



Driver's Education (14 & older)

Driver's Education is the state required course all students under 18 must take to obtain their instruction permit. This course meets the State of California requirements. Driver 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. Upon completion of the course the student will receive a Certificate of Completion of Classroom Driver Education. Students should bring a bag lunch.

Instructor: Economic Driving School-2430

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
335310.DR	14-older	12/27-12/30	SaSu	8:30am-4:30pm	\$130/\$158



Online Driver Education Course

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

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

www.economicdrivingschool.com/online

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

Choose Activity Guide. Enter code: 7350

Cost: \$68.50

Square Dancing (18years & older)

Modern Western square dancing is a fun, friendly, sociable activity for dancers of all ages and ability levels. As an added benefit, an evening of square dancing provides a gentle cardiovascular workout, equivalent to a three-mile walk, to help burn calories and keep bones strong. Keep your memory strong, too, as you learn and practice the 100 internationally recognized square dance calls. Each lesson adds new steps and formations to your repertoire. The first session (7:00-8:30pm) focuses on beginning to mainstream calls for newer dancers. The second session (8:30-10:00pm) adds more challenging calls to plus level. No partner or experience needed. Dress is casual. Wear comfortable shoes.

FIRST NIGHT IS FREE!

Location: Murphy Park Building, 130 E. California Ave.

When: Tuesdays, 7:00pm-10:00pm with Sunnyvale Squares (New classes begin the first Tuesday of March and September. First-time dancers must start at the beginning of a class. Returning dancers are welcome to join anytime.

Fee: \$30 per month, purchased by the month at the door
First night FREE for new dancers.

For more information, please call (408) 744-1021

TM

Performing Arts

Belly Dance (18 & older) **TRY-IT**

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.

Level 3 - Advanced: Perfect your performance with an emphasis on stage positioning, overall stage presence, advanced combinations and layering. Prerequisite: 2 years training at intermediate level.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344101.TP	1	18 & older	11/13-12/18	Tu	6:30pm-7:30pm	\$59/\$74
344102.TQ	2	18 & older	11/13-12/18	Tu	7:30pm-8:30pm	\$59/\$74
344103.TR	3	18 & older	11/13-12/18	Tu	8:30pm-9:30pm	\$59/\$74
444101.TP	1	18 & older	1/8-2/26	Tu	6:30pm-7:30pm	\$79/\$99
444102.TQ	2	18 & older	1/8-2/26	Tu	7:30pm-8:30pm	\$79/\$99
444103.TR	3	18 & older	1/8-2/26	Tu	8:30pm-9:30pm	\$79/\$99

International Folk Dance (13 & older)

Dance your way around the world! Enjoy great music and learn a wide variety of fun and easy dances from Europe, the Middle East, Asia and the Americas. Folk dance is a fun way to get some low impact exercise and meet new people in a friendly environment. No prior dance experience required. No partner required. Dress in comfortable clothing and soft-soled shoes.



Instructor: Loui Tucker

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
344190.TP	13 & older	11/6-12/18	Tu	7:30pm-9:00pm	\$89/\$111
444190.TP	13 & older	1/8-2/26	Tu	7:30pm-9:00pm	\$99/\$124

Lunch Hour Hula (18 & older) **TRY-IT**

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

Instructor: Kanani Densing

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
344140.FP	18 & older	11/9-12/14	F*	12:00pm-1:00pm	\$49/\$61
*No class 11/23					
444140.FP	18 & older	1/11-3/1	F	12:00pm-1:00pm	\$79/\$99

Israeli Folk Dance (13years & older)

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

Where: Ballroom in the Recreation Center

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

Cost: \$7 at the door

No class 12/24, 12/31

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

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Teen & Adult



Sunnyvale Bluegrass Jam

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

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

Where: Creative Arts Center, Meeting Room

Cost: \$5 per person at the door

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



Ballroom Dance (18 & older) **TRY•IT**

Ever known somebody who didn't like to dance? Maybe he or she just didn't know how. Join this fun, non-competitive class and find out how simple it is to learn the basics of the Fox Trot, Waltz, Tango, West Coast Swing, Rhumba, and Cha-Cha. Wear leather-soled shoes that will stay firmly on your feet and allow you to spin safely. No tennis shoes, platform shoes or sandals. No partner necessary. We'll switch dance partners throughout the lesson.

Instructor: Bud Ayers

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344301.MP	1	18 & older	11/5-12/17	M	7:30pm-8:30pm	\$69/\$86
344301.TQ	1	18 & older	11/6-12/18	Tu*	8:30pm-9:30pm	\$59/\$74
344302.MQ	2	18 & older	11/5-12/17	M	8:30pm-9:30pm	\$69/\$86

*No class 12/11

444301.MP	1	18 & older	1/7-2/25	M*	7:30pm-8:30pm	\$59/\$74
444301.TQ	1	18 & older	1/8-2/26	Tu	8:30pm-9:30pm	\$79/\$99
444302.MQ	2	18 & older	1/7-2/25	M*	8:30pm-9:30pm	\$59/\$74

*No class 1/21, 2/18

Hip Hop Dance Workout (16 & older) **TRY•IT**

Hip hop, don't stop! This super high-energy class will get you moving like the dancers in your favorite videos. Loosen up your body with heart-pumping, calorie-burning workout. Music is carefully selected from current hits.

Instructor: Linh Ton

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344321.MS	Beg	16 & older	11/5-12/17	M	8:00pm-9:00pm	\$69/\$86
444321.MS	Beg	16 & older	1/7-2/25	M*	8:00pm-9:00pm	\$59/\$74

*No class 1/21, 2/18

Salsa (18 & older) **TRY•IT**

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

Instructor: Bud Ayers

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344361.TP	Beg	18 & older	11/6-12/18	Tu*	7:30pm-8:30pm	\$59/\$74
444361.TP	Beg	18 & older	1/8-2/26	Tu	7:30pm-8:30pm	\$79/\$99

*No class 12/11

Tap Dance (14 & older) **TRY•IT**

Start tapping and your happy feet are sure to send a message to your whole body. You'll leave this class feeling uplifted and rejuvenated, with improved coordination, agility and tapping skills. Tap shoes are required.

Level 1 - Beginning: Learn and practice basic tap techniques, traveling steps and simple combinations. This class is perfect for adults and teens who have never tapped before and for anyone wanting a review.

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

Instructor: Bonnett Saussol

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344481.JP	1	14 & older	11/1-12/13	Th*	6:30pm-7:30pm	\$59/\$74
344482.JQ	2	14 & older	11/1-12/13	Th*	7:30pm-8:30pm	\$59/\$74

*No class 11/22

444481.JP	1	14 & older	1/10-2/28	Th*	6:30pm-7:30pm	\$69/\$86
444482.JQ	2	14 & older	1/10-2/28	Th*	7:30pm-8:30pm	\$69/\$86

*No class 2/14



Guitar (12 & older)

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

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

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

Instructor: Rick DeSera

Location: Recreation Center, Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
344831.JP	1	12 & older	11/8-12/20	Th*	6:00pm-7:15pm	\$59/\$74
344832.WQ	2	12 & older	11/7-12/19	W*	6:00pm-7:15pm	\$59/\$74
*No class 11/21, 11/22						
444831.JP	1	12 & older	1/10-2/28	Th	6:00pm-7:15pm	\$79/\$99
444832.WQ	2	12 & older	1/9-2/27	W	6:00pm-7:15pm	\$79/\$99

Piano Keyboard (13 & older)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Non-refundable materials fee of \$22 is due at first class meeting.

Instructor: Noteworthy Music

Location: Creative Art Center, Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
344850.MU	13 & older	11/5-12/17	M	7:30pm-8:15pm	\$79/\$99
344850.WU	13 & older	11/7-12/19	W*	7:30pm-8:15pm	\$69/\$86
*No class 11/21					
444850.MU	13 & older	1/7-2/25	M*	7:30pm-8:15pm	\$69/\$86
444850.WU	13 & older	1/9-2/27	W	7:30pm-8:15pm	\$89/\$111
*No class 1/21, 2/18					



Teen & Adult

Gymnastics

Gymnastics: Co-Ed (17 & older)

This is a co-ed recreational class for beginners. No previous experience is required. This class focuses on both men's and women's events and skills, including floor exercise, pommel horse, uneven and horizontal bars, vault, balance beam, and parallel bars. Strength and flexibility development are integral parts of the class.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
343061.WA	Beg	17 & older	10/31-12/19	W	7:30pm-8:25pm	\$129/\$161
443061.WA	Beg	17 & older	1/9-2/27	W	7:30pm-8:25pm	\$129/\$161

Sports & Fitness

Aerobics (16 & older)

Exercise routines choreographed to music. Adventurous exercisers can choose between high and low impact variations of different aerobic moves. The workout also combines floor work with stretching and toning with 1-3 lb weights, if desired. Participants bring weights and a mat. Ages 12-15 may register with a parent. Children under age 12 are not allowed in the classroom or Senior Center while class is in session.

Instructor: Christine Sabooni

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348160.MA	16 & older	11/5-12/17	MW*	7:00pm-8:30pm	\$78/\$94
*No class 11/21, 12/12					
448160.MA	16 & older	1/7-2/27	MW*	7:00pm-8:30pm	\$84/\$105

*No class 1/16, 1/21, 2/18, 2/20



Baby Boot Camp (18 & older)

Get an all-body workout, including cardiovascular drills, strength training, and exercises designed to restore your core- all while being with your baby! Prenatal women must have a doctor's note and post-partum moms (at least 6-8 weeks) must have their doctor's verbal consent to participate. Exercise kits are required for first time users and can be purchased from the instructor for \$ 49.

Instructor: Bay Area Baby Boot Camp

Location: Las Palmas Park

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348151.TA	Beg	18 & older	11/6-12/18	Tu	9:30am-10:30am	\$70/\$88
348151.RA	Beg	18 & older	11/1-12/20	Th*	9:30am-10:30am	\$70/\$88
348151.SA	Beg	18 & older	11/3-12/22	Sa	9:30am-10:30am	\$80/\$100

*No class 11/22

448151.TA	Beg	18 & older	1/8-1/29	Tu	9:30am-10:30am	\$50/\$63
448151.TB	Beg	18 & older	2/5-2/26	Tu	9:30am-10:30am	\$50/\$63
448151.RA	Beg	18 & older	1/3-1/31	Th	9:30am-10:30am	\$63/\$79
448151.RB	Beg	18 & older	2/7-2/28	Th	9:30am-10:30am	\$50/\$63
448151.SA	Beg	18 & older	1/5-1/26	Sa	9:30am-10:30am	\$50/\$63
448151.SB	Beg	18 & older	2/2-2/23	Sa	9:30am-10:30am	\$50/\$63

Badminton (14 & older)

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

Instructor: Terence Chua

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348000.TA	14 & older	11/6-12/18	Tu	7:00pm-9:00pm	\$55/\$69
448000.TA	14 & older	1/8-2/26	Tu	7:00pm-9:00pm	\$64/\$80

Body & Core Strengthening-Int. (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone-a perfect complement to regular cardio workouts. Intermediate level class; must have participated in a Sunnyvale Senior Center fitness class or equivalent within the past year. Bring mat, handweights and stability ball. *NOTE: Online registration is not available for this class.* Class registration forms will be accepted on 10/2. Priority registration given to walk in residents. \$5 discount with Senior Center Membership. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Recreation Center, Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358302.BA	50yrs-older	11/3-1/12	Sa*	8:30am-9:30am	\$32/\$40

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

458302.BA	50yrs-older	1/26-3/16	Sa	8:30am-9:30am	\$32/\$40
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Hatha Yoga Lite (16 & older)

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

Instructor: Robin Pickel

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348760.SB	16 & older	11/3-12/15	Sa	9:30am-11:00am	\$65/\$81
448760.SB	16 & older	1/5-2/23	Sa	9:30am-11:00am	\$76/\$95

Lunch-hour Pilates (18 & older)

Work out on your lunch-hour, but skip the sweat with this gentle, effective mat class! Strengthen and tone with controlled breathing/movement exercises focused on core muscles. Pilates emphasizes body mechanics, alignment and form to improve flexibility, balance and posture. Class uses rings, bands and balls for added challenge. Yoga mat required. Class is not suitable for pregnant women or people with acute mobility, joint or bone density problems.

