



Welcome to our Older Adults Section.

A listing of services, classes and activities available specifically to those of you 50 years of age and older.



The Importance of your Membership Fee

Your membership fee helps support the Senior Center and allows us to provide:

- Drop-in programs, lectures, movies and services that are free to the members
- Upgrades and replacement for specialized equipment, like that in the Fitness Room, the Billiard Room, etc.
- A \$5 discount for classes and a \$1 discount for dances offered through the Senior Center
- Lunch to members at reduced rates
- Many amenities that make the Senior Center a comfortable place
- Discounts for many of the classes offered by the Community Services Division

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.

Membership Benefit Structure as of January 3, 2012	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
	Resident	\$25/Year	\$29/Year
Non-resident	\$39/Year	\$45/Year	
\$5 discount for any Older Adult class 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 Fitness Drop-In Passes; good for Cardio Mix, Zumba Gold, Gentle Core Fitness, Strengthen & Tone, Sunny Fit and Zumba Regular (based on space/class availability).			✓
\$5 discount for select classes in the "teens & adults" section (applicable classes are indicated by this symbol: )			✓



Online registration not yet available for older adult classes.

older adults



Leanne Tauck, Front Counter



Billiards



Computers

.. And Welcome Home

Join the Senior Center and...



Fitness

- Make New Friends
- Learn New Skills
- Get in Shape
- Stay Healthy
- Access Current Topics
- Travel
- And More!



Trips & More



New Member Coffee or Tea



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 a.m. in the Oak Lounge.



Art

Ceramics (50years & older)

Create decorative items for your home, or gifts for family and friends. A nonrefundable \$6 slip and glaze payable at first day of class. There is a \$4 firing fee. Drop-in fee \$6 member, \$8 non-member

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

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

Instructor: Helen Jurado

Location: Senior Center, Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
559901.AA	Beg	50yrs&older	4/2-5/21	M	8:30am-11:30am	\$41/\$51
559902.AA	Int/Adv	50yrs&older	4/2-5/21	M	12:30pm-3:30pm	\$41/\$51

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.

March	Zouk
April	Cha Cha

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: Orchard Pavilion

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

Price includes dance lessons & admission.

Upcoming dates and featured dances:

March 14	East Coast Swing
April 18	Foxtrot



Line Dancing (50years & 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)
554002.AA	AdvBeg	50yrs&older	4/9-6/4	M	10:00am-11:30am	\$43/\$54
554002.BA	AdvBeg	50yrs&older	4/11-5/30	W	9:00am-10:30am	\$43/\$54
554001.AA	Beg	50yrs&older	4/11-5/30	W	10:30am-12:00pm	\$43/\$54

Fitness

Reminder: For your safety, always check with your physician before starting a new exercise program. Come and observe a class or talk with our instructors to help you find a class that's right for you. **Sign up early – limited space available.**

Back Care Conditioning (50years & 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.

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558750.AA	50yrs&older	3/26-5/14	M	10:00am-11:00am	\$38/\$48

Body & Core Strengthening (50years & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. Recommended to improve bone density, metabolism and muscle tone – a perfect complement to regular cardio workouts. Bring a mat and hand weights, stability ball on Saturdays only. Class registration forms will be accepted on 1/30. Priority registration will be given to walk-in residents. Saturday ONLY: Drop-in fee \$5 resident, \$6 non-residents

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

Adv: Higher intensity and faster paced workout

Instructor: Tamara Lo

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
558302.AA	Int	50yrs&older	3/27-5/17	TuTh	10:30am-11:30am	\$54/\$68
558302.BA	Int	50yrs&older	3/31-5/12	Sa	8:30am-9:30am	\$26/\$33

Location: Recreation Center, Ballroom

558303.AA	Adv	50yrs&older	3/27-5/17	TuTh	9:00am-10:00am	\$54/\$68
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Location: Senior Center, Orchard Pavilion



Cardio Mix (50years & 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)
558200.AA	50yrs&older	3/27-5/17	TuTh	8:00am-9:00am	\$47/\$59

Gentle Core Fitness (50years & 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 belts 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)
558120.AA	50yrs&older	3/27-5/15	Tu	12:00pm-1:00pm	\$38/\$48
558120.BA	50yrs&older	3/29-5/17	Th	12:00pm-1:00pm	\$38/\$48

Personal Training Program (50yrs & 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, Stability & Stamina (50yrs & older)

A self-paced class perfect for the beginner or more advanced fitness enthusiast. Therapeutic exercises focusing on balance, strength & endurance. Perfect for pre or post-op rehab. All exercises can be modified for your needs. Bring water, a mat, hand weights (2 lb & up, optional) and playground ball (optional). Drop-in Fee \$5 resident, \$6 non-resident. Instructor is multilingual (Cantonese, Hindi, Spanish).

Instructor: Fiona Gilbert

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558310.AA	50yrs&older	3/26-5/16	MW	10:00am-11:00am	\$51/\$64

Location: Recreation Center, Ballroom

558310.BA	50yrs&older	3/30-5/18	F	10:00am-11:00am	\$28/\$35
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Strength Training (18years & older)

See page 22.

Sunny Fit Low Impact (50years & 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 resident, \$6 non-resident.

Instructor: Fred Brovold

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558140.AA	50yrs&older	3/26-5/16	MW	2:00pm-3:00pm	\$43/\$54

Zumba Gold (50yrs & older)

A fun energetic workout to a fusion of Latin and international music. The class has been modified for active older adults and features interval and resistance training for your cardio conditioning and muscle toning. Come and dance your way to fitness! Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558210.AA	50yrs&older	3/26-5/18	MF	8:45am-9:45am	\$61/\$76

Instructor: Irene Ortiz

Location: Recreation Center, Ballroom

558210.BA	50yrs&older	3/27-5/17	TuTh	4:15pm-5:15pm	\$61/\$76
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Location: Senior Center, Orchard Pavilion

558210.CA	50yrs&older	3/28-5/16	W	4:15pm-5:15pm	\$37/\$46
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Lectures

Sign up is required to attend and can be done at the reception counter or call (408) 730-7360. All seniors welcome!

