 2/15

Magic

Abracadabra Kids (4 – 6 years)

Turn an ordinary evening into magic with the wave of a wand. Learn to perform simple “self-working” magic tricks with your child. Wertman the Wizard will also entertain the class with a few tricks of his own. Parent or caregiver participation is required. No unregistered siblings in the classroom. Non-refundable materials fee of \$4 is due to instructor at workshop. Note: Fee for one-day class is non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
314670.WP	4 – 6	11/13	F	3:30 p.m. – 4:40 p.m.	\$21/\$26



Abracadabra Kids

Music

Discovering Drums TRY IT! (3 – 5 years)

When your littlest drummer is ready to graduate from pots and pans to the real thing, explore percussion instruments specifically designed for small hands. This class emphasizes fun music experiences and an introduction to music vocabulary, note values and the musical scale. Instruments used in class vary each term. Parent participation is welcome, but not required.

Instructor: Groove Academy of Drumming

Location: Groove School of Percussion, 1795 Space Park Drive, Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
414860.MP	3 – 5	1/25 – 3/21	M*	4 p.m. – 4:30 p.m.	\$129/\$161

*No class 2/15

Music Together (0 – 4 years)

Sing, chant, clap, dance and play simple instruments together as a family! Through guided musical play, your child will learn to imitate tonal patterns and rhythms and begin to sing in tune. Learn to incorporate music into daily home life and encourage young children’s natural musical development. International and historical song repertoire changes each term. Non-refundable materials fee of \$45 due at first class. (Siblings ages birth – 8 months may attend for free. To use this free sibling discount, please register in person at the Sunnyvale Community Center prior to first class meeting.)

Instructor: Music for Families

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
414800.TA	0 – 4	1/12 – 3/22	Tu	9:30 a.m. – 10:15 a.m.	\$182/\$228
414800.TB	0 – 4	1/12 – 3/22	Tu	10:30 a.m. – 11:15 a.m.	\$182/\$228
414800.WA	0 – 4	1/13 – 3/23	W	9:30 a.m. – 10:15 a.m.	\$182/\$228
414800.WB	0 – 4	1/13 – 3/23	W	10:30 a.m. – 11:15 a.m.	\$182/\$228
414800.JA	0 – 4	1/14 – 3/24	Th	4:30 p.m. – 5:15 p.m.	\$182/\$228
414800.JB	0 – 4	1/14 – 3/24	Th	5:30 p.m. – 6:15 p.m.	\$182/\$228
414800.FA	0 – 4	1/15 – 3/25	F	9:30 a.m. – 10:15 a.m.	\$182/\$228
414800.FB	0 – 4	1/15 – 3/25	F	10:30 a.m. – 11:15 a.m.	\$182/\$228
414800.FC	0 – 4	1/15 – 3/25	F	11:30 a.m. – 12:15 p.m.	\$182/\$228
414800.SA	0 – 4	1/16 – 3/26	Sa	9:30 a.m. – 10:15 a.m.	\$182/\$228
414800.SB	0 – 4	1/16 – 3/26	Sa	10:30 a.m. – 11:15 a.m.	\$182/\$228



Music Together

Piano – Parent/Child (3 – 5 years)

Help your young child learn basic piano skills, theory and music reading. Parent participation is required. 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. Students must attend first class meeting.

Level 1 – Beethoven Beginners: Students with no previous experience learn the basics of piano in a fun group setting. Pre-order non-refundable book for \$18 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 – Mozart Masters: Students who have completed a level 1 session or have prior piano 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)
314851.FP	1	3 – 5	11/13 – 12/18	F*	2 p.m. – 2:45 p.m.	\$59/\$74
414851.FP	1	3 – 5	1/8 – 2/26	F	2 p.m. – 2:45 p.m.	\$99/\$124
314852.FQ	2	3 – 5	11/13 – 12/18	F*	2:45 p.m. – 3:30 p.m.	\$59/\$74
414852.FQ	2	3 – 5	1/8 – 2/26	F	2:45 p.m. – 3:30 p.m.	\$99/\$124

*No Class 11/27



Melody's Todd-o-Piano

(3 – 4 years)

Children develop piano keyboard skills and general music ability, including singing, ear-training, music theory, rhythm, and sight-reading through a variety of activities. Older children also try composition. Class concludes with a piano recital. Children should have access to a keyboard or piano to practice between lessons. Non-refundable materials fee of \$45 due at first class meeting. Parent/guardian participation is required.

Instructor: Melody Academy of Music

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
414900.C1	3-4	1/11 – 2/15	M	10:30 a.m. – 11:15 a.m.	\$147/\$184
414900.C3	3-4	2/23 – 3/29	Tu	10:30 a.m. – 11:15 a.m.	\$147/\$184
414900.C2	3-4	2/5 – 3/11	F	10:30 a.m. – 11:15 a.m.	\$147/\$184



Melody's Todd-o-Piano

Photo courtesy Melody Academy of Music

Sports and Fitness

Ice Skating – Parent/Child

(3 – 4 years)

Parent and child learn to learn to ice skate together. Classes are geared to the child's level, so parents will learn quickly in this course. Cost includes skate rental for both parent and child, a 30-minute lesson and 30-minute practice session. Be sure to dress warmly, wear gloves and thick socks. Registrations will not be accepted after the first class has met. No exceptions will be made.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd., Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
317411.SA	Beg	3-4	10/17 – 12/5	Sa	11:15 a.m. – 11:45 a.m.	\$82/\$103
417411.SA	Beg	3-4	1/4 – 2/6	Sa	11:15 a.m. – 11:45 a.m.	\$82/\$103



Ice Skating – Parent/Child

Little Tigers Taekwondo

(4 – 6 years)

The main training emphasis is on motor skills and coordination, learning focus drills such as directions, task completion and learning basic/intermediate kicking and punching concepts. Uniform, equipment and testing are an additional fee. Tiger uniform is required after first class and can be purchased from the instructor for \$49.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real #117, Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
318501.WA	Beg	4-6	10/28 – 12/16	W	3 p.m. – 3:30 p.m.	\$128/\$160
318501.SA	Beg	4-6	10/31 – 12/19	Sa*	10 a.m. – 10:30 a.m.	\$112/\$140
318501.MA	Beg	4-6	11/2 – 12/14	M	3 p.m. – 3:30 p.m.	\$112/\$140
418501.MA	Beg	4-6	1/4 – 2/22	M*	3 p.m. – 3:30 p.m.	\$112/\$140
418501.WA	Beg	4-6	1/6 – 2/17	W	3 p.m. – 3:30 p.m.	\$112/\$140
418501.SA	Beg	4-6	1/9 – 2/20	Sa	10 a.m. – 10:30 a.m.	\$112/\$140

*No class 11/28, 1/18

Parents/Caregivers

Are you looking for

Parenting Workshops?

Child Care & Parent Resources in Sunnyvale?

Child Care Provider Workshops?

Contact Youth and Family Resources at (408) 730-7800

Childcare.inSunnyvale.com

Futsal Indoor Soccer

(3.5 – 5 years)

Futsal is a fun, fast-paced 5v5 soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. In this class players participate in fun educational games. Classes focus on increasing balance, coordination and fundamental futsal skills. We use creative, fun activities to help kids to cooperate in a group setting and build self esteem in our low-pressure environment.

Instructor: Futsal Kingz

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
318661.MA	Beg	3.5 – 5	11/2 – 12/14	M	3:10 p.m. – 3:45 p.m.	\$86/\$108
318661.RA	Beg	3.5 – 5	11/5 – 12/17	Th*	3:10 p.m. – 3:45 p.m.	\$86/\$108
418661.MA	Beg	3.5 – 5	1/4 – 2/22	M	3:10 p.m. – 3:45 p.m.	\$118/\$148
418661.RA	Beg	3.5 – 5	1/7 – 2/25	Th	3:10 p.m. – 3:45 p.m.	\$118/\$148

*No class 11/26



Skyhawks Mini-Hawk

Skyhawks Mini-Hawk

(4 – 6 years)

This multi-sport program was developed to give children a positive first step into athletics. The essentials of basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow children to explore balance, movement, hand/eye coordination and skill development at their own pace. Skyhawks staff is trained to handle the specific needs of young athletes. Participants should bring appropriate clothing, athletic shoes, sunscreen and a water bottle.

Instructor: Skyhawks Sports Academy

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
318561.TA	Beg	4 – 6	11/3 – 12/15	Tu*	3:30 p.m. – 4:45 p.m.	\$159/\$199
418561.TA	Beg	4 – 6	1/19 – 2/23	Tu*	3:30 p.m. – 4:45 p.m.	\$159/\$199

*No class 11/24



Indoor Soccer



Kidz Love Soccer

(3.5 – 5 years)

Children learn age-appropriate skills and techniques of the "World's Most Popular Sport" in a non-competitive environment, which encourages development of large motor skills, socialization skills and self-esteem. Shin guards are required after the first meeting. Note: During questionable weather, please call 1 (888) 372-5803 one-half hour before classes (or by 6 p.m.) for class information.

Instructor: Kidz Love Soccer

Ages 3.5 – 4

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
318660.TE	3.5-4	11/10-12/8	Tu	6:25 p.m. – 7 p.m.	\$70/\$88

Location: Las Palmas Park

318660.TA	3.5-4	11/10-12/8	Tu	10 a.m. – 10:30 a.m.	\$70/\$88
318660.TD	3.5-4	11/10-12/8	Tu	4:30 p.m. – 5:05 p.m.	\$70/\$88
418660.TA	3.5-4	1/19-2/23	Tu	10 a.m. – 10:30 a.m.	\$80/\$100
418660.TC	3.5-4	1/19-2/23	Tu	4:30 p.m. – 5:05 p.m.	\$80/\$100

Location: Ponderosa Park

318660.RB	3.5-4	11/12-12/17	Th*	4:40 p.m. – 5:15 p.m.	\$70/\$88
418660.RA	3.5-4	1/21-2/25	Th	4:45 p.m. – 5:20 p.m.	\$80/\$100

Location: Serra Park

418660.WA	3.5-4	1/20-2/24	W	3:10 p.m. – 3:45 p.m.	\$80/\$100
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Location: Sunnyvale Middle School

318660.SA	3.5-4	11/14-12/19	Sa*	9 a.m. – 9:30 a.m.	\$70/\$88
418660.SA	3.5-4	1/23-2/27	Sa	9 a.m. – 9:30 a.m.	\$80/\$100

Ages 4 – 5

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
318660.TF	4-5	11/10-12/8	Tu	6:25 p.m. – 7 p.m.	\$70/\$88

Location: Las Palmas Park

318660.TB	4-5	11/10-12/8	Tu	10:30 a.m. – 11:05 a.m.	\$70/\$88
318660.TC	4-5	11/10-12/8	Tu	4:30 p.m. – 5:05 p.m.	\$70/\$88
418660.TB	4-5	1/19-2/23	Tu	10:30 a.m. – 11:05 a.m.	\$80/\$100
418660.TD	4-5	1/19-2/23	Tu	4:30 p.m. – 5:05 p.m.	\$80/\$100

Location: Ponderosa Park

318660.RA	4-5	11/12-12/17	Th*	4:40 p.m. – 5:15 p.m.	\$70/\$88
418660.RB	4-5	1/21-2/25	Th	4:45 p.m. – 5:20 p.m.	\$80/\$100

Location: Serra Park

418660.WB	4-5	1/20-2/24	W	3:10 p.m. – 3:45 p.m.	\$80/\$100
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Location: Sunnyvale Middle School

318660.SB	4-5	11/14-12/19	Sa*	11 a.m. – 11:35 a.m.	\$70/\$88
418660.SB	4-5	1/23-2/27	Sa	11 a.m. – 11:35 a.m.	\$80/\$100

*No class 11/26, 11/28



Kidz Love Soccer

Photo by Alfred Leung



Soccer

Photo by Alfred Leung

Kidz Love Soccer Mommy/Daddy and Me (2 – 3.5 years)

You don't have to watch from the sidelines while your child will participate in fun, age-appropriate activities designed around soccer, the "World's Most Popular Sport." Activities encourage development of large motor skills, socialization skills and self-esteem. Note: During questionable weather, please call 1 (888) 372-5803 one-half hour before classes (or by 6 p.m.) for class information.

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
318650.TB	2-3.5	11/10-12/8	Tu	5:45 p.m. – 6:15 p.m.	\$70/\$88

Location: Las Palmas Park

318650.TA	2-3.5	11/10-12/8	Tu	11:15 a.m. – 11:45 a.m.	\$70/\$88
418650.TA	2-3.5	1/19-2/23	Tu	11:15 a.m. – 11:45 a.m.	\$80/\$100

Location: Sunnyvale Middle School

318650.SA	2-3.5	11/14-12/19	Sa*	11:45 a.m. – 12:15 p.m.	\$70/\$88
418650.SA	2-3.5	1/23-2/27	Sa	11:45 a.m. – 12:15 p.m.	\$80/\$100

*No class 11/28



Winter Break Camps

Holiday Entertaining Camp (5 – 11 years)

Entertain your guests by cooking delicious and beautiful looking appetizer, side dish and dessert recipes. Vegetarians and special diets are welcome. A non-refundable \$80 supply fee is due at the first class meeting. Vegetarian and special diets welcome. Please call Young Chefs Academy at (408) 738-CHEF to request accommodations.

Instructor: Young Chefs Academy

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
327513.AM	5 – 11	12/21 – 12/24	M – Th	10 a.m. – 1 p.m.	\$150/\$188



Power Up! Cooking Camp

Power Up! Cooking Camp (5 – 11 years)

Power foods to jump start the New Year. A non-refundable \$75 supply fee is due at the first class meeting. Vegetarian and special diets welcome. Please call Young Chefs Academy at (408) 738-CHEF to request accommodations.

Instructor: Young Chefs Academy

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
327525.AM	5 – 11	12/28 – 1/1	M – F	10 a.m. – 1 p.m.	\$200/\$250



Sunnyvale Camp Fair

SUNDAY, FEBRUARY 28, 2016

1 – 4 P.M.

Sunnyvale Library Program Room
665 W. Olive Avenue

Parents and kids are invited to meet camp personnel, ask questions and choose the camp that's right for you. This free event features activities and giveaways for kids and convenient, on-site registration for parents.

LEGO Mine, Craft, Build Camp **NEW** (6 – 10 years)

Bring Minecraft to life using LEGOs® in this original camp experience created by Play-Well TEKologies. Inspired by the popular game, Minecraft Campers learn to use resourcefulness, creativity and cooperation in this unique building adventure game. It all starts with a roll of the dice to mine for resources, in order to build special items to move forward in our adventures. Campers may build a zoo, create a medieval castle and design a tree house village. Campers have a blast, even without any prior experience with Minecraft or LEGO®.

Instructor: Play-Well TEKologies

Location: De Anza Park Building

Class #	Age	Dates	Day	Time	Fee (Res/NR)
321360.1A	6 – 10	12/28 – 12/30	M – W	9 a.m. – 12 p.m.	\$108/\$136

Fee Waiver Assistance

APPLY TODAY!

Financial aid is available to help offset fees for camps, recreation classes and after-school programs. Fee waiver assistance is for Sunnyvale residents age 17 and under whose families meet financial eligibility requirements. Applications are accepted July 1, 2015 – May 1, 2016.

For more information, see page 60, call (408) 730-7350, or visit FeeWaiver.inSunnyvale.com.

Youth



Mad Science

Mad Science: “Fizz”ical Phenomena & (5 – 12 years)

Che-Mystery Camp

In this crazy week of sleuth science, campers whip up potions and experiment with chemical reactions as they explore molecular madness, radical reactions and “fizz”ical and chemical reactions. Some sleuthing will include growing crystals, making sidewalk chalk and learning the science of chromatography. Then they put what they have learned in order to solve the Mad Science Mystery, which even Sherlock Holmes couldn’t figure out! This educational camp meets Science, Technology, Engineering, Math (STEM) objections, where learning is hands-on in a fun educational environment.

Instructor: Mad Science of the Bay Area

Location: Washington Park Building

Class #	Age	Dates	Day	Time	Fee (Res/NR)
421360.FB	5 – 12	2/16 – 2/19	Tu – F	9 a.m. – 12 p.m.	\$184/\$230



Mad Science

Magic Wizards Camp (7 – 11 years)

Make the doldrums disappear and find fun in their place at this Harry Potter-esque camp. Aspiring wizards will learn a variety of magic tricks, including mind-reading, optical illusions, basic sleight-of-hand and made or manufactured tricks. Students build confidence, creativity and fine motor skills through practice and performing. Participants receive a starter kit of magical items, including wand, wizard’s hat, deck of cards, 102 E-Z Magic Tricks book and a selection of easy-to-perform tricks. Camp concludes with a magic show for parents on the final day. Non-refundable supply fee (\$15 for December/\$20 for February) is due to instructor at first camp meeting.

Instructor: Larry Wertman

Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
324677.8P	7 – 11	12/21 – 12/23	M – W	1:30 p.m. – 4:30 p.m.	\$89/\$111
424677.PM	7 – 11	2/16 – 2/19	Tu – F	1:30 p.m. – 4:30 p.m.	\$117/\$138

Winter Break Camp (5 – 12 years)

Come and join our staff for a fun-filled week of exciting games, challenging sports, and creative arts & craft projects! Campers should bring a lunch, water, jacket and wear close-toed shoes daily.

Instructor: Staff

Location: Washington Park Building

Class #	Age	Dates	Day	Time	Fee (Res/NR)
425110.WE	5 – 12	2/16 – 2/19	Tu – F	7:30 a.m. – 6 p.m.	\$188/\$235
425110.WF	5 – 12	2/16 – 2/19	Tu – F	9 a.m. – 5 p.m.	\$148/\$185
425110.WH	5 – 12	2/16 – 2/19	Tu – F	12 p.m. – 5:30 p.m.	\$124/\$155



Winter Break Camp

Art

iPad Art (7 – 14 years)

This weekly class will provide expert instruction on how to use various art apps developed for the iPad. Students can try a wide variety of projects to encourage and inspire their imaginations, including traditional drawing techniques, plein air sketching, animation and abstract art. Participants will finish a portfolio of digital art they can display or share digitally. Paper by 53 and Procreate must be downloaded to iPad by first day of class. Cost for both apps is approximately \$6. Participants must bring an iPad 2 with iOS 8.1 (or newer). A \$10 supply fee will be collected at the first class session.

Instructor: Mobile Art Academy
Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
429800.WA	7 – 10	1/13 – 2/24	W*	4 p.m. – 5 p.m.	\$79/\$99
429800.WB	11 – 14	1/13 – 2/24	W*	5:15 p.m. – 6:15 p.m.	\$79/\$99

*No class 2/17



iPad Art

Photo Courtesy Mobile Art Academy

Clay Creations (6 – 12 years)

Using basic clay techniques, children will make projects which are fun and easy. Clay, glaze and firing are included in registration fee. Wear clothes that can get messy and/or bring a smock.

Instructor: Allison Talamante (Th) , Rebecca Bui (W)
Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
329911.WA	Beg	6 – 7	11/18 – 12/16	W*	4:15 p.m. – 5:30 p.m.	\$42/\$53
429911.WB	Beg	6 – 7	2/17 – 3/23	W	4:15 p.m. – 5:30 p.m.	\$62/\$78
429911.WA	Beg	6 – 7	1/6 – 2/10	W	4:15 p.m. – 5:30 p.m.	\$62/\$78
329911.WB	Beg	8 – 10	11/18 – 12/16	W*	5:30 p.m. – 7 p.m.	\$51/\$64
429911.WD	Beg	8 – 10	2/17 – 3/23	W	5:30 p.m. – 7 p.m.	\$76/\$95
429911.WC	Beg	8 – 10	1/6 – 2/10	W	5:30 p.m. – 7 p.m.	\$76/\$95
329911.JA	Beg	8 – 12	11/19 – 12/17	Th*	4 p.m. – 5:30 p.m.	\$51/\$64
429911.JA	Beg	8 – 12	1/7 – 2/11	Th	4 p.m. – 5:30 p.m.	\$76/\$95
429911.JB	Beg	8 – 12	2/18 – 3/24	Th	4 p.m. – 5:30 p.m.	\$76/\$95

*No class 11/25, 11/26



Clay Creations

Painting and Drawing for Kids (5 – 12 years)

Calling all Picassos! This class will encourage students to explore their imagination while learning basic techniques in drawing and painting. Repeat students are welcome. We will have new projects each session. A non-refundable \$15 supply fee will be collected at first class. Wear clothes that can get messy or bring a smock.

Instructor: Ben McEvoy
Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
429621.TA	Beg	5 – 7	1/5 – 2/9	Tu	4 p.m. – 5 p.m.	\$71/\$89
429621.TB	Beg	8 – 12	1/5 – 2/9	Tu	5:15 p.m. – 6:15 p.m.	\$71/\$89



Painting and Drawing for Kids

Pottery – Parent and Child (7 – 14 years)

Share a creative experience in clay. Working with your child you will learn to hand-build projects out of clay and glaze them using low-fire glazes (wheel throwing and high-fire glazing will not be included). Clay, glazes, and firing are included with class registration. Parent may accompany more than one child. No unregistered siblings will be permitted in the studio. Price is per child. Wear clothes that can get messy.

Instructor: Allison Talamante
Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
329931.JA	Beg	7 – 14	11/19 – 12/17	Th*	5:30 p.m. – 7 p.m.	\$79/\$99
429931.JA	Beg	7 – 14	1/7 – 2/11	Th	5:30 p.m. – 7 p.m.	\$118/\$148
429931.JB	Beg	7 – 14	2/18 – 3/24	Th	5:30 p.m. – 7 p.m.	\$118/\$148

*No class 11/26

Breakfast with Santa, see page 44.



Gymnastics

We ask family and friends to remain outside the gym during class times to reduce distractions for our students, except for: 1) at least one parent will be asked to stay and observe any environment with only one staff member, 2) parents of new students may stay during the first class, 3) if a staff member asks a parent to stay. We encourage all parents to observe the last class of each session. Thank you for your cooperation. On average, students take one year to complete a level. We recommend students attend year-round or two days per week to increase the rate of learning.

Gymnastics: Pre-Rec

(5 – 6 years)

This co-ed class prepares students for Rec, our Gymnastics FUNdamentals class. Coaches help students develop basic gymnastics skills on all the big kids' equipment, including balance beam, bars, vault, pommel horse and parallel bars. A skill card is used to keep track of student progress.