Instructor: Sarah Graves

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348920.TP	18 & older	11/6-12/18	Tu*	12:00pm-1:00pm	\$69/\$86
348920.JP	18 & older	11/1-12/20	Th*	12:00pm-1:00pm	\$69/\$86

*No class 11/20, 11/22

448920.TP	18 & older	1/8-2/26	Tu	12:00pm-1:00pm	\$79/\$99
448920.JP	18 & older	1/10-2/28	Th	12:00pm-1:00pm	\$79/\$99

Meditation and Visualization (16 & older)

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

Instructor: Robin Pickel

Location: Recreation Center, Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348780.SC	16 & older	11/3-12/15	Sa	11:15am-12:00pm	\$65/\$81
448780.SC	16 & older	1/5-2/23	Sa	11:15am-12:00pm	\$76/\$95

Personal Training Program (18 & older)

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

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

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

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



Strength Training (18 & older) **TRY-IT**

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility—all through the proper use of fitness machines and weights. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of 8-10 students to better meet your individual fitness goals.

Instructor: Suzanne Luft

Location: Senior Center Aspen Fitness Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
446300.AA	18 & older	1/28-3/11	M*	7:00pm-8:00pm	\$46/\$58
446300.BA	18 & older	1/29-3/5	Tu	7:00pm-8:00pm	\$46/\$58

*No class 2/18

Tai Chi Chuan (14 & older) **TRY-IT**

Exercise your body and mind with the slow motion, dance-like 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. No black-soled shoes allowed.

Level 1 - Beginning/Advanced Beginning: Learn fundamentals of Yang style traditional forms and work to master authentic 8-form and 28-form short routines.

Level 2 - Intermediate/Advanced: Challenge yourself with the authentic Yang style 85-form long routine and techniques with and without partners. Teacher provides advanced students with individual coaching in sword and saber form.

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348911.WP	1	14 & older	11/7-12/12	W*	6:30pm-7:30pm	\$39/\$49
348912.WQ	2	18 & older	11/7-12/12	W*	7:45pm-9:15pm	\$59/\$74

*No class 11/21

448911.WP	1	14 & older	1/9-2/27	W	6:30pm-7:30pm	\$59/\$74
448912.WQ	2	18 & older	1/9-2/27	W	7:45pm-9:15pm	\$89/\$111

Volleyball (16 & older)

Skills taught are team-play oriented with a fun atmosphere. Students should know rules and be able to pass, dig, set, serve and spike the ball. This is not a beginner class.

Instructor: Tom Jack

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
348702.MA	Int/Adv	16 & older	11/5-12/17	M*	8:00pm-10:00pm	\$65/\$81

*No class 11/12

448702.MA	Int/Adv	16 & older	1/7-2/25	M*	8:00pm-10:00pm	\$66/\$83
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*No class 1/21, 2/18

Yoga for Fitness (16 & older)

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

Instructor: Betty Strain

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348750.FA	16 & older	11/2-12/14	F*	9:30am-11:00am	\$56/\$70

Location: Senior Center, Orchard Pavilion

348750.RA	16 & older	11/1-12/13	Th*	6:30pm-8:00pm	\$56/\$70
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*No class 11/22, 11/23

Location: Recreation Center, Community Room

448750.FA	16 & older	1/4-2/22	F	9:30am-11:00am	\$76/\$95
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Location: Senior Center Orchard Pavilion

448750.RA	16 & older	1/3-2/21	Th	6:30pm-8:00pm	\$76/\$95
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Yoga for Wellness (16 & older)

Stressed out? Need to relax? This class taught by a certified Iyengar instructor will have lasting benefits in your life. The practice of Yoga will improve your overall health and release tension and stress. No experience necessary- all levels welcome. Please bring a yoga mat and two towels or a firm blanket. Age 12-15 may register with a parent.

Instructor: Baerbel Schuhmacher

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348770.TA	16 & older	11/6-12/18	Tu*	6:00pm-7:30pm	\$63/\$79

*No class 11/20

448770.TA	16 & older	1/15-2/26	Tu	6:00pm-7:30pm	\$76/\$95
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Zumba (18 & older) **TRY-IT**

A fun energetic workout to a fusion of Latin and international music. The routines combine fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. Come and join the Zumba party!

Instructor: Gwen Gillespie (T,Th), Ley Howell (Sat)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
348790.TA	18 & older	11/6-12/11	Tu	9:15am-10:15am	\$53/\$66
348790.TB	18 & older	11/6-12/11	Tu	6:00pm-7:00pm	\$53/\$66
348790.HA	18 & older	11/8-12/13	Th*	9:15am-10:15am	\$44/\$55
348790.HB	18 & older	11/8-12/13	Th*	6:00pm-7:00pm	\$44/\$55

Location: Senior Center Orchard Pavilion

348790.SA	18 & older	11/3-12/15	Sa*	9:00am-10:00am	\$53/\$66
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*No class 11/22, 11/24

Location: Recreation Center, Ballroom

448790.TA	18 & older	1/15-2/26	Tu	9:15am-10:15am	\$63/\$79
448790.TB	18 & older	1/15-2/26	Tu	6:00pm-7:00pm	\$63/\$79
448790.HA	18 & older	1/17-2/28	Th	9:15am-10:15am	\$63/\$79
448790.HB	18 & older	1/17-2/28	Th	6:00pm-7:00pm	\$63/\$79

Location: Senior Center Orchard Pavilion

448790.SA	18 & older	1/5-2/23	Sa	9:00am-10:00am	\$72/\$90
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Teen & Adult



Evenings of Cultural Arts

Arts.inSunnyvale.com

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



Please indicate your ticket order below.

Type of Ticket	②	③	④	⑤	⑥	⑦	⑧	# Ordered	Price Each	Cost
GA = General Admission S/S = Student / Senior 60+	Fishtank Ensemble 10/20/12	County Line Trio 11/24/12	Dr. Elmo & Wild Blue 12/15/12	Kat Parra Latin World Ensemble 1/19/13	Maurice Tani & 77 El Deora 2/16/13	The Patrick Landeza Project 3/23/13	The Black Brothers 4/13/13			
SUBSCRIPTIONS: please check which shows you wish to see										
6-shows: GA									X \$144	
6-shows: S/S									X \$108	
4-shows: GA									X \$104	
4-shows: S/S									X \$80	
INDIVIDUAL TICKETS: please mark the # desired per show – Buy 9 individual tickets and get a 10th free										
General Admission									X \$28	
Student or Senior									X \$22	
Per Order Handling Fee (for mail, fax, phone orders)										+ \$1
Total Amount Due										
Tax-Deductible Donation toward City-Presented Performances										
Total Enclosed										



SPONSORS



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

PAYMENT INFORMATION

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

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

Name on Card: _____ Signature: _____

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

Phone #: _____ E-mail: _____

Please mail my tickets to the address above. (This option not available for orders received fewer than 10 days before earliest performance purchased.)
 Please hold my tickets at "Will Call" I would like to receive e-mail announcements and special offers from Sunnyvale Theatre.

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

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



SEE A SHOW IN SUNNYVALE!

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

Evenings of Cultural Arts

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

<i>Fishtank Ensemble</i>	10/20
<i>Country Line Trio</i>	11/24
<i>Dr. Elmo & Wild Blue</i>	12/15
<i>Kat Parra Latin World Ensemble</i>	1/19
<i>Maurice Tani & 77 El Deora</i>	2/16

All shows at 8 p.m.

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

California Theatre Center

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

FAMILY SERIES

<i>The Sleeping Beauty</i>	9/29, 10/6
<i>Harry the Dirty Dog</i>	10/20, 10/27
<i>The Time Machine</i>	11/10, 11/17
<i>The Elves & the Shoemaker</i>	11/30, 12/1, 12/7, 12/14
<i>A Holiday of Times Past</i>	12/1, 12/8, 12/15
<i>Rudyard Kipling's Just So Stories</i>	1/2, 1/19, 1/26
<i>Robinson Crusoe</i>	2/2, 2/9
<i>Miss Nelson is Missing</i>	2/23, 3/2

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

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

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

Sunnyvale Community Players

more information at www.sunnyvaleplayers.org)

<i>Legally Blonde</i>	9/14 – 10/7
<i>25th Annual Putnam County Spelling Bee</i>	10/26 – 11/18
<i>Wizard of Oz (Jr. Show)</i>	2/22 – 3/17

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

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

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

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

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

\$2 per ticket Box Office fee

\$1 per order on phone and online orders



Visual Arts/Pottery

Basic Digital Photography (15 & older)

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

Instructor: Richard Fox

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
449511.TA	Beg	16 & older	1/8-2/26	Tu	7:00pm-9:00pm	\$76/\$95

Basic Photoshop for Photography (15 & older)

Turn your digital images into photographs using Photoshop tools and tricks. Digital workflow used by professionals will be taught. Improve contrast, sharpness and color. Students are urged to bring a laptop with Photoshop Cs4/5 or Photoshop elements. Students who do not bring a laptop to class may still participate.

Instructor: Richard Fox

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
449550.WA	15yrs&older	1/9-2/27	W	7:00pm-9:00pm	\$76/\$95

Cartoon and Comic Drawing (13-18years)

Create your very own cartoon character. Various illustration and comic styles will be taught. Focus will be on details such as clothes, hair, facial expressions, interactions between figures and backgrounds. Outlining and shading will be introduced, as well as the concepts of lighting and perspective. Each week, student will show their progress in their sketch book to the instructor. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
339140.F1	Beg	13-18yrs	11/2-12/21	F*	5:30pm-6:30pm	\$63/\$79
339140.F2	Int	13-18yrs	11/2-12/21	F*	6:30pm-7:30pm	\$63/\$79
*No class 11/23						
439140.F1	Beg	13-18yrs	1/11-2/22	F	5:30pm-6:30pm	\$63/\$79
439140.F2	Beg	13-18yrs	1/11-2/22	F	6:30pm-7:30pm	\$63/\$79

Figure Painting & Sculpting (18 & older)

This class will focus on figure proportion and anatomy through painting, drawing and ceramic sculpture. Students will learn to analyze the figure while expressing individual interpretation. Materials list appears on registration receipt. Participants must be 18 years or older for this class. Model fees will be shared by class participants (approximately \$50-80) and payable at first class.

Instructor: Rebecca Bui

Location: Creative Art Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349941.MA	Beg	18yrs&older	11/5-12/17	M*	7:00pm-10:00pm	\$90/\$113
*No class 11/19						
449941.MA	Beg	18yrs&older	1/7-2/25	M*	7:00pm-10:00pm	\$90/\$113
*No class 1/21, 2/18						

Glass Fusing (16 & older)

Learn how easy and fun it is to make beautiful fused art glass! You'll be introduced to the glass fusing process by melting layers of glass in a kiln to create small coasters, tiles, pendants, wall art and more. Topics will include: safety, how to select and cut glass, use of basic glass fusing tools, kiln shelf preparation, and firing techniques. You do not need to be an artist to learn this fun art form. Intermediate students are welcome and can expand on existing glass fusing skills. Design help is always available. Classes will begin with a short lecture on intermediate and/or advanced topics with samples. Please wear closed toed shoes. A non-refundable \$65 supply fee will be collected at first class.