Better Choices, Better Health/ Chronic Disease Self-Management Program

The goals of this FREE, peer-taught, six-week workshop are to help people with chronic conditions and diabetes learn to take day-to-day responsibility for their own care and improve those skills required to manage their disease while work effectively with health care professionals. Please call (408) 961-9812 to register.

3/6, 3/13, 3/20, 3/27, 4/3, 4/10; Tuesday, 9:00am-11:30am

Location: Sequoia Room

Guest Speaker: HEALTH Trust Representative

Safe to Be Alone?

Do you know someone who may be home alone and at risk? We discuss what to look for and how to address your concern before it becomes an emergency. Home Safety checklist will be provided.

3/20; Tuesday, 6:30pm-7:30pm

Location: Laurel Room

Guest Speaker: Janine Pratt, MA Gerontology
Pathways Home Health Private Duty

Back Care

Learn how to take care of your back — before the pain starts.

4/24; Tuesday, 1:00pm-2:00pm

Location: Laurel Room

Guest Speaker: Scott Morley,
PT Clinic Director at Sunnyvale Physical Therapy/
Physical Rehabilitation Network (PRN)



Special Interest

AARP Safe Driving Program

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

Computer Classes (18yrs & older)

See page 20.

Current Events (50years & 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: Carmelina DiMeglio

Location: Senior Center, Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557000.AA	50yrs&older	3/29-5/17	Th	10:15am-11:30am	\$16/\$20

History of Presidential Elections (50yrs & older)

Even before George Washington took office, there were eleven other men who held the title of "Mr. President." But that was before the Constitutional Convention of 1787. Take this class and find out how we have elected presidents from then until now. Whatever happened to the Federalist Party? Join us as we examine each election, and outcome.

Instructor: Dr. Ken Bruce

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557010.AA	50yrs&older	3/21-6/6	W	1:00pm-2:00pm	\$35/\$44

Symphony & Concerto (50years & 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)
554800.AA	50yrs&older	2/27-3/19	M	1:00pm-2:30pm	\$26/\$33
554800.AB	50yrs&older	4/2-4/23	M	1:00pm-2:30pm	\$26/\$33

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 residents, \$13/day non-residents

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) 949-7017

Trips

For more details and registration information on our trips, stop by the Senior Center for a copy of our trip newsletter or flyers for extended trips, visit Seniors.inSunnyvale.com on the web and click on "Senior Trips," or give us a call at (408) 730-7360.

Registration

Please join us on Wednesday, March 14 from 9 – 10 a.m. for day trips and from 10 a.m. – 12 p.m. for extended trip registration and slide show presentations.



Day Trips

Tulipmania & Pacific Orchid Expo* <i>Lunch on your own at Pier 39</i>	F, 2/24	\$61 R/\$76 NR
Berkeley Gourmet Excursion* <i>Guided culinary walking tour</i>	W, 3/7	\$109 R/ \$136 NR
Crime Lab & Forensics Tour <i>SC Co. DA's Crime Lab + SJSU, lunch</i>	Th, 3/15	\$82 R/\$103 NR
Marine Mammal Center* <i>Lunch at Spinnaker's</i>	M, 3/26	\$89 R/\$111 NR
Spamalot* <i>Orpheum Theatre musical production, no meal</i>	W, 4/11	\$104 R/\$130 NR
SF Ferry Bldg & Rincon Murals w/Gary* <i>Lunch on your own</i>	Tu, 4/24	\$58 R/\$73 NR
Lunch at the Palace w/Gary* <i>Plus history of Money Museum</i>	M, 4/30	\$89 R/\$111 NR

*Sign up now!



Extended Trips

Florida – The Sunshine State, Tues., 2/28/12 – Wed., 3/7/12

Discover Cuba, Thur., 4/5/12 – Fri., 4/13/12

Great Lakes Adventure, Wed., 5/2/12 – Fri., 5/11/12

Spain's Classics^a, Wed., 5/23/12 – Tues., 6/5/12

Pageant of the Masters^a, Mon., 7/23/12 – Thurs., 7/26/12

Spectacular South Africa^a, Thurs., 8/23/12 – Tues., 9/4/12

Parks & Shakespeare^a, Mon., 9/17/12 – Sat., 9/22/12

Circle Hawaii Cruisetour^a, Thurs., 10/18/12 – Sat., 10/27/12

Trip Slide Show Presentations

^a: Wednesday, 3/14, 10am – 12pm, Senior Center, Laurel Room



Online registration not yet available for older adult classes.



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

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

KW

Join us for Lunch in the Orchard Café

Enjoy a home-cooked style meal prepared by our on-site Chef, Cecilia Garza-Ruiz. Meals are available, Monday-Friday at 12:00pm in the Orchard Café.

Our lunches include:
soup or salad, entrée, dessert and beverage.

Call for pricing

NH

KW



Senior Center Advisory Committee

Are you an active participant in programs, services, special events and/or clubs through the Sunnyvale Senior Center? Become a member of the Senior Advisory Committee. Listen to seniors in the Sunnyvale community and convey their ideas, suggestions, concerns and questions to the staff at the Senior Center. Meetings are held on the second Monday in January, March, May, July, September and November from 1:00pm-3:00pm.

Senior Advisory Committee Members
Linda Barclay, Jeanne Brown, Mary Griffin, Mary Hidalgo, Norine Krueger, Chi-Kin Lee, Susan Lotz, Marty Rawson



Get The Help You Need.

Information & Assistance Program

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

We provide help with:

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

Hours: Monday, Wednesday & Thursdays 12 p.m. – 2 p.m.

Drop In at the Senior Center or

Call for an appointment: 408-730-7367

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

NH



Upcoming Events at the Orchard Pavilion!

Purchase tickets at the Senior Center Reception Counter.
Tickets go FAST for these events, so get yours earlier —
you'll save money and ensure you get a seat!
(Prices shown are for Members (M) and Non-members (NM)
Need more information? Call (408) 730-7360.