Instructor: California Sports Center
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
323030.MA	5-6	10/26-12/14	M	3:30 p.m. - 4:25 p.m.	\$141/\$176
323030.MB	5-6	10/26-12/14	M	5:30 p.m. - 6:25 p.m.	\$141/\$176
323030.MC	5-6	10/26-12/14	M	6:30 p.m. - 7:25 p.m.	\$141/\$176
323030.TA	5-6	10/27-12/15	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
323030.TB	5-6	10/27-12/15	Tu	4:30 p.m. - 5:25 p.m.	\$141/\$176
323030.TC	5-6	10/27-12/15	Tu	6:30 p.m. - 7:25 p.m.	\$141/\$176
323030.WA	5-6	10/28-12/16	W	3:30 p.m. - 4:25 p.m.	\$141/\$176
323030.WB	5-6	10/28-12/16	W	5:30 p.m. - 6:25 p.m.	\$141/\$176
323030.HA	5-6	10/29-12/17	Th*	3:30 p.m. - 4:25 p.m.	\$124/\$155
323030.HB	5-6	10/29-12/17	Th*	4:30 p.m. - 5:25 p.m.	\$124/\$155
323030.HC	5-6	10/29-12/17	Th*	5:30 p.m. - 6:25 p.m.	\$124/\$155
323030.FA	5-6	10/30-12/18	F*	3:30 p.m. - 4:25 p.m.	\$124/\$155
323030.FB	5-6	10/30-12/18	F*	5:30 p.m. - 6:25 p.m.	\$124/\$155
323030.SA	5-6	10/31-12/19	Sa*	9 a.m. - 9:55 a.m.	\$124/\$155
323030.SB	5-6	10/31-12/19	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
323030.SC	5-6	10/31-12/19	Sa*	12 p.m. - 12:55 p.m.	\$124/\$155
423030.MA	5-6	1/4-2/22	M*	3:30 p.m. - 4:25 p.m.	\$124/\$155
423030.MB	5-6	1/4-2/22	M*	5:30 p.m. - 6:25 p.m.	\$124/\$155
423030.MC	5-6	1/4-2/22	M*	6:30 p.m. - 7:25 p.m.	\$124/\$155
423030.TA	5-6	1/5-2/23	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
423030.TB	5-6	1/5-2/23	Tu	4:30 p.m. - 5:25 p.m.	\$141/\$176
423030.TC	5-6	1/5-2/23	Tu	6:30 p.m. - 7:25 p.m.	\$141/\$176
423030.WA	5-6	1/6-2/24	W	3:30 p.m. - 4:25 p.m.	\$141/\$176
423030.WB	5-6	1/6-2/24	W	5:30 p.m. - 6:25 p.m.	\$141/\$176
423030.HA	5-6	1/7-2/25	Th	3:30 p.m. - 4:25 p.m.	\$141/\$176
423030.HB	5-6	1/7-2/25	Th	4:30 p.m. - 5:25 p.m.	\$141/\$176
423030.HC	5-6	1/7-2/25	Th	5:30 p.m. - 6:25 p.m.	\$141/\$176
423030.FA	5-6	1/8-2/26	F	3:30 p.m. - 4:25 p.m.	\$141/\$176
423030.FB	5-6	1/8-2/26	F	5:30 p.m. - 6:25 p.m.	\$141/\$176
423030.SA	5-6	1/16-2/27	Sa*	9 a.m. - 9:55 a.m.	\$124/\$155
423030.SB	5-6	1/16-2/27	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
423030.SC	5-6	1/16-2/27	Sa*	12 p.m. - 12:55 p.m.	\$124/\$155

*No class 11/26, 11/27, 11/28, 1/9, 2/15



Boys and Girls Rec FUNdamentals

(6 – 16 years)

Boys' classes focus on skills and routines on floor exercise, pommel horse, vault, parallel bars, high bar and trampoline. Girls' classes focus on skills and routines on vault, uneven bars, balance beam, floor exercises and trampoline. In addition, coaches help students develop strength and flexibility. Coaches use skill cards to track student progress, and a signed certificate will show proof of level readiness before moving to intermediate or advanced levels.

Instructor: California Sports Center
Location: Indoor Sports Center

Boys' Classes

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
323101.MC	Beg	6-16	10/26-12/14	M	5:30 p.m. - 6:25 p.m.	\$141/\$176
323101.TA	Beg	6-16	10/27-12/15	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
323101.WC	Beg	6-16	10/28-12/16	W	6:30 p.m. - 7:25 p.m.	\$141/\$176
323101.HB	Beg	6-16	10/29-12/17	Th*	6:30 p.m. - 7:25 p.m.	\$124/\$155
323101.FA	Beg	6-16	10/30-12/18	F*	3:30 p.m. - 4:25 p.m.	\$124/\$155
323101.SA	Beg	6-16	10/31-12/19	Sa*	9 a.m. - 9:55 a.m.	\$124/\$155
323101.SB	Beg	6-16	10/31-12/19	Sa*	11 a.m. - 11:55 a.m.	\$124/\$155
423101.MC	Beg	6-16	1/4-2/22	M*	5:30 p.m. - 6:25 p.m.	\$124/\$155
423101.TA	Beg	6-16	1/5-2/23	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
423101.WC	Beg	6-16	1/6-2/24	W	6:30 p.m. - 7:25 p.m.	\$141/\$176
423101.HB	Beg	6-16	1/7-2/25	Th	6:30 p.m. - 7:25 p.m.	\$141/\$176
423101.FA	Beg	6-16	1/8-2/26	F	3:30 p.m. - 4:25 p.m.	\$141/\$176
423101.SA	Beg	6-16	1/16-2/27	Sa*	9 a.m. - 9:55 a.m.	\$124/\$155
423101.SB	Beg	6-16	1/16-2/27	Sa*	11 a.m. - 11:55 a.m.	\$124/\$155

*No class 11/26, 11/27, 11/28, 1/9, 2/15

Girls' Classes

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
323201.MA	Beg	6-16	10/26-12/14	M	3:30 p.m. - 4:25 p.m.	\$141/\$176
323201.MB	Beg	6-16	10/26-12/14	M	4:30 p.m. - 5:25 p.m.	\$141/\$176
323201.MC	Beg	6-16	10/26-12/14	M	5:30 p.m. - 6:25 p.m.	\$141/\$176
323201.MD	Beg	6-16	10/26-12/14	M	6:30 p.m. - 7:25 p.m.	\$141/\$176
323201.TA	Beg	6-16	10/27-12/15	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
323201.TB	Beg	6-16	10/27-12/15	Tu	4:30 p.m. - 5:25 p.m.	\$141/\$176
323201.TC	Beg	6-16	10/27-12/15	Tu	5:30 p.m. - 6:25 p.m.	\$141/\$176
323201.TD	Beg	6-16	10/27-12/15	Tu	6:30 p.m. - 7:25 p.m.	\$141/\$176
323201.WA	Beg	6-16	10/28-12/16	W	3:30 p.m. - 4:25 p.m.	\$141/\$176
323201.WB	Beg	6-16	10/28-12/16	W	4:30 p.m. - 5:25 p.m.	\$141/\$176
323201.WC	Beg	6-16	10/28-12/16	W	5:30 p.m. - 6:25 p.m.	\$141/\$176
323201.WD	Beg	6-16	10/28-12/16	W	6:30 p.m. - 7:25 p.m.	\$141/\$176
323201.HA	Beg	6-16	10/29-12/17	Th*	3:30 p.m. - 4:25 p.m.	\$124/\$155
323201.HB	Beg	6-16	10/29-12/17	Th*	4:30 p.m. - 5:25 p.m.	\$124/\$155
323201.HC	Beg	6-16	10/29-12/17	Th*	5:30 p.m. - 6:25 p.m.	\$124/\$155
323201.HD	Beg	6-16	10/29-12/17	Th*	6:30 p.m. - 7:25 p.m.	\$124/\$155
323201.FA	Beg	6-16	10/30-12/18	F*	3:30 p.m. - 4:25 p.m.	\$124/\$155
323201.FB	Beg	6-16	10/30-12/18	F*	4:30 p.m. - 5:25 p.m.	\$124/\$155
323201.FC	Beg	6-16	10/30-12/18	F*	5:30 p.m. - 6:25 p.m.	\$124/\$155
323201.SA	Beg	6-16	10/31-12/19	Sa*	9 a.m. - 9:55 a.m.	\$124/\$155
323201.SB	Beg	6-16	10/31-12/19	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
323201.SC	Beg	6-16	10/31-12/19	Sa*	11 a.m. - 11:55 a.m.	\$124/\$155
423201.MA	Beg	6-16	1/4-2/22	M*	3:30 p.m. - 4:25 p.m.	\$124/\$155
423201.MB	Beg	6-16	1/4-2/22	M*	4:30 p.m. - 5:25 p.m.	\$124/\$155
423201.MC	Beg	6-16	1/4-2/22	M*	5:30 p.m. - 6:25 p.m.	\$124/\$155
423201.MD	Beg	6-16	1/4-2/22	M*	6:30 p.m. - 7:25 p.m.	\$124/\$155
423201.TA	Beg	6-16	1/5-2/23	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
423201.TB	Beg	6-16	1/5-2/23	Tu	4:30 p.m. - 5:25 p.m.	\$141/\$176
423201.TC	Beg	6-16	1/5-2/23	Tu	5:30 p.m. - 6:25 p.m.	\$141/\$176
423201.TD	Beg	6-16	1/5-2/23	Tu	6:30 p.m. - 7:25 p.m.	\$141/\$176

423201.WA	Beg	6-16	1/6-2/24	W	3:30 p.m. - 4:25 p.m.	\$141/\$176
423201.WB	Beg	6-16	1/6-2/24	W	4:30 p.m. - 5:25 p.m.	\$141/\$176
423201.WC	Beg	6-16	1/6-2/24	W	5:30 p.m. - 6:25 p.m.	\$141/\$176
423201.WD	Beg	6-16	1/6-2/24	W	6:30 p.m. - 7:25 p.m.	\$141/\$176
423201.HA	Beg	6-16	1/7-2/25	Th	3:30 p.m. - 4:25 p.m.	\$141/\$176
423201.HB	Beg	6-16	1/7-2/25	Th	4:30 p.m. - 5:25 p.m.	\$141/\$176
423201.HC	Beg	6-16	1/7-2/25	Th	5:30 p.m. - 6:25 p.m.	\$141/\$176
423201.HD	Beg	6-16	1/7-2/25	Th	6:30 p.m. - 7:25 p.m.	\$141/\$176
423201.FA	Beg	6-16	1/8-2/26	F	3:30 p.m. - 4:25 p.m.	\$141/\$176
423201.FB	Beg	6-16	1/8-2/26	F	4:30 p.m. - 5:25 p.m.	\$141/\$176
423201.FC	Beg	6-16	1/8-2/26	F	5:30 p.m. - 6:25 p.m.	\$141/\$176
423201.SA	Beg	6-16	1/16-2/27	Sa*	9 a.m. - 9:55 a.m.	\$124/\$155
423201.SB	Beg	6-16	1/16-2/27	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
423201.SC	Beg	6-16	1/16-2/27	Sa*	11 a.m. - 11:55 a.m.	\$124/\$155

*No class 11/26, 11/27, 11/28, 1/9, 2/15



Gymnastics

Boys and Girls Intermediate/Advanced (6 - 16 years)

Congratulations on successfully completing a FUNdamental course! Coaches help boys with more difficult skills on floor exercise, pommel horse, vault, parallel bars, high bar and trampoline, while girls will focus on more difficult skills and routines on vault, uneven bars, balance beam, floor exercises and trampoline. In addition, students continue to work on strength and flexibility and grow as gymnasts. Skill cards are used to track student progress. A signed certificate will show proof of level readiness before moving to advanced level.

Instructor: California Sports Center
Location: Indoor Sports Center

Boys' Classes

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
323103.MA	Int	6-16	10/26-12/14	M	4:30 p.m. - 5:25 p.m.	\$141/\$176
323103.TB	Int	6-16	10/27-12/15	Tu	6:30 p.m. - 7:25 p.m.	\$141/\$176

323103.WB	Int	6-16	10/28-12/16	W	4:30 p.m. - 5:25 p.m.	\$141/\$176
323103.SA	Int	6-16	10/31-12/19	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
323103.FA	Int	6-16	10/30-12/18	F*	4:30 p.m. - 5:25 p.m.	\$124/\$155
423103.MA	Int	6-16	1/4-2/22	M*	4:30 p.m. - 5:25 p.m.	\$124/\$155
423103.TB	Int	6-16	1/5-2/23	Tu	6:30 p.m. - 7:25 p.m.	\$141/\$176
423103.WB	Int	6-16	1/6-2/24	W	4:30 p.m. - 5:25 p.m.	\$141/\$176
423103.FA	Int	6-16	1/8-2/26	F	4:30 p.m. - 5:25 p.m.	\$141/\$176
423103.SA	Int	6-16	1/16-2/27	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155

Girls' Classes

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
323203.MA	Int	6-16	10/26-12/14	M	3:30 p.m. - 4:25 p.m.	\$141/\$176
323203.MB	Int	6-16	10/26-12/14	M	4:30 p.m. - 5:25 p.m.	\$141/\$176
323203.MC	Int	6-16	10/26-12/14	M	5:30 p.m. - 6:25 p.m.	\$141/\$176
323203.MD	Int	6-16	10/26-12/14	M	6:30 p.m. - 7:25 p.m.	\$141/\$176
323203.TA	Int	6-16	10/27-12/15	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
323203.TB	Int	6-16	10/27-12/15	Tu	4:30 p.m. - 5:25 p.m.	\$141/\$176
323203.TC	Int	6-16	10/27-12/15	Tu	5:30 p.m. - 6:25 p.m.	\$141/\$176
323203.WA	Int	6-16	10/28-12/16	W	3:30 p.m. - 4:25 p.m.	\$141/\$176
323203.WB	Int	6-16	10/28-12/16	W	4:30 p.m. - 5:25 p.m.	\$141/\$176
323203.WC	Int	6-16	10/28-12/16	W	5:30 p.m. - 6:25 p.m.	\$141/\$176
323203.WD	Int	6-16	10/28-12/16	W	6:30 p.m. - 7:25 p.m.	\$141/\$176
323203.HA	Int	6-16	10/29-12/17	Th*	3:30 p.m. - 4:25 p.m.	\$124/\$155
323203.HC	Int	6-16	10/29-12/17	Th*	5:30 p.m. - 6:25 p.m.	\$124/\$155
323203.HD	Int	6-16	10/29-12/17	Th*	6:30 p.m. - 7:25 p.m.	\$124/\$155
323203.FB	Int	6-16	10/30-12/18	F*	4:30 p.m. - 5:25 p.m.	\$124/\$155
323203.FC	Int	6-16	10/30-12/18	F*	5:30 p.m. - 6:25 p.m.	\$124/\$155
323203.SA	Int	6-16	10/31-12/19	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
323203.SB	Int	6-16	10/31-12/19	Sa*	11 a.m. - 11:55 a.m.	\$124/\$155
323203.SC	Int	6-16	10/31-12/19	Sa*	12 p.m. - 12:55 p.m.	\$124/\$155
423203.MA	Int	6-16	1/4-2/22	M*	3:30 p.m. - 4:25 p.m.	\$124/\$155
423203.MB	Int	6-16	1/4-2/22	M*	4:30 p.m. - 5:25 p.m.	\$124/\$155
423203.MC	Int	6-16	1/4-2/22	M*	5:30 p.m. - 6:25 p.m.	\$124/\$155
423203.MD	Int	6-16	1/4-2/22	M*	6:30 p.m. - 7:25 p.m.	\$124/\$155
423203.TA	Int	6-16	1/5-2/23	Tu	3:30 p.m. - 4:25 p.m.	\$141/\$176
423203.TB	Int	6-16	1/5-2/23	Tu	4:30 p.m. - 5:25 p.m.	\$141/\$176
423203.TC	Int	6-16	1/5-2/23	Tu	5:30 p.m. - 6:25 p.m.	\$141/\$176
423203.WA	Int	6-16	1/6-2/24	W	3:30 p.m. - 4:25 p.m.	\$141/\$176
423203.WB	Int	6-16	1/6-2/24	W	4:30 p.m. - 5:25 p.m.	\$141/\$176
423203.WC	Int	6-16	1/6-2/24	W	5:30 p.m. - 6:25 p.m.	\$141/\$176
423203.WD	Int	6-16	1/6-2/24	W	6:30 p.m. - 7:25 p.m.	\$141/\$176
423203.HA	Int	6-16	1/7-2/25	Th	3:30 p.m. - 4:25 p.m.	\$141/\$176
423203.HC	Int	6-16	1/7-2/25	Th	5:30 p.m. - 6:25 p.m.	\$141/\$176
423203.HD	Int	6-16	1/7-2/25	Th	6:30 p.m. - 7:25 p.m.	\$141/\$176
423203.FB	Int	6-16	1/8-2/26	F	4:30 p.m. - 5:25 p.m.	\$141/\$176
423203.FC	Int	6-16	1/8-2/26	F	5:30 p.m. - 6:25 p.m.	\$141/\$176
423203.SA	Int	6-16	1/16-2/27	Sa*	10 a.m. - 10:55 a.m.	\$124/\$155
423203.SB	Int	6-16	1/16-2/27	Sa*	11 a.m. - 11:55 a.m.	\$124/\$155
423203.SC	Int	6-16	1/16-2/27	Sa*	12 p.m. - 12:55 p.m.	\$124/\$155
333204.TA	Adv	6-16	10/27-12/15	Tu	4:30 p.m. - 6 p.m.	\$206/\$256
333204.TB	Adv	6-16	10/27-12/15	Tu	6:30 p.m. - 8 p.m.	\$206/\$256
333204.WB	Adv	6-16	10/28-12/16	W	4:30 p.m. - 6 p.m.	\$206/\$256
333204.HA	Adv	6-16	10/29-12/17	Th*	4:30 p.m. - 6 p.m.	\$124/\$155
333204.HB	Adv	6-16	10/29-12/17	Th*	6:30 p.m. - 8 p.m.	\$124/\$155
333204.SA	Adv	6-16	10/31-12/19	Sa*	12 p.m. - 1:30 p.m.	\$181/\$226
433204.TA	Adv	6-16	1/5-2/23	Tu	4:30 p.m. - 6 p.m.	\$206/\$256
433204.TB	Adv	6-16	1/5-2/23	Tu	6:30 p.m. - 8 p.m.	\$206/\$256
433204.WB	Adv	6-16	1/6-2/24	W	6:30 p.m. - 8 p.m.	\$206/\$256
423204.HA	Adv	6-16	1/7-2/25	Th	4:30 p.m. - 6 p.m.	\$206/\$256
433204.HB	Adv	6-16	1/7-2/25	Th	6:30 p.m. - 8 p.m.	\$206/\$256
433204.SA	Adv	6-16	1/16-2/27	Sa*	12 p.m. - 1:30 p.m.	\$206/\$256

*No class 11/26, 11/27, 11/28, 1/9, 2/15

Youth

**Tumbling for Cheer**

(6 – 16 years)

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

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
323050.FA	6 – 16	10/30 – 12/18	F*	4:30 p.m. – 5:25 p.m.	\$124/\$155
423050.FA	6 – 16	1/8 – 2/26	F	4:30 p.m. – 5:25 p.m.	\$141/\$176

*No class 11/27



Tumbling & Trampoline

Tumbling & Trampoline

(6 – 17 years)

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)
323040.MA	6 – 10	10/26 – 12/14	M	4:30 p.m. – 5:25 p.m.	\$141/\$176
323040.WA	6 – 10	10/28 – 12/16	W	5:30 p.m. – 6:25 p.m.	\$141/\$176
323040.HA	6 – 10	10/29 – 12/17	Th*	4:30 p.m. – 5:25 p.m.	\$124/\$155
423040.MA	6 – 10	1/4 – 2/22	M*	4:30 p.m. – 5:25 p.m.	\$124/\$155
423040.WA	6 – 10	1/6 – 2/24	W	5:30 p.m. – 6:25 p.m.	\$141/\$176
423040.HA	6 – 10	1/7 – 2/25	Th	4:30 p.m. – 5:25 p.m.	\$141/\$176
333040.MA	11 – 17	10/26 – 12/14	M	6:30 p.m. – 7:25 p.m.	\$141/\$176
333040.TA	11 – 17	10/27 – 12/15	Tu	5:30 p.m. – 6:25 p.m.	\$141/\$176
333040.HA	11 – 17	10/29 – 12/17	Th*	5:30 p.m. – 6:25 p.m.	\$124/\$155
433040.MA	11 – 17	1/4 – 2/22	M*	6:30 p.m. – 7:25 p.m.	\$124/\$155
433040.TA	11 – 17	1/5 – 2/23	Tu	5:30 p.m. – 6:25 p.m.	\$141/\$176
433040.HA	11 – 17	1/7 – 2/25	Th	5:30 p.m. – 6:25 p.m.	\$141/\$176

*No class 11/26, 11/28, 1/9, 2/15

Dance**Dance Force Kids**

Dance Force classes give beginning dancers a great introduction to dance in a low-pressure environment and concludes with a performance for family and friends. Wear dance attire and appropriate shoes. Both ballet and tap shoes are required for Ballet/ Tap. Jazz shoes are required for Jazz class. Gym shoes with light-colored soles can be worn for Hip Hop. For a list of South Bay stores that carry dance shoes, call (408) 730-7373.



Dance Force Kids

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Kids' Hip Hop

(6 – 10 years)

Learn the hottest new dance moves seen on your favorite T.V. shows and music videos. All moves are age appropriate. Participants will also create some of their own choreography.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
324330.JS	6 – 10	11/5 – 12/10	Th*	5:30 p.m. – 6:15 p.m.	\$69/\$86
424330.JS	6 – 10	1/7 – 2/11	Th	5:30 p.m. – 6:15 p.m.	\$79/\$99

*No class 11/26

Ballet/Tap – Level 2

(4 – 9 years)

Children learn both ballet and tap steps. Level 2 students must have completed 3 sessions of our Level 1 Ballet/Tap class.

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
324423.WQ	2	4 – 7	11/4 – 12/16	W*	4:20 p.m. – 5:05 p.m.	\$69/\$86
424423.WQ	2	4 – 7	1/6 – 2/10	W	4:20 p.m. – 5:05 p.m.	\$79/\$99
324423.SG	2	6 – 9	11/4 – 12/16	Sa*	12:50 p.m. – 1:35 p.m.	\$69/\$86
424423.SG	2	6 – 9	1/9 – 2/13	Sa	12:50 p.m. – 1:35 p.m.	\$79/\$99

*No class

Jazz

(6 – 10 years)

Learn Jazz techniques, across the floor, exercise combinations and choreography.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
324440.WS	6 – 10	11/4 – 12/16	W*	5:45 p.m. – 6:30 p.m.	\$69/\$86
424440.WS	6 – 10	1/6 – 2/10	W	5:45 p.m. – 6:30 p.m.	\$79/\$99

*No class 11/11, 11/25

Magic**Balloon Twisting**

(7 – 11 years)

Balloon sculptors are always popular at parties! Learn a simple three-step method for making one-balloon animals, like giraffes, cats and horses. Practice twisting and decorating several animal sculptures to take home. Non-refundable materials fee of \$3 due at workshop. One-day classes are non-refundable and non-transferable.