Instructor: Crystal Ouzillou

Location: Creative Art Center, Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349311.MA	Beg	16 & older	11/12-11/26	M	9:00am-12:00pm	\$68/\$85
349311.MK	Beg	16 & older	12/3-12/17	M	9:00am-12:00pm	\$68/\$85
349311.WA	Beg	16 & older	12/5-12/19	W	7:00pm-10:00pm	\$68/\$85
449311.MA	Beg	16 & older	1/7-1/28	M*	9:00am-12:00pm	\$68/\$85
449311.MK	Beg	16 & older	2/4-2/25	M*	9:00am-12:00pm	\$68/\$85
449311.WA	Beg	16 & older	1/9-1/30	W*	7:00pm-10:00pm	\$68/\$85
449311.WB	Beg	16 & older	2/6-2/20	W	7:00pm-10:00pm	\$68/\$85

*No class 1/21, 1/23, 2/18

Japanese Anime (13-18years)

This seven week course will teach students how to draw the recognizable facial features that define Japanese Anime. Each week students will be asked to sketch in their sketchbooks and share their progress in class. A non-refundable supply fee of \$6 will be collected at first class.

Instructor: Noteworthy Music

Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
339450.M1	Beg	13-18yrs	11/5-12/17	M	5:30pm-6:30pm	\$63/\$79
339450.M2	Int	13-18yrs	11/5-12/17	M	6:30pm-7:30pm	\$63/\$79
439450.M1	Beg	13-18yrs	1/7-2/25	M*	5:30pm-6:30pm	\$54/\$68
439450.M2	Int	13-18yrs	1/7-2/25	M*	6:30pm-7:30pm	\$54/\$68

*No class 1/21, 2/18





Pottery (16 & older)

This course will teach you basic hand and wheel techniques. Individual style and approach is encouraged. Perfect for the beginning and advanced beginning potter. Clay must be purchased in class (\$28 for a 25 lb. bag) Firing and glazing included in class price. Beginning tool kits may be purchased in class (\$25).

Instructor: Danny Sheu (M, Th, F), Barbara Brown (W)

Location: Creative Art Center, Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349911.MA	Beg	16 & older	11/12-12/17	M	7:00pm-10:00pm	\$144/\$180
349911.WA	Beg	16 & older	11/14-12/19	W	9:00am-12:00pm	\$144/\$180
349911.WB	Beg	16 & older	11/14-12/19	W	12:00pm-3:00pm	\$144/\$180
349911.JA	Beg	16 & older	11/15-12/20	Th*	7:00pm-10:00pm	\$120/\$150
349911.FA	Beg	16 & older	11/16-12/21	F*	10:00am-1:00pm	\$120/\$150

*No class 11/22, 11/23

449911.MA	Beg	16 & older	1/7-2/4	M*	7:00pm-10:00pm	\$96/\$120
449911.WA	Beg	16 & older	1/2-2/6	W	9:00am-12:00pm	\$144/\$180
449911.WB	Beg	16 & older	1/2-2/6	W	12:00pm-3:00pm	\$144/\$180
449911.JA	Beg	16 & older	1/3-2/7	Th	7:00pm-10:00pm	\$144/\$180
449911.FA	Beg	16 & older	1/4-2/8	F	10:00am-1:00pm	\$144/\$180
449911.MK	Beg	16 & older	2/11-3/18	M*	7:00pm-10:00pm	\$120/\$150
449911.WK	Beg	16 & older	2/13-3/20	W	9:00am-12:00pm	\$144/\$180
449911.WL	Beg	16 & older	2/13-3/20	W	12:00pm-3:00pm	\$144/\$180
449911.JK	Beg	16 & older	2/14-3/21	Th	7:00pm-10:00pm	\$144/\$180
449911.FK	Beg	16 & older	2/15-3/22	F	10:00am-1:00pm	\$144/\$180

*No class 1/21, 2/18

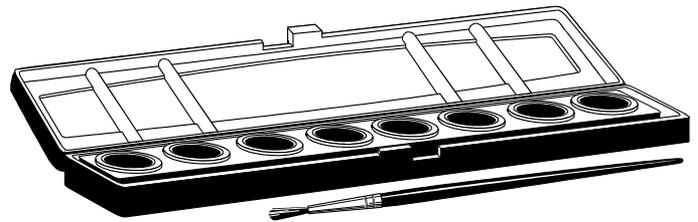
Watercolor (16 & older)

Learn watercolor basics in a relaxed setting. Have fun trying out still life, landscape and the figure. See how famous artists have used this versatile medium to enhance their lives. In-class demonstrations and slide lectures. Supply list will appear on your receipt (approx.\$45). Supplies should be provided by second class meeting. Supplies for first class will be provided.

Instructor: Karen Haas

Location: Creative Art Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
349641.JA	Beg	16 & older	11/8-12/13	Th*	10:00am-12:00pm	\$55/\$69
*No class 11/22						
449641.JA	Beg	16 & older	1/17-2/21	Th	10:00am-12:00pm	\$66/\$83



Teen & Adult

Friends of the Sunnyvale Pottery Studio

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

HOLIDAY POTTERY SALE

FRIDAY DEC 7 & SATURDAY DEC 8, 2012
10:00 AM - 5:00 PM

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

Free Admission!





FOR DANCERS ONLY

(18years & older)

Lindy Lab, 8 – 8:30 p.m.

Take advantage of our spacious floor and wall of mirrors to work on your solo dancing, or bring a friend to practice your moves in a open, collaborative environment. Bring your video camera, and an FDO staff member will record a clip of your dancing for you to review and learn from.

Social Dancing, 8:30 p.m. – Midnight

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

Location: Sunnyvale Community Center,
Theatre Dance Studio

When: First and Third Fridays of the Month

Admission (cash only): \$5 before 8:30 p.m., \$8 after 8:30 p.m.

For more information, visit For Dancers Only online at www.facebook.com/ForDancersOnly or e-mail ForDancersOnlySB@gmail.com

Open Pottery Studio (16yrs & older)

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

Location: Pottery Room in Creative Arts Center

Session: 10/1-12/22, 1/2-3/23

(studio closed 9/24-9/29, 11/22 & 11/23, 12/24-1/1, 1/21 & 2/18)

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

Day: Tu 10am-10pm; Th 10am-2pm; F 2-6pm; Sa 9:30am-1:30pm

Glazing and firing is included in pass price • Clay must be purchased in class/open studio (\$28 per 25 lb bag) • No refunds, transfers, or credits for passes

• Lost passes will not be credited • Kiln use is for group firing. Works over 20" x 20" x 24" or pieces that cannot fit in a group firing will not be accepted for firing • No outside firing accepted • No dangling jewelry, open-toed shoes or children allowed. **CLAY PICK-UPS:** Pick-ups may be made during open studio hours only. (Pick-ups will not be permitted during scheduled class times.) No trimming or "quick glazing" will be allowed unless an Open Studio pass is presented. Allow 3-4 weeks for firing. Large or irregularly shaped pieces will be held and fired during maintenance closures in the studio (approximately every 12 weeks).

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

Open Painting Studio (18yrs & older)

Set aside time to paint each week and join fellow artists for a morning of creativity and collaboration. The Sunnyvale Community Center invites painters of all skill levels to work in our spacious, well-lit painting studio. All painting and drawing mediums are welcome. No formal instruction is provided. Lots of table space, natural light, painting easels and comradery available.

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

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

Day: Mondays, 9am-noon (closed 12/24, 12/31, 2/21, 2/18)

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



Want to TRY*IT?

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

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



ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive



BADMINTON

Tuesday thru Friday
11:30am-1:30pm

*Saturday 3:30-5:30pm & 5:45-7:45pm

*Sunday 12:30-2:30pm & 2:45-4:45pm

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

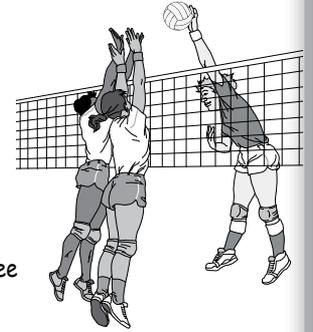
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident
Spectators must also pay the fee

Discount passes available:
Sunnyvale Resident (10 visit pass \$40)
Non-Resident (10 visit pass \$50)

Fee includes use of showers & locker room

VOLLEYBALL

Tuesday 5:00-7:00pm



* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

GB

Adult Sports Leagues

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 registration information call (408) 730-7334.

GB

Columbia 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

Youth Basketball*

Fridays 7-10pm

Youth Soccer*

Mondays 7-9pm
Saturdays 7-10pm



For more information, call (408) 730-7334

*Due to liability concerns, we do not allow adults to participate in games against students. Thanks for your cooperation.

GB



Welcome

to a place where
you can get active
your way.





The Sunnyvale Senior Center



You are invited to become a member of the Sunnyvale Senior Center

- Learn new skills
- Make new friends
- Stay healthy
- Get in shape
- Attend lectures
- And more!

2013 Senior Center Membership Drive
Buy your membership now and enjoy the Senior Center for the rest of 2012 and ALL of 2013!

Three Easy Steps to Become a Member

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

Older Adult

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
		Resident	\$25/Year
	Non-resident	\$39/Year	\$45/Year
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		✓	✓
Free drop-in programs, lectures, game days and movies		✓	✓
Discounts on special events, daily lunches and dances listed in the Older Adult Section		✓	✓
Free health screening services (blood pressure and hearing)		✓	✓
Activity Guide mailing		✓	✓
Free use of Computer Lab and free computer repairs (parts not included)		✓	✓
Free use of Billiard Room		✓	✓
Free Table Tennis (does not include ball fee)			✓
Free use of fitness equipment in Fitness Room			✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✓
Two Drop-In Passes; good for Back Care, Cardio Mix, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Body Core (Saturday only) and Current Events.			✓



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends.
Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This class is fun and easy.
Intermediate/Advanced: You will be introduced to glazes and techniques, such as staining, airbrushing, decals, and more. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
359901.AA	Beg	50 & older	10/29-12/17	M	8:30am-11:30am	\$41/\$51
359902.AA	Int/Adv	50 & older	10/29-12/17	M	12:30pm-3:30pm	\$41/\$51
459901.AA	Beg	50 & older	1/28-3/25	M*	8:30am-11:30am	\$41/\$51
459902.AA	Int/Adv	50 & older	1/28-3/25	M*	12:30pm-3:30pm	\$41/\$51

*No class 2/18

Dance

Daytime Ballroom Dance & Lessons

Every Wednesday; 10:45am-12:00pm, Apricot and Cherry Rooms
 \$2 members/\$3 non-members; pay at the door for dance and lessons.

November	Foxtrot
December/January	East Coast Swing/Lindy Hop
February	Night Club 2-Step

Evening Ballroom Dances

Dance Lessons

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

Instructor: Babi & Ron Hogue.

Big Band, Swing & Popular Sounds

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

Location: Senior Center, Orchard Pavilion

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

Price includes dance lessons & admission.