Tea & Fashion Show Luncheon

We cordially invite you to attend our
Afternoon Tea Luncheon
followed by an Exquisite Fashion Show.
Chico's of Los Gatos is excited to introduce to you their
"new" line of spring clothing!

Purchase your ticket early to reserve your seat.

DOOR PRIZE DRAWINGS

Sunnyvale Senior Center - Orchard Pavilion
Friday March 2, 2012
Luncheon Served: 11:45 a.m. • Fashion Show: 12:15 p.m.
Doors open at 11:00 a.m. ~ Event Hours 11:45 a.m. – 1:00 p.m.

Admission: Members \$8 / Non-members: \$13

For more information, call (408) 730-7360.
Purchase tickets at reception counter

If you would like to be a model,
please stop by front desk or call Nancy Hextell at (408) 730-7361

NH



Thank You!!!!



The staff at the Senior Center
gratefully acknowledges the talents, skills,
commitment and time that our volunteers
generously give to our community.



Thank you one and all
for helping with our programs.



KW

Volunteers Needed

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

Areas Where We Need You

- Computer Lab Assistants
- Trip Escorts
- Office Assistants

Please call (408) 730-7360

KW

Senior Center Fitness Room



Fitness Room
FREE for
Premium Members

KW

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) 730-7624.

Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30pm.

For one free class of instruction &
equipment use, call Al Rizzo:
(408) 736-4739

TABLE TENNIS

M – F, 9:30am – 4:00pm.

Bring your own paddle &
light soled shoes. Call: (408) 730-7624

For more information about either program,
call (408) 730-7624.

KW

Table Tennis
FREE for
Premium Members



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	\$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 <i>(50¢ per cup for ALL)</i>		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 <i>(FREE for ALL)</i>		1 st & 3 rd F, 1:00pm
Sudoku	\$2	Call: (408) 730-7360
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	<i>(\$9 for ALL; a \$24 value)</i>	M-F, 9:00am-5:30pm
Blood Pressure	<i>(FREE for ALL)</i>	M & Th, 10:00am-Noon
Care Management <i>(FREE for Sunnyvale Residents only)</i>		Call: (408) 730-7732
El Camino Hospital Resource Library	<i>(FREE for ALL)</i>	Tu., 11:30am-12:30pm
Diabetes Support	\$2	11/17, 12/15, 1/26 & 2/23 1:00pm-2:30pm
Foot Care	<i>(\$40 members, \$50 Non-members)</i>	3/26, By appt. - call
Health Insurance Counseling and Advocacy Program (HICAP)	\$2	By appt. - call
Hearing Screenings	\$2	4/10/12, 9:00am-10:45am
Notary Services	\$2	By appt - call
VTA Photo ID	<i>(FREE for ALL)</i>	3/6, 2012, By appt. - call



Traditional Day Camps

Camp Discovery (5-11years)



A NEW eight-week camp that is sure to be a blast for both little kids and big kids—all at one location. Your kids will love doing awesome age-appropriate activities and making new friends. Every week has a theme: ooey, gooey, messy crafts; creative art projects; non-competitive games and contests; goofy challenges; fun-filled workshop; a refreshing swim day; and one exciting field trip. Our well trained, energetic and friendly staff is certified in first aid, CPR and AED. Children will receive one camp T-shirt for the first session registered in; additional shirts can be purchased at camp. *No class 7/4.*

Location: Washington Park Bldg. (840 W. Washington Ave.)

Core Camp Days/Times: M-F, 9:00am - 5:00pm

Extended Care Option: M-F 7:30am - 6:00pm

Instructor: Staff

JW

Each day all campers need to bring:

- bag lunch morning and afternoon snack bottled water
- comfortable closed-toe walking shoes sunscreen
- campers must wear camp T-shirts on field trip day(s)

Week #) Dates	Theme of the Week	Featured Trip* (Usually on Thursday each week)	Time / Class # / Fee			
			9:00am-5:00pm	Fee (Res/NR)	7:30am-6:00pm	Fee (Res/NR)
1) 6/18-6/22	Ocean Quest	Marine Science Institute	721010.1A	\$205/\$255	721010.1B	\$263/\$313
2) 6/25-6/29	Arctic Expedition	Ice Skating	721010.2A	\$205/\$255	721010.2B	\$263/\$313
3) 7/2-7/6 (no class 7/4)	Fun with Food & Fitness	Young Chef's Academy	721010.3A	\$165/\$205	721010.3B	\$210/\$260
4) 7/9-7/13	Splish Splash Fun	Morgan Hill Aquatics Center	721010.4A	\$205/\$255	721010.4B	\$263/\$313
5) 7/16-7/20	Creative Cartoon Adventures	Chuck-E-Cheese	721010.5A	\$205/\$255	721010.5B	\$263/\$313
6) 7/23-7/27	Animal Explorations	Oakland Zoo	721010.6A	\$205/\$255	721010.6B	\$263/\$313
7) 7/30-8/3	Camp Olympics	Pump-It-Up & Pizza	721010.7A	\$205/\$255	721010.7B	\$263/\$313
8) 8/6-8/10	Surfin' Safari	Aqua Adventure Water Park	721010.8A	\$205/\$255	721010.8B	\$263/\$313

*Featured Trip "Venues" and "Day of Week" are subject to change

Camp Crusade (5-12years)

Camp Crusade features fun indoor and outdoor recreational games, arts & crafts and goofy contest, as well as recreational pool play for all camp participants. (Campers will be separated into appropriate age groups for some of our games and activities.)

For campers wanting to improve their swimming abilities, we've added a NEW SWIM LESSON OPTION to the regular day camp for a small additional fee. Camp Crusaders who also register for the additional swim lessons will be pulled out of regular camp for one hour and escorted to and from Washington Park Pool for their 30 minutes each of swim lesson and structured pool play daily.