Instructor: Larry Wertman

Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
324679.WP	7 – 11	11/18	W	3:45 p.m. – 5:15 p.m.	\$21/\$26
424679.FP	7 – 11	2/26	F	3:30 p.m. – 5 p.m.	\$21/\$26



Balloon Twisting

Photo by Varshadeep Parlathayya

Evening of Magic (7 – 11 years)

Turn an ordinary evening into magic with the wave of a wand. Learn to perform simple “self-working” magic tricks with your child. Wertman the Wizard will also entertain the class with a few tricks of his own. Parent or caregiver participation is required. No unregistered siblings in the classroom. Non-refundable materials fee of \$6 due at workshop. One and two day classes are non-refundable and non-transferable.

Instructor: Larry Wertman
Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
324670.WP	7 – 11	11/13	F	6:45 p.m. – 8:30 p.m.	\$31/\$39
424670.FP	7 – 11	2/26	F	6:45 p.m. – 8:30 p.m.	\$31/\$39

Math Magic (7 – 11 years)

Amaze people with math magic tricks. Use math skills in a fun way, and learn presentation skills that will transform a number puzzle or game into a real magic trick. A math-related mind reading trick is also included. Participants will receive a magic wand and will take home at least one manufactured and one student-made trick. A non-refundable materials fee of \$4 is due to instructor at the class. One-day classes are non-refundable and non-transferable.

Instructor: Larry Wertman
Location: Creative Arts Center Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
424678.WP	7 – 11	2/24	W	3:45 p.m. – 5:15 p.m.	\$21/\$26

Performing Arts

Movement-based Acting (7 – 16 years)

Acting uses your whole body! This process-oriented class employs Anna Halprin’s Tamalpa Life-Art technique, similar to method acting, to help young actors discover and convey a character’s emotions. Class begins with a warm up and meditative centering and incorporates modern dance, acting exercises, drawing, word play and other creative activities. Wear comfortable clothes and dance shoes. Non-refundable materials fee of \$10 is due at first class meeting.

Level 1 – Beginning: Class is suitable for those with little or no performing experience.

Level 2 – Intermediate: Class is designed for performers who have participated in a community or school stage production and taken at least one year of dance or acting classes.

Instructor: Hao Expression
Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
324611.MP	1	7 – 10	11/2 – 12/14	M*	4 p.m. – 5 p.m.	\$69/\$86
424611.MP	1	7 – 10	1/4 – 2/29	M*	4 p.m. – 5 p.m.	\$79/\$99
324612.FP	2	11 – 16	11/6 – 12/18	F*	4 p.m. – 5:30 p.m.	\$69/\$86
424612.FP	2	11 – 16	1/8 – 2/26	F*	4 p.m. – 5:30 p.m.	\$79/\$99

*No class 11/23, 11/27, 1/18, 2/15, 2/19



Movement-based Acting

Drum Kids/Drum Squad TRY IT! (5 – 8 years)

Play drums from around the world, as well as found percussion objects like brooms and plastic buckets. Beginners will have fun and be inspired by creative, expressive and rhythmic activities. The 5- to 6-year-old Drum Kids class introduces different types of drums. The 7- to 8-year-old Drum Squad class emphasizes beat and rhythm control to develop motor and communication skills. Instruments used in class vary each term.

Instructor: Groove Academy of Drumming
Location: Groove School of Percussion, 1795 Space Park Drive, Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
424861.MP	5 – 6	1/25 – 3/21	M*	4:45 p.m. – 5:15 p.m.	\$129/\$161
424862.MQ	7 – 8	1/25 – 3/21	M*	5:30 p.m. – 6 p.m.	\$129/\$161

*No class 2/15



Drum Kids/Drum Squad

Youth



Drum Set Class **TRY IT!** (6 – 13 years)

Have you ever looked at a drum set and thought it would be too difficult to learn how to play? Well it's a BLAST and not as hard as it seems. In this class your focus will be developing the tools needed to groove and musically move around the instrument while you play with other drummers and a guitar player. You will learn how to play songs the very first day of class and have fun all session learning and playing the drum set.

Instructor: Groove Academy of Drumming

Location: Groove School of Percussion, 1795 Space Park Drive, Santa Clara

Class #	Age	Dates	Day	Time	Fee (Res/NR)
424869.MP	6 – 7	1/25 – 3/21	M*	4:30 p.m. – 5 p.m.	\$129/\$161
424869.MQ	8 – 10	1/25 – 3/21	M*	5:15 p.m. – 6 p.m.	\$129/\$161
424869.MR	11 – 13	1/25 – 3/21	M*	6:15 p.m. – 7 p.m.	\$129/\$161

*No class 2/15

Guitar (6 – 12 years)

Learn basic guitar skills, including chords, scales and music reading. Bring your own guitar and pick. Students must attend first class meeting.

Level 1 – Beginning: Students with no previous experience learn the basics of guitar 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 guitar 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)
324831.TP	1	6 – 12	11/10 – 12/15	Tu	3:30 p.m. – 4:15 p.m.	\$69/\$86
324831.FQ	1	6 – 12	11/13 – 12/18	F*	5:15 p.m. – 6 p.m.	\$59/\$74
324831.FS	1	6 – 12	11/13 – 12/18	F*	6:45 p.m. – 7:30 p.m.	\$59/\$74
424831.TP	1	6 – 12	1/5 – 2/23	Tu	3:30 p.m. – 4:15 p.m.	\$99/\$124
424831.FQ	1	6 – 12	1/8 – 2/26	F	5:15 p.m. – 6 p.m.	\$99/\$124
424831.FS	1	6 – 12	1/8 – 2/26	F	6:45 p.m. – 7:30 p.m.	\$99/\$124
324832.TQ	2	6 – 12	11/10 – 12/15	Tu	4:15 p.m. – 5 p.m.	\$69/\$86
324832.FP	2	6 – 12	11/13 – 12/18	F*	4:30 p.m. – 5:15 p.m.	\$59/\$74
324832.FR	2	6 – 12	11/13 – 12/18	F*	6 p.m. – 6:45 p.m.	\$59/\$74
424832.TQ	2	6 – 12	1/5 – 2/23	Tu	4:15 p.m. – 5 p.m.	\$99/\$124
424832.FP	2	6 – 12	1/8 – 2/26	F	4:30 p.m. – 5:15 p.m.	\$99/\$124
424832.FR	2	6 – 12	1/8 – 2/26	F	6 p.m. – 6:45 p.m.	\$99/\$124

*No class 11/27

Melody's Group Violin (6 – 10 years)

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

Instructor: Melody Academy of Music

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
324871.SU	Beg	6 – 10	11/15 – 12/20	Su	5:30 p.m. – 6:15 p.m.	\$147/\$187
424871.JP	Beg	6 – 10	2/18 – 3/24	Th	5:30 p.m. – 6:15 p.m.	\$147/\$184
424871.SP	Beg	6 – 10	1/23 – 2/27	Sa	1 p.m. – 1:45 p.m.	\$147/\$184



Piano Keyboard

Piano Keyboard (6 – 12 years)

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.

Level 1 – Beginning: Students with no previous experience learn the basics of piano in a group setting. Pre-order non-refundable book for \$8 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. Students must attend first class meeting.

Level 2 – Intermediate: Students who have completed a level 1 session or have prior piano 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)
324851.MQ	1	6 – 12	11/9 – 12/14	M	4:15 p.m. – 5 p.m.	\$69/\$86
324851.WS	1	6 – 12	11/11 – 12/16	W	6 p.m. – 6:45 p.m.	\$69/\$86
424851.MQ	1	6 – 12	1/4 – 2/29	M*	4:15 p.m. – 5 p.m.	\$79/\$99
424851.WS	1	6 – 12	1/6 – 2/24	W	6 p.m. – 6:45 p.m.	\$99/\$124
324852.MR	2	6 – 12	11/9 – 12/14	M	5 p.m. – 5:45 p.m.	\$69/\$86
324852.MS	2	6 – 12	11/9 – 12/14	M	5:45 p.m. – 6:30 p.m.	\$69/\$86
324852.WR	2	6 – 12	11/11 – 12/16	W	5 p.m. – 5:45 p.m.	\$69/\$86
324852.WT	2	6 – 12	11/11 – 12/16	W	6:45 p.m. – 7:30 p.m.	\$69/\$86
324852.FR	2	6 – 12	11/13 – 12/18	F*	3:30 p.m. – 4:15 p.m.	\$59/\$74
424852.MR	2	6 – 12	1/4 – 2/29	M*	5 p.m. – 5:45 p.m.	\$79/\$99
424852.MS	2	6 – 12	1/4 – 2/29	M*	5:45 p.m. – 6:30 p.m.	\$79/\$99
424852.WR	2	6 – 12	1/6 – 2/24	W	5 p.m. – 5:45 p.m.	\$99/\$124
424852.WT	2	6 – 12	1/6 – 2/24	W	6:45 p.m. – 7:30 p.m.	\$99/\$124
424852.FR	2	6 – 12	1/8 – 2/26	F	3:30 p.m. – 4:15 p.m.	\$99/\$124

*No class 11/27, 1/18, 2/15

Melody's Group Piano (4 – 7 years)

Children develop piano keyboard skills and general music ability, including singing, ear-training, music theory, rhythm and sight-reading through a variety of activities. Older children also try composition. Class concludes with a piano recital. Non-refundable materials fee of \$45 due at first class meeting. Parents are required to attend weekly with their children. Children should have access to a keyboard or piano to practice between lessons.

Instructor: Melody Academy of Music

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
324901.TP	Beg	4 – 5	11/10 – 12/15	Tu	3:30 p.m. – 4:15 p.m.	\$147/\$187
324901.WP	Beg	4 – 5	12/2 – 1/6	W	3:30 p.m. – 4:15 p.m.	\$147/\$187
424901.JP	Beg	4 – 5	2/18 – 3/24	Th	3:30 p.m. – 4:15 p.m.	\$147/\$184
424901.FP	Beg	4 – 5	1/8 – 2/12	F	4 p.m. – 4:45 p.m.	\$147/\$184
424901.FQ	Beg	4 – 5	1/8 – 2/12	F	5 p.m. – 5:45 p.m.	\$147/\$184
424901.SB	Beg	4 – 5	1/23 – 2/27	Sa	10 a.m. – 10:45 a.m.	\$147/\$184
324901.TQ	Beg	5 – 7	11/10 – 12/15	Tu	4:30 p.m. – 5:15 p.m.	\$147/\$187
324901.WQ	Beg	5 – 7	12/2 – 1/6	W	4:30 p.m. – 5:15 p.m.	\$147/\$187
424901.JQ	Beg	5 – 7	2/18 – 3/24	Th	4:30 p.m. – 5:15 p.m.	\$147/\$184
424901.SA	Beg	5 – 7	1/23 – 2/27	Sa	9 a.m. – 9:45 a.m.	\$147/\$184

Cooking

All Young Chefs Academy classes welcome children who eat vegetarian and special diets. Please call Young Chefs Academy at (408) 738-CHEF before the first camp class to make special dietary arrangements. A non-refundable supply fee, \$65 for November/December classes and \$85 for January/February classes, is due at first class meeting.

Kinder Chefs (4.5 – 6.5 years)

Kinder Chefs will cook up their very own kind of fun, with curriculum and recipes geared for Pre-K and K students. Participants will make two recipes and enjoy eating what they've made.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
327131.WA	Beg	4.5 – 6.5	11/4 – 12/16	W*	4 p.m. – 5:30 p.m.	\$140/\$175
327131.JA	Beg	4.5 – 6.5	11/5 – 12/17	Th*	4 p.m. – 5:30 p.m.	\$140/\$175
327131.FA	Beg	4.5 – 6.5	11/6 – 12/18	F*	4 p.m. – 5:30 p.m.	\$140/\$175
427131.WA	Beg	4.5 – 6.5	1/6 – 2/24	W	4 p.m. – 5:30 p.m.	\$180/\$225
427131.JA	Beg	4.5 – 6.5	1/7 – 2/25	Th	4 p.m. – 5:30 p.m.	\$180/\$225
427131.FA	Beg	4.5 – 6.5	1/8 – 2/26	F	4 p.m. – 5:30 p.m.	\$180/\$225

*No class 11/21, 11/25, 11/26



Cooking classes teach children how helping their parents in the kitchen is a productive use of time at home, instead of watching television or playing video games. **(Asset #20)**

41Assets.inSunnyvale.com



Young Chefs

Photo courtesy Young Chefs Academy

Young Chefs (7 – 10 years)

Cook recipes based on a different theme each week. Principles of kitchen safety, proper food handling, basic cooking and baking techniques, food presentation, table setting, and table manners will be included. Participants must be able to read a simple recipe.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
327141.WA	Beg	7 – 10	11/4 – 12/16	W*	4 p.m. – 5:30 p.m.	\$140/\$175
327141.JA	Beg	7 – 10	11/5 – 12/17	Th*	4 p.m. – 5:30 p.m.	\$140/\$175
327141.FA	Beg	7 – 10	11/6 – 12/18	F*	4 p.m. – 5:30 p.m.	\$140/\$175
427141.WA	Beg	7 – 10	1/6 – 2/24	W	4 p.m. – 5:30 p.m.	\$180/\$225
427141.JA	Beg	7 – 10	1/7 – 2/25	Th	4 p.m. – 5:30 p.m.	\$180/\$225
427141.FA	Beg	7 – 10	1/8 – 2/26	F	4 p.m. – 5:30 p.m.	\$180/\$225

*No class 11/25, 11/26, 11/27

Sports and Fitness

Ice Skating (5 – 14 years)

This introductory class will include forward and backward marching and skating, falling and getting up and stopping. No intermediate or advanced techniques will be taught. Each week participants will receive 30 minutes of instruction and a voucher for practice time redeemable during public skating hours. Schedule will appear on your receipt or visit www.icecenter.net for days and times. Skate rental is included. Be sure to dress warmly, wear gloves and thick socks. Registration will not be accepted after the first class has met. No exceptions will be made.

Instructor: Ice Center Staff

Location: Vallco Mall, 10123 N. Wolfe Rd., Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
427411.MA	Beg	5 – 7	1/4 – 2/22	M*	5 p.m. – 5:30 p.m.	\$82/\$103
427411.MB	Beg	8 – 14	1/4 – 2/22	M*	5 p.m. – 5:30 p.m.	\$82/\$103

*No class 1/18, 2/15



Intro to Hockey Skating (6 – 14 years)

Students will learn to skate in a controlled manner that is necessary for a hockey player. Balance, use of blade edges, forward and backward skating, crossovers, stopping and stick handling will be emphasized. Each week participants will receive 30 minutes of instruction and a voucher for practice time redeemable during public skating hours. Schedule will appear on your receipt or visit www.icecenter.net for days and times. Students must provide a stick and helmet with full cage by the first class. Skate rental will be included. Beginning skating skills are required. Registrations will not be accepted after the first class has met. No exceptions will be made.

Instructor: Ice Center Staff
Location: Vallco Mall, 10123 N. Wolfe Rd., Cupertino

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
427431.WA	Beg	6 – 14	1/6 – 2/10	W	4 p.m. – 4:30 p.m.	\$82/\$103

Rock Climbing (5 – 13 years)

Perfect for the novice and advanced beginner climber, this five-session program teaches basic rock climbing techniques. Participants climb with campers their own age. Bring a bicycle helmet to wear while climbing. Parent or legal guardian must sign a Planet Granite waiver at the first class, or go to www.planetgranite.com to complete the waiver to send with your child to the first class with a copy of your driver's license.

Instructor: Planet Granite Staff
Location: Planet Granite, 815 Stewart Drive, Sunnyvale

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
327451.WA	Beg	5 – 8	11/4 – 12/9	W*	4 p.m. – 6 p.m.	\$146/\$183
427451.WA	Beg	5 – 8	1/13 – 2/10	W	4 p.m. – 6 p.m.	\$146/\$183
427451.WB	Beg	5 – 8	3/2 – 3/30	W	4 p.m. – 6 p.m.	\$146/\$183
327451.FA	Beg	9 – 13	11/6 – 12/11	F*	4 p.m. – 6 p.m.	\$146/\$183
427451.FA	Beg	9 – 13	1/15 – 2/12	F	4 p.m. – 6 p.m.	\$146/\$183
427451.FB	Beg	9 – 13	3/4 – 4/1	F	4 p.m. – 6 p.m.	\$146/\$183

*No class 11/25, 11/27

Skyhawks Basketball (6 – 12 years)

Are you just starting out in basketball? Getting ready to play in a basketball league? Trying out for your school team? Come get ready for the season with Skyhawks basketball! Skyhawks Sports basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense and rebounding. Having fun while developing a refined player who knows how to combine these skills is the goal of every Skyhawks Sports program. Bring appropriate clothing, athletic shoes and a water bottle.

Instructor: Skyhawks Sports Academy
Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
328051.WA	Beg	6 – 12	11/4 – 12/16	W*	3:30 p.m. – 4:45 p.m.	\$159/\$199
428051.WA	Beg	6 – 12	1/20 – 2/24	W	3:30 p.m. – 4:45 p.m.	\$159/\$199

*No class 11/25



Photo by Alfred Leung

SUNNYVALE YOUTH BASKETBALL LEAGUE



Registration is open!

 This league is operated by the City of Sunnyvale. Registration information for the Sunnyvale Youth Basketball League (SYBL) will be available online or can be picked up at the Sunnyvale Community Center. Sign-ups will be taken on a first-come, first-served basis, so don't wait until the last minute. Space is limited.

Boys and Girls (K – 8th grade)
Play runs January – March 2016

Teams are organized by grade level. We cannot guarantee special requests for team assignments, practice nights, locations or coaches. Teams fill up quickly. Sign up early so you don't miss out.

For more information SYBL.inSunnyvale.com

Skyhawks Basketball League  (5 – 12 years)

This program emphasizes individual skill development, teamwork, character building and fun. Participants are placed in teams by age and skill level. Teams have 60-minute time-slots, which include practice, followed by a game. The first week is skill evaluation; the following weeks are practice and games. Specific game times will be decided once teams are formed, but will take place between 1 – 4:30 p.m. All participants receive a jersey. Participants should bring appropriate clothing, athletic shoes, snacks and water bottle.

Instructor: Skyhawks Sports Academy
Location: Columbia Neighborhood Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
328052.SA	Int/Adv	5 – 6	11/1 – 12/13	Su*	1 p.m. – 4:30 p.m.	\$169/\$211
328052.SB	Int/Adv	7 – 8	11/1 – 12/13	Su*	1 p.m. – 4:30 p.m.	\$169/\$211
328052.SC	Int/Adv	9 – 12	11/1 – 12/13	Su*	1 p.m. – 4:30 p.m.	\$169/\$211

*No class 11/29

Skyhawks Volleyball (8 – 14 years)

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning to intermediate player. Skyhawks volleyball staff will develop fundamental skills through game-speed drills and daily scrimmages aimed at developing each individual player. Participants should bring appropriate clothing, athletic shoes, snacks and water bottle.

Instructor: Skyhawks Sports Academy
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
328053.FA	8 – 14	11/6 – 12/18	F*	3:30 p.m. – 4:45 p.m.	\$159/\$199
428053.FA	8 – 14	1/22 – 2/26	F	3:30 p.m. – 4:45 p.m.	\$159/\$199

*No class 11/27



Skyhawks Volleyball

Chang Tai Do Karate (4 – 7 years)

Introduction to proper stretching, basic blocks, punches, kicks, strikes, and what to do to defend off an attacker. Children’s natural curiosity and playfulness combined with basic karate drill help develop coordination, mental focus and alertness. A great way to learn discipline, respect, self-confidence, help release energy and prepare students for future, more structured classes. Uniform, equipment and testing are additional fees. White belts up to two stripes. Uniform required after first class.

Instructor: Chang Tai Do Staff
Location: Las Palmas Park Building

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
328451.SA	Beg	4 – 7	11/1 – 12/13	Su	1 p.m. – 2 p.m.	\$109/\$136
428451.SA	Beg	4 – 7	1/10 – 2/21	Su	1 p.m. – 2 p.m.	\$112/\$140

Location: Ponderosa Park Building

428451.FA	Beg	4 – 7	1/15 – 2/26	F	5:30 – 6:30 p.m.	\$112/\$140
328451.FA	Beg	4 – 7	11/6 – 12/18	F	5:30 – 6:30 p.m.	\$109/\$136

Chang Tai Do Karate for Families (8+)

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

Intermediate/Advanced: Students will be drilled on blocks, punches, kicks, self-defense, forms (Kata), sparring (Kumite and Escrima Sticks) as well as combination techniques. Stretching time will not be extensive. Students will be responsible for stretching before class to avoid injury. This level is for students who have earned an orange belt and above.

Uniforms are required after first class for both levels and can be purchased from instructor for \$35, size 3-, \$45, size 4+. Equipment for non-beginners and testing are an additional fee of \$25.

Instructor: Chang Tai Do Staff
Location: Las Palmas Park Building

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
328461.SB	Beg	8+	11/1 – 12/13	Su	2 p.m. – 4 p.m.	\$145/\$181
428461.SB	Beg	8+	1/10 – 2/21	Su	2 p.m. – 4 p.m.	\$149/\$186
328462.SC	Int/Adv	8+	11/1 – 12/13	Su	4 p.m. – 6 p.m.	\$145/\$181
428462.SC	Int/Adv	8+	1/10 – 2/21	Su	4 p.m. – 6 p.m.	\$149/\$186

Location: Ponderosa Park Building

328461.TB	Beg	8+	11/3 – 12/18	Tu/F	6:30 p.m. – 7:30 p.m.	\$145/\$181
328462.TC	Beg	8+	11/3 – 12/18	Tu/F	7:30 p.m. – 8:30 p.m.	\$145/\$181
428461.TB	Int/Adv	8+	1/12 – 2/26	Tu/F	6:30 p.m. – 7:30 p.m.	\$149/\$186
428462.TC	Int/Adv	8+	1/12 – 2/26	Tu/F	7:30 p.m. – 8:30 p.m.	\$149/\$186



Learning karate empowers children with the discipline and self-confidence to resist negative peer pressure and dangerous situations. **(Asset #35)**

41Assets.inSunnyvale.com



Chang Tai Do Karate for Families

Photo by Alfred Leung

Martial Sport Fencing

(7 – 14 years)

Students will learn basic proficiency, etiquette and terminology in a safe form of fencing based on techniques similar to Japanese and European fencing. Foundations of footwork, stances, timing and offensive and defensive parrying will be covered. Students will participate in games and bouts with classmates. Protective gear and uniform are required after first class.