Upcoming dates and featured dances:

Nov. 21	Cha Cha
Dec. 12	Waltz
Jan. 16	Tango
Feb. 26	Rumba

Line Dancing (50 & older)

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

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

Advanced Beginning: For those who have participated in a line dancing class. Learn 8-10 dances in a variety of styles.

Instructor: Donna Frankel

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	Beg	50 & older	1/30-3/20	W	10:30am-12:00pm	\$45/\$56
454002.AA	Int/Adv	50 & older	1/28-3/25	M*	10:00am-11:30am	\$45/\$56
454002.BA	Int/Adv	50 & older	1/30-3/20	W	9:00am-10:30am	\$45/\$56

*No class 2/18

Fitness

Back Care Conditioning (50 & older)

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 \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50 & older	10/29-1/7	M*	10:00am-11:00am	\$39/\$49
*No class 12/17, 12/24, 12/31					
458750.AA	50 & older	1/28-3/25	M*	10:00am-11:00am	\$39/\$49
*No class 2/18					

Personal Training Program (18 & older)

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

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

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

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

Body & Core Strengthening (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone-a perfect complement to regular cardio workouts. Bring a mat and handweights; stability ball on Saturdays only. Class registration forms will be accepted on 10/2. Priority registration given to walk in residents. Saturday ONLY: 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: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
358303.AA	Adv	50 & older	10/30-1/10	TuTh*	9:00am-10:00am	\$55/\$69
458303.AA	Adv	50 & older	1/22-3/14	TuTh	9:00am-10:00am	\$55/\$69
Location: Recreation Center, Ballroom						
358302.AA	Int/Adv	50 & older	10/30-1/10	TuTh*	10:30am-11:30am	\$55/\$69
358302.BA	Int/Adv	50 & older	11/3-1/12	Sa*	8:30am-9:30am	\$32/\$40
*No class 11/22, 11/24, 12/18, 12/20, 12/25, 12/27, 1/1						
458302.AA	Int/Adv	50 & older	1/22-3/14	TuTh	10:30am-11:30am	\$55/\$69
458302.BA	Int/Adv	50 & older	1/26-3/16	Sa	8:30am-9:30am	\$32/\$40



Cardio Mix (50 & older)

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

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358200.AA	50 & older	10/30-1/10	TuTh*	8:00am-9:00am	\$48/\$60
*No class 11/22, 12/18, 12/20, 12/25, 12/27, 1/1					
458200.AA	50 & older	1/22-3/14	TuTh	8:00am-9:00am	\$48/\$60

EnhanceFitness (50 & older)

EnhanceFitness is an evidence-based group exercise class that will help you become more active, energized, and empowered to sustain an independent life. The class will focus on dynamic cardiovascular exercise, strength training, balance, and flexibility. EnhanceFitness is an exercise program with proven results! Exercises can be done seated or standing. Wrist/ankle weights provided. This class meets 3 times per week.

Instructor: Christel Ligocki (10am-11am)

Location: Recreation Center, Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50 & older	10/29-1/9	MWF*	10:00am-11:00am	\$85/\$106
*No class 11/23, 12/17, 12/19, 12/21, 12/24, 12/26, 12/28, 12/31					
458130.AA	50 & older	1/23-3/20	MWF*	10:00am-11:00am	\$85/\$106
*No class 2/18					

Gentle Core Fitness (50 & older)

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

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.AA	50 & older	10/30-1/8	Tu*	12:00pm-1:00pm	\$39/\$49
358120.BA	50 & older	1/1-1/10	Th*	12:00pm-1:00pm	\$39/\$49
*No class 11/22, 12/18, 12/20, 12/25, 12/27, 1/1					
458120.AA	50 & older	1/22-3/12	Tu	12:00pm-1:00pm	\$39/\$49
458120.BA	50 & older	1/24-3/14	Th	12:00pm-1:00pm	\$39/\$49

Sunny Fit Low Impact (50 & older)

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

Instructor: Fred Brovold

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358140.AA	50 & older	10/29-1/7	MW*	1:30pm-2:30pm	\$44/\$55
358140.AB	50 & older	10/29-1/7	MW*	2:45pm-3:45pm	\$44/\$55
*No class 12/17, 12/19, 12/24, 12/26, 12/31					
458140.AA	50 & older	1/23-3/20	MW*	1:30pm-2:30pm	\$44/\$55
458140.AB	50 & older	1/23-3/20	MW*	2:45pm-3:45pm	\$44/\$55
*No class 2/18					

Zumba Gold (50 & older)

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

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.AA	50 & older	10/29-12/3	MF*	8:45am-9:45am	\$41/\$51
458210.AA	50 & older	1/11-3/17	MF*	8:45am-9:45am	\$67/\$84
*No class 11/22, 1/22, 2/18					

Instructor: Irene Ortiz

Location: Recreation Center, Ballroom

358210.BA	50 & older	10/30-1/15	TuTh*	4:15pm-5:15pm	\$63/\$79
458210.BA	50 & older	1/22-3/14	TuTh	4:15pm-5:15pm	\$63/\$79
No class 11/22, 12/18, 12/20, 12/25, 12/27, 1/3					

Location: Senior Center Orchard Pavilion

358210.CA	50 & older	10/31-1/9	W*	4:15pm-5:15pm	\$34/\$43
458210.CA	50 & older	1/23-3/13	W	4:15pm-5:15pm	\$34/\$43
No class 12/19, 12/26, 1/2					

Instructor: Maria Yonamine

Location: Indoor Sports Center

358210.CB	50 & older	10/31-1/9	W*	8:45am-9:45am	\$34/\$43
458210.CB	50 & older	1/23-3/13	W	4:15pm-5:15pm	\$34/\$43
*No class 11/21, 12/19, 12/26					

Lectures

Cataract Surgery (50 & older)

Join us for a this educational presentation where you'll learn what a cataract is, what are the current surgical interventions for cataracts and what is the outcome for vision after surgery.

Tuesday, January 15, 2013 • 1:00 - 2:00 PM

Location: Senior Center, Laurel Room

Guest Speaker, Dr. Shieuey and Kristin Kelly, Refractive Surgery Specialist Palo Alto Medical Foundation

Better Choices, Better Health Chronic Disease Self-Management Program (50 & older)

Join us for a Free 6 week workshop where you'll learn Decision-making skills, Communicate more effectively with family, friends and physicians, Develop a long-term exercise program, Learn to eat healthier, Manage fatigue and much more.

January 11, 2013 • 9:00 – 11:30 am

Meets each Friday for 6 weeks

Register by calling: (408) 961-9812

Location: Senior Center, Sequoia Room

Presenter: Erika Zuniga, Health Trust

The Facts about Hip Replacement and Recovery (50 & older)

Join us for a power-point presentation where you'll learn about minimally invasive - total joint replacement including repair of fractures and many common orthopedic problems.

Tuesday, Feb. 26, 2013 • 1:00-2:15 pm

Location: Senior Center, Laurel Room

Guest Speaker: Dr. Bernardo Ferrari, Orthopedics Specialist



Special Interest

AARP Safe Driving Program

AARP Safe Driving Program – Contact the Senior Center for more information. Pre-registration required

Current Events (50 & older)

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

Instructor: TBD

Location: Senior Center, Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50 & older	11/1-1/10	Th*	10:15am-11:30am	\$16/\$20
*No class 11/22, 12/20, 12/27					
457000.AA	50 & older	1/24-3/14	Th	10:15am-11:30am	\$16/\$20

Symphony & Concerto (50 & older)

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

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
354800.AA	50 & older	11/5-12/10	M	1:00pm-2:30pm	\$37/\$46
454800.AA	50 & older	1/7-2/25	M*	1:00pm-2:30pm	\$37/\$46
*No class 1/21, 2/18					

Threads of Life: Senior Support Group

A confidential, safe and non-judgmental forum to discuss and process problems, changes and transitions with a trained professional. Topics may include getting your needs met, communication, relationships, grief and loss, depression and loneliness. Group meets 2nd and 4th Tuesday of the month.

Tuesday, 2:30pm–4:00pm

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center, Laurel Room

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

Adult and Community Education

Adult & Community Education (ACE) and De Anza/Foothill College work in partnership with the Senior Center to provide a variety of educational courses. Classes are held at the Senior Center and membership is required. For class listing and registration, call:

ACE, (408) 522-2700 • De Anza College, (408) 864-8885
Foothill College, (650) 949-7779



Trips

Registration

We are no longer having a Registration Day event, so you can now register for all trips as soon as we publicize them by coming to the Senior Center, or mailing your registration form. For extended trips you can pick up flyers, or print them from our website; **Seniors.inSunnyvale.com**, then click on Senior Trips. For more information call 408-730-7360.



Day Trips

Monterey Bay Exploration Center <i>in Santa Cruz + Lunch</i>	Th, 11/1	\$83 R/\$104 NR
A Swingin' Holiday Ballet/Classic <i>Jazz + Lunch</i>	Sat, 11/17	\$111 R/\$139 NR
Royal Treasures from the Louve	Tu, 11/20	\$72 R/\$90 NR
Wildlife and Jelly Bellys® <i>Lindsay Wildlife Museum, Jelly Belly factory Tour + Lunch</i>	W, 12/5	\$96 R/\$120 NR
Dunsmuir House <i>Christmas tea</i>	Su, 12/9	\$77 R/\$96 NR
Claremont Area with Gary <i>+ Lunch</i>	Th, 12/13	\$93 R/\$116 NR
Anything Goes <i>Musical Golden Gate Theater - show only</i>	W, 1/30	\$116 R/\$145 NR
Beach Blanket Babylon <i>+ Dinner</i>	Sa, 2/9	\$146 R/\$183 NR
Terracotta Warriors <i>Asian Art Museum + Lunch</i>	Tu, 2/26	\$99 R/\$124 NR
<i>Registrations for all trips are now being accepted – so sign up now!</i>		
<i>We're working on more day trips for January and February - so please check out the upcoming Winter edition of the Steppin' Out Newsletter for more details about these trips and new additions to our Winter line-up.</i>		



Extended Trips

NEW! Ethan Bornick Show in Reno , Train/Bus trip, See this young performer on the internet! Fri., 11/30/12 - Sat., 12/1/12
* Southern Italy & Sicily , Thur., 4/18/13 – Mon., 4/29/13
* America's Mid-Atlantic Region , Tue., 5/14/13 – Mon., 5/20/13
* Great Canadian Cities , Wed., 6/12/13 – Wed., 6/19/13
* Scandinavian Highlights , Thur., 7/18/13 – Sun., 7/28/13
* Albuquerque's Balloon Fiesta , Fri., 10/11/13 – Wed., 10/16/13

*Slide Show Presentations on New Trips

Wednesday, Nov. 28th, 10am - 12pm, Senior Center, Laurel Room



Legal Clinics at the Senior Center

The South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale SABS-NC will be hosting free legal clinics at the Sunnyvale Senior Center.

Volunteer attorneys will be available to provide FREE 20-30 minute legal consultations to answer questions on various legal matters. The clinics will be in session on the following Saturdays:

Every 3rd Saturday from 10 am to 12 noon (starting Sept. 15)

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



Care Management

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

Call (408) 730-7732

GM

Lunchtime Librarian

Sunnyvale Librarians visit the Senior Center
Every 1st and 3rd Thursday of the month
11:00 am to 12:00 pm

- Get a library card
- Learn about eBooks
- Bring your eReader
- Talk about good reads
- Learn about our Special Outreach for home bound residents



Sunnyvale Library at sunnyvalelibrary.org

Get The Help You Need.