- Notes: 1) **Must be registered in Camp Crusade to register for the swim lesson option.**
- 2) All participants need to bring a daily lunch, bottled water, two snacks (morning & afternoon) and sunscreen.
- 3) If also registered in the swim lesson option, bring swim suit, towel and a dry change of clothes.
- JW/AW

Instructor: Staff

Class #	Age	Dates	Day	Time	Fee (Res/NR)
Mini- and Core-Camp at Washington Park Building					
721050.CW	5-12yrs	8/13-8/15	M-W	8:00am-6:00pm	\$155/\$194
721050.CF	5-12yrs	8/13-8/17	M-F	8:00am-6:00pm	\$249/\$299
Optional Swim Lessons at Washington Park Pool					
720401.SW	5-12yrs	8/13-8/15	M-W	10:00am-11:00am	\$32/\$40
720402.SF	5-12yrs	8/13-8/17	M-F	10:00am-11:00am	\$52/\$65

Camp Explorer (5-12years)



This popular one-week camp offers a unique opportunity to explore some of the Bay Area's hot spots! Participants are to bring a bag lunch daily, as well as morning and afternoon snacks. Each camper will receive ONE T-shirt that is to be worn on each field trip. (Additional T-shirts can be purchased at camp.) Register per day or take advantage of the discounted rate by registering for the entire week! All trips are planned to return by 5:00 p.m. A welcome letter with details of each trip will be mailed out in early August. For more information call (408) 730-7741. *Please note: trips are subject to change.*

TNR

Trips:

- 8/13-8/17 See Individual days below
- 8/13 Petroglyph & Pizza
- 8/14 Gollfand & Waterslides
- 8/15 San Jose Skate & Cooking
- 8/16 San Francisco Zoo
- 8/17 Shadow Cliffs Lake & Rapids Waterslides

Instructor: Staff

Location: Ponderosa Park Building

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721210.9Y	5-12yrs	8/13-8/17	M-F	8:00am-6:00pm	\$258/\$308
721210.9M	5-12yrs	8/13	M	8:00am-6:00pm	\$54/\$68
721210.9T	5-12yrs	8/14	Tu	8:00am-6:00pm	\$54/\$68
721210.9W	5-12yrs	8/15	W	8:00am-6:00pm	\$54/\$68
721210.9R	5-12yrs	8/16	Th	8:00am-6:00pm	\$54/\$68
721210.9F	5-12yrs	8/17	F	8:00am-6:00pm	\$54/\$68



Camps providing participants with a T-shirt display the icon shown at the left. Please make sure to mark your T-shirt size on the registration form on page 55.



Refund or transfer requests for summer camps must be received at least 4 weeks before the first day of camp.

camps

Summer Safari Preschool Camps (3-5years)

Your preschoolers will enjoy a summer packed full of fun adventures when they participate in our Summer Safari Preschool Camps. Each weeklong camp is themed and will offer games, crafts and special activities that reinforce their school year learnings. Children must be toilet trained by 1st day of class. Children will receive ONE T-shirt for the first session registered in. *No class* *7/4.

Instructor: Staff



RC



Dates	Theme	Age, Time, Location					
		3-4yrs, 9:30am-12:30pm, Las Palmas Park Bldg.		3-5yrs, 9:00am-12:00pm, Ortega Park Bldg.		4-5yrs, 9:00am-12:00pm, Serra Park Bldg.	
		M-F	Fee (Res/NR)	MWF	Fee (Res/NR)	M-F	Fee (Res/NR)
6/18-6/22	Summer Fun	715800.1A	\$112/\$140	715800.1E	\$68/\$85	715800.1C	\$112/\$140
6/25-6/29	Around the World	715800.2A	\$112/\$140	715800.2E	\$68/\$85	715800.2C	\$112/\$140
7/2-7/6*	Safari Fun	715800.3A	\$90/\$112			715800.3C	\$90/\$112
7/9-7/13	Blast off to Space	715800.4A	\$112/\$140	715800.4E	\$68/\$85	715800.4C	\$112/\$140
7/16-7/20	Under the Sea	715800.5A	\$112/\$140	715800.5E	\$68/\$85	715800.5C	\$112/\$140
7/23-7/27	Wild West	715800.6A	\$112/\$140	715800.6E	\$68/\$85	715800.6C	\$112/\$140
7/30-8/3	Farm Fun	715800.7A	\$112/\$140	715800.7E	\$68/\$85	715800.7C	\$112/\$140
8/6-8/10	Back to School	715800.8A	\$112/\$140	715800.8E	\$68/\$85	715800.8C	\$112/\$140

Arts Camps

Cooking (4-13years)

Vegetarian and special diets welcome. Please contact Young Chefs Academy before first class at (408) 738-CHEF (2433). A non-refundable \$100 supply fee per 5-day camp and \$75 per 4-day camp will be collected at first class.

Instructor: Young Chefs Academy

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

Baking 101 (4-11years) Cakes, cookies and pies...Oh my! A cup of this and a pinch of that is stirred-up to create baked goodies including Cake Truffles!

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
727502.AA	All	4-7yrs	6/11-6/15	M-F	9:00am-12:00pm	\$150/\$188
727502.AC	All	4-7yrs	7/9-7/13	M-F	9:00am-12:00pm	\$150/\$188
727502.AE	All	4-7yrs	7/30-8/3	M-F	9:00am-12:00pm	\$150/\$188
727502.AB	All	8-11yrs	6/11-6/15	M-F	1:30pm-4:30pm	\$150/\$188
727502.AD	All	8-11yrs	7/9-7/13	M-F	1:30pm-4:30pm	\$150/\$188
727502.AF	All	8-11yrs	7/30-8/3	M-F	1:30pm-4:30pm	\$150/\$188

Cooking Around the World (6-13years) Join us to celebrate the various cuisines of the world. Cook your favorite ethnic foods with recipes from Algeria to Vietnam, including a few celebrity chef's recipes.