Instructor: Chris Hung

Location: Sylvan Plaza, 820 E. El Camino Real Unit G, Mountain View

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 328410.SA, 428410.SA, 328661.MA, 428661.RA, 428661.MB, 328661.RB, 428661.MB, 428661.RB.

*No class 11/28

Tigers Taekwondo

(7 – 14 years)

A Tiger's main training emphasis is on motor skills and coordination, learning focus drills such as directions, task completion and learning basic/intermediate kicking and punching concepts. Uniform, equipment and testing are an additional fee. Tiger uniform is required after first class and can be purchased from the instructor for \$49.

Instructor: Chris Hung

Location: Cala Center Dojang, 1111 W. El Camino Real #117, Sunnyvale

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Rows include 328501.MB, 328501.WB, 328501.FB, 328501.SB, 428501.MB, 428501.WB, 428501.FB, 428501.SB.

*No class 11/27, 11/28, 1/18



Tigers Taekwondo

Futsal Kingz Indoor Soccer

(5 – 12 years)

Futsal is a fun, fast-paced 5-on-5 soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. Players participate in fun, educational games. Classes focus on increasing balance, coordination and fundamental futsal skills. We use creative, fun activities to help kids to cooperate in a group setting and build self-esteem in our low-pressure environment.

Instructor: Futsal Kingz

Location: Indoor Sports Center

Table with 7 columns: Class #, Level, Age, Dates, Day, Time, Fee (Res/NR). Rows include 328661.MA, 328661.RA, 428661.MA, 428661.RA, 328661.MB, 328661.RB, 428661.MB, 428661.RB.

*No class 11/26

Kidz Love Soccer



(5 – 6 years)

These classes offer a non-competitive environment for children to learn and play the "World's Most Popular Sport." Children will learn different skills according to age: dribbling, passing, receiving, shooting and team tactics. Small-sided soccer games will be played at every class. Shin guards are required after the first meeting. Note: During questionable weather, please call 1 (888) 372-5803 one half-hour before class begins, or by 6 p.m. for an update.

Instructor: Kidz Love Soccer

Location: Cupertino Middle School

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row includes 328660.TB.

Location: Las Palmas Park

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 328660.TA, 428660.TA.

Location: Ponderosa Park

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 328660.RA, 428660.RA.

Location: Serra Park

328660.WA	5-6	11/11-12/9	W	3:40 p.m. - 4:25 p.m.	\$70/\$88
428660.WA	5-6	1/20-2/24	W	3:45 p.m. - 4:30 p.m.	\$80/\$100

Location: Sunnyvale Middle School

328660.SA	5-6	11/14-12/19	Sa*	10:05 a.m. - 10:50 a.m.	\$70/\$88
328660.SB	5-6	11/14-12/19	Sa*	10:50 a.m. - 11:35 a.m.	\$70/\$88
428660.SA	5-6	1/23-2/27	Sa	9:30 a.m. - 10:15 a.m.	\$80/\$100
428660.SB	5-6	1/23-2/27	Sa	10:15 a.m. - 11 a.m.	\$80/\$100

*No class 11/26, 11/28



Kidz Love Soccer Skillz and Scrimmages

Photo courtesy Kidz Love Soccer

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

Kids will enjoy advanced skill building with dribbling, passing and shooting in a team-play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level, but is still suitable for beginners to enjoy the "World's Most Popular Sport!" Each participant will receive a soccer jersey. During questionable weather, please call 1 (888) 372-5803 one half-hour before class begins, or by 6 p.m., for an update.

Instructor: Kidz Love Soccer
Location: Ponderosa Park

Class #	Age	Dates	Day	Time	Fee (Res/NR)
328670.RA	7-10	11/12-12/17	Th*	3:55 p.m. - 4:40 p.m.	\$70/\$88
428670.RA	7-10	1/21-2/25	Th	4 p.m. - 4:45 p.m.	\$80/\$100

Location: Serra Park

328670.WA	7-10	11/11-12/9	W	4:25 p.m. - 5:10 p.m.	\$70/\$88
428670.WA	7-10	1/20-2/24	W	4:30 p.m. - 5:15 p.m.	\$80/\$100

Location: Sunnyvale Middle School

328670.SA	7-10	11/14-12/19	Sa*	11:35 a.m. - 12:20 p.m.	\$70/\$88
428670.SA	7-10	1/23-2/27	Sa	11:35 a.m. - 12:20 p.m.	\$80/\$100

*No class 11/26, 11/28



Yoga Lite Parent and Child

Yoga Lite Parent and Child (5+)

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

Instructor: Robin Pickel
Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
328750.SA	5+	11/7-12/19	Sa	8:30 a.m. - 9:25 a.m.	\$70/\$88
428750.SA	5+	1/9-2/27	Sa	8:30 a.m. - 9:25 a.m.	\$82/\$103

Youth

Columbia Youth Drop-In Gym

Columbia Neighborhood Center, 785 Morse Avenue, Sunnyvale

For Middle & High School Students Only

(All students must show current school ID at check-in.)
Fee: \$0.50 Resident, \$1 Non-Resident

Basketball*	Soccer*
Fridays: 7-10 p.m.**	Mondays: 7-9 p.m.** Saturdays: 7-10 p.m.**

For more information
call (408) 730-7334

* Session is cancelled if there are no participants during the first hour of play. Due to liability concerns, we do not allow adults to participate in games against students. Thank you for your cooperation.

** No drop-in gym 12/25, 1/1, 1/18, 2/15



Teen

College Prep

Math Olympiad

(9 – 11 years)

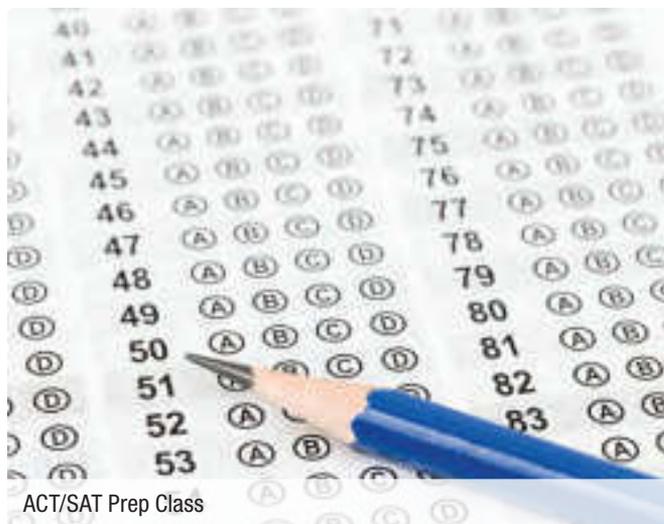
Designed for children in grades 4-6, this fun math class will challenge students to think creatively and flex their problem solving muscles! Division E level Math Olympiad concepts will be taught using engaging methods and exceptional instructors. A \$35 materials fee is payable to the instructor at the first class.

Instructor: Youth Startup

Location: Senior Center Sequoia Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
431110.2P	9 – 11	1/26 – 5/17	Tu*	5 p.m. – 6 p.m.	\$249/\$299

*No class 2/16, 4/12



ACT/SAT Prep Class

ACT/SAT Prep Class

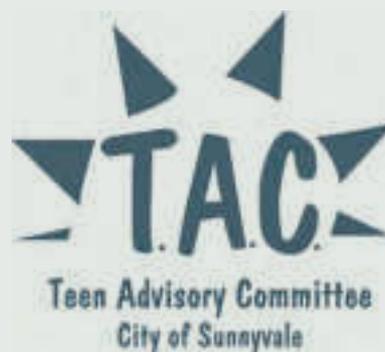
(13 – 18 years)

Learn strategies for both SAT and ACT to reach your best potential score for either of these tests. Effective lesson and practice units give the students a solid understanding of different types of SAT and ACT test questions as well as methods to analyze and answer each of those problems. Students are increasingly taking both tests and these two popular tests are merging in content and format. Take a single class that covers both to find your best test fit! A non-refundable \$35 supply fee is due at first class meeting.

Instructor: Youth Startup

Location: Senior Center Sequoia Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
431111.2P	13 – 18	1/16 – 1/23	Sa	10 a.m. – 2 p.m.	\$210/\$260



Join the Teen Advisory Committee (TAC)!

Recruitment Takes Place
January – March 2016

The Teen Advisory Committee is a proactive group of dedicated teen volunteers that plan events to make Sunnyvale a great place to be a teen! We advise the Library & Community Services staff on recreation, education, and volunteer opportunities for teens. You will gain great leadership skills and have fun meeting new people too!

- Meetings are held the 1st and 3rd Wednesdays of the month from September through May.
- Meetings begin at 5:30 p.m. (Times are subject to change).
- You must be a Sunnyvale resident and a current middle or high school student to apply.
- Recruitment takes place January – March, 2016. Applications can be found at TAC.inSunnyvale.com starting November 2015.
- Applications are due March 18, 2016, 6 p.m.

For more information

call Jesus Raygoza
(408) 730-7741 or at jraygoza@sunnyvale.ca.gov



Now Hiring For Spring and Summer Programs

Sunnyvale's Community Services Division is hiring day camp and aquatics staff for Spring and Summer 2016. Applicants must be at least 16 years old.

- Explore career interests
- Earn recommendations for future employment or college applications
- Develop marketable job skills
- Increase your self confidence
- Make a difference and be a part of your community

We are also hiring instructors to teach a variety of Summer Express enrichment classes, such as archery, computer essentials, web design, Hula, Bollywood dance and do-it-yourself (DIY) art projects.

For more information
visit Jobs.inSunnyvale.com

Special Interest

Ballet Technique

(10 – 16 years)

Twins and teens who are trying ballet for the first time will discover how its graceful exercises improve your posture, balance, flexibility and lean muscle development. This class welcomes dancers and non-dancers alike for a fantastic workout that includes barre work, floor barre, stretching and across the floor exercises set to beautiful music. Wear ballet attire and ballet slippers. Long hair should be worn up and off the face and neck.

Instructor: HaoExpression

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
334411.MQ	10 – 16	11/2 – 12/14	M*	5:15 p.m. – 6:45 p.m.	\$91/\$114
434411.MQ	10 – 16	1/4 – 2/29	M*	5:15 p.m. – 6:45 p.m.	\$105/\$131

*No class 11/23, 1/18, 2/29

For Tap Dance classes for Teens, see page 33.

Driver's Education

(14+)

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. Bring a bag lunch.

Instructor: Economic Driving School

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
335310.DR	14+	12/21 – 12/29	MTu	8:30 a.m. – 4:30 p.m.	\$139/\$174
435310.DR	14+	2/13 – 2/21	SaSu	8:30 a.m. – 4:30 p.m.	\$139/\$174

Teen Pottery: Beginner

(13 – 18 years)

Learn beginning pottery techniques. 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. Wear clothes that can get messy.

Instructor: Allison Talamante

Location: Creative Arts Center Pottery Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
339933.WA	13 – 18	11/18 – 12/16	W	7 p.m. – 10 p.m.	\$131/\$164
439933.WA	13 – 18	1/6 – 2/10	W	7 p.m. – 10 p.m.	\$157/\$196
439933.WK	13 – 18	2/17 – 3/23	W	7 p.m. – 10 p.m.	\$157/\$196



Teen Pottery: Beginner

41
developmental
assets

Pottery classes teach teens how to express themselves through their art. Learning how to make beautiful, functional ceramics is a rewarding use of creativity. **(Asset #17)**

41Assets.inSunnyvale.com



Tween Chefs (10 – 13 years)

Calling all budding tween chefs! Our experienced chef instructor will inspire our tween chefs to master the fundamentals and key techniques of cooking and baking skills. A non-refundable supply fee of \$65 for November/December classes and \$85 for January/February classes is due at the first class meeting. Vegetarian and special diets welcome. Please call Young Chefs Academy at (408) 738-CHEF to request accommodations.

Instructor: Young Chefs Academy

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
327151.JA	Beg	10 – 13	11/5 – 12/17	Th*	6 p.m. – 7:30 p.m.	\$140/\$175
327151.SU	Beg	10 – 13	11/1 – 12/13	Su*	9 a.m. – 10:30 a.m.	\$140/\$175
427151.JA	Beg	10 – 13	1/7 – 2/25	Th	6 p.m. – 7:30 p.m.	\$180/\$225
427151.SU	Beg	10 – 13	1/10 – 2/28	Su	9 a.m. – 10:30 a.m.	\$180/\$225

*No class 11/26, 11/29

For Tumbling & Trampoline and Tumbling for Cheer for Teens, see page 16.

For Piano Keyboard classes for Teens, see page 34.

For Teen Hangout Therapeutic Recreation program, see page 51.



Online Driver Education Course

This easy-to-use Online Driver's Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes prepare the student to pass the written DMV test. Log into the website, enroll and begin immediately.

For information or to register, go to www.economicdrivingschool.com/online. On the enrollment form, select City Activity Guide and code 7350. Cost is \$68.50.

Upcoming Teen Events

All TAC events are for middle or high school students attending Sunnyvale schools or residing in Sunnyvale.

Open Mic Night

**Friday, November 13, 2015
4:30 – 7:30 p.m., Ortega Park**

Come hang out, sing, play an instrument, perform stand up comedy, read poetry, do something else to entertain your peers, or just come out and chill. Free snacks and refreshments will be available.

**"Pints for Pizza" Blood Drive
Saturday, January 30, 2016**

10 a.m. – 4 p.m., Senior Center Orchard Pavilion

Have a heart. Give blood. We are teaming up with the American Red Cross to host a blood drive to benefit our community and help people all over the world. Those who give blood get a free slice of pizza. Monetary cash donations in lieu of blood donation will be accepted to benefit the American Red Cross. Please note, you must be 16 or over to donate blood. Open to the entire community.



Senior Teen Dance

Saturday, February 27, 2016

1 – 5 p.m., Senior Center Orchard Pavilion

Come and volunteer with the Sunnyvale Teen Advisory Committee at this intergenerational event for older adults and teens to enjoy a fun night of hanging out, having great conversations, dancing, enjoying refreshments and awesome music. If you wish, invite your grandparents and enjoy an amazing opportunity to connect with seniors in our area. To be eligible to volunteer, teens must fill out a volunteer application at Volunteering.inSunnyvale.com. Under the notes section on application, please indicate that you would like to volunteer for the TAC's Senior Teen Dance event.

For times, locations and other more information, go to Teens.inSunnyvale.com.





Art



Open Painting Studio 18+

Set aside time to paint each week and join fellow artists for 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 or painting supplies are provided. Lots of table space, natural light, painting easels and camaraderie available.

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

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

Day: Mondays, 9 a.m. – noon

For More Information
Call (408) 730-7758

Glass Fusing

(16+)

Learn how easy and fun it is to make beautiful fused art glass! Melt 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-toe shoes. A non-refundable \$85 supply fee will be collected at first class. Slumping will be available for an additional fee payable to the instructor.

Instructor: Mary Feisbusch

Location: Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349311.WA	Beg	16+	11/4 – 12/16	W*	7 p.m. – 10 p.m.	\$138/\$173
449311.WA	Beg	16+	1/13 – 2/17	W*	7 p.m. – 10 p.m.	\$138/\$173

*No class 1/20, 11/25



Glass Fusing

Basic Digital Photography

(15+)

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 Art Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349511.TA	Beg	15+	11/3 – 12/15	Tu	7 p.m. – 9 p.m.	\$77/\$96
449511.WA	Beg	15+	1/6 – 2/24	W	7 p.m. – 9 p.m.	\$88/\$111

Watercolor Painting

(18+)

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 (approximately \$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	18+	11/5 – 12/17	Th*	10 a.m. – 12 p.m.	\$89/\$111
449641.JA	Beg	18+	1/21 – 2/25	Th	10 a.m. – 12 p.m.	\$89/\$111

*No class 11/26



SAVE THE DATE

May 21, 2016

31st Annual



SHARE YOUR ARTISTIC TALENT

Become a Hands on the Arts Artist today!

Sunnyvale's beloved children's art festival will celebrate 31 years of providing "hands on" arts opportunities for children ages 3 – 12. We are looking for teaching artists who are eager to share their art forms with children who love to create.

Artist applications due January 31, 2016

To request an artist application

email HandsontheArts@sunnyvale.ca.gov or call (408) 730-7373

SEE YOUR BUSINESS LOGO HERE IN OUR NEXT ACTIVITY GUIDE

Become a Hands on the Arts sponsor today!

With its annual attendance of 1,500+ children ages 3-12 and their parents and grandparents, this is an excellent opportunity for your company to reach families in and around Sunnyvale.

Many sponsorship levels available

We welcome both in-kind sponsors to provide the goods and services that we need to make this event happen (such as art supplies, event furniture rental, pizza lunch for the volunteers) and financial sponsors to offset the City's costs. Like donations to non-profit organizations, donations to local governments are tax-deductible, and we can provide a receipt for your contribution.

In order for sponsors to be appropriately recognized on all printed materials, sponsorship agreements must be finalized by April 15, 2016.

To become a sponsor

email HandsontheArts@sunnyvale.ca.gov or call (408) 730-7338



Open Pottery Studio

16+

Intermediate and advanced potters, work independently on your projects and enjoy company of fellow artists in our spacious, fully equipped studio. No instruction is provided, but our master potter kiln techs can provide technical assistance with equipment and firing advice.

Winter Open Studio Schedule November 16, 2015 – March 26, 2016

- Mondays:** 10 a.m. – Noon, Noon – 2 p.m.
- Tuesdays:** 10 a.m. – Noon, Noon – 2 p.m., 2 – 4 p.m., 4 – 6 p.m., 6 – 8 p.m., 8 – 10 p.m.
- Fridays:** 2 – 4 p.m., 4 – 6 p.m.
- Saturdays:** 9:30 – 11:30 a.m., 11:30 a.m. – 1:30 p.m., 1:30 – 3:30 p.m.
- Closed:** 11/26, 11/27, 12/20 – 1/3, 1/18, 2/15

Staff will announce clean-up time five minutes before each two-hour session ends. Those who wish to continue working into the next session must present their card to have the next session signed off or purchase a pass. Those not continuing to the next session will have 15 minutes to clean-up and depart.

Cost per 2-hour time slot: \$14 residents, \$17 non-residents

Purchase a one-time pass, or multiple-session pass in the Studio or at the Registration desk. Passes expire at the end of the 12-week term in which they were purchased. A pass is required for all studio work, including trimming and quick glazing. Pass price includes glazing and firing. Clay must be purchased in the studio, \$31 per 25-pound bag. No outside firing accepted. Works over 20" x 20" x 24", or pieces that cannot be fired in group firing will not be accepted. Large or irregularly shaped pieces may be held for firing during seasonal maintenance closures, which occur approximately every 12 weeks. Pick-ups are during open studio hours only. Allow 3 – 4 weeks for firing. No refunds, transfers or credits for passes. Lost passes will not be credited.

For more information

call (408) 730-7345

Pottery (16+)

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.

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

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349911.MA	Beg	16+	11/16 – 12/14	M	7 p.m. – 10 p.m.	\$158/\$198
349911.WA	Beg	16+	11/18 – 12/16	W	10 a.m. – 1 p.m.	\$158/\$198
349911.JA	Beg	16+	11/19 – 12/17	Th*	10 a.m. – 1 p.m.	\$126/\$158
349911.JB	Beg	16+	11/19 – 12/17	Th*	7 p.m. – 10 p.m.	\$126/\$158
349911.FA	Beg	16+	11/20 – 12/18	F*	10 a.m. – 1 p.m.	\$126/\$158
449911.MA	Beg	16+	1/4 – 2/8	M*	7 p.m. – 102 p.m.	\$158/\$198
449911.MK	Beg	16+	2/22 – 3/21	M	7 p.m. – 10 p.m.	\$158/\$198
449911.WA	Beg	16+	1/6 – 2/10	W	10 a.m. – 1 p.m.	\$189/\$236
449911.WK	Beg	16+	2/17 – 3/23	W	10 a.m. – 1 p.m.	\$189/\$236
449911.JA	Beg	16+	1/7 – 2/11	Th	10 a.m. – 1 p.m.	\$189/\$236
449911.JB	Beg	16+	2/18 – 3/24	Th	10 a.m. – 1 p.m.	\$189/\$236
449911.JK	Beg	16+	1/7 – 2/11	Th	7 p.m. – 10 p.m.	\$189/\$236
449911.JL	Beg	16+	2/18 – 3/24	Th	7 p.m. – 10 p.m.	\$189/\$236
449911.FA	Beg	16+	1/8 – 2/12	F	10 a.m. – 1 p.m.	\$189/\$236
449911.FK	Beg	16+	2/19 – 3/25	F	10 a.m. – 1 p.m.	\$189/\$236

*No class 11/26, 11/27, 1/18

Friends of the Sunnyvale Pottery Studio

**SAVE THE DATE!
HOLIDAY POTTERY SALE**

**Friday, December 4 and Saturday, December 5, 2015
10:00 a.m. – 5:00 p.m.**

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!



Location: Creative Arts Center – Sunnyvale Community Center 550 E. Remington Drive, Sunnyvale

Free Admission!

Dance

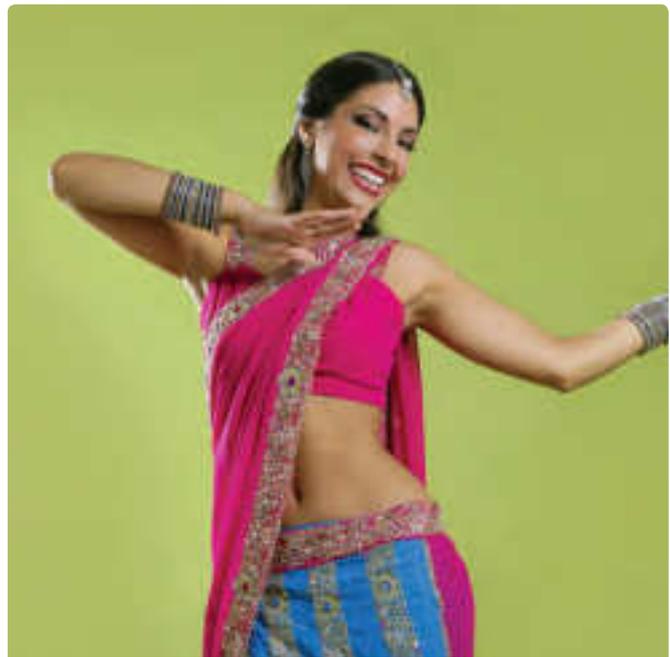
Abs Arabia Style TRY IT! 18+

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+	11/3 – 12/22	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99
444100.TQ	18+	1/5 – 2/23	Tu	7:30 p.m. – 8:30 p.m.	\$79/\$99



Abs Arabia Style

Ballroom Dance TRY IT! 18+

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+	11/2 – 12/21	M	7:30 p.m. – 8:30 p.m.	\$83/\$104
444301.MP	1	18+	1/4 – 2/29	M*	7:30 p.m. – 8:30 p.m.	\$63/\$79
344302.MQ	2	18+	11/2 – 12/21	M	8:30 p.m. – 9:30 p.m.	\$83/\$104
444302.MQ	2	18+	1/4 – 2/29	M*	8:30 p.m. – 9:30 p.m.	\$63/\$79

*No class 1/18, 2/15

Adults



Evenings of Cultural Arts



October 24, 2015

Kathy Kallick Band

A West Coast bluegrass pioneer, Grammy Award-winning Kathy Kallick specializes in music that stands the test of time. This gifted singer and guitar player is renowned for her renditions of traditional tunes from the likes of Bill Monroe, and Vern Williams as well as her own extraordinary original songs. Kallick and her top-notch band celebrate the release of their new album, *Foxhounds*, with a show that will be humorous, bittersweet, soulful and inclusive.