Senior Peer Advocate Program



Tailored specifically for older adults and their families

Provided by specially trained Peer Advocate Volunteers

We can provide help & information with:

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

Call for an appointment: 408-730-7367

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

NH

The Unique Boutique

The Unique Boutique is a special place where you can always find a beautiful, home-made item waiting to delight you or someone you care about. Come in and browse!

Phone: (408) 733-8459

Store Hours: . . . M – F, 10:30am – 2:30pm

Contact: Pat Hickey, President

GM

Older Adult



Upcoming Events



Thanksgiving Luncheon

Join us as we gather together to begin the Holiday Season for a delicious home made Thanksgiving Luncheon followed with some great Live Entertainment!

Sunnyvale Senior Center ~ Orchard Pavilion, 550 E. Remington Drive
Friday, November 9, 2012

Admission: Members \$11.00 / Non-members: \$13.00 (add \$2.00 if purchased after November 2).

Doors open at 11:00 a.m. Event begins at 11:45 a.m. -1:00 p.m.

For more information, call (408) 730-7360

Breakfast with Santa

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.

Sunnyvale Senior Center ~ Orchard Pavilion, 550 E. Remington Drive
Saturday, December 8, 2012

2 Shifts available: 8 a.m. – 9:30 a.m. or 10:30 a.m. - noon.

Admission: \$5.00 (\$7.50 if purchased after November 30.)

For more information, call (408) 730-7360



Holiday Luncheon

It's Holiday time to Deck the Halls and Celebrate with friends, family and staff for a delicious Holiday Luncheon.

Live Entertainment will follow!

Sunnyvale Senior Center ~ Orchard Pavilion, 550 E. Remington Drive
Friday, December 14, 2012

11:45 a.m. – 1:00 p.m.

Doors open at 11:00 a.m.

Admission: Members \$11.00 / Non-members: \$13.00 (Add \$2.00 if purchased after December 7.)

For more information, call (408) 730-7360



Tapas & Tunes

As a prelude to your Friday night, we invite you and your friends to enjoy live music, hors d'oeuvres and a glass of wine in the beautiful Orchard Pavilion. Featuring Music by the Mary Ellen Duo. Sponsored by the Sunnyvale Senior Center and Home Instead Senior Care

Community Center ~ Orchard Pavilion, Senior Center Bldg., 550 E. Remington Drive

Friday, January 18, 2013

5:30 p.m. – 7:30 p.m.

Doors open at 5:15 p.m.

Admission: Members \$13.00 / Non-Members \$16.00

For more information and to purchase tickets please call (408) 730-7360





Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.
For one free class of instruction
& equipment use,
call Al Rizzo: (408) 736-4739



Table Tennis
FREE for
Premium Members

TABLE TENNIS

M – F, 9:30 am – 4:00 pm.
Bring your own paddle
& light soled shoes.
For more information
about either program,
call (408) 730-7334.



GB

Volunteers Needed

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

Areas Where We Need You

- Lunch Program
- Computer Lab
- Blood Pressure - Nurse/Doctor
- Current Events Instructor

Please call (408) 730-7360

NH

Senior Center Fitness Room



Fitness Room
FREE for
Premium Members

SF

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

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

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

Join us for Lunch in the Orchard Café



Enjoy a home style meal prepared by our on-site Chef, Cecilia Garza-Ruiz.
Meals are served, Monday-Friday at 12:00pm in the Orchard Café.
Our lunches include:
soup or salad, entrée, dessert and beverage.
Call for pricing
Menu subject to change

NH

New Member Coffee

New and potential members are
invited to enjoy a complimentary
cup of coffee or tea while touring
our beautiful facility and learning
about our programs. Tours offered
the last Friday of each month, at
10:30 am in the Oak Lounge.

Tour will not be offered in December.

Older Adult



Senior Center Drop-in Programs and Services

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

DROP-IN PROGRAMS

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

SERVICES

Service	Non-Member Fee (\$)	Available / Call
BART Tickets	(\$9 for ALL; a \$24 value)	M-F, 9:00am-5:30pm
Blood Pressure	(FREE for ALL)	M & Th, 10:00am-Noon
Care Management (FREE for Sunnyvale Residents only)		Call: (408) 730-7732
El Camino Hospital Resource Library	(FREE for ALL)	Tu., 10:30am-11:30am
Diabetes Support	\$2	11/15, Dec (closed) 1/24, 2/28 1:00pm-2:30pm
Foot Care	(\$40 members, \$50 Non-members)	Monday 11/26, 1/28 1:00pm
Health Insurance Counseling and Advodcoy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	Tuesday 10/30 By appointment - call
Notary Services	\$2	By appointment - call
VTA Photo ID	(FREE for ALL)	By appointment - call



TENNIS in SUNNYVALE

Under the new management of
Lifetime Tennis
www.lifetimetennis.com

- 16 newly resurfaced courts
- Renovated Pro Shop
- Bathroom facility renovations scheduled for Fall 2012

GENERAL INFORMATION

Sunnyvale Tennis Center

755 S. Mathilda Ave.

Reservations: (408) 735-7285 or visit www.lifetimetennis.com

The tennis courts at the Sunnyvale Tennis Center are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a multi-use facility and higher level of maintenance. Other public tennis courts located at community parks and schools in Sunnyvale are available free of charge and available on a first come, first serve basis.

Office & Court Hours

Monday – Friday, 8 a.m. – 10 p.m.

Saturday and Sunday, 8:00 a.m. – 8 p.m.

Rain Procedure

On rainy days, staff may close the courts until they are playable. Please call us at (408) 735-7285 to see if courts are available for play. Credit will be issued for paid, unused time if it rains during play. Make ups will be scheduled for lesson and league rainouts.

Court Fees per hour

Weekdays 8 a.m. – 4 p.m. \$5 per hr R/ \$6 per-hr, NR

Weekdays after 4 p.m. and Weekends \$10 R/\$12 NR
(1.5hrs \$15 residents/\$18 non-residents)

Program Registration

Register online by visiting www.lifetimetennis.com

In person or mail to Lifetime Tennis at 755 South Mathilda Ave, Sunnyvale, CA 94087

Reservations

1. Residents may reserve courts eight days in advance. Non-residents may reserve courts seven days in advance.
2. Minimum of 30 minutes, maximum of 2 hours rental for open play.
3. Court reservations are forfeited after 15 minutes. Ball Machine reservations are forfeited after 10 minutes.
4. Fees will not be prorated for late arrivals.
5. Credit will be issued for unused rain-out time.
6. Reserve a court online at www.lifetimetennis.com

Ball Machine Rental

Ball machine rental is available. No one under the age of 15 years old may use the ball machine unless accompanied by an adult.

A 45-minute session use is \$7 during non-prime time (8am-4pm M-F) and \$10 during prime time (4pm-10pm M-F and weekends) (Sunnyvale Tennis Club members receive the following discounted rates: \$5 per hour non-prime time, \$7 per hour prime time. \$59 3-month non-prime time pass, \$99 3-month anytime pass)

Three Month Ball Machine Pass

Passes allow players to use the ball machine one time per day for 45-min for the duration of the pass. \$129 for prime time / anytime use and \$79 for non-prime time.



Court and Ball Machine Cancellation Policy

Reservations must be canceled four hours in advance or full payment will be assessed. No-shows or late cancellation fees not paid will be required to be paid before claiming next reservation.

Tennis Program Notes

1. Pre-registration is required for all tennis programs.
2. No registrations for classes accepted by phone.
3. Leagues and lessons may be combined or cancelled based on registrations. Participants may be reassigned according to age, ability, and class size.
4. Class refunds are only given if requested no later than 10 working days prior to the first class meeting. Refund requests received after this time, but at least five working days prior to the start of a class or program will be assessed a \$5 administrative fee, per class or program. No refunds or credits will be issued for requests received less than five working days prior to the start of the class or program.
5. Full refunds will be granted for classes or programs cancelled by Lifetime Tennis.
6. No refunds given for non attendance.
7. Make ups for rain outs will be posted on line and/or in guide. Refunds not granted for non attendance.

Court Rules

1. Please do not bring the following on court: food, drinks, skateboards, bikes, in-line skates, scooters, pets, or small children who are not playing tennis. Drinking water is okay on court.
2. Shirts and non-marking shoes required.
3. No personal ball machines.
4. Lifetime Tennis sponsored lessons only.

Winter 2013 Tennis Descriptions

YOUTH TENNIS (4-15 years old) – Community Tennis Programs

LITTLE TENNIS & SPORTS DEVELOPMENT PROGRAM

This specialized program is designed to stimulate, challenge and appeal to children 4 to 6 years old. Our expert instructors will guide the students through fun games and exercises designed to build a solid foundation of tennis technique and motor skills. Students and parents alike will be impressed by the dynamic lesson plans and enthusiastic coaching provided throughout the session. Equipment can be purchased in the Sunnyvale Tennis Center Pro Shop.

LITTLE RALLYERS (6-9 years old)

The Lifetime Tennis Elite Future Stars program is for promising young players that demonstrate the skills necessary to become future tournament players. This program is designed to give our future stars rigorous training in technique, footwork, and rallying skills. Registration with instructor approval only. For details please contact our Tennis Director.

BEGINNING, ADV. BEGINNING & INTERMEDIATE LEVELS

This 3 tiered introduction program is designed to develop early tennis skills that include stage 1,2 & 3 balls, ground strokes (stationary & moving), serving (1/2 & full motion), volleys, overheads, and basic vocabulary. Students are grouped by age and ability levels the 1st day of class. Class goal: to maintain “full court” rallies and serve 1 of 3 balls into correct service box while using proper technique. Graduates are encouraged to join the Bronze, Silver & Gold program.

INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS

For students who graduated from the Beginning, Advanced or Intermediate programs can fulfill the program requirements. Students will learn topspin, under spin sidespin; add & reduce the power to shots, and develop specialty shots. Program drills enhance quickness, balance and racquet control for improved consistency and accuracy. Class goal: Develop foundation to become a well-rounded tennis player, successfully play singles & doubles matches, and to play in local tennis leagues, school teams or tournaments. ADULT TENNIS (16 & older) – Community Tennis Programs

BEGINNING

For students with little or no previous tennis instruction. Students will be introduced to the forehand, backhand, serve, and basic vocabulary. Class goal: maintain a six-to-ten shot “short court” rally and serve an average of 1 out of 3 balls into the correct service box.

ADVANCED BEGINNING

For students completing 10 or more hours of beginning tennis. In this level, we will be adding movement to groundstroke rallying and improving serving technique. Class goal: maintain a full-court rally and serve an average of 1 out of 2 balls into the correct service box.

INTERMEDIATE/ADVANCED

For students who have completed 10-20 hours of advanced beginning tennis. Students will be introduced to volleys and overheads while improving overall confidence and consistency of the forehand, backhand and serve. Added movement becomes a key component at this level. Class goal: to be able to play an actual singles or doubles match.

DRILL CLASS

Prerequisite: Intermediate course or instructor approval. Workouts cover ground strokes, volleys, overheads, and serving drills. A great class for those wanting to move and hit lots of tennis balls.

CARDIO CLASS

Looking for an exercise program that doesn't just help you get fit but one that puts a smile on your face? Cardio tennis is a fun, new way to burn calories and get in shape. This group activity features a variety of drills to get your heart healthy. Workouts will include warm-up, cardio workout, and cool down phases.

ADULT ACADEMY

This innovative program is designed for 2.5 – 4.0 level players looking to improve their results in interclub USTA League/ Tournaments, or just to further develop their game playing skills.