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
727503.AA	All	6-9yrs	6/25-6/29	M-F	9:00am-12:00pm	\$150/\$188
727503.AC	All	6-9yrs	7/23-7/27	M-F	9:00am-12:00pm	\$150/\$188
727503.AE	All	6-9yrs	8/13-8/17	M-F	9:00am-12:00pm	\$150/\$188
727503.AB	All	9-13yrs	6/25-6/29	M-F	1:30pm-4:30pm	\$150/\$188
727503.AD	All	9-13yrs	7/23-7/27	M-F	1:30pm-4:30pm	\$150/\$188
727503.AF	All	9-13yrs	8/13-8/17	M-F	1:30pm-4:30pm	\$150/\$188

Top Secret Recipes (5-13years) Make some of your "dine-out" favorites. Come explore restaurant favorites such as Chicken Cannelloni from Macaroni Grill, Oreo cheesecake from the Cheesecake Factory, Neiman-Marcus cookies and much more!

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
727509.AA	All	5-9yrs	6/18-6/22	M-F	9:00am-12:00pm	\$150/\$188
727509.AC	All	5-9yrs	7/16-7/20	M-F	9:00am-12:00pm	\$150/\$188
727509.AE	All	5-9yrs	8/6-8/10	M-F	9:00am-12:00pm	\$150/\$188
727509.AB	All	9-13yrs	6/18-6/22	M-F	1:30pm-4:30pm	\$150/\$188
727509.AD	All	9-13yrs	7/16-7/20	M-F	1:30pm-4:30pm	\$150/\$188
727509.AF	All	9-13yrs	8/6-8/10	M-F	1:30pm-4:30pm	\$150/\$188

Cheerleading Dance Camp (4-7years)

Give me a C! Give me an A! M! P! This camp has it all: cheerleading motions, cheers, chants, basic jumps, technique and pom-poms. Basic jazz and hip-hop moves to popular music will also be included. Camp concludes with a performance for friends and family. Wear comfortable clothes and shoes with light colored soles. Bring a bottle of water and a healthy snack. A materials fee of \$6 is due to instructor at first class.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
724000.2P	4-7yrs	6/18-6/22	M-F	1:35pm-3:05pm	\$89/\$111

Hip Hop Dance Camp (5-10years)

Learn the hottest new age appropriate hip hop dance moves that you see on TV. This camp is high energy and non-competitive. We will teach the basics of hip hop to music from Radio Disney, Kid's Bop and more! Camp concludes with a performance for parents and family. Wear comfortable clothes and shoes with light colored soles. Bring a bottle of water and a healthy snack.

Instructor: Dance Force Kids

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
724330.2R	7-10yrs	6/18-6/22	M-F	4:45pm-6:15pm	\$89/\$111
724330.3Q	5-8yrs	6/25-6/29	M-F	3:10pm-4:40pm	\$89/\$111



See note about T-shirts bottom of page 34





Pop Star Dance Camp (6-9years)

It's time to shine! Come be a super star for a week and learn to dance like the stars of High School Musical. Learn basic jazz and hip hop dance moves and have fun creating your own choreography and using glamorous props that are yours to keep after camp. Camp concludes with a performance for parents and family. Wear comfortable clothes and dance shoes or tennis shoes with light-colored soles. Bring a bottle of water and a healthy snack. A non-refundable materials fee of \$12 is due to instructor on first day of camp.

Instructor: Dance Force Kids
Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
724480.3P	6-9yrs	6/25-6/29	M-F	1:35pm-3:05pm	\$89/\$111

Princess Dance Camp (4-6years)

Join us for a magical journey as your child uses her imagination to become a fairy tale princess. Play princess games, dance to classical princess music and make princess crowns and wands. The last day of camp will be a performance for parents and family. Ballet shoes and attire required. A non-refundable \$12 materials fee will be due to instructor on first day of camp.

Instructor: Dance Force Kids
Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
724410.2Q	4-6yrs	6/18-6/22	M-F	3:10pm-4:40pm	\$89/\$111
724410.3R	4-6yrs	6/25-6/29	M-F	4:45pm-6:15pm	\$89/\$111

Musical Theater Camp (7-14years)

Let's put on a show! Participants in this camp experience all the fun and camaraderie of being involved in a musical theater show, from auditions through applause. Students build confidence and practice teamwork skills, through singing, dancing and acting. This camp is great for both experienced performers and first-timers. Camp concludes with a performance for friends and family. Students must have completed second grade. Wear comfortable clothes and tennis shoes or jazz dance shoes. Bring water and a snack that does not need to be refrigerated.



Instructor: Amy Zsadanyi, Esther Selk, Heather Clemens
Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
724611.EE	Beg	7-10yrs	7/23-8/3	M-F	9:00am-12:30pm	\$225/\$275
724611.LE	Beg	7-10yrs	7/23-8/3	M-F	1:30pm-5:00pm	\$225/\$275
724611.EM	Beg	11-14yrs	7/23-8/3	M-F	9:00am-12:30pm	\$225/\$275
724611.LM	Beg	11-14yrs	7/23-8/3	M-F	1:30pm-5:00pm	\$225/\$275

Advanced Musical Theater Camp (8-17years)

For students who've completed two sessions of our musical theater camp, the advanced camp offers a more intensive musical theater experience. Students' day is filled with singing, dancing and acting exercises as they prepare a musical production from start to finish in just one week. Students assemble their own simple costumes and assist with creating props and scenery. Camp concludes with a performance for friends and family. Students must have completed third grade. Wear comfortable clothes and tennis shoes or jazz dance shoes. Bring water, lunch and snacks that do not need to be refrigerated.

Instructor: Amy Zsadanyi, Esther Selk, Joanne Rose
Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
724612.AE	Int/Adv	8-17yrs	8/6-8/10	M-F	9:00am-4:30pm	\$225/\$275

Animation Camp (5-12years)

Bring your own characters to life with Freshi Films hands-on animation camp. Older kids experiment with paper cut-outs, action figures, Legos® and more to learn different animation methods. Then participants work together in small groups to plan, storyboard and shoot their own stop-motion animated film. Younger kids learn to make a character move, using action figures and Legos, and shoot a short, funny and action-packed film. Camps concludes with a special screening for parents and friends. Bring a memory stick on the last day of camp to take home your own copy of the movie.