November 28, 2015

Love Notes

This homegrown group is one of the nation's top-ranked barbershop quartets and the youngest group to be crowned as the 2014 Sweet Adeline's International World Champions. Now after several national and international tours these Queens of Harmony will entertain us with their close harmonies and lovely bell-like voices into the holiday season. LoveNotes' repertoire crosses generations including Queen's "Bohemian Rhapsody," Billie Holiday's "More Than You Know," Irish song "Danny Boy" and a medley from Andrew Lloyd Weber's *Phantom of the Opera*.



December 19, 2015

The Carolyn Sills Combo

Don't miss this full night of swinging holiday hits from the 1950s, including songs made popular by Brenda Lee, Peggy Lee, Elvis Presley, Eartha Kitt, Burl Ives, The Andrews Sisters and more. It's a celebration of the Christmas songs we all know and love, performed with authenticity by this beloved western swing band from Santa Cruz. So dust off those Christmas sweaters, grab your family and friends and get ready to get into that classic holiday spirit as Carolyn and the band bring their sold out Santa Cruz show to Sunnyvale.



January 9, 2016

Candelaria Band

From its humble beginnings as an electric-cumbia Latin dance group, Candelaria has grown to develop a unique sound all their own and is now at the forefront of the cumbia-fusion movement. Bucking the modern trend of programmed beats and computer effects, Candelaria is cutting edge by going back to the basics with performances that are 100 percent live and organic with the main focus of each performance leaving the audience wanting more.

Adults

For more information, including links to our artists' web sites, please visit us online at

Arts.inSunnyvale.com



February 13, 2016

The Dust Bowl Revival

If you missed them last year, you won't want to make that mistake again. After a rousing foot stomping good time, many audience members insisted we have them back! With critical acclaim from both coasts, Dustbowl Revival is taking the roots music scene by storm. Voted Best Live Band in Los Angeles, it merges old school bluegrass, gospel, jug band, swamp blues and hot 1930s swing. No two shows are exactly alike, as this collective "little big band" often includes fiddle, mandolin, trombone, clarinet, trumpet, ukulele, drums, tuba, a bass made from a canoe oar, harmonica, washboard and a kazoo for good luck.



March 12, 2016

Patrick Ball

A Sunnyvale favorite, Patrick Ball is one of the premier Celtic harp players in the world and a captivating spoken word artist. In playing the ancient, legendary brass-strung harp of Ireland with its crystalline, bell-like voice, and in performing marvelous tales of wit and enchantment, he not only brings new life to two cherished traditions, but blends them in concert to create "a richly theatrical and hauntingly beautiful performance." In this new show, Ball not only carries on two of the richest traditions of Celtic culture, but blends them in concert to create "a warm and magical performance."



May 7, 2016

Leftover Cuties

As with any true troubadour, love makes Leftover Cuties' world go-round. So much so, that this group has sparked a fire with music lovers who enjoy their timeless jazz-tinged sound that is combined with sultry vocals, pop-perfect songwriting and seasoned musicianship. Their spellbinding first album, *Places to Go*, won rave reviews from critics followed by their shining second album, *The Spark & the Fire*, makes the heart sing, soar and ache, all usually in the same song. Their impeccable and atmospheric live performance draws ever-growing and increasingly passionate crowds in the clubs and cabarets of their hometown of Los Angeles.



Sunnyvale Theatre

550 E. Remington Drive

CELEBRATING
25
years

Subscription Tickets

on sale now!

See next page...



Evenings of Cultural Arts Ticket Order Form



2015-2016 SEASON

Type of Ticket GA = General Admission S/S = Student/Senior 60+	2015			2016				# Ordered	Price (Each)	Total Cost
	Oct 24	Nov 28	Dec 19	Jan 9	Feb 13	Mar 12	May 7			
	Kathy Kallick Band	Love Notes	Carolyn Sills Combo	Candelaria	The Dust Bowl Revival	Patrick Ball	Leftover Cuties			
SUBSCRIPTIONS: Please check which shows you wish to see										
6 Shows: GA									x \$148	
6 Shows: S/S									x \$117	
4 Shows: GA									x \$104	
4 Shows: S/S									x \$83	
INDIVIDUAL TICKETS: Please mark the # desired per show – Buy 9, and get the 10th free!										
General Admission									x \$29	
Student or Senior									x \$23	

Total Amount Due

Tax-Deductible Donation toward City-Presented Performances

Total Enclosed

PAYMENT INFORMATION

- My check, made payable to **City of Sunnyvale**, is enclosed. A \$30 service charge will be applied to all returned checks
- Please bill my Visa MasterCard
- Please mail my tickets to the address above.
(This option not available for orders received fewer than 10 days before first performance.)
- Please hold my tickets at "Will Call."
- I would like to receive email announcements and special offers from Sunnyvale Theatre.

For your convenience, we do not charge convenience fees.

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**.

Name on credit card

Credit card number

Expiration date Three-digit security code

Signature

Name (if different from above)

Address

City

State ZIP

Day phone Evening phone

Email

Adults

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.

Belly Dance **TRY IT!** 18+

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

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

Level 2 – Intermediate: Build upon the basics, with a focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: 1 year training at the beginning level.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	sDay	Time	Fee (Res/NR)
344101.TP	1	18+	11/3 – 12/22	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
444101.TP	1	18+	1/5 – 2/23	Tu	6:30 p.m. – 7:30 p.m.	\$79/\$99
344102.TR	2	18+	11/3 – 12/22	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99
444102.TR	2	18+	1/5 – 2/23	Tu	8:30 p.m. – 9:30 p.m.	\$79/\$99



Belly Dance

Hula **TRY IT!** 18+

Spend an 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+	11/6 – 12/18	F*	2 p.m. – 3 p.m.	\$69/\$86
444140.FP	18+	1/8 – 2/26	F	2 p.m. – 3 p.m.	\$89/\$111

*No class 11/27

Ballet 18+

Rekindle your passion for ballet, or discover for the first time how its graceful exercises improve your posture, balance, flexibility and lean muscle development. This one-hour class welcomes dancers and non-dancers alike for a fantastic workout that includes barre work, floor barre, stretching and across the floor exercises set to beautiful music. It's perfect for athletes and ballroom dancers who want to improve their performance, and busy professionals who want a lunch-hour break from their desks. Wear ballet attire and ballet slippers. Long hair should be worn up and off the face and neck.

Instructor: Hao Expression

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344411.WP	Beg	18+	11/4 – 12/16	W*	12 p.m. – 1 p.m.	\$59/\$74
444411.WP	Beg	18+	1/6 – 2/24	W*	12 p.m. – 1 p.m.	\$79/\$99

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



Tap Dance

Tap Dance (14+)

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 – Advanced Beginning: Learn and practice basic tap routines. This fun, fast-paced class is ideal for former tappers who need a review and for those with some prior experience who are ready to dive into learning new routines.

Level 2 – Intermediate: Use your prior tap training in a low-impact tap workout with exciting rhythms and more challenging routines.

Instructor: Peggy Page

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344481.JP	1	14+	11/5 – 12/17	Th*	6:30 p.m. – 7:30 p.m.	\$59/\$74
444481.JP	1	14+	1/7 – 2/25	Th	6:30 p.m. – 7:30 p.m.	\$79/\$99
344482.JQ	2	14+	11/5 – 12/17	Th*	7:30 p.m. – 8:30 p.m.	\$59/\$74
444482.JQ	2	14+	1/7 – 2/25	Th	7:30 p.m. – 8:30 p.m.	\$79/\$99

*No class 11/26

Adults



Adults



Israeli Folk Dance

Ages 13+

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.

Day/Time: Mondays, 7:30 – 11 p.m.

Instructor: Loui Tucker

Location: Recreation Center Ballroom

Cost: \$7 at the door

For more information

Call (408) 287-9999

For Dancers Only

Ages 18+

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.

When: First and Third Fridays of the Month

Location: Sunnyvale Community Center, Theatre Dance Studio

Cost: \$8 (cash only)

For More Information

Visit For Dancers Only online at

www.facebook.com/ForDancersOnly, e-mail

ForDancersOnlySB@gmail.com or call at (408) 657-7836

Square Dancing **TRY IT!**

Ages 18+

Modern Western square dancing is a fun, friendly, sociable activity for dancers of all ages and ability levels. An evening of square dancing provides a gentle cardiovascular workout, equivalent to a three-mile walk and keeps your memory strong, too, as you learn and practice the 100 internationally recognized square dance calls. Each lesson (7 – 8:30 p.m.) focuses on beginning to mainstream calls for newer dancers. The second session (8:30 – 10 p.m.) adds more challenging calls to plus level. No partner or experience needed. Dress is casual. Wear comfortable shoes.

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

Location: Murphy Park Building, 250 N. Sunnyvale Ave.

Cost: \$30 per month, purchased by the month at the door

For More Information

Call (408) 744-1021



Music

Piano Keyboard (13+)

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.MT	13+	11/9 – 12/14	M	6:45 p.m. – 7:30 p.m.	\$69/\$86
444850.MT	13+	1/4 – 2/29	M*	6:45 p.m. – 7:30 p.m.	\$79/\$99

*No class 1/18, 2/15

Sunnyvale Bluegrass Jam

Ages 18+*

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

Day/Time: Third Sunday of the month, 1 – 4 p.m.

Location: Creative Arts Center Meeting Room

Fee: \$5 per person at the door

* Ages 13-17 okay with parent or guardian.

For More Information

Call (408) 730-7334 or visit Arts.inSunnyvale.com

Sports and Fitness

Badminton

(14+)

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+	11/3 – 12/15	Tu	7 p.m. – 9 p.m.	\$60/\$75
448000.TA	14+	1/5 – 2/23	Tu	7 p.m. – 9 p.m.	\$70/\$88



Badminton

Adult Drop-In Gym

Sunnyvale Indoor Sports Center • 550 E. Remington Drive

BADMINTON

Ages 16+*

Tuesday thru Friday: 11:30 am – 1:30 p.m.

****Saturday:** 3:30 – 5:30 pm and 5:45 – 7:45 p.m.

****Sunday:** 12:30 – 2:30 pm and 2:45 – 4:45 p.m.

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

**Separate fee is charged for each time session. If you wish to play entire afternoon, you must pay fees for both sessions.

VOLLEYBALL

Ages 18+

Tuesday: 5:00 – 7:00 pm

Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident

Spectators must also pay the fee.



Discount Passes Available

Sunnyvale Resident: 10 visit pass \$40

Non-Resident: 10 visit pass \$50

Fee includes use of showers and locker room.

For More Information

Call (408) 730-7334



Brazilian Jiu-Jitsu (18+)

This program includes a systematic blend of Brazilian Jiu-Jitsu, wrestling, and judo into a complete grappling system that will safely progress beginners at an accelerated pace into an expert grappler. The system has been proven to be highly effective in both self-defense and Brazilian Jiu-Jitsu competition. Uniform purchase is required, \$99.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348400.WA	18+	11/4 – 12/16	W*	7:30 p.m. – 8:30 p.m.	\$112/\$140
348400.HA	18+	11/5 – 12/17	Th*	5:30 p.m. – 6:30 p.m.	\$112/\$140
448400.WA	18+	1/6 – 2/24	W	7:30 p.m. – 8:30 p.m.	\$146/\$183
448400.HA	18+	1/7 – 2/25	Th	5:30 p.m. – 6:30 p.m.	\$146/\$183

*No class 11/25, 11/26



Cardio Pop! Workout

Cardio Pop! Workout (16+)

Improve your fitness with a fun, well rounded workout set to pop music. Strengthen and tone your body with cardio-your-way routines (choose low or high impact), followed by hand weights and then floor work targeting abs, glutes and thighs. Please bring your own hand weights and mat. Ages 12 – 15 may register with a parent.

Instructor: Christine Sabooni

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348160.MA	16+	11/2 – 12/17	M	7 p.m. – 8:30 p.m.	\$44/\$55
448160.MA	16+	1/4 – 2/29	M*	7 p.m. – 8:30 p.m.	\$55/\$69

*No class 1/18, 2/15

Kettlebell (18+)

The unique benefits of kettlebell training are the improvement to both cardiovascular and anabolic systems. Kettlebell users also have tremendous gains in overall functional strength. Simply put, you can increase your overall fitness and tone up your muscles with kettlebells if used correctly.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348180.SA	18+	11/7 – 12/19	Sa	10:30 a.m. – 11:30 a.m.	\$130/\$163
448180.SA	18+	1/9 – 2/27	Sa	10:30 a.m. – 11:30 a.m.	\$146/\$183

Kickboxing (18+)

Beginner-friendly and experienced instructors will make sure you get a great workout in addition to improving your technique. You will be challenged by structured, yet fun, kickboxing and strength and conditioning routines in a safe and encouraging environment. We welcome all fitness and skill levels. Our program will help you get fit, have fun and learn kickboxing.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348410.WA	18+	11/4 – 12/16	W*	5:30 p.m. – 6:30 p.m.	\$112/\$140
348410.HA	18+	11/5 – 12/17	Th*	12 p.m. – 1 p.m.	\$112/\$140
448410.WA	18+	1/6 – 2/24	W	5:30 p.m. – 6:30 p.m.	\$146/\$183
448410.HA	18+	1/7 – 2/25	Th	12 p.m. – 1 p.m.	\$146/\$183

*No class 11/25, 11/26



Lunch-hour Pilates

Lunch-hour Pilates (18+)

Work out during your lunch hour with this 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+	11/3 – 12/15	Tu*	12 p.m. – 1 p.m.	\$68/\$85
348920.JP	18+	11/5 – 12/17	Th*	12 p.m. – 1 p.m.	\$68/\$85
448920.TP	18+	1/5 – 2/23	Tu	12 p.m. – 1 p.m.	\$92/\$115
448920.JP	18+	1/7 – 2/25	Th	12 p.m. – 1 p.m.	\$92/\$115

*No class 11/24, 11/26

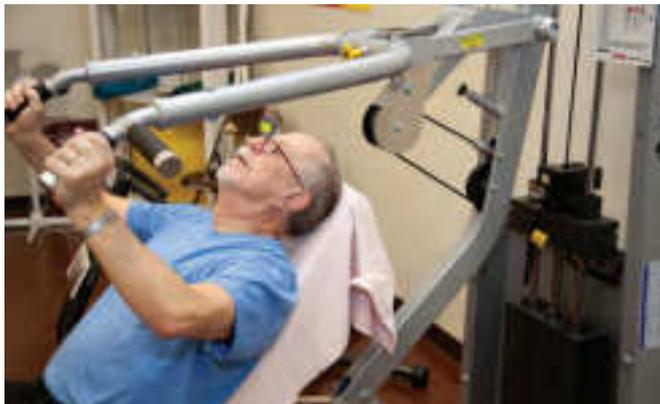
Meditation and Visualization (16+)

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

Instructor: Robin Pickel

Location: Recreation Center Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348780.SC	16+	11/7 – 12/19	Sa	11:15 a.m. – 12 p.m.	\$70/\$88
448780.SC	16+	1/9 – 2/27	Sa	11:15 a.m. – 12 p.m.	\$82/\$103



Personal Training Program

Personal Training Program (18+)

Try an hour-long, personalized fitness training session. 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.

Location: Senior Center Fitness Room

# 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 and Conditioning (18+)

Train like a professional athlete in a fun and supportive environment. This beginner friendly program teaches proper strength and conditioning techniques and principals while pushing you physically and mentally. Our certified, professional instructors will help you safely reach a new physical fitness level.

Instructor: Smash Gym Staff

Location: Smash Gym, 1239 Reamwood Avenue, Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348170.MA	18+	11/2 – 12/14	M	6:30 p.m. – 7:30 p.m.	\$130/\$163
348170.WA	18+	11/4 – 12/16	W*	6:30 p.m. – 7:30 p.m.	\$112/\$140
448170.MA	18+	1/4 – 2/29	M*	6:30 p.m. – 7:30 p.m.	\$130/\$163
448170.WA	18+	1/6 – 2/24	W	6:30 p.m. – 7:30 p.m.	\$146/\$183

*No class 11/25, 2/15

Free Legal Clinics

First Saturday of Each Month, 10 a.m. – 12 p.m.

Columbia Neighborhood Center, 785 Morse Ave., Sunnyvale



Volunteer attorneys will provide free 20 – 30 minute legal consultations on various legal matters. No appointments required. The Legal Clinic operates on a first-come first-served basis. For time-sensitive legal needs, contact probono@southasianbar.org for referral to other resources.

Upcoming Clinic Dates

Saturdays, 10 a.m. – 12 p.m.

November 1	January 9*
December 6	February 6

*Change in date due to holiday

Provided by the South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale.



City of Sunnyvale
Department of Library and Community Services
Community Services Division

ProBonoProject
For the Good of the People

Adults

Strength Training TRY IT! (18+)

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 10 students to best 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+	11/9 – 12/14	M	7 p.m. – 8 p.m.	\$52/\$65
346300.BA	18+	11/10 – 12/15	Tu	7 p.m. – 8 p.m.	\$52/\$65
446300.AA	18+	1/4 – 2/29	M*	7 p.m. – 8 p.m.	\$60/\$75
446300.BA	18+	1/5 – 3/1	Tu*	7 p.m. – 8 p.m.	\$60/\$75

*No class 1/18, 1/19, 2/15, 2/16



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.

Adults

Evenings of Cultural Arts

(408) 733-6611 or Arts.inSunnyvale.com

The Kathy Kallick Band	10/24
LoveNotes.....	11/28
The Carolyn Sills Combo.....	12/19
Candelaria Band.....	1/9
Dustbowl Revival	2/13
Patrick Ball.....	3/12
Leftover Cuties.....	5/7

All shows at 8 p.m. • Tickets \$29 general • \$23 students/seniors 60+.

California Theatre Center

(408) 245-2978 or www.ctcinc.org

FAMILY SERIES

Peter Rabbit and Friends.....	10/3, 10/10, 10/17
Cinderella.....	10/24, 10/24, 10/31, 11/7
The Best Christmas Ever.....	12/4, 12/5, 12/12
The Elves and the Shoemaker.....	12/11, 12/12, 12/18, 12/19
Beauty and the Beast	1/9, 1/16, 1/23
Rumpelstiltskin.....	1/30, 2/6
Miss Nelson is Missing!	2/27, 3/5, 3/12
Jack and the Beanstalk.....	3/26, 4/2
Hansel and Gretel.....	4/16, 4/23

Saturdays 11:00 a.m., plus selected weekend days at 2 p.m. and Fridays at 7 p.m. Single-ticket \$13 • 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

(408) 733-6611 or www.sunnyvaleplayers.org

Sweet Charity.....	9/19 – 10/11
Evita	11/7 – 11/22
Mulan Jr	2/19 – 3/6
Rent.....	4/9 – 5/1

Friday and Saturday 8 p.m.; Sunday 2:30 p.m. (Jr. Production, 1 p.m. and 4 p.m.); Thursdays 7:30 p.m.

Tickets \$27 general (\$19 Jr. Show); \$21 students/seniors/Thursdays all seats (\$16 Jr. Show); children 5 and under \$11 (\$9 Jr. Show). A \$3 administrative fee is added on all tickets.

Interested in renting the Sunnyvale Theatre for an upcoming event? See page 57.



Tai Chi Chuan

Tai Chi Chuan (14+)

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. The first part of the class will focus on fundamentals to help beginners master authentic Yang-style 8- and 28-form short routines. The second part allows practice time for beginners while Intermediate/ Advanced students learn more challenging techniques with and without partners and work on the 85-form long routine. Advanced students will also practice traditional sword and saber long routines.

Instructor: Larry Young
Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348910.WP	14+	11/4 – 12/16	W*	7 p.m. – 8:30 p.m.	\$68/\$85
448910.WP	14+	1/6 – 2/24	W	7 p.m. – 8:30 p.m.	\$92/\$115

*No class 11/25

Volleyball – Intermediate/Advanced (16+)

This class emphasizes improvement and consistency of all volleyball skills. It provides 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.

Instructor: Thien Vu
Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348702.MA	Int/Adv	16+	11/2 – 12/14	M*	8 p.m. – 10 p.m.	\$74/\$93
448702.MA	Int/Adv	16+	1/4 – 2/29	M*	8 p.m. – 10 p.m.	\$90/\$113

*No class 11/23, 1/18, 2/15



Volleyball

Yoga for Fitness – Iyengar (16+)

Both men and women develop flexibility and body control via stretching routines and yoga poses. Foam rubber mat is recommended.

Instructor: Betty Strain
Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348750.FA	16+	11/6 – 12/18	F*	9:30 a.m. – 11 a.m.	\$60/\$75
448750.FA	16+	1/8 – 2/26	F	9:30 a.m. – 11 a.m.	\$82/\$103

Location: Senior Center Orchard Pavilion

348750.RA	16+	11/5 – 12/17	Th*	6:30 p.m. – 8 p.m.	\$60/\$75
448750.RA	16+	1/7 – 2/25	Th	6:30 p.m. – 8 p.m.	\$82/\$103

*No class 11/27

For Zumba Gold for ages 50+, see page 48.

Adults



Adults



Yoga

Photo by Varshadeep Parlathayya

Yoga for Wellness – Iyengar (16+)

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)
348770.TA	16+	11/3 – 12/15	Tu*	6 p.m. – 7:30 p.m.	\$68/\$85
448770.TA	16+	1/5 – 2/16	Tu*	6 p.m. – 7:30 p.m.	\$81/\$101

*No class 11/24, 1/26



Yoga

Photo by Varshadeep Parlathayya

Yoga Lite – Hatha (16+)

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+	11/4 – 12/16	W	8:30 a.m. – 10 a.m.	\$70/\$88
348760.SB	16+	11/7 – 12/19	Sa	9:30 a.m. – 11 a.m.	\$70/\$88
448760.WA	16+	1/6 – 2/24	W	8:30 a.m. – 10 a.m.	\$82/\$103
448760.SB	16+	1/9 – 2/27	Sa	9:30 a.m. – 11 a.m.	\$82/\$103



Adult Sports Leagues

Adults 18+

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

Basketball

10-week season + playoffs

Winter: early January through late March

Spring/Summer: early April through late June

Fall: early September through early December



Volleyball

8-week season + playoffs

Winter: early January through mid-March

Spring: late March through early June

Summer: late June through late August

Fall: late September through mid-November.