SUNNYVALE TENNIS CENTER

LITTLE TENNIS & ATHLETIC DEV (AGES 4-6)

- Max Student / teacher ratio is 4:1
- Sessions fees \$89 residents/ \$98 non-residents
- Sessions meet ONCE a week for 6 weeks

AGE	DAY	TIME (45 min)	SESSION 1	SESSION 2
4 yrs.	TU	3:30– 4:15 p.m.	1/08-2/12	2/19-3/26
4 yrs.	SA	9:00–9:45 a.m.	1/05-2/09	2/16-3/23
5 yrs.	TU	4:15– 5:00 p.m.	1/08-2/12	2/19-3/26
5 yrs.	TH	3:30– 4:15 p.m.	1/10-2/14	2/21-3/28
5 yrs.	SA	9:45–10:30 a.m.	1/05-2/09	2/16-3/23
6 yrs.	TH	4:15–5:00 p.m.	1/10-2/14	2/21-3/28
6 yrs.	SA	10:30–11:15 a.m.	1/05-2/09	2/16-3/23
6 yrs.	SA	11:15– Noon	1/05-2/09	2/16-3/23

LITTLE RALLYERS (AGES 5-6)

- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$118 resident / \$130 non-resident
- ***Instructor approval needed***

AGE	DAY	TIME (45 min)	SESSION 1	SESSION 2
5-6 yrs.	SA	noon– 1:00 p.m.	1/05-2/09	2/16-3/23

YOUTH TENNIS LESSONS (AGES 7-15)

- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$109 residents/\$120 non-residents

LEVEL	AGES	DAY	TIME (1.5 hr)	SESSION 1	SESSION 2
Beg, Adv/ Beg	7-9 yrs	SA	8:30–10:00 am	1/05-2/09	2/16-3/23
Beg, Adv/ Beg	9-12 yrs	SA	10:00–11:30 am	1/05-2/09	2/16-3/23
Beg, Adv/ Beg	10-15 yrs	SA	11:30–1:00 pm	1/05-2/09	2/16-3/23
Int, Adv	7-9 yrs	SU	8:30–10:00 am	1/06-2/10	2/17-3/24
Int, Adv	9-12 yrs	SU	10:00–11:30 am	1/06-2/10	2/17-3/24
Int, Adv	10-15 yrs	SU	11:30–1:00 pm	1/06-2/10	2/17-3/24
Beg, Adv/ Beg	7-9 yrs	MO	3:30– 5:00 pm	1/07-2/11	2/18-3/25
Int, Adv	7-9 yrs	MO	5:00-6:30 pm	1/07-2/11	2/18-3/25
Beg, Adv/ Beg	9-12 yrs	TU	3:30– 5:00 pm	1/08-2/12	2/19-3/26
Int, Adv	9-12 yrs	TU	5:00-6:30 pm	1/08-2/12	2/19-3/26
Beg, Adv/ Beg	10-15 yrs	WE	3:30– 5:00 pm	1/09-2/13	2/20-3/27
Int, Adv	10-15 yrs	WE	5:00–6:30 pm	1/09-2/13	2/20-3/27

YOUTH TENNIS LESSONS (AGES 7-15)

- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$181 residents/\$199 non-residents

LEVEL	AGES	DAY	TIME (1.5 hr)	SESSION 1	SESSION 2
Beg, Adv/ Beg	7-9 yrs	TU	3:30-5:00pm	1/08-2/12	2/19-3/26
Int, Adv	7-9 yrs	TU	5:00-6:30pm	1/08-2/12	2/19-3/26
Beg, Adv/ Beg	7-9 yrs	TH	3:30-5:00pm	1/10-2/14	2/21-3/28
Int, Adv	7-9 yrs	TH	5:00–6:30pm	1/10-2/14	2/21-3/28
Beg, Adv/ Beg	10-12 yrs	MO	3:30–5:00pm	1/07-2/11	2/18-3/25
Int, Adv	10-12 yrs	MO	5:00-6:30pm	1/07-2/11	2/18-3/25
Beg, Adv/ Beg	10-12 yrs	WE	3:30–5:00pm	1/09-2/13	2/20-3/27
Int, Adv	10-12 yrs	WE	5:00–6:30pm	1/09-2/13	2/20-3/27
Beg, Adv/ Beg	12-15 yrs	FR	3:30–5:00pm	1/04-2/08	2/15-3/22
Int, Adv	12-15 yrs	FR	5:00-6:30pm	1/04-2/08	2/15-3/22

JUNIOR DEVELOPMENT TEAMS (AGES 8-17)

- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$149 residents/\$164 non-residents
- ***Instructor approval needed***

LEVEL	AGES	DAY	TIME (2 hrs)	SESSION 1	SESSION 2
Intro to Bronze & Bronze Levels	8-12	MO	3:45– 5:45 p.m.	1/07-2/11	2/18-3/25
Silver & Gold Levels	12-17	WE	3:45– 5:45 p.m.	1/09-2/13	2/20-3/27
Intro to Bronze & Bronze Levels	8-12	FR	6:00– 8:00 p.m.	1/04-2/08	2/15-3/22
Silver & Gold Levels	12-17	FR	6:00– 8:00 p.m.	1/04-2/08	2/15-3/22
Intro to Bronze & Bronze Levels	8-12	SA	2:00– 4:00 p.m.	1/05-2/09	2/16-3/23
Silver & Gold Levels	12-17	SU	2:00– 4:00 p.m.	1/06-2/10	2/17-3/24

JUNIOR TEAMS MATCH PLAY (AGES 8-17)

- Match Play students must also register for 1 or more Junior Development Group Programs
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$109 resident/\$120 non-resident

LEVEL	AGES	DAY	TIME (1.5 hr)	SESSION 1	SESSION 2
Intro to Bronze & Bronze Match Play 8:1	8-12	SU	4:00– 5:30 p.m.	1/06-2/10	2/17-3/24
Silver and Gold Match Play 8:1	12-17	SU	4:00– 5:30 p.m.	1/06-2/10	2/17-3/24

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



WINTER JUNIOR CAMPS

Improvement / Matchplay (AGES 7-15)

Little Tennis / Little Rallyers (AGES 4-6)

- Max Student / teacher ratio is 8:1 • One Week Camp
- Session fee for Improvement and Match Play Camp \$195 resident / \$220 non-resident
- Sessions fees Little Tennis and Little Rallyers Camp \$151 resident / \$166 non-resident

Classes meet every day M-F	AGES	DAY	TIME (3 hrs)	One Week Camp
Improvement and Matchplay Camp	7-15 yrs	M-F	9 a.m.–12:00 p.m.	2/18-2/22
Little Tennis & Little Rallyers Camp	4-6 yrs	M-F	9 a.m.–10:30 a.m.	2/18-2/22

ADULT TENNIS LESSONS (16 & older)

- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$109 resident/ \$120 non-resident

LEVEL	AGES	DAY	TIME (1.5 Hr)	SESSION 1	SESSION 2
Beg Adult	16+	SU	8:30–10:00 a.m.	1/06-2/10	2/17-3/24
Beg Adult	16+	MO	6:30–8:00 p.m.	1/07-2/11	2/18-3/25
Beg Adult	16+	WE	6:30–8:00 p.m.	1/09-2/13	2/20-3/27
Beg Adult	16+	SA	8:30–10:00 a.m.	1/05-2/09	2/16-3/23
Adv Beg Adult	16+	SU	10:00–11:30 a.m.	1/06-2/10	2/17-3/24
Adv Beg Adult	16+	MO	8:00–9:30 p.m.	1/07-2/11	2/18-3/25
Adult Drill	16+	WE	9:00–10:30 p.m.	1/09-2/13	2/20-3/27
Adult Drill	16+	TH	9:30–10:00 p.m.	1/10-2/14	2/21-3/28
Adv Beg Adult	16+	SA	10:00–11:30 a.m.	1/05-2/09	2/16-3/23
Int / Adv Adult	16+	SU	11:30–1:00 p.m.	1/06-2/10	2/17-3/24
Int / Adv Adult	16+	TH	8:00–9:30 p.m.	1/10-2/14	2/21-3/28
Int / Adv Adult	16+	SA	11:30–1:00 p.m.	1/05-2/09	2/16-3/23

PONDEROSA PARK

YOUTH TENNIS LESSONS (AGES 9-16)

- Max Student / teacher ratio is 8:1
- Sessions meet TWICE a week for 6 weeks
- Sessions fees \$129 resident/ \$142 non-resident

LEVEL	AGES	DAY	TIME (1 Hour)	SESSION 1	SESSION 2
Beg	9-16	MO & WE	3:30 p.m. – 4:30 p.m.	1/07-2/13	2/18-3/27
Adv Beg	9-16	MO & WE	4:30 p.m. – 5:30 p.m.	1/07-2/13	2/18-3/27

Adult Specialty Classes (AGES 16+)

- Max Student / teacher ratio is 8:1
- Sessions are 6 weeks long
- Sessions fees \$109 residents/ \$120 non-residents
- (45-minute Cardio Class \$55 residents / \$60 non-residents)

LEVEL	AGES	DAY	TIME (45 min-1.5 HR)	SESSION 1	SESSION 2
Academy (USTA Prep) NTRP 3.0+	16+	SU	8:30–10:00 a.m.	1/06-2/10	2/17-3/24
Academy (USTA Prep) NTRP 3.0+	16+	SU	10:00–11:30 a.m.	1/06-2/10	2/17-3/24
Academy (USTA Prep) NTRP 3.0+	16+	TU	9:00–10:30 a.m.	1/08-2/12	2/19-3/26
Academy (USTA Prep) NTRP 3.0+	16+	TH	7:30–9:00 a.m.	1/10-2/14	2/21-3/28
Ladies Inter/ Adv	16+	TU	6:30 – 8:00 p.m.	1/08-2/12	2/19-3/26
Men's Adv Drill	16+	TU	8:00–9:30 p.m.	1/08-2/12	2/19-3/26
Cardio	16+	FR	6:30–7:15 p.m.	1/04-2/08	2/15-3/22
Cardio	16+	TU	6:30–7:15 p.m.	1/04-2/08	2/15-3/22
Cardio	16+	FR	7:15–8:00 p.m.	1/04-2/08	2/15-3/22

SERRA PARK

YOUTH TENNIS LESSONS (AGES 7-16)

- Max Student / teacher ratio is 8:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$97 resident / \$107 non-resident
- Session I - 1/05-2/09, Session II - 2/16-3/23

LEVEL	AGE	DAY	TIME (1.5 Hr)	Sessions offered
Beg	7-8	SA	9–10:30 a.m.	Sessions I & II
Beg	9-16	SA	10:30–12 p.m.	Sessions I & II
Adv Beg	9-16	SA	Noon–1:30p.m.	Sessions I & II
Int	9-16	SA	1:30–3:00p.m.	Sessions I & II

YOUTH TENNIS LESSONS (AGES 5-6)

- Max Student / teacher ratio is 4:1
- Sessions meet ONCE a week for 6 weeks
- Sessions fees \$89 resident/ \$98 non-resident
- Session I - 1/5-2/09, Session II - 2/16-3/23

LEVEL	AGE	DAY	TIME (45 Min)	Sessions offered
Little Tennis	5-6	SA	8:15 – 9 a.m.	Sessions I & II

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



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

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



Detailed information about our facilities, which are divided into the following categories, is available on the Web at Recreation.inSunnyvale.com (click on "Facility Rentals" in the column on the left-hand side of the page), or by calling the numbers shown below:



- Meeting/Conference/Banquet Rooms, (408) 730-7335
- Baylands Park and Park Buildings, (408) 730-7335
- Indoor Sports Center, (408) 730-7334
- Picnic Areas, (408) 730-7751
- Pools, (408) 730-7723
(renters must provide their own certified lifeguards)
- Sports Fields, (408) 730-7721
- Sunnyvale Theatre, (408) 730-7725



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

For a map of Sunnyvale Parks, Community Center and Golf Courses, see page 52 .