Instructor: Freshi Films
Location: Recreation Center, Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
724721.6P	Beg	8-12yrs	7/23-7/27	M-F	1:00pm-4:00pm	\$199/\$249
724721.7A	Beg	5-7yrs	7/30-8/3	M-F	1:00pm-4:00pm	\$199/\$249

Digital Filmmaking Camp (5-12years)

Headed for Hollywood someday? Freshi Films digital filmmaking camp will point you in the right direction. This introductory, hands-on program gives kids everything they need to create a short film in one week. Participants will work together in small groups, planning, acting and shooting the whole movie themselves. Camp concludes with a special screening for parents and friends. Bring a memory stick on the last day of camp to take home your own copy of the movie.

Instructor: Freshi Films
Location: Recreation Center, Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
724701.5A	Beg	8-12yrs	7/16-7/20	M-F	9:00am-12:00pm	\$199/\$249
724701.7P	Beg	8-12yrs	7/30-8/3	M-F	1:00pm-4:00pm	\$199/\$249
724701.8A	Beg	5-7yrs	8/6-8/10	M-F	9:00am-12:00pm	\$199/\$249

Game Design Camp (8-12years)

Don't just play games. Play your own games! Learn the basics of video game development using logic-based Multi Media Fusion 2 software. Beginners work in pairs to design, debug and distribute your own 2D game. Have fun adding digital design elements, music and animation with a simple click. Advanced students work independently, learning to create character movement, multiple platforms and a wider variety of games. Prerequisite: Basic computer skills. Bring a memory stick on the last day of class to take home your animated game.

Instructor: Freshi Films
Location: Recreation Center, Neighborhood Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
724711.5P	Beg	8-12yrs	7/16-7/19	M-F	1:00pm-4:00pm	\$199/\$249
724711.6A	Beg	8-12yrs	7/23-7/27	M-F	9:00am-12:00pm	\$199/\$249
724710.8P	All	8-12yrs	8/6-8/10	M-F	1:00pm-4:00pm	\$199/\$249

All About India (5-10years)

Start your child's summer with a dhamaka, or explosion, of Indian culture: music, crafts, games and more. From morning yoga, featuring kid-friendly animal poses, to lively Bollywood dance and badminton games, this camp keeps kids moving and learning about one of the world's largest countries. Camp concludes with a performance for friends and family. Wear comfortable clothes and tennis shoes. Bring water, lunch and snacks that do not need to be refrigerated. Non-refundable materials fee of \$30 due to instructor on first day of camp.

Instructor: Community Center India
Location: Recreation Center, Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
724760.2A	5-10yrs	6/25-6/29	M-F	9:00am-3:00pm	\$275/\$325
724760.4A	5-10yrs	7/9-7/13	M-F	9:00am-3:00pm	\$275/\$325



Refund or transfer requests for summer camps must be received at least 4 weeks before the first day of camp.

camps

Frozen Fun Camp (6-12years)

Stay cool this summer at the ice rink. Skaters will take part in a 30-minute lesson, ice painting, games, movie time and free skate time each day. Bring gloves, wear thick socks and wear layers of warm loose clothing. Children are welcome to bring a snack or sack lunch. Register early! Registration must be completed 7 days in advance of the first day of camp. Skates are included in camp price.

Instructor: Ice Center Staff

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
727411.P1	Beg	6-12yrs	6/18-6/21	M-Th	12:00pm-4:00pm	\$174/\$184
727411.P2	Beg	6-12yrs	6/25-6/28	M-Th	12:00pm-4:00pm	\$174/\$184
727411.P3	Beg	6-12yrs	7/16-7/19	M-Th	12:00pm-4:00pm	\$174/\$184
727411.P4	Beg	6-12yrs	7/23-7/26	M-Th	12:00pm-4:00pm	\$174/\$184
727411.P5	Beg	6-12yrs	8/6-8/9	M-Th	12:00pm-4:00pm	\$174/\$184
727411.P6	Beg	6-12yrs	8/13-8/16	M-Th	12:00pm-4:00pm	\$174/\$184

Magic Wizards Camp (7-11years)

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

Instructor: Larry Wertman

Location: Creative Arts Center, Program Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
724670.1P	7-11yrs	6/18-6/22	M-F	1:30pm-4:30pm	\$125/\$156
724670.7P	7-11yrs	7/30-8/3	M-F	1:30pm-4:30pm	\$125/\$156

Visual Arts Camp (7-11years)

Join us for hours of creative fun where you can make your own imaginative pictures, collages, and three-dimensional creations! Using a variety of media you can explore outer space, Monet's Garden, Van Gogh's Starry night and nature's coral reefs. We'll also see how mathematics and nature join forces to create patterns in pinecones, leaves, flowers, shells, and snowflakes. The fun never stops at Visual Arts Camp! A non-refundable \$40 supply fee will be collected at first class. Bring a snack and a smock.

Instructor: Peter Koehler

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
729520.AM	7-11yrs	7/23-8/3	M-F	9:00am-12:30pm	\$215/\$270
729520.PM	7-11yrs	7/23-8/3	M-F	1:30pm-5:00pm	\$215/\$270

School for Faeries (5-15years)

At Madame Amelia's School for Faeries, draw upon the magic within to spread beauty and kindness. Create faerie costumes and transform the classroom into a fanciful place for singing, crafting, composing poetry and journaling. Older girls mentor younger girls and stay late to help prepare the next day's activities. Class concludes with a potluck tea. Each student may invite one guest to tea. Non-refundable materials fee of \$25 is due to instructor at first class meeting. Please bring water to drink and a healthy snack.