Registration is for teams only. Individuals can call to be placed on a waiting list for players looking for a team.

For More Information

Call (408) 730-7334



Columbia Neighborhood Center Fitness Room

785 Morse Avenue, Sunnyvale
94085

\$1 per person, per session: Cash only, paid at entrance

Monday 6:30 – 8 p.m.; **Tuesday** 7:30 – 9 p.m.; **Thursday** 6:30 – 8 p.m.; **Saturday** 8 a.m. – 9:30 a.m. and 10:30 a.m. – 12 p.m.

**Elliptical Trainers • Free Weights
• Treadmills •
Weight and Resistance Training**



Open to Sunnyvale Residents with Proof of Residency

Adults – 18 and Older

High School Students – (14 – 17 yrs) A signed waiver from parent/ guardian needed before using the fitness room

Middle School Students – (11 – 13 yrs) Must be accompanied by a parent/ guardian to use fitness room

Items to bring: Athletic shoes, water bottle and personal towel

For More Information

Call (408) 730-7800 or visit CNC.inSunnyvale.com



The City of Sunnyvale exemplifies how parks and recreation make life better:

- Play in Safe, Outdoor Spaces**
 Maintaining 467 acres of parks and open space with the goal of every neighborhood being within walking distance
- Nature, Beauty and Serenity**
 Having the opportunity to explore 105 acres of the Wetlands Preserve that provides habitat for plants and wildlife.
- Exercise, Healthy Movement**
 Offering extensive sport and fitness classes to encourage making healthy lifestyle choices
- Forever, Valued Today and Always**
 Declaring a public art initiative to shape an environment that inspires creative expression
- Gathering Places, Socializing and Learning**
 Encouraging graceful aging through self-directed and organized recreation in the Sunnyvale Senior Center
- Positive Spaces, Free-time Fun**
 Providing a stage for talented musicians, dancers and actors to perform and entertain us
- Learning, Achieving, Succeeding**
 Offering activities for youth and teens in an emotional and safe environment to encourage learning and achieving life goals
- Accessible for Everyone**
 Offering financial aid and subsidizing programs to ensure that all Sunnyvale children have access to City recreation programs
- Inclusive for All**
 Enhancing the quality of life of individuals with disabilities through meaningful recreation programs

Adults



Older Adults

Art

Ceramics (50+)

Create decorative items for your home or gifts for family and friends. There is a nonrefundable \$8 slip and glaze fee and a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

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

Intermediate/Advanced: Learn advanced decorating techniques. You will be introduced to glazes and techniques, such as staining, airbrushing, decals and more.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
359901.AA	Beg	50+	10/26 – 12/14	M	8:30 a.m. – 11:30 a.m.	\$44/\$55
459901.AA	Beg	50+	1/25 – 3/21	M*	8:30 a.m. – 11:30 a.m.	\$44/\$55
359902.AA	Int/Adv	50+	10/26 – 12/14	M	12:30 p.m. – 3:30 p.m.	\$44/\$55
459902.AA	Int/Adv	50+	1/25 – 3/21	M*	12:30 p.m. – 3:30 p.m.	\$44/\$55

*No class 2/15



Origami

Fun with Origami (50+)

Join us for an afternoon of fun learning the art of paper folding. It is easy, inexpensive and great for sharing with friends and family. This is an intergenerational activity so young guests may attend when accompanied by an adult 50+. For more information call (408) 730-7360.

Dance

Ballroom Dance (50+)

Dance like Fred Astaire and Ginger Rogers to a variety of ballroom dance music. No partner needed. Drop-in fee \$2 members, \$3 non-members. Pay at the door.

Every Wednesday: 10:45 a.m. – 12:45 p.m.

Instructor: Peter Chong

Location: Senior Center Apricot and Cherry Rooms

November and December Hustle
 January Two Step
 February East Coast Swing

Modern Line Dancing TRY IT! (50+)

Have fun, meet new friends and dance to various genres of yesterday and today's popular music. Many styles of dance will be explored including ballroom, Latin, jazz, country and so much more. No partner needed. This is a ten-week session. Drop-in fee \$6 resident, \$8 non-resident.

Beginner – Level 1: Designed for new beginners, learn basic elements and techniques of line dancing.

High Beginner – Level 2: This class is for more experienced dancers who can execute the basic steps. This includes knowledge of pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle, vine/weave. Dancers should also be comfortable with step counting and wall spotting. Completion of two Beginner – Level 1 line dance courses is recommended. Dances of higher complexity (up to 64 counts) will be taught at a faster pace in this class.

Instructor: Julia Wetzel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	Beg	50+	1/6 – 3/9	W	9:15 a.m. – 10:15 a.m.	\$59/\$74
454002.BA	Int/Adv	50+	1/6 – 3/9	W	10:15 a.m. – 12:15 p.m.	\$59/\$74

Special Events

Celebrate Veteran's Day (50+)

You are invited for complimentary coffee and dessert at our Veteran's Day Open House. This is your opportunity to thank a Veteran who is serving or has served in the military. A special Quilt of Valor will be presented to Veterans who have been "touched by war." Also, the Senior Center will be collecting items for care packages that will be sent to active military. For a list of items, visit <http://tinyurl.com/SunnyvaleSeniorCenter>

Location: Senior Center Cherry and Peach Rooms

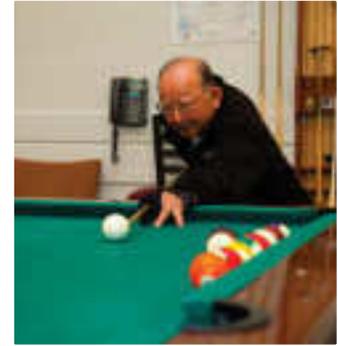
Date: Wednesday, November 11, 2015

Time: 1:30 – 3 p.m.



Sunnyvale Senior Center Membership

Support the Senior Center — Buy a Membership Today!



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 • Much more!

Center Hours: M-F, 8 a.m. – 6:30 p.m., Sa, 10 a.m. – 2 p.m., Su, Closed. **Office Hours:** M–F, 9 a.m. – 5:30 p.m.

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of age. To pay discounted resident fee of \$28 (Basic) or \$32 (P Premium), show photo ID with Sunnyvale address and utility bill.
3. Have your photo taken and receive a personalized card. For more information, call (408) 730-7360.

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium* P
	Resident	\$28/Year	\$32/Year
	Non-resident	\$43/Year	\$50/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 at Murphy Park (does not include ball fee) / 2 monthly Pickleball passes			•
Free use of fitness equipment in Fitness Room			•
One \$5 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			•
Two Drop-In Passes; good for Back Care, Body Core, Cardio Mix, Current Events, EnhanceFitness, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Symphony & Concerto and Zumba Gold.			•

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

Online registration is **now available** for older adult classes. For more information, call (408) 730-7360 or visit RecreationClasses.inSunnyvale.org.

Older Adults



Thanksgiving Luncheon (50+)

Join us as we begin the holiday season with a delicious Thanksgiving luncheon followed by entertainment by San Jose State University's Pitch Please.

Location: Senior Center Orchard Pavilion

Date: Friday, November 6, 2015

Time: Doors open at 11 a.m. Event begins at 11:30 a.m. – 1 p.m.

For More Information call (408) 730-7360



Thanksgiving Luncheon

Photo by Varshadeep Parlathayya

Breakfast with Santa (all ages)

Grandparents, grandchildren and families! This is a wonderful opportunity to treat your loved ones to a fun breakfast, have your picture taken with Santa and participate in a variety of crafts. Special Entertainment provided by The Singing Children and The Entertainment Choir.

Location: Senior Center Orchard Pavilion

Date: Saturday, December 5, 2015

Time: 2 Shifts available: 8 a.m. – 9:30 a.m. or 10:30 a.m. – Noon.

Admission: \$5.00 if purchased by November 25, \$7.50 if purchased after November 25.

For more Information call (408) 730-7360



Breakfast with Santa

Photo by Varshadeep Parlathayya

Holiday Luncheon (50+)

It's time to deck the halls and celebrate with friends, family and staff for a festive holiday luncheon. Special entertainment will be provided.

Location: Senior Center Orchard Pavilion

Date: Friday, December 11, 2015

Time: 11:30 a.m. – 1 p.m., Doors open at 11 a.m.

For more information call (408) 730-7360

Valentine's Day Celebration

Celebrate Valentine's Day with a lovely, gourmet experience at the Sunnyvale Senior Center.

Date: Friday, February 12, 2016

Time: 11:30 a.m., doors open at 11 a.m.

Cost: \$12 Members, \$14 Non-members

Location: Senior Center Peach and Cherry Rooms

For more information call (408) 730-7360



Valentine's Day Celebration



WE'RE LOOKING FOR YOU

Share Your Talents

Come share your talent, hobby or story with the Sunnyvale Senior Center community.

We would like to highlight your unique quality, skill or life experience as a featured topic in our new "In the Spotlight" series.

If you have something to share, please call the Senior Center at (408) 730-7360.

Lectures

Meet and Move (50+)

Free Walking Buddy Program for Caregivers

Caring for an ailing family member or friend? If so, you know how hard it can be to make time to take care of yourself. The Sunnyvale Senior Center has teamed up with El Camino Hospital, Sutter Health – Palo Alto Medical Foundation to offer the Meet and Move walking buddy program just for caregivers. This free “walk and talk” program for adult family caregivers in Sunnyvale, Cupertino, Los Altos, Mountain View and surrounding communities connects caregivers with others who understand the challenges and rewards of caregiving. Schedule buddy walks at your convenience, set realistic fitness goals, monitor your progress and take steps to improve your own physical and emotional wellness.

Dates: November 5 and 17, 2015

Time: 5:30 p.m.

Location: Senior Center Laurel Room

Guest Facilitator: Cyndi Mariner, Palo Alto Medical Foundation



Free Walking Buddy Program for Caregivers

The Exciting World of Adult Cat Fostering (50+)

Please join us for an introduction to the new Adult Feline Foster Care Program. Beth Ward from the Humane Society Silicon Valley will discuss the benefits of fostering; what happens when you open your heart and home to a cat that needs your love and attention and learn what it takes to become a hero for cats in your community! Explore the possibility of becoming a foster family yourself. All necessary supplies will be provided. All you need is a warm lap and some compassion.

Date: Tuesday, February 2, 2016

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Beth Ward, Human Society Silicon Valley

In the Spotlight

Operation Freedom Paws (50+)

Come learn how this nonprofit service dog agency trains service dogs using a new and unique model. Operation Freedom Paws in Gilroy, CA helps veterans, adults and children with disabilities train their own service dogs at no cost to the client.

Date: Tuesday, November 3, 2015

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Kathy Waddell, Operation Freedom Paws

Services

Hearing Evaluations and Free Telephone Program (50+)

San Jose State University students will provide hearing evaluations. If you qualify, you will receive a free phone from the California Telephone Access Program.

Advance registration is required. For more information and to sign up, call (408) 730-7360 or visit the Senior Center registration desk.

Date: Wednesday, November 4, 2015

Time: 9 – 10:40 a.m.

Location: Senior Center Consultation Room



Hearing Evaluations and Free Telephone Program

Notary Services (50+)

Certified Notary professionals are available to meet with you by appointment only. This service is offered free to members and available for non-members for a \$2.00 fee.

Date/Time: For available appointments, please call (408) 730-7360 or stop by the Senior Center registration desk.

Location: Senior Center Consultation Room



Special Interest

AARP Smart Driver Program

Pre-registration is required. For more information, call (408) 730-7360.

Adult and Community Education

Adult & Community Education (ACE) and 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
Foothill College (650) 949-7103

Current Events and News

(50+)

Discover how today's current news may affect you. The class will analyze and discuss world, national and local news, science and technology, medicine and health care, business and economic headlines.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50+	10/29 – 1/7	Th*	10:15 a.m. – 11:30 a.m.	\$17/\$21
457000.AA	50+	1/21 – 3/10	Th	10:15 a.m. – 11:30 a.m.	\$17/\$21

*No class 11/26, 12/24, 12/31

Inner Resources **NEW**

(50+)

This psychoeducational 8-week program uses relaxation, breathing and meditation to enhance your ability to cope with stress. Sessions will focus on mind-body awareness and meditation practices and stress reduction techniques. This is a non-religious course involving sitting, breathing and noticing thoughts and the body. No previous experience is required. No yoga or rigorous exercise is required. Meditation beginners are welcome. Pre-registration is required.

Date/Time: Will begin in February 2016. For more information and to register, call Senior Center at (408) 730-7360.

Location: Sunnyvale Community Center

Presented by: Palo Alto University

Fee: Free

Symphony and Concerto **TRY IT!**

(50+)

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)
354800.AA	50+	11/23 – 12/14	M	1 p.m. – 2:30 p.m.	\$27/\$34
454800.AA	50+	1/4 – 2/8	M	1 p.m. – 2:30 p.m.	\$34/\$43
454800.AB	50+	2/22 – 3/14	M	1 p.m. – 2:30 p.m.	\$27/\$34

Threads of Life: Senior Support Group

(50+)

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

Date: Tuesday, 2:30 p.m. – 4 p.m.

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center Laurel Room

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

U.S. History will return Spring 2016

Pickleball Ages 50+

A fun paddle sport that combines elements of tennis, badminton and ping-pong has arrived in Sunnyvale. The rules are simple and the game is played on a badminton-sized court and a slightly modified tennis net. Paddles and plastic balls are provided.

Mondays, 10 a.m. – 1 p.m.

Indoor Sports Center, 550 E. Remington Drive, Sunnyvale

Drop-in fee is \$5 for Senior Center members/non-members.

10-visit pass is \$40 for Senior Center members/
\$50 Senior Center non-member.

P Senior Center Premium Members receive two free drop-in passes monthly.

For more information

call Susan Van Dyne at (408) 730-7359.

Sports and Fitness

Back Care Conditioning **TRY IT!**

(50+)

Plus 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 \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50+	11/2 – 1/4	M*	10 a.m. – 11 a.m.	\$42/\$53
458750.AA	50+	1/11 – 3/14	M*	10 a.m. – 11 a.m.	\$42/\$53

*No class 12/21, 12/28, 1/18, 2/15

For Personal Training in the Senior Center, see page 37.



Body and Core Strengthening

Photo by Varshadeep Parlatthayya

Body and Core Strengthening TRY IT! (50+)

Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. This class is recommended to improve bone density, metabolism and muscle tone. It's a perfect complement to regular cardio workouts. Bring a mat and hand weights. Drop-in fee \$5 resident, \$6 non-resident.

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

Advanced: Higher intensity and faster paced workout.

Instructor: Jason Ortiz

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
358302.AA	Int	50+	10/27 – 1/5	TuTh*	10:20 a.m. – 11:20 a.m.	\$59/\$74
458302.AA	Int	50+	1/12 – 3/3	TuTh	10:20 a.m. – 11:20 a.m.	\$59/\$74
358303.AA	Adv	50+	10/27 – 1/5	TuTh*	9:05 a.m. – 10:05 a.m.	\$59/\$74
458303.AA	Adv	50+	1/12 – 3/3	TuTh	9:05 a.m. – 10:05 a.m.	\$59/\$74

*No class 11/26, 12/22, 12/24, 12/29, 12/31

Cardio Mix (50+)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kickboxing 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)
358200.AA	50+	10/27 – 1/5	TuTh*	8 a.m. – 9 a.m.	\$52/\$65
458200.AA	50+	1/12 – 3/3	TuTh	8 a.m. – 9 a.m.	\$52/\$65

*No class 11/26, 12/22, 12/31

For strength training in the Senior Center, see page 37.

EnhanceFitness TRY IT! (50+)

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 three times per week. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Christel Ligocki

Location: Recreation Center Ballroom (M, F), Senior Center Orchard Pavilion (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50+	10/26 – 1/11	MWF*	10 a.m. – 11 a.m.	\$92/\$115
458130.AA	50+	1/20 – 3/16	MWF*	10 a.m. – 11 a.m.	\$92/\$115

*No class 11/27, 12/21, 12/23, 12/25, 12/28, 12/30, 1/1, 2/15

Everyday Fitness TRY IT! (50+)

People with arthritis or back problems and those who just want to maintain and improve fitness will benefit from everyday fitness. This class includes sit-and-be-fit aerobics, strength and cardio vascular training and exercises for flexibility, endurance, back and bone density. Teacher also provides tips on body mechanics. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358150.AA	50+	10/26 – 12/16	MW	1 p.m. – 2:15 p.m.	\$53/\$66
458150.AA	50+	1/11 – 3/9	MW*	1 p.m. – 2:15 p.m.	\$53/\$66

*No class 1/18, 2/15



Everyday Fitness

Photo by Varshadeep Parlatthayya

Gentle Core Fitness TRY IT! (50+)

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 and yoga belt. Wear loose, comfortable clothes. Drop-in fee \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.CA	50+	10/30 – 1/8	F*	12 p.m. – 1 p.m.	\$42/\$53
458120.AA	50+	1/15 – 3/4	F	12 p.m. – 1 p.m.	\$42/\$53

*No class 11/27, 12/25, 1/1



Unique Boutique

Annual Holiday Faire at the Sunnyvale Senior Center

Come browse a large variety of hand-crafted jewelry, cards, hats and scarves, baby items quilts, towels and so much more by over 23 creative artisans.

When: Wednesday, November 4 – Friday, November 6, 2015
10 a.m. – 3 p.m.

Location: Sunnyvale Senior Center

Unique Boutique Monday – Friday
Regular Store Hours: 10:30 a.m. – 2:30 p.m.

Phone: (408) 733-8459

Sunny Fit – Low Impact **TRY IT!** (50+)

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)
358140.AA	50+	10/26 – 12/16	MW	2:30 p.m. – 3:30 p.m.	\$47/\$59
458140.AA	50+	1/11 – 3/9	MW*	2:30 p.m. – 3:30 p.m.	\$47/\$59

*No class 1/18, 2/15

Zumba Gold **TRY IT!** (50+)

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

Instructor: Marla Yonamine (W/F morning), Staff (Tu/Th afternoon), Lilian Zeljko (M afternoon, TuTh morning)

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.EA	50+	10/27 – 1/5	Tu*	10 a.m. – 11 a.m.	\$37/\$46
358210.CB	50+	10/28 – 12/16	W	9 a.m. – 10 a.m.	\$37/\$46
358210.FB	50+	10/29 – 1/7	Th*	9 a.m. – 10 a.m.	\$37/\$46
358210.HA	50+	10/30 – 1/8	F*	8:45 a.m. – 9:45 a.m.	\$37/\$46
458210.EA	50+	1/12 – 3/8	Tu*	10 a.m. – 11 a.m.	\$37/\$46
458210.CB	50+	1/13 – 3/2	W	9 a.m. – 10 a.m.	\$37/\$46
458210.FB	50+	1/14 – 3/10	Th*	9 a.m. – 10 a.m.	\$37/\$46
458210.HA	50+	1/15 – 3/4	F	8:45 a.m. – 9:45 a.m.	\$37/\$46

Location: Recreation Center Ballroom

358210.GB	50+	10/26 – 1/4	M*	4:30 p.m. – 5:30 p.m.	\$37/\$46
458210.GB	50+	1/11 – 3/14	M*	4:30-5:30 p.m.	\$37/\$46

*No class 11/23, 11/24, 11/26, 11/27, 12/21, 12/24, 12/25, 12/28, 12/31, 1/1, 1/18, 2/15, 2/16 (a.m. only), 2/18 (a.m. only)



Zumba Gold

Trips

Registration

Register for all trips by coming to the Senior Center, or mailing your registration form. For extended trips, pick up flyers or print them from our website, OlderAdults.inSunnyvale.com, then click on Senior Trips.

For more information call (408) 730-7360.



Safari West

Day Trips

San Jose Sharks

Hockey game, includes buffet dinner W, 10/28 \$136 R/ \$170 NR

Safari West

Safari tour, plus buffet lunch Th, 11/5 \$140 R/\$175 NR

Holiday Train of Lights

Train ride, plus dinner at Bosco's W, 12/2 \$99 R/\$124 NR

A Gentleman's Guide to Love and Murder

In SF, performance only, no meal W, 12/9 \$119 R/\$149 NR

Jersey Boys

In SF, performance only, no meal W, 1/27 \$129 R/\$161 NR

Please check out the next edition of the Steppin' Out Newsletter or ask at the Senior Center front desk for more information on these and other upcoming day trips.

2016 Extended Trips

- South American Cruise and Iguazu Falls.....Sat., 3/5/16 – Thurs., 3/24/16
- Down the Mississippi Sun., 4/3/16 – Mon., 4/11/16
- Mackinac Island and Tulip FestivalFri., 5/6/16 – Fri., 5/13/16
- Parks and Shakespeare..... Mon., 6/6/16 – Sat., 6/11/16
- Yellowstone National Park (New)June 2016
- Best of Britain..... Wed., 7/6/16 – Wed., 7/20/16
- Trains, Trains and More Trains of ColoradoSun., 8/21/16 – Wed., 8/28/16

New Yellowstone National Park for 2016. Details coming soon!



Yellowstone National Park

Photo courtesy Yellowstone National Park

Upcoming Trip Slide Shows

For more detailed information about our extended trips, please attend our next trip slide show. For more information, contact the Senior Center at (408) 730-7360.

Date: Wednesday, November 4
Time: 1 p.m. – 4 p.m.
Location: Senior Center Laurel Room

Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Monday – Wednesday, 12:15 – 3:30 p.m.

For one free class of instruction and equipment use, call Larry at (408) 730-4028.

P TABLE TENNIS

Monday – Friday, 9:30 a.m. – 4:00 p.m.

Bring your own paddle. Wear shoes with light-colored soles.

For more information about either program, call (408) 730-7359.



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 noon in the Orchard Café. Our lunches include: soup or salad, entrée, dessert and beverage. Call for pricing and/or reservation. Menu subject to change. Late arrivals are not guaranteed a lunch. For more information call (408) 730-7359.