Main Facilities Reservations Office
Monday - Friday, 9 a.m. – 6 p.m.
Phone: (408) 730-7751 • Fax: (408) 730-7754

Recreation.inSunnyvale.com

550 E. Remington Drive • P.O. Box 3707
Sunnyvale, CA 94088-3707



Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087

(408) 732-2257 www.calsportscenter.com

The California Sports Center is proud to offer a variety of aquatics programs for swimmers of all ages and interests. The Sunnyvale Swim Complex at Fremont High is an outdoor Olympic size 50 meter by 25 yard pool-which includes a pool house with locker rooms separate from the high school, a training room for community classes, and other amenities. The water temperature is kept between 78-82 degrees.



Swim Lessons

Daily

Designed for children of all ages and abilities - as well as adults - 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.

Our Fall 3 Session will start on October 29th

Fall/Winter Swim Lessons are taught in four week sessions. Weekday classes are available 3:00-7:00pm. Morning lessons are also available Saturdays and Sundays as well as select weekdays. Multiple age and skill-based swim levels are offered. Spaces fill up quickly, so call ahead or come down to register.

Pre-Comp

Mon/Wed/Sat

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

Fall 3	October 29-November 18 (3 weeks)
Winter 1	December 3-December 22 (no Sundays)
Winter 2	January 7-February 3
Winter 3	February 4-March 3

Youth Water Polo

M/Thu/Sat

Youth Water Polo is a co-ed developmental program for swimmers age 11 & up, focusing on both individual and team skills. No experience is required to participate. Participants must be able to swim 200 yards & tread water for 2 minutes. Session will begin on Monday, October 29.

Adult Lap Swim

Daily

We are the City of Sunnyvale's designated lap swim center. Adults and FUHSD high school students with ID are welcome to participate. Lap swims are available throughout the year.



Monday-Friday* 6-8am / 11:30am-1:30pm / 6-8pm
Saturday/Sunday 8-11am

*Senior rates available for the 11:30am-1:30pm lap swim

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

Adult Fitness Programs

CSC Masters – Sunnyvale

Weekdays

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

Mon/Wed/Fri 8-9am
Mon-Fri 12-1pm

Water Fitness

10:15-11:15 am

Mon/Wed/Fri

This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness. Tuesday/Thursday classes may be available (check with pool office.)

Adult Water Polo

8:00-9:30 pm

Mon/Thu

Session based water polo is designed for players with high school or college level experience, but everyone is welcome! Participants must be 18 years of age or older. A minimum number of participants are required for each session.



Therapeutic Recreation

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

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

To register or receive a TR Brochure, call 730-7360.

Winter Programs

Pizza Night! (16 Years and older)

Join us for an evening of activities and fun. We will play games, do art projects, and more! We will enjoy a home made pizza for dinner. While your loved ones are with us, enjoy a well deserved rest or night out.

Saturday, 6 – 9:30 pm – Call for date.

Saturday of Experience (18 years and older)

Join us for a morning of activities that include exercise, arts , music, outing and more! Our new location is the Recreation Center, 550 East Remington Drive, Sunnyvale 94087.

Saturdays from 10 am to 12:30 pm - 12/8-2/2/13 (no meeting 12/29)

Bowling (18 years and older)

Join your friends for an afternoon of bowling at Homestead Lanes. Work on your bowling skills, while building sportsmanship teamwork and making new friends.

Thursdays, 3:30 – 5 pm - 12/6-1/31/13

Santa Clara County Special Olympics:

Provides year round athletic training and competition. Call (408) 392-0170 for more info.

AYSO (American Youth Soccer Organization)

provides soccer programs for children with disabilities, ages 4-19 years, at no cost. Call (408) 739-ASYO for info.

Community Organizations

All of the organizations listed here provide recreational opportunities for persons with specific interests. If you have a particular interest in any of the wide variety of activities presented below, you are invited to contact the organization’s representative at the phone number shown and obtain information on becoming a member..

Community Groups	Phone
Friends of the Sunnyvale Library	(408) 982-6657
Nova Vista Symphony	(408) 624-1492
Belle Swingers Square Dance Club	(408) 739-3977
Sunnyvale Art Club	(408) 733-1804
Sunnyvale Community Players	(650) 425-7549
Sunnyvale Garden Club	(408) 738-1942
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	(408) 306-1441
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

Senior Clubs

American Association of Retired Persons (AARP)	(408) 296-3805
Bayview Senior Citizens	(408) 736-4453
California Grandmothers’ Club	(408) 736-4453
Chinese Senior Club of Santa Clara Valley	(408) 738-4321
Sunnyvale Senior Citizens	(408) 734-0651
Unique Boutique	(408) 733-8459

Sports Clubs

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

Youth Sports Leagues

Baseball/ Softball

Lakewood Pony Baseball	(408) 747-7640
Metro Little League	(408) 594-0367
National Little League	(408) 720-1809
Sunnyvale Pony Baseball	(408) 985-2925
Serra Little League	(408) 733-4565
Sunnyvale Girls Softball League	(408) 380-1210
Southern Little League	(408) 373-4680

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) 368-6895

Other

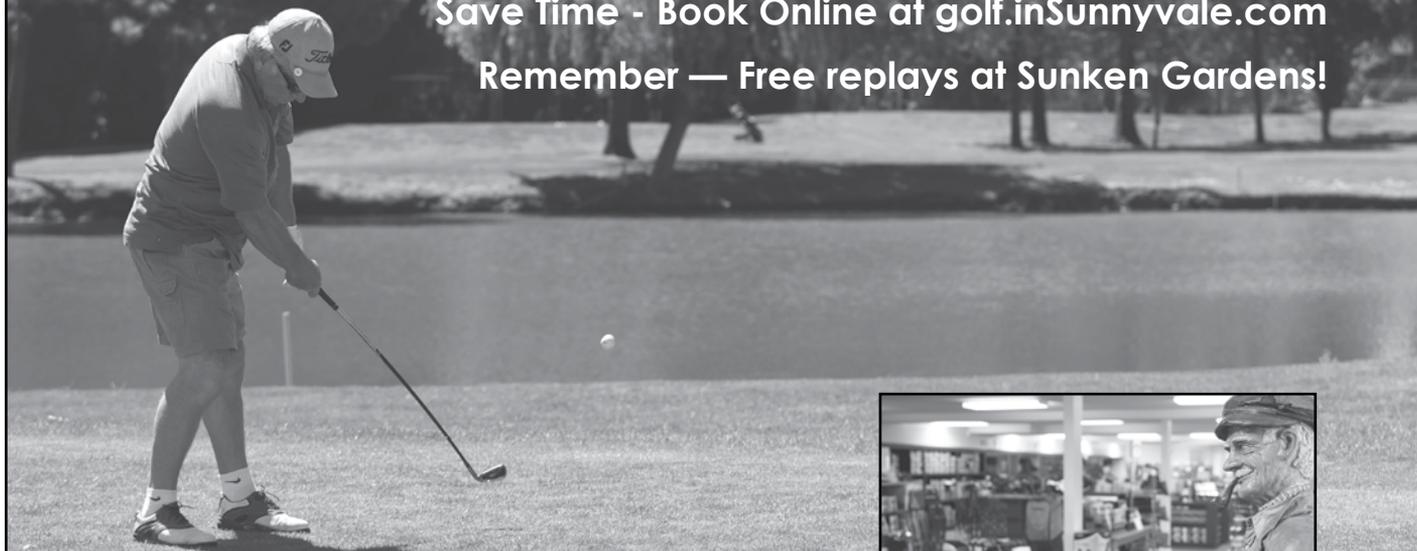
Sunnyvale Sports Association	(408) 746-9200
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GOLF in SUNNYVALE

Save Time - Book Online at golf.inSunnyvale.com

Remember — Free replays at Sunken Gardens!



Sunnyvale Golf Course

605 Macara Avenue
(408) 738-3666

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

Sunken Gardens Golf Course

1010 South Wolfe Road
(408) 739-6588

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

The driving range is open 364 days a year from 7:00am-9:00pm (except Wed's closings are at 7pm and Thur's openings are at 9:30am). Eighteen (18) range stalls are available to the public for practice, warm-up before play, or for exercise/therapy. Golf clubs, if needed, are available at no extra charge. Please note that the range is well lit for evening practice.



Golf Merchandise

Golf shops at Sunnyvale and Sunken Gardens golf courses carry a large inventory of gear from leading golf manufacturers: Titleist, Callaway, Taylor Made, Foot-Joy, Nike, Sun Mountain, Cleveland Golf, Ashworth, Adidas, Bridgestone, ProActive and many others.

20% OFF 20% OFF 20% OFF 20% OFF

20% OFF SALE!!!

Bring in this coupon for 20% off your next Sunnyvale Golf Shop or Sunken Gardens Golf Shop merchandise purchase!!!

- Coupon must be presented at time of purchase
- One coupon per purchase allowed (coupon must be an original clipped from an Activity Guide—no copies accepted)
- Valid for in-stock merchandise
- Cannot be combined with other offers
- Expires 12/31/2012

20% OFF 20% OFF 20% OFF 20% OFF

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

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

Sunnyvale Advantage Card for any Sunnyvale resident.

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

Reservations

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

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



Golf Lessons

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

Group Golf Lessons

Beginning (no experience necessary)

Class content includes basic safety, rules and etiquette, grip, stance, and swing fundamentals. Putting and sand trap instruction is included in this beginners' introduction to golf. A \$6 fee for a small bucket of balls will be charged for each of the six one-hour lessons. Clubs provided at no charge (if needed).

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

Intermediate (some experience necessary)

Six sessions on the range will cover pre-shot routine, aiming and alignment, ball position, ball flight laws, intentional curvature of the ball, equipment technology, and more, depending on student interest. A \$6 fee for a small bucket of balls will be charged for each of the six one-hour lessons. Clubs provided at no charge (if needed).

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

Advanced (experience necessary)

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

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

Beginning Junior (9-16years) & Beginning Super Junior (5-8years)

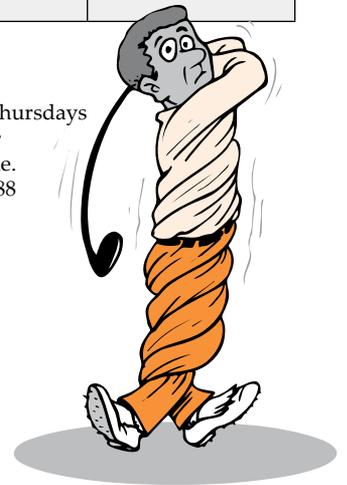
Basics of grip, stance, swing, alignment, rules, and etiquette. A \$6 fee will be collected at each class for a bucket of balls. Equipment available at no additional charge (if needed).

Location: Sunken Gardens Driving Range
Instructor: Cheryl Pastore, L.P.G.A. Master Professional
Fee: \$100/person (Resident/Non-Resident)

Sessions & Dates	Start Times	
	Beginning/Intermediate (4 @ 1.5 hour)	Junior - Ages 5-16 (4 @ 1.5 hour)
TUESDAYS October 2 through 23 <i>Registration begins Friday 8/31</i>	10:30am to noon	
FRIDAYS October 5 through 26 <i>Registration begins Friday 8/31</i>	10:30am to noon	
SATURDAYS October 6 through 27 <i>Registration begins Friday 8/31</i>	9:00am to 10:30	10:30am to noon

Private Golf Lessons

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



Play Golf America!