Instructor: Amy Zsadanyi, Joanne Rose

Location: CAC Program Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
724621.4E	Beg	5-10yrs	7/9-7/13	M-F	9:00am-12:00pm	\$125/\$156
724621.4M	Beg	11-15yrs	7/9-7/13	M-F	9:00am-1:00pm	\$125/\$156

Visual Arts Mini Camp (5-7years)

This camp is a shorter version of our popular Visual Arts Camp, designed especially for you younger artists. We'll use lots of vibrant paint, clay, oil pastels and other interesting stuff to create our own interpretations of Monet's Garden, Van Gogh's Starry Night and nature's coral reefs. We'll even have a chance to combine a little science with our art when we explore the planets, stars, and Northern lights. We'll also see how mathematics and nature join forces to create the patterns in pinecones, leaves, flowers, shells, and snowflakes. Bring a smock and a snack. A non-refundable \$30 supply fee will be collected at first class.

Instructor: Peter Koehler

Location: Creative Arts Center, Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
729540.VA	5-7yrs	7/9-7/13	M-F	9:30am-12:00pm	\$125/\$156
729540.VK	5-7yrs	7/16-7/20	M-F	9:30am-12:00pm	\$125/\$156
729540.VL	5-7yrs	7/16-7/20	M-F	1:30pm-4:00pm	\$125/\$156

Science & Engineering Camps

Extended hours offer only care and are not an extension of camp-related activities.

AWESOME Engineering Camps (7-12years)

Are you ready to have an AWESOME time? Our Engineering and Construction program will teach you fundamental engineering and construction concepts using Erector educational toys. You will build things you encounter everyday; including bridges, cars, skyscrapers and more! Some of the concepts covered include: Torque vs. Speed, Belt and Pulley Systems, Gravity, Friction, and Truss Systems. In class, you are provided with everything you need to build each project which includes a tool belt, tools and project pieces. This hands-on class will allow you to work together or solve problems while building projects. It's sure to be AWESOME! Bring a bag lunch each day.

Instructor: Awesome Engineering Staff

Automotive Engineering and Design (7-12 years)

Learn fundamental engineering and construction concepts using Erector educational toys. You will build automotive vehicles you see everyday; including cars, motorcycles, bulldozers, dump trucks and more! Some of the concepts covered include: gear systems, gear ratios, and torque vs. speed, belt and pulley systems, gravity and friction.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721340.FA	7-12yrs	7/16-7/20	M-F	9:00am-4:00pm	\$250/\$300
721340.FB	7-12yrs	7/16-7/20	M-F	8:00am-5:00pm	\$340/\$390

Aviation and Structural Design (7-12 years)

Learn how to build aircrafts and structures you see everyday; including airplanes, helicopters, chairlifts, skyscrapers, bridges, houses and more! Some of the concepts covered include: truss systems, suspension systems, gear systems, structural significance, failure analysis, gravity and friction.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721340.EA	7-12yrs	7/9-7/13	M-F	9:00am-4:00pm	\$250/\$300
721340.EB	7-12yrs	7/9-7/13	M-F	8:00am-5:00pm	\$340/\$390
721340.GA	7-12yrs	7/23-7/27	M-F	9:00am-4:00pm	\$250/\$300
721340.GB	7-12yrs	7/23-7/27	M-F	8:00am-5:00pm	\$340/\$390
721340.IA	7-12yrs	8/6-8/10	M-F	9:00am-4:00pm	\$250/\$300
721340.IB	7-12yrs	8/6-8/10	M-F	8:00am-5:00pm	\$340/\$390



See note about T-shirts bottom of page 34





Amusement Park Themes (7-12 years)

Learn how to build fun things you see at amusement parks; including Ferris wheels, merry-go-rounds, gondolas, monorails and more! Some of the concepts covered include: gear systems, circular motion, centrifugal force, rack and pinion gears, linear motion, gravity and friction.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721340.HA	7-12yrs	7/30-8/3	M-F	9:00am-4:00pm	\$250/\$300
721340.HB	7-12yrs	7/30-8/3	M-F	8:00am-5:00pm	\$340/\$390

Sciensational Camps (6-11years)

Extended hours offer only care and are not an extension of camp-related activities.

With fabulous hand-on activities and take home projects, Sciensational offers children a fabulous summer full of exploration and fun they will never forget! Full-day and Full-day Extended care participants should bring a bag lunch daily. **PLEASE NOTE:** Lunch supervision (12 – 1pm) is ONLY provided for FULL-day or FULL-DAY EXTENDED CARE participants. Half-day participants are expected to be picked up promptly at 12pm, or dropped off no earlier than 1pm.

Instructor: Staff

Location: Braly Park Building

Chemical Magic (a.m.): Learn to make batteries from fruits or potatoes, view prepared slides on microscopes, make glob from glue, enjoy collections of rocks and learn the names of all three kinds! We'll also make dirty pennies clean and clean pennies green!

Harry Potter (p.m.): Join our Magical Mystery Tour as we share the escapades of Harry and his friends. You'll make an edible wand, watch a mirage appear and play quidditch. Harry, Ron and Hermione are awaiting your arrival!

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721350.AM	6-11yrs	6/11-6/15	M-F	9:00am-12:00pm	\$183/\$229
721350.AP	6-11yrs	6/11-6/15	M-F	1:00pm-4:00pm	\$183/\$229
721350.AF	6-11yrs	6/11-6/15	M-F	9:00am-4:00pm	\$381/\$431
721350.AX	6-11yrs	6/11-6/15	M-F	8:00am-5:00pm	\$450/\$500

Make It and Take It (a.m.): Discover how amazing science can be, when you grow and take home a crystal tree, make an energy bead bracelet, a lava lamp and the world's smallest motor! You'll also make a cool sharpie shirt, bubbling blobs, glowing goo and even ice cream! If you can make it, you can take it!

Can You Dig This? (p.m.): Become a junior archaeologist, as you simulate dinosaur fossil excavations with plaster fossil replicas, and put together Tyrannosaurus Rex or a massive Triceratops! You'll also try to hold a massive pumice stone, check out our collection of minerals and so much more!