Get The Help You Need

Information & Assistance Program

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

We provide help with:

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

Call for an appointment: (408) 730-7367

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

Care Management

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

Older Adults



Senior Drop-In Events

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

Drop-In Programs

Program	Non-Member Fee	Meets
Ballroom Dance	\$2	Tuesday: 1:30 – 4 p.m. (International music); Last Friday: 2 – 4 p.m.
Billiards	\$5	Monday – Friday: 9 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Book Club	\$2	2nd Friday, 1:15 – 3 p.m.
Bridge	\$2	Tuesday: 12:15 – 3 p.m. Sign in between 11 – 11:45 a.m.
Chess Club	\$2	Thursday: 2:30 – 5:30 p.m.
Computer Tech Help (Sr. Center Members Only)	N/A	Monday – Friday: By appointment
Computer Lab	\$5	Monday – Friday: 9:30 – 11:30 a.m. and 1:30 – 3:30 p.m.
Computer Tutoring	\$5	1st and 3rd Mondays: 11:30 a.m. – 1:30 p.m.
Dancing for Health	\$2	Thursday: 3 – 5 p.m.
Duplicate Bridge	\$2	Monday: 12:30 – 3:30 p.m.
Fitness Room P	\$5	Monday – Friday: 8 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Game Day	\$2	Thursday, 12 – 3 p.m.; Friday: 1 – 4 p.m.
Guitar Instruction	N/A	Sign-up required – Call
Lawn Bowls at Murphy Park (+ Club Membership for all)	\$2	Monday, Tuesday, Wednesday, 12:15 – 3:30 p.m.
Mah Jong	\$2	Thursday: 9 – 11:30 a.m.
Movies	Free for all	1st and 3rd Friday: 1 p.m.
Musicians Jam Session	\$2	1st and 3rd Monday: 1:30 – 3 p.m.
Old Tyme Movies	Free for all	2nd and 4th Wednesday, 10 a.m.
Pickleball at Indoor Sports Center P	\$5	Monday: 10 a.m. – 1 p.m.
Table Tennis at Murphy Park P	\$5	Monday – Friday: 9:30 a.m. – 4 p.m.
Tai Chi	\$2	Thursday: 1:30 – 2:30 p.m.
Wu's Tai Chi	\$2	Friday: 9:15 – 11:15 a.m.
Women's Network	Free for all	Tuesday: 10:30 – 11:30 a.m.
Yuan Chi	\$2	Friday: 9 – 11 a.m.

Services

Service	Non-Member Fee	Available/Call
BART Tickets	\$9 for all	Monday – Friday: 9 a.m. – 5:30 p.m.
Blood Pressure	Free	Monday and Thursday: 10 a.m. – Noon
Care Management	Free	By appointment only
El Camino Hospital Resource Library	Free	Tuesday: 10:30 am – 11:30 a.m.
Foot Care	\$40M/ \$50 NM	By appointment – Call
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By appointment – Call
Hearing Screenings	Free	By appointment – Call
Notary Services	\$2	By appointment – Call Photo I.D. required.
Project Sentinel	Free	2nd Wednesday: 10 a.m. – Noon



Guitar

Photo by Valentyna Gorbachenko



Therapeutic Recreation

All of our therapeutic recreation programs require advance registration. For more information or to register for any of these programs, call the therapeutic recreation coordinator at (408) 730-7359.

Sunnyvale's Therapeutic Recreation Program provides social recreation and programs for individuals with disabilities. We welcome individuals with various disabilities including, but not limited to, developmental, intellectual, autism, cerebral palsy, visual/hearing impairment and physical disabilities. Programs are supervised and managed by a certified recreation therapist. Program staff are trained to provide the highest quality of service to participants while meeting individual needs. All participants must be independently capable of personal care provide their own attendant.

Our programs are designed to:

- Provide recreation opportunities in a safe, caring and positive environment
- Create self-confidence through exposure to new recreation opportunities
- Enhance gross and fine motor coordination skills, social interaction and self-expression
- Foster independence

Youth

Kids Klub – 5:1 Ratio (7 – 12 years)

This afterschool program will include group games, arts and crafts, and activities in a fun and safe environment. Program will focus on appropriate social interaction, following directions, cooperation and decision making. Participants will need to bring a snack each week. Participants must be independent with personal care and able to attend program with staff ratio or bring an attendant.

Instructor: Staff

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
325900.KK	7 – 12	12/2 – 2/3	W*	3:30 p.m. – 5 p.m.	\$75/\$94
425900.KK	7 – 12	2/24 – 4/13	W	3:30 p.m. – 5 p.m.	\$75/\$94

*No class 12/23, 12/30

Teen

Teen Hangout – 8:1 Ratio (13 – 19 years)

Hangout with your friends for an afternoon of games, active activities, arts and crafts, music and socializing. Participants will strengthen skills in social interaction, decision making, independence and self-expression. Participants must be able to attend a large social gathering with minimal supervision or bring an attendant.

Instructor: Staff

Location: Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
335900.TT	13 – 19	11/30 – 2/8	M*	4 – 5:30 p.m.	\$75/\$94
435900.TT	13 – 19	2/22 – 4/11	M	4 – 5:30 p.m.	\$75/\$94

*No class 12/21, 12/28, 1/18

Adults

Community Explorations – 12:1 Ratio **NEW** (18+)

Let's explore the community while improving life skills. Program will focus on strengthening life skills in money management and social etiquette. The first week of the session will be held at the Recreation Center to identify and develop life skills needed on community outings. Following the first week, each session will be a different community outing. Outings may include: bowling, hiking, museums, shopping, movies and more. Admission fees are included. Transportation will not be provided. **Participants must be able to attend a large social gathering with minimal supervision and assistance from staff or bring an attendant.**

Instructor: Staff

Location: Varies

Class #	Age	Dates	Day	Time	Fee (Res/NR)
345940.CE	18+	12/3 – 2/4	Th*	3:30 p.m. – 5 p.m.	\$75/\$94
445940.CE	18+	2/25 – 4/14	Th	3:30 p.m. – 5 p.m.	\$75/\$94

*No class 12/24, 12/31



Photo by Valentyna Gorbachenko

Saturday of Experience – 10:1 Ratio (18+)

Come join us for a morning of fun filled activities. Activities include arts and crafts, cooking, games, sports and outings. Emphasis is on strengthening life skills, social etiquette and leisure awareness. Participants must be able to attend a large social gathering with minimal supervision and assistance from staff, or bring an attendant.

Instructor: Staff

Location: Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
345910.SS	18+	12/5 – 2/6	Sa*	10 a.m. – 12:30 p.m.	\$79/\$99
445910.SS	18+	2/27 – 4/16	Sa	10 a.m. – 12:30 p.m.	\$79/\$99

*No class 12/26, 1/2

Community Organizations

Organizations listed here provide recreational opportunities specifically for individuals with disabilities. For more information, contact the organization directly.

AYSO (American Youth Soccer Organization) (408) 739-AYSO

Little League Challenger Baseball challenger@cad44.org

Santa Clara County Special Olympics (408) 392-0170



Other Activities



Golf

Reservations

Book tee times online at Golf.inSunnyvale.com, or call your preferred course for reservations, current green fees and discount play promotions, including:

- **10-Play Discount Cards** for all golfers. Buy 9 rounds, get 1 free, good Mondays through Thursdays.
- **Sunnyvale Advantage Cards** offer unlimited golf Monday through Thursday for a calendar month for Sunnyvale residents.
- **Golf Discount Cards** offer unlimited golf Monday through Thursday for a calendar month for Juniors 16 and under, Seniors 60+ and golfers who are disabled.

Weekday Tee Times – Sunnyvale residents may reserve weekday tee times in person at the pro shop starting at 6 a.m. seven days in advance. All golfers may place reservations by phone or online starting at 6:30 a.m., seven days prior.



Weekend/Holiday Tee Times – Sunnyvale residents may reserve weekend and holiday tee times in person at the pro shop starting at 6 a.m. the Monday prior to the weekend or holiday. All golfers may place reservations by phone or online starting at 6:30 a.m. the Monday prior.

Sunnyvale Golf Course Locations

Sunnyvale Municipal 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 a.m. – 9 p.m. (except Wednesdays closing at 7 p.m. and Thursdays opening at 9:30 a.m.). Eighteen 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.

Saturday Golf Drop-In Clinics

During the Winter season – with its many holidays and sometime unpredictable weather – we offer one-hour Saturday Drop-in Clinics in place of regular lessons for both Juniors and Adults. Cost is \$20 per student per session. Loaner clubs are available, free of charge.

Junior Clinic (5 – 16 years)

11 a.m. – Noon.

Adult Clinic (17+)

Noon – 1 p.m.

Drop-in Clinic Dates

Sign-ups are accepted on a first-come, first-served basis that day only. Clinics are offered for a minimum of four students, maximum of eight students. Range balls must be purchased for the clinic, \$6, \$7 or \$8.

October 17, 24, 31

November 7, 14, 21

December 5, 12, 19

January 9, 16, 23, 30

February 6, 13, 20, 27

Please call the Pro Shop at (408) 739-6588 that day before coming to the course, to confirm if the clinic is being held as scheduled.



Private and Semi-Private Golf Lessons

Treat yourself to a lesson, or several, with PGA Director of Instruction Hank Pollex. Hank has been a professional golfer for 40 years and won numerous events since starting competitive golf as a junior player. In addition to Sunnyvale’s courses, he has worked at San Mateo Municipal, Stanford and Palo Alto Municipal Golf Courses. As a player, he qualified for the PGA National Senior Championship. As a teacher, he has been awarded the PGA’s Junior Golf Leader Award and 17 of his Juniors have earned golf scholarships at major universities. Lessons are offered Thursdays and Saturdays, noon – 4:30 p.m. and by appointment. For more information, call the Sunken Gardens Golf Shop at (408) 739-6588.

Kids Play Free

Spend time with your kids and introduce them to the “game for a lifetime” with our no-cost junior golf fee. Get one free Junior round (age 16 and under) when accompanied by one paid adult. Kids Play Free is available at Sunnyvale and Sunken Gardens golf courses, all day, seven days per week.





Lifetime Tennis at the Sunnyvale Municipal Tennis Center

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

The tennis courts at the Sunnyvale Municipal Tennis Center in Las Palmas Park are available on a pay-as-you-play basis. Fees are based on a higher level of service which includes the ability to reserve courts and the provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons and ball machine rental, visit our website at lifetimetenis.com, or call us at (408) 735-7285. Office hours are Monday – Friday, 8 a.m. – 10 p.m., Saturday and Sunday 8 a.m. – 8 p.m.

Unless noted, all classes are held at the Sunnyvale Municipal Tennis Center.



Youth Tennis Classes

Little Tennis & Athletic Development (4 – 6 years)

Student/teacher ratio is 4:1. Session is 5 weeks long. Fee: \$87 resident, \$95 non-resident.

Day	Time (45 Min)	Session I	Code	Session II	Code
M	3:15 – 4:00 p.m.	1/4 - 2/1	5001	2/8 - 3/7	6001
Tu	3:15 – 4:00 p.m.	1/5 - 2/2	5002	2/9 - 3/8	6002
Tu	5:30 – 6:15 p.m.	1/5 - 2/2	5003	2/9 - 3/8	6003
W	3:15 – 4:00 p.m.	1/6 - 2/3	5004	2/10 - 3/9	6004
Th	3:15 – 4:00 p.m.	1/7 - 2/4	5005	2/11 - 3/10	6005
F	5:00 – 5:45 p.m.	1/8 - 2/5	5006	2/12 - 3/11	6006
Sa	8:30 – 9:15 a.m.	1/9 - 2/6	5007	2/13 - 3/12	6007
Sa	9:15 – 10:00 a.m.	1/9 - 2/6	5008	2/13 - 3/12	6008
Su	10:00 – 10:45 a.m.	1/10 - 2/7	5009	2/14 - 3/13	6009
Su	10:45 – 11:30 a.m.	1/10 - 2/7	5010	2/14 - 3/13	6010

Little Rallyers (5 – 7 years)

Student/teacher ratio is 4:1. Session is 5 weeks long. Fee: \$115 resident, \$127 non-resident

*** Instructor recommendation and approval required***

Day	Time (1 Hr)	Session I	Code	Session II	Code
Tu	5:30 – 6:30 p.m.	1/5 - 2/2	5011	2/9 - 3/8	6011
W	5:30 – 6:30 p.m.	1/6 - 2/3	5012	2/10 - 3/9	6012
Th	4:00 – 5:00 p.m.	1/7 - 2/4	5013	2/11 - 3/10	6013
F	6:00 – 7:00 p.m.	1/8 - 2/5	5014	2/12 - 3/11	6014
Sa	11:30 – 12:30 p.m.	1/9 - 2/6	5015	2/13 - 3/12	6015
Su	11:30 – 12:30 p.m.	1/10 - 2/7	5016	2/14 - 3/13	6016

Youth Tennis Lessons 8:1 Ratio (7 – 15 years)

Student/teacher ratio is 8:1. Session is 5 weeks long. Fee: \$106 resident, \$117 non-resident

Level	Ages	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beg	7 – 10	M	4:00 – 5:30 p.m.	1/4 - 2/1	5017	2/8 - 3/7	6017
Beg	7 – 10	F	3:30 – 5:00 p.m.	1/8 - 2/5	5018	2/12 - 3/11	6018
Beg	7 – 10	Sa	10:00 – 11:30 a.m.	1/9 - 2/6	5019	2/13 - 3/12	6019
Beg	7 – 10	Su	8:30 – 10:00 a.m.	1/10 - 2/7	5020	2/14 - 3/13	6020
Adv Beg	7 – 10	M	4:00 – 5:30 p.m.	1/4 - 2/1	5021	2/8 - 3/7	6021
Adv Beg	7 – 10	F	3:30 – 5:00 p.m.	1/8 - 2/5	5022	2/12 - 3/11	6022
Adv Beg	7 – 10	Sa	10:00 – 11:30 a.m.	1/9 - 2/6	5023	2/13 - 3/12	6023
Adv Beg	7 – 10	Su	8:30 – 10:00 a.m.	1/10 - 2/7	5024	2/14 - 3/13	6024
Int	7 – 10	M	4:00 – 5:30 p.m.	1/4 - 2/1	5025	2/8 - 3/7	6025
Int	7 – 10	F	3:30 – 5:00 p.m.	1/8 - 2/5	5026	2/12 - 3/11	6026
Int	7 – 10	Sa	10:00 – 11:30 a.m.	1/9 - 2/6	5027	2/13 - 3/12	6027
Int	7 – 10	Su	8:30 – 10:00 a.m.	1/10 - 2/7	5028	2/14 - 3/13	6028
Beg	11 – 15	F	3:30 – 5:00 p.m.	1/8 - 2/5	5029	2/12 - 3/11	6029
Adv Beg	11 – 15	F	3:30 – 5:00 p.m.	1/8 - 2/5	5030	2/12 - 3/11	6030
Int	11 – 15	F	3:30 – 5:00 p.m.	1/8 - 2/5	5031	2/12 - 3/11	6031

Home School Tennis NEW 4:1 Ratio (7 – 15 years)

Student/teacher ratio is 4:1. Session is 5 weeks long. Fee: \$176 resident, \$193 non-resident.

Level	Age	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beg-Adv Beg	7-10	F	9:00 - 10:30 a.m.	1/8 - 2/5	5038	2/12 - 3/11	6038
Beg-Adv Beg	11-15	F	10:30 – 12:00 p.m.	1/8 - 2/5	5039	2/12 - 3/11	6039

Youth Tennis Lessons 4:1 Ratio (7 – 15 years)

Student/teacher ratio is 4:1. Session is 5 weeks long. Fee: \$176 resident, \$193 non-resident.

Level	Age	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beg	7 – 10	Th	4:00 – 5:30 p.m.	1/7 - 2/4	5032	2/11 - 3/10	6032
Adv Beg	7 – 10	Th	4:00 – 5:30 p.m.	1/7 - 2/4	5033	2/11 - 3/10	6033
Int	7 – 10	Th	4:00 – 5:30 p.m.	1/7 - 2/4	5034	2/11 - 3/10	6034
Beg	11 – 15	Sa	2:00 – 3:30 p.m.	1/9 - 2/6	5035	2/13 - 2/12	6035
Adv Beg	11 – 15	Sa	2:00 – 3:30 p.m.	1/9 - 2/6	5036	2/13 - 3/12	6036
Int	11 – 15	Sa	2:00 – 3:30 p.m.	1/9 - 2/6	5037	2/13 - 3/12	6037

Tournament Training (7 – 10 years)

Student/teacher ratio is 6:1. Session is 5 weeks long.

Fees: 5 Classes \$141 resident, \$159 non-resident.

For highly motivated 10 and under students. Emphasis on preparing for yellow ball competition.

Students **must attend** a minimum of 2 classes a week.

This program is **invitation only**. For additional details please visit lifetimetenis.com

Junior Development Team (10 – 17 years)

Student/teacher ratio is 8:1 (Bronze/Silver) and 6:1 (Gold). Session is 5 weeks long.

Bronze/Silver Fees: \$145 resident, \$159 non-resident.

Gold Fees: \$193 resident, \$213 non-resident.

Matchplay*** Fees: \$49 resident, \$54 non-resident.

Level	Day	Time (2 Hrs)	Session	Code	Session	Code
Bronze	M	4:00 – 6:00 p.m.	1/4 - 2/1	5040	2/8 - 3/7	6040
Bronze	W	4:00 – 6:00 p.m.	1/6 - 2/3	5041	2/10 - 3/9	6041
Bronze	F	5:00 – 7:00 p.m.	1/8 - 2/5	5042	2/12 - 3/11	6042
Bronze	Sa	2:00 – 4:00 p.m.	1/9 - 2/6	5043	2/13 - 3/12	6043
Silver	W	6:00 – 8:00 p.m.	1/6 - 2/3	5044	2/10 - 3/9	6044
Silver	F	7:00 – 9:00 p.m.	1/8 - 2/5	5045	2/12 - 3/11	6045
Silver	Sa	4:00 – 6:00 p.m.	1/9 - 2/6	5046	2/13 - 3/12	6046
Gold	Tu	6:30 – 8:30 p.m.	1/5 - 2/2	5047	2/9 - 3/8	6047
Gold	Th	6:30 – 8:30 p.m.	1/7 - 2/4	5048	2/11 - 3/10	6048
Gold	Sa	4:00 – 6:00 p.m.	1/9 - 2/6	5049	2/13 - 3/12	6049
Match Play ***	Su	4:00 – 5:30 p.m.	1/10 - 2/7	5050	2/14 - 3/13	6050

***Must be a currently enrolled Junior Team Member to participate in Match Play.

Little Tennis / Little Rallyers Camp (4 – 6 years)

Student/teacher ratio is 4:1 for Little Tennis and Little Rallyers. Optional 1.5 or 3 hour camp. 3 hour morning camp option includes snack break, playground time and other fun motor skill building activities.

Day	Time (1.5 Hrs)	Session	Code	Resident	Non-Resident
M - Th	9:00 a.m. - 10:30 a.m.	2/15 - 2/19	41000	\$141	\$155

Day	Time (3 Hrs)	Session	Code	Resident	Non-Resident
M - Th	9:00 a.m. - 12:00pm	2/15 - 2/19	41001	\$228	\$251

Improvement / Match Play Camps (7 – 15 years)

Student/teacher ratio is 8:1 for Improvement and Match Play Camps.

Day	Time (3 Hrs)	Session	Code	Resident	Non-Resident
M - Th	9:00 a.m. - 12:00 p.m.	2/15 - 2/19	41002	\$182	\$206

New Convenient Early Bird Drop-off option 8:00 a.m. - 9:00 a.m. Only \$5 per day. Supervised indoor activities with educational games, tactics, and strategy under the guidance of a Lifetime Tennis instructor.

Must be enrolled in Improvement/Match Play Camp

Adult Tennis Classes

Adult Tennis Lessons 6:1 Ratio (16+ years)

Student/teacher ratio is 6:1. Session is 5 weeks long. Fee: \$141 resident, \$156 non-resident

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beg	M	6:30 – 8:00 p.m.	1/4 - 2/1	5051	2/8 - 3/7	6051
Beg	Tu	8:30 – 10:00 a.m.	1/5 - 2/2	5052	2/9 - 3/8	6052
Beg	W	6:30 – 8:00 p.m.	1/6 - 2/3	5053	2/10 - 3/9	6053
Beg	Sa	8:30 – 10:00 a.m.	1/9 - 2/6	5054	2/13 - 3/12	6054
Beg	Su	8:30 – 10:00 a.m.	1/10 - 2/7	5055	2/14 - 3/13	6055
Adv Beg	M	8:00 – 9:30 p.m.	1/4 - 2/1	5056	2/8 - 3/7	6056
Adv Beg	W	8:30 – 10:00 a.m.	1/6 - 2/3	5057	2/10 - 3/9	6057
Adv Beg	W	8:00 – 9:30 p.m.	1/6 - 2/3	5058	2/10 - 3/9	6058
Adv Beg	Sa	10:00 – 11:30 a.m.	1/9 - 2/6	5059	2/13 - 3/12	6059
Adv Beg	Su	10:00 – 11:30 a.m.	1/10 - 2/7	5060	2/14 - 3/13	6060
Int	M	8:00 – 9:30 p.m.	1/4 - 2/1	5061	2/8 - 3/7	6061
Int	W	8:00 – 9:30 p.m.	1/6 - 2/3	5062	2/10 - 3/9	6062
Int	Sa	11:30 a.m. – 1:00 p.m.	1/9 - 2/6	5063	2/13 - 3/12	6063
Int	Su	11:30 a.m. – 1:00 p.m.	1/10 - 2/7	5064	2/14 - 3/13	6064

Adult Tennis Lessons 4:1 Ratio (16+ years)

Student/teacher ratio is 4:1. Session is 5 weeks long. Fee: \$118 resident, \$130 non-resident

Level	Day	Time (1Hr)	Session I	Code	Session II	Code
Beg	M	12:00 – 1:00 p.m.	1/4 - 2/1	5065	2/8 - 3/7	6065
Adv Beg	W	12:00 – 1:00 p.m.	1/6 - 2/3	5066	2/10 - 3/9	6066
Int	F	12:00 – 1:00 p.m.	1/8 - 2/5	5067	2/12 - 3/11	6067

Adult Specialty Classes

Adult Cardio Classes NEW (16+ years)

Student/teacher ratio is 6:1. Session is 5 weeks. Fee: \$71 resident, \$78 non-resident. All levels accepted.

Class	Day	Time (45 Min)	Session I	Code	Session II	Code
Cardio	W	8:00 – 8:45 p.m.	1/6 - 2/3	5068	2/10 - 3/9	6068
Cardio	Sa	8:30 – 9:15 a.m.	1/9 - 2/6	5069	2/13 - 3/12	6069

Adult Stroke Specific Classes (16+ years)

Student/teacher ratio is 6:1. Session is 5 weeks. Fee: \$94 resident, \$104 non-resident.