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

KIDS PLAY FREE

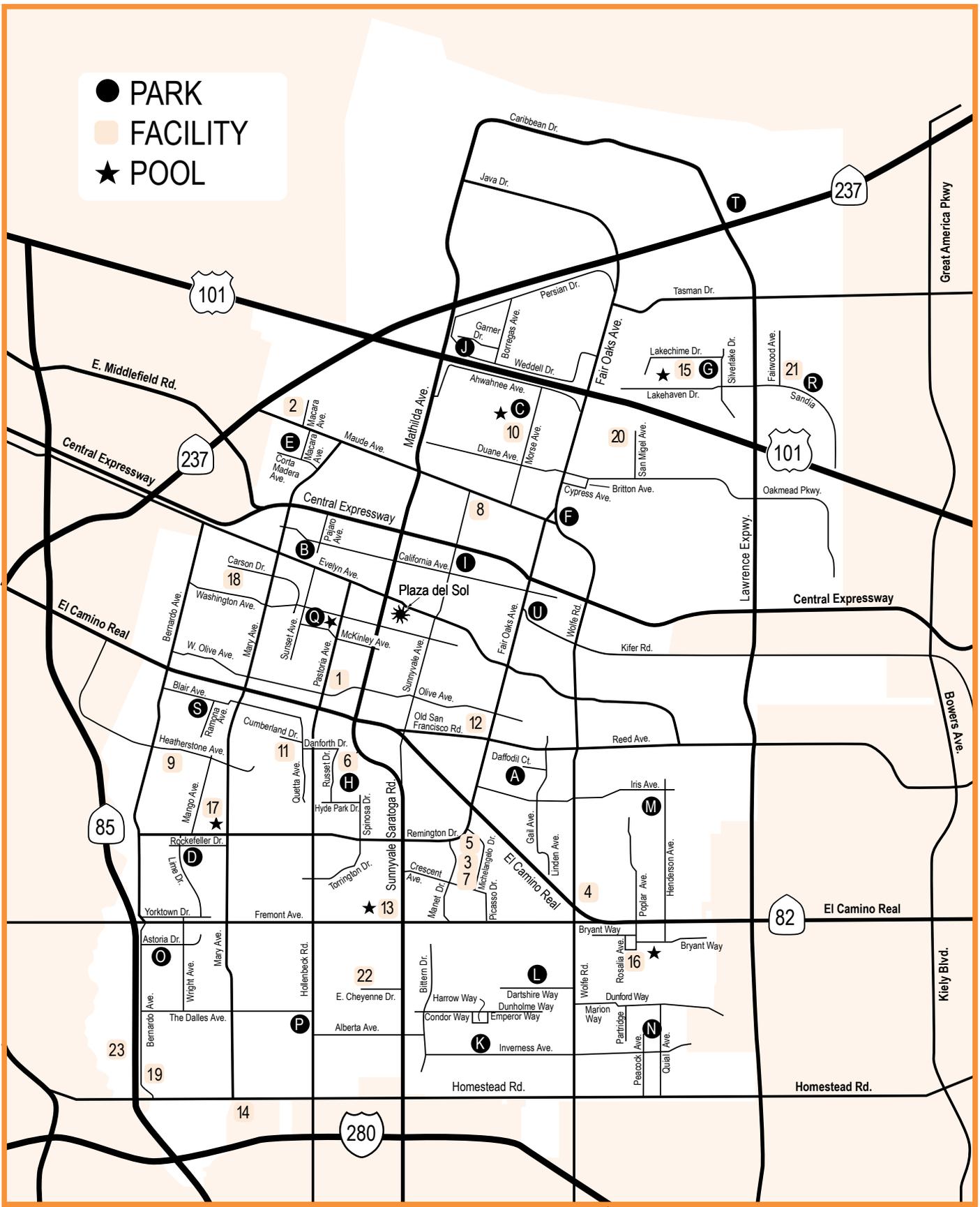
- One free junior round with one paid adult green fee or monthly golf card registration.
- Junior must be 16 or under.
- No limitations; 7 days/week, all day.
- Sunnyvale Golf Course.
- Sunken Gardens Golf Course.
- Reservations suggested.



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



- PARK
- FACILITY
- ★ POOL





Sunnyvale Parks	Map Loc.	Acres	Ball Field	Basket-ball	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 Ct., 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, Swim
De Anza , 1150 Lime Drive	D	9.4	2/0	1*0	✓	1/0	✓☑	1/0	✓			Roller Skating Rink, Handball/Racquetball Ct.
Encinal , 999 Corte Madera Ave.	E	4.2	1/0	0 1/2		1/0	✓	2/0	✓	0/2	0/1	1/4-mile Par course, Sand Volleyball Ct.
Fair Oaks , 540 N. Fair Oaks Ave.	F	15.3	0/2	0/3	✓	0/1	✓	1/0	✓		1/0	Skate Park, Sand Volleyball Ct.
Fairwood , 1255 Sandia Ave.	R	1.9				1*0	✓☑	1/0	✓	0/2*	0/2	JWC Greenbelt, Par course, Sand Volleyball Ct.
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 Cts.
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		JWC 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 Ct., Bocce Ball Ct.
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
Victory Village , Fair Oaks at Kifer	U	1.0					✓	1/0				Picnic Tables Only, Fenced Tots Playground
Washington , 840 W. Washington Ave.	Q	11.8	1/1	0/2	✓	1/0	✓☑	2/0	✓	0/2		Handball, Swim

Park and Restroom Hours: 6am – 9pm • Tennis Lights stay on until 10pm • See the facilities map on page 52 for locations

Call (408) 730-7751 for Information and Reservations, (408) 730-7506 for Maintenance.

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

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

Map	Facility
1	Sunnyvale Library , 665 W. Olive Ave., (408) 730-7300
2	Sunnyvale Municipal Golf Course , 605 Macara Lane (408) 738-3666
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	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 , 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 and Fremont Pool , 1279 Sunnyvale-Saratoga Rd.
14	Homestead High , 21370 Homestead Rd.
15	Lakewood School , 750 Lakechime Drive
16	Peterson Middle School , 1380 Rosalia Ave.
17	Sunnyvale Middle School & Park, Pool , 1080 Mango Ave.
18	Vargas School , 1054 Carson Drive
19	Cupertino Middle School , 1650 S Bernardo Ave.
20	San Miguel , 777 San Miguel Ave.
21	Fairwood School , 1110 Fairwood Ave.
22	Nimitz Elementary , 545 E. Cheyenne Drive
23	West Valley Elementary , 1635 Belleville Way
★	Plaza del Sol , 200 W. Evelyn Ave., (408) 730-7335



Did you know? Sunnyvale is home to 21 beautiful parks with features ranging from water play, picnic areas and play grounds to roller skating, tennis courts and lawn bowling.



Registration Checklist/Information

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

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

★ Online



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

Mail In



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

Fax In



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

Walk In



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

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

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

Additionally ...

WAITING LISTS

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

CANCELLATIONS

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

REFUND/TRANSFER POLICY

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

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

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

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

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

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

The Community Center and Senior Center Registration desks will be closed Dec. 19, 2012–Jan. 1, 2013. Offices re-open on Jan. 2, 2013

FEE WAIVER ASSISTANCE PROGRAM FOR YOUTH PROGRAMS

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

For more information call (408) 730-7350.

GOLF/TENNIS REGISTRATION:

For golf registration please see pg.50-51, and for tennis registration please see pg.43-46. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 735-7285.

Follow us on Twitter @SunnyvaleRec

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

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



Please **PRINT** your information:

Today's Date: _____

Participant's Last Name: _____ Street Address: _____

City: _____ State: _____ Zip: _____ Home Phone: () _____

Work Phone: () _____ E-mail Address: _____

Please send me e-mail updates about Recreation classes and programs

Emergency Contact Name: _____ Emergency Contact Phone: () _____

Each adult participant must sign below. In addition, the signature of a parent or legal guardian is required for youth registrations.

WAIVER OF LIABILITY & PHOTO RELEASE: In consideration of participation in a class or activity offered by the City of Sunnyvale Department of Library and Community Services—Community Services Division, I, the undersigned for myself and/or as the parent/guardian of the Minor named above, agree to indemnify and hold the City of Sunnyvale harmless and hereby waive, release and discharge any and all claims for damage, for death, personal injury, bodily injury or property damage which I and/or the Minor may have or which hereinafter may accrue to me and/or the Minor against the City of Sunnyvale, its City Council, employees, agents, volunteers, independent contractors, and instructors from and against any liability arising out of or connected in any way with my and/or the Minor's participation in this class or activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above.

I understand that accidents and injuries can arise from participation in this class or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me and/or the above named Minor and to release and to hold harmless all of the persons or entities mentioned above whom (through negligence or carelessness) might otherwise be liable to me and/or the above named Minor (or my/our heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on my/our heirs and assigns.

I have read and agree to the registration and program policies. Further, I agree to allow use of my image and/or that of the named minor, which may be captured through video, photo, digital camera or other media, for City of Sunnyvale promotional materials and publications. By my signature below, I acknowledge that I have read this document and understand its contents.

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

Signature: _____ Date: _____

Print Name: _____

My check is attached, made payable to: City of Sunnyvale. (NOTE: \$30 charge on all returned checks.)

Charge my: MasterCard Visa



Name of card holder _____

Signature _____ 3-Digit Security Code (on back of card) _____

Card No. | _ _ | _ _ | _ _ | _ _ | - | _ _ | _ _ | _ _ | _ _ | - | _ _ | _ _ | _ _ | _ _ | - | _ _ | _ _ | _ _ | _ _ | Expiration (MM/YY): ____ / ____

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

SPECIAL NEEDS: Do you or your child have any special needs for this class or activity that we should know about?

First Name	Birth Date (if under 18yrs)	Class Name	T-shirt Size*	Class # (example: 123456.MC)		Class Fee
				1st Choice	2nd Choice	
				.	.	
				.	.	
				.	.	
				.	.	
				.	.	
Tax deductible donation toward City Recreation Programs						—

*T-shirt Size for select classes only; see class description.

Sizes available are Youth: YXS, YS, YM, YL or Adult: AS, AM, AL, AXL



Total Fees

For office use only Receipt #: _____ Initial: _____



SUNNYVALE *Activity Guide*

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

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Artists Wanted

Do you have a visual or performing arts project that you would like to share with over 1,000 children and their families? We're looking for artists for the 2013 **Hands on the Arts** event. Applications will be available January 2, 2013. Contact Tegan McLane at (408) 730-7725 or tmclane@ci.sunnyvale.ca.us for more information. The cost of supplies for the workshop and a stipend will be offered to artists who are selected to participate in the event.



Volunteers Needed

The 27th Annual **Hands on the Arts** Festival is scheduled for Saturday, May 18, 2013 from 10:00 a.m. - 4:00 p.m. The festival features artists' workshops for children ages 3-12, storytelling, live performances and a variety of food. To staff this 2,000+ participant event, the Community Services Division relies on the assistance of over 200 volunteers who are needed to assist artists in conducting workshops and prepping supplies before the event. No artistic ability required, and all volunteers will receive a commemorative event t-shirt! First-time volunteers are required to be fingerprinted. Call (408) 730-7350 for more information, or visit HandsOnTheArts.inSunnyvale.com.