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721350.BM	6-11yrs	6/18-6/22	M-F	9:00am-12:00pm	\$183/\$229
721350.BP	6-11yrs	6/18-6/22	M-F	1:00pm-4:00pm	\$183/\$229
721350.BF	6-11yrs	6/18-6/22	M-F	9:00am-4:00pm	\$381/\$431
721350.BX	6-11yrs	6/18-6/22	M-F	8:00am-5:00pm	\$450/\$500

30 Electronic Gadgets (a.m.): Everything around us seems to be electronic! During the week you'll create thirty electronic gadgets including a wake up alarm, police siren, automatic nightlight, a sound replication of a motorcycle engine and 26 more! The entire kit of creations is yours to take home.

Crime Scene Investigation (p.m.): Become a Super Science Sleuth as you learn about forensic practices through an assortment of fun crime solving activities. You'll dust for fingerprints, analyze handwriting, test for blood type using simulated blood, examine hair and clothing fibers, and use chemistry to identify mystery substances.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721350.CM	6-11yrs	6/25-6/29	M-F	9:00am-12:00pm	\$183/\$229
721350.CP	6-11yrs	6/25-6/29	M-F	1:00pm-4:00pm	\$183/\$229
721350.CF	6-11yrs	6/25-6/29	M-F	9:00am-4:00pm	\$381/\$431
721350.CX	6-11yrs	6/25-6/29	M-F	8:00am-5:00pm	\$450/\$500

Build your own Hovercraft (a.m.): Build and keep an air powered Hover Craft. We give you the tools and supplies- You make it defy gravity. Once it's up and moving, then using your creativity, control its direction. Also build an Egg Drop Car. Do you think you can protect your egg? You will learn about Laws of Motion, Energy, Air Pressure, Friction, Lift, Speed and Acceleration. Have fun the Sciensational hands on way!

Maglev Cars (p.m.): Discover how magnetism and electricity are related, as you build your own futuristic Maglev car to race and take home! You'll also build an awesome Maglev track, a cool electromagnet, compass and more.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
721350.DM	6-11yrs	7/2-7/6	MTuThF*	9:00am-12:00pm	\$183/\$229
721350.DP	6-11yrs	7/2-7/6	MTuThF*	1:00pm-4:00pm	\$183/\$229
721350.DF	6-11yrs	7/2-7/6	MTuThF*	9:00am-4:00pm	\$381/\$431
721350.DX	6-11yrs	7/2-7/6	MTuThF*	8:00am-5:00pm	\$450/\$500

*No class 7/4

TechKnowHow Camps (5-14years)

Extended hours offer only care and are not an extension of camp-related activities.

Classes focus on having students master technology tools and science principles through engaging projects which simulate professional-level experiences. Bring a bag lunch, snacks & drinks each day. During computer time, each student works on a computer (1:1 computer-student ratio).

Instructor: TechKnowHow Staff

Location: Raynor Park Building

NXT® Robotics and Mobile Game Design (10-14years)

Explore two important technology areas – robotics and game development for mobile devices. Use LEGO®'s NXT robotics line to construct bots and vehicles which you program using icon-based software. Then, take part in a team project to build and program a bot to complete First LEGO League®-type missions. In the afternoon, learn how to create games which can be played on any mobile device with Internet connection, including iPhone, iPad and Android devices. Student games will be uploaded to a server for access through web-connected mobile devices.



Class #	Age	Dates	Day	Time	Fee (Res/NR)
721320.IA	10-14yrs	8/6-8/10	M-F	9:00am-3:30pm	\$383/\$433
721320.IB	10-14yrs	8/6-8/10	M-F	8:30am-5:00pm	\$504/\$554



Refund or transfer requests for summer camps must be received at least 4 weeks before the first day of camp.

camps

Motor Madness: LEGO® Building with an Introduction to NXT® Robotics (6-9years)

Have fun building LEGO® creations which you power with a motor and battery pack! Projects include a speedy car, a moving airplane with propeller, street sweeper, and spinning amusement park ride. In the afternoon, students explore robotics as they build with a partner using the Mindstorms NXT® microcomputer brick and sensors. There is no programming in this class — students' robots use pre-created programs to perform actions. Students take home a camp T-shirt and LEGO item.



Class #	Age	Dates	Day	Time	Fee (Res/NR)
721320.HA	6-9yrs	7/30-8/3	M-F	9:00am-3:30pm	\$383/\$433
721320.HB	6-9yrs	7/30-8/3	M-F	8:30am-5:00pm	\$504/\$554

LEGO® City Builders & Cool Construction with K'NEX® (5-7years)

Have fun building a working LEGO® city! Design structures such as a fire station, school, airport, bridges, and houses. Create interesting vehicles and use LEGO elements such as battery boxes and gears to make light, sound and motion. In the afternoon, students build K'NEX® projects which teach how motors and gears work. Students take home a camp T-shirt and LEGO item.



Class #	Age	Dates	Day	Time	Fee (Res/NR)
721320.JA	5-7yrs	8/13-8/17	M-F	9:00am-3:30pm	\$383/\$433
721320.JB	5-7yrs	8/13-8/17	M-F	8:30am-5:00pm	\$504/\$554

Sports & Aquatics Camps

Please bring sunblock, sun protective clothing (T-shirt and hat) to limit sun exposure, water, snacks (or lunch and a snack for programs over 4 hours; nothing that needs refrigeration), gym or running shoes, appropriate equipment marked with your name, a SMILE and any other items indicated to all Sports Camps.



Skyhawks Baseball Camp (5-12years)

Skyhawks Sports Baseball is designed to teach and refine the fundamental skills of the game — fielding, catching, throwing, hitting, and base running — while infusing each athlete with the exciting spirit of the game. Each athlete will learn basic skills in exercises tailored to individuals through tee hitting, soft toss, and live pitching. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should wear appropriate clothing and running shoes. Bring a lunch and snack, a bottle of water, a baseball glove, a helmet and sunscreen.



Instructor: Skyhawks Sports Academy
Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728050.MA	6-12yrs	6/18-6/22	M-F	9:00am-12:00pm	