Intermediate+ level required.

Class	Day	Time (1 Hr)	Session I	Code	Session II	Code
Serve/Return	Sa	2:00 – 3:00 p.m.	1/9 - 2/6	5070	2/13 - 3/12	6070
Net Game	Sa	3:00 – 4:00 p.m.	1/9 - 2/6	5071	2/13 - 3/12	6071
Topspin/Underspin	Sa	4:00 – 5:00 p.m.	1/9 - 2/6	5072	2/13 - 3/12	6072

Adult Drill Classes (16+ years)

Student/teacher ratio is 6:1. Session is 5 weeks. Fee: \$94 resident, \$104 non-resident.

Intermediate+ level required.

Class	Day	Time (1 Hr)	Session I	Code	Session II	Code
Ladies' Adv Drill	Tu	7:00 – 8:00 p.m.	1/5 - 2/2	5073	2/9 - 3/8	6073
Men's Adv Drill	Tu	8:00 – 9:00 p.m.	1/5 - 2/2	5074	2/9 - 3/8	6074
Ladies' Adv Drill	F	7:00 – 8:00 p.m.	1/8 - 2/5	5075	2/12 - 3/11	6075
Men's Adv Drill	F	8:00 – 9:00 p.m.	1/8 - 2/5	5076	2/12 - 3/11	6076

Academy – USTA (16+ years)

Student/teacher ratio is 6:1. Session is 5 weeks long. Fee: \$141 resident, \$156 non-resident.

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
NTRP 2.5 – 3.0	Tu	6:30 – 8:00 p.m.	1/5 - 2/2	5077	2/9 - 3/8	6077
NTRP 2.5 – 3.0	Su	8:30 – 10:00 a.m.	1/10 - 2/7	5078	2/14 - 3/13	6078
NTRP 3.0+	Tu	9:00 – 10:30 a.m.	1/5 - 2/2	5079	2/9 - 3/8	6079
NTRP 3.0+	Th	9:00 – 10:30 a.m.	1/7 - 2/4	5080	2/11 - 3/10	6080
NTRP 3.5 – 4.0	Th	6:30 – 8:00 p.m.	1/7 - 2/4	5081	2/11 - 3/10	6081
NTRP 3.5 – 4.0	Su	10:00 – 11:30 a.m.	1/10 - 2/7	5082	2/14 - 3/13	6082
NTRP 4.0+	W	6:30 – 8:00 p.m.	1/6 - 2/3	5083	2/10 - 3/9	6083

Adult Matchplay NEW (16+ years)

Session is 5 weeks. Fee: \$75 resident, \$79 non-resident.

Class	Day	Time (45 Min)	Session I	Code	Session II	Code
NTRP 3.5+	M	8:30 – 10:00 p.m.	1/4 - 2/1	5090	2/8 - 3/7	6090
NTRP 2.5 - 3.0	F	8:30 – 10:30 a.m.	1/8 - 2/5	5091	2/12 - 3/11	6091

Adult Camps

Adult Camps (16+ years)

Student/teacher ratio is 6:1. Fee for 2-hour camp is \$35 resident, \$39 non-resident.

Level	Day	Time (2 Hrs)	Session I	Code	Session II	Code
Beg/Adv Beg	Sa	4:00 – 6:00 p.m.	1/9	5200	2/13	6200
Beg/Adv Beg	Sa	4:00 – 6:00 p.m.	1/23	5202	2/27	6202
Beg/Adv Beg	Sa	4:00 – 6:00 p.m.	2/6	5204	3/12	6204
Int	Sa	4:00 – 6:00 p.m.	1/16	5201	2/20	6201
Int	Sa	4:00 – 6:00 p.m.	1/30	5203	3/5	6203

Other Sunnyvale Tennis Youth Class Locations

Ponderosa Park (9 – 16 years)

Student/teacher ratio is 8:1. Fee for 5-week class is \$151 resident, \$165 non-resident.

Classes meet twice a week at Ponderosa Park.

Level	Day	Time (1 Hr)	Session I	Code	Session II	Code
Beg	MW	3:30 – 4:30 p.m.	1/4 - 2/3	5084	2/7 - 3/9	6084
Adv Beg	MW	4:30 – 5:30 p.m.	1/4 - 2/3	5085	2/7 - 3/9	6085

Ortega Park (4 – 10 years)

Student/teacher ratio is 4:1 (Little Tennis) and 8:1 (Youth Classes). Classes meet at Ortega Park.

Little Tennis Fees: \$87 resident, \$95 non-resident. Youth Classes Fees: \$106 resident, \$117 non-resident.

Level	Age	Day	Time	Session I	Code	Session II	Code
Little Tennis	4 – 6	Sa	8:15 – 9:00 a.m.	1/9 - 2/6	5086	2/13 - 3/12	6086
Beg	7 – 10	Sa	9:00 – 10:30 a.m.	1/9 - 2/6	5087	2/13 - 3/12	6087
Int	7 – 10	Sa	10:30 – 12:00 p.m.	1/9 - 2/6	5088	2/13 - 3/12	6088
Adv Beg	7 – 10	Sa	12:00 – 1:30 p.m.	1/9 - 2/6	5089	2/13 - 3/12	6089

Class Policies

1. Pre-Registration is required for all tennis classes.
2. NO class registration or payments accepted via phone. Please register online at lifetimetennis.com or in person.
3. Class refunds are only given if requested no later than 10 working days prior to the first class meeting. Refund requests received 5 working days prior to the start of a class or program will be assessed a \$5 administrative fee, per class/program. NO REFUNDS or credits will be issued for requests received less than 5 days prior to the start of the class/program.
4. Class make-ups are not allowed for non-attendance.
5. Joining classes that students aren't registered for to make up for miss class is not allowed.
6. No refunds for non-attendance.
7. Full refunds/credits will be granted for classes cancelled by Lifetime Tennis
8. Rain make-ups will be posted online at www.lifetimetennis.com under Sunnyvale
9. Lifetime Tennis will prorate classes if registration occurs after the start of the session and availability exists



Sunnyvale Swim Complex



Sunnyvale Swim Complex at Fremont High School
1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087
(408) 732-2257 • www.calsportscenter.com



Winter 2015

The California Sports Center is proud to begin our 14th year running aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High is an outdoor, Olympic size, 50 meter by 25 yard pool. Amenities include a pool house with locker rooms separate from the high school, and a training room for community classes. The pool temperature is maintained between 78 and 82 degrees.

Swim Lessons Daily

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) format.

Register online today!

- Winter registration begins on Monday, November 2, 2015
- Winter lessons begin on Monday, November 23, 2015
- Spring registration begins on Monday, February 1, 2016

Winter lessons are taught in four-week sessions*. Weekday classes are available from 3 – 7 p.m. Morning lessons are available on select weekdays and Saturday and Sunday. Call for days and times.

**Our Winter 1 session may be shorter due to the holiday season.*

Pre-Competitive Swim Training (16 and Under)

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

Water Polo – Youth and Club (10+)

Our co-ed water polo programs are designed for kids ages 10 and older who are looking for beginner, intermediate or advanced training. Prerequisites: Youth students should be able to swim 200 yards and tread water for 1 minute in deep water. A club team is being formed based on skill set and player experience. Contact us to join.

Water Safety and Lifeguarding

Water Safety, Swim Instructor, CPR and Lifeguard Training classes are taught at the swim center. For more information, contact the pool or visit our website. Class space is limited.

Adult Lap Swim Daily

We are the City of Sunnyvale’s designated lap swim center. Adults and FUHSD high school students, age 16 and over with a school ID or Sunnyvale residency, are welcome to participate. Lap swim is available throughout the year.

Monday – Friday6 a.m. – 8 a.m. / 11:30 a.m. – 1:30 p.m. / 6 p.m. – 8 p.m.
Saturday/Sunday8 a.m. – 11 a.m.

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

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

Adult Programs

CSC Masters – Sunnyvale (18+)

Our masters program is for swimmers ages 18 and older who desire a coached, structured workout. Workouts are tailored for a full range of levels and abilities.

Monday – Friday8 a.m. – 9 a.m. / Noon – 1 p.m.
Saturday.....7 a.m. – 8 a.m.

Adult Swim Lessons (12+)

Whether you are a beginner or need assistance improving your technique, our program offers what is needed to reach your goals. Swimming is a lifetime sport, which when done properly, yields great benefits to your overall health and wellness!

Water Fitness (18+)

Our water aerobics class focuses on cardio fitness, flexibility, endurance, core strengthening and overall body fitness.

Swim Stroke Refinement Classes and Clinics (18+)

Our Podium Program and stroke clinics are two ways to improve or refine your swim skills. Contact us directly or view specific program details on our website.

Programs times and location are subject to change anytime. For more information, call (408) 732-2257, email swiminfo@calsportscenter.com or visit our website.

Host your next event in a Sunnyvale Park or Facility

There are a variety of 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. You can host a meeting, team-building session or a picnic, screen a film, challenge competitors to a game, hold your baby shower or wedding reception right here in your community. The possibilities are limitless.

Our Indoor facilities include:

- Multi-purpose Park Buildings for 50 – 100 people
- Community Center meeting rooms for 16 – 250 people
- Presidential Ballroom, up to 250 people
- Orchard Pavilion Banquet Hall, up to 300 people
- Sunnyvale Theatre, 200 seats

Our Outdoor facilities include:

- Picnic Areas for 10 – 325 people
- Sport athletic fields
- Plaza del Sol outdoor plaza, up to 2,700 people
- Pools for 145 – 250 people



Facility Rentals

**For detailed information
call (408) 730-7350
or visit
*FacilityRentals.inSunnyvale.com***

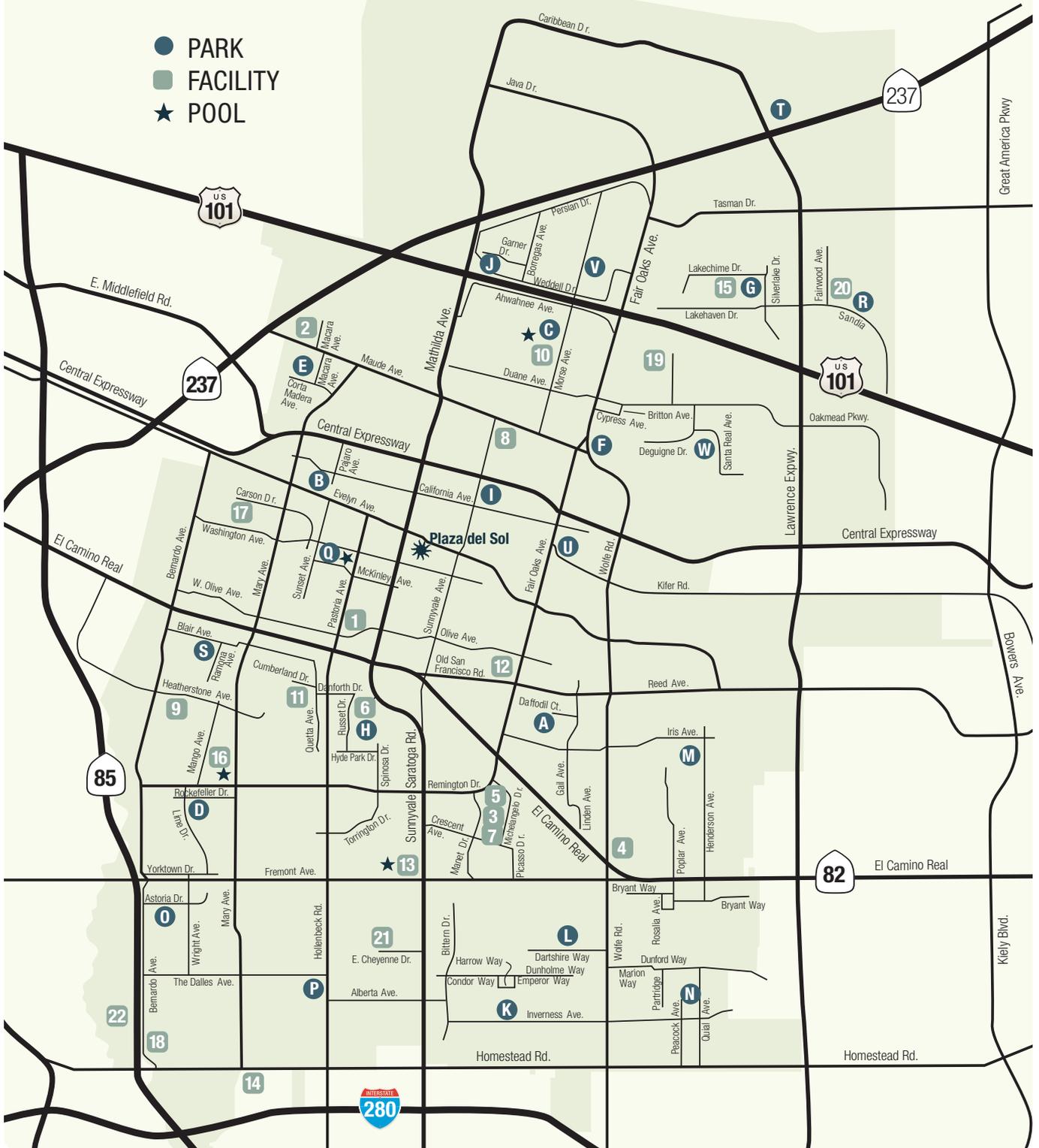
Sunnyvale Community Center
Monday - Friday, 9 a.m. – 6 p.m.
Phone: (408) 730-7350 • Fax: (408) 730-7754
550 E. Remington Drive • P.O. Box 3707
Sunnyvale, CA 94088-3707

For a map of Sunnyvale parks and facilities, see page 58.



City of Sunnyvale Facilities Map

- PARK
- FACILITY
- ★ POOL



Sunnyvale Parks		Map	Acres	Ball Field	Bas-ketball	Rec. Bldg.	Multi-Use Field	Picnic Area	Play-ground	Rest-rooms	Tennis	Volley-ball	Special Features
Baylands, 999 E. Caribbean Drive	T	177.0					1/0	• ☐	4/0	•			Nature trails, amphitheater
Braly, 704 Daffodil Court	A	5.6	1/0			•	1/0	• ☐	1/0	•	0/2	1/0	Sand volleyball court, lagoon, water play
Cannery, 900 W. California Ave.	B	.7						•	1/0				
Columbia, 739 Morse Ave.	C	14.7	1+ / 0	2/0			2/0	•	2/0	•	0/2		Par course, swimming pool
De Anza, 1150 Lime Drive	D	9.4	2/0	1+ / 0	•		1/0	• ☐	1/0	•			Roller skating rink, handball/racquetball court
Encinal, 999 Corte Madera Ave.	E	4.2	1/0	0 / ½			1/0	•	2/0	•	0/2	0/1	¼-mile par course, sand volleyball court
Fair Oaks, 540 N. Fair Oaks Ave.	F	15.3	0/2	0/3	•		0/1	•	1/0	•		1/0	Skate park, sand volleyball court
Fairwood, 1255 Sandia Ave.	R	1.9					1+ / 0	• ☐	1/0	•	0/2+	0/2	Greenbelt, par course, sand volleyball court
Greenwood Manor, Ramona & Blair Ave.	S	.4							1/0				
Lakewood, 834 Lakechime Drive	G	10.7	1/1	0/1	•		1/0	• ☐	2/0	•	0/2		Skate park, water play, handball courts
Las Palmas, 850 Russet Drive	H	24.3	1/0		•		1/0	• ☐	1/0	•	0/16		Dog Park, water play
Murphy, 250 N. Sunnyvale Ave.	I	5.4			•			•	1/0	•			Amphitheater, lawn bowling green
Orchard Gardens, 238 Garner Ave.	J	2.6		1/0	•			•	1/0	•	2/0		Greenbelt
Ortega, 636 Harrow Way	K	18.0	1/2+	0/1	•		1/0	• ☐	1/0	•	0/2		Water play, cricket pitch
Panama, 755 Dartshire Way	L	4.9	1/0				1/0	•		•			
Ponderosa, 811 Henderson Ave.	M	9.1	1/0	0/1	•		1/0	•	1/0	•	0/2	1/0	Sand volleyball court, bocce ball court
Raynor, 1565 Quail Ave.	N	14.7	2/0		•		1/0	• ☐	1/0	•			Roller skating rink
San Antonio, 1026 Astoria Drive	O	5.8	1/0				2/0			•			
Serra, 730 The Dalles	P	11.5	2/0		•		1/0	• ☐	1/0	•	0/4		Roller skating rink, water play
Seven Seas Park, 1010 Morse Ave.	V	5.3					1/0		2/0	•	0/1		Dog park, water play, greenbelt
Swegles Park, 545 Santa Real Avenue	W	1.0						•					Picnic tables
Victory Village, Fair Oaks at Kifer	U	1.0						•	1/0				Picnic tables only, fenced tot playground
Washington, 840 W. Washington Ave.	Q	11.8	1/1	0/2	•		1/0	• ☐	2/0	•	0/2		Handball, swimming pool

Park and Restroom Hours: 6 am – 9 pm
Tennis Lights stay on until 10 pm

See the facilities map on "City of Sunnyvale Facilities Map" on page 58 for locations.

For more information, call (408) 730-7751. For maintenance, call (408) 730-7506.

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

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

Map	Facility
1	Sunnyvale Library, 665 W. Olive Ave., (408) 730-7300
2	Sunnyvale Municipal Golf Course, 605 Macara Lane (408) 735-7285
3	Senior Center, 550 E. Remington Drive, (408) 730-7360
4	Sunken Gardens Golf Course, 1010 S. Wolfe Rd., (408) 739-6588
5	Community Center, 550 E. Remington Drive, (408) 730-7350
6	Sunnyvale Municipal Tennis Center, 755 S. Mathilda Ave., (408) 732-2130
7	Heritage Park Museum, 550 E. Remington Drive, (408) 749-0220
8	Bishop School, 450 N. Sunnyvale Ave.
9	Cherry Chase School, 1138 Heatherstone Way
10	Columbia Middle School and Pool, 739 Morse Ave. Columbia Neighborhood Center, 785 Morse Ave.
11	Cumberland Elementary School, 824 Cumberland Drive
12	Ellis School, 550 E. Olive Ave.
13	Fremont High School, 1279 Sunnyvale-Saratoga Road Sunnyvale Swim Complex, 1283 Sunnyvale-Saratoga Road
14	Homestead High School, 21370 Homestead Rd.
15	Lakewood School, 750 Lakechime Drive
16	Sunnyvale Middle School and Pool, 1080 Mango Ave.
17	Vargas School, 1054 Carson Drive
18	Cupertino Middle School, 1650 S Bernardo Ave.
19	San Miguel, 777 San Miguel Ave.
20	Fairwood School, 1110 Fairwood Ave.
21	Nimitz Elementary, 545 E. Cheyenne Drive
22	West Valley Elementary, 1635 Belleville Way
✳	Plaza del Sol, 200 W. Evelyn Ave., (408) 730-7335



Water play at Seven Seas Park

Photo by Varshadeep Parlatthayya



1

How to Register

Online

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

Mail

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

2

3

Fax

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

Walk In

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

4

Registration Checklist/Information

- Make sure your registration form is signed.
- Include payment: check, money order, Visa or Mastercard credit card
- Make checks payable to: City of Sunnyvale.
There is a charge of \$30 for returned checks.
- Age level in course descriptions indicates participants must be that age by starting date of the class.
- Class registration will be accepted until the second class meeting, provided openings are available.
- For general registration information, please call (408) 730-7350.

Sunnyvale Resident Rates

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

Additionally...

Waiting Lists

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

Cancellations / Missed Classes

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.

If an individual class meeting is canceled due to instructor illness or facility issues, we will make every effort to notify you by phone or email as soon as we are aware of the situation. Please make sure your contact information is current so we can reach you. If a class meeting is canceled by the City, staff will notify you whether we can offer a make-up class or will issue a credit for the missed meeting. We do not offer make-up classes or issue credits when individual customers miss a class for illness or other personal reasons.

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 must request a refund or transfer prior to the second class meeting for most classes and four weeks prior to the first day of camps, unless otherwise noted in the class description. Refunds and transfers will not be issued for one- and two-day activities, camps or classes, 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.

Non-participants

The City of Sunnyvale does not allow unregistered individuals in the program space, except when family and friends are invited to attend student recitals or demonstrations.

Fee Waiver Assistance Program for Youth Programs

Eligible Sunnyvale residents may apply to waive, or offset, the expense of the Department of Library and Community Services program 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 Recreation Fee Waiver Assistance Program does not fund adult or senior programming, special events or participation in non-profit youth sports organizations. Recreation Fee Waiver Assistance Program resources are limited and subject to availability of funds. Please allow 30 (thirty) days for a response to your application. For more information, call (408) 730-7350. Applications for the Fee Waiver Program are accepted July 1 – May 1. If you are granted a fee waiver, the last day to register for a program using your fee waiver funds is May 15. Any funds not used by May 15 are forfeited and cannot be carried over to the next fiscal year, nor used for another individual. Fee Waiver applications are available at the Sunnyvale Community Center or online.

Golf/Tennis Registration

For golf registration, please see page "Golf" on page 52.

For tennis registration, please see page 54. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

People With Disabilities

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



Registration Form

Please **PRINT** your information. For Senior Center trips, please use the registration page in the "Steppin' Out Messenger" newsletter

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 3-Digit Security Code (on back of card): _____ Expiration Date: _____



Card Number: _____ Name of Card Holder: _____ Signature: _____

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

SPECIAL NEEDS: If you or your child has special needs related to this class or activity, please indicate. _____

First Name	Birth Date (if under 18 years)	Class Name	T-Shirt Size*	Class Number (example: 123456.MC)		Class Fee
				First Choice	Second Choice	
				.	.	\$
				.	.	\$
				.	.	\$
				.	.	\$
				.	.	\$
Current Senior Center members can deduct \$5 per Senior Center classes →						\$
TOTAL FEES →						\$

* **T-SHIRT SIZE** for select classes only; see class description. Sizes available are Youth: YXS, YS, YM, YL or Adult: AS, AM, AL, AXL

FOR OFFICE USE ONLY: Receipt Number: _____ Initials: _____



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twitter.com/SunnyvaleRec

 **Find activity partners on Meetup**
meetup.com/SunnyvaleCommunityCenter

 **Sign up for our e-newsletter**
or email
recreation@sunnyvale.ca.gov



Super Safari Preschool, **page 5**



Photo by Alfred Leung

SYBL Registration is Open, **page 20**



Join Teen Advisory Committee,
page 24



Photo by Varshadeep Parlatthayya

Adults 50+ Thanksgiving Luncheon,
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Photo courtesy, Candelaria

Evening of Cultural Arts, **page 30**