



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



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

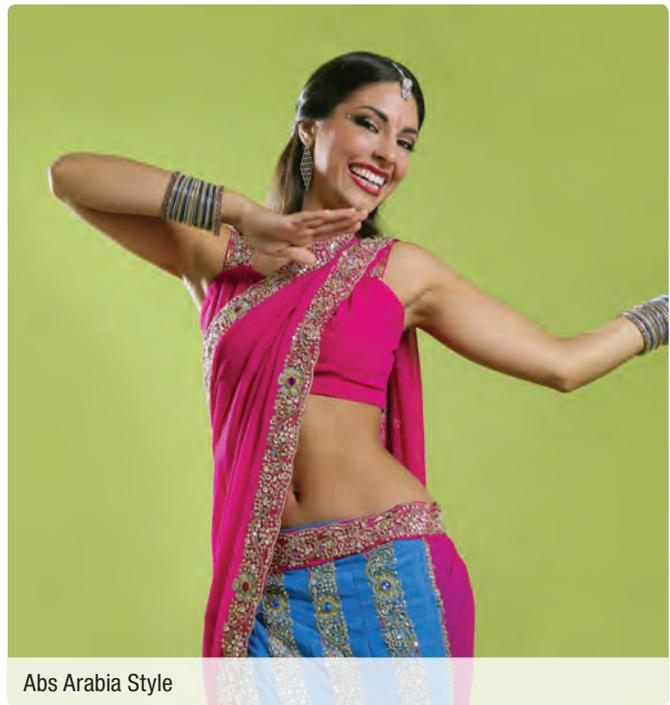
Abs Arabia Style TRY IT! 18+

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...

Adults



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

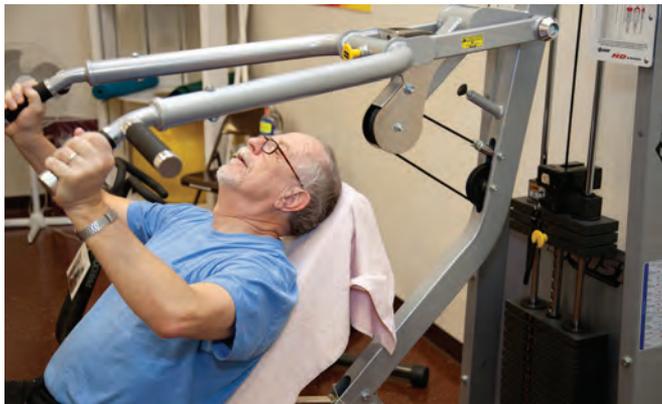
Meditation and Visualization (16+)

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.



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

Adults



See a Show in Sunnyvale!

Adults

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

Evenings of Cultural Arts

(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

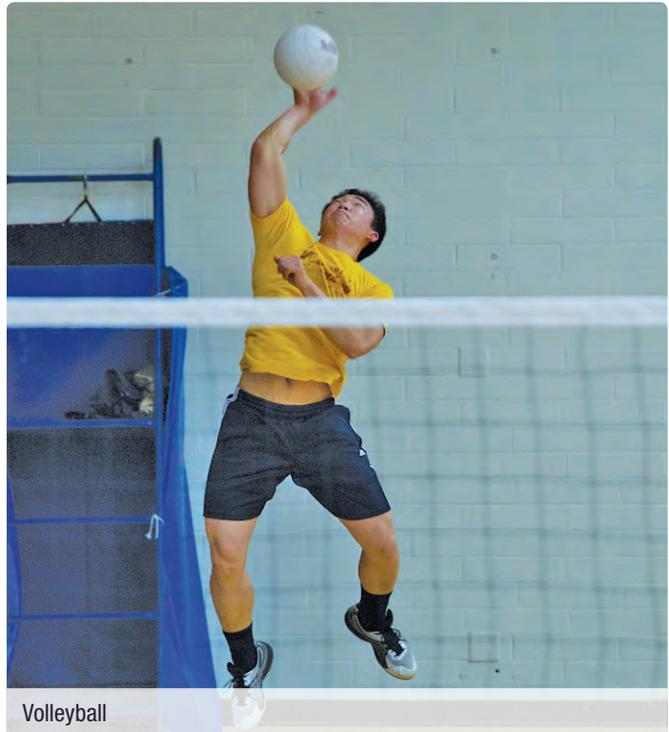
Volleyball – Intermediate/Advanced (16+)

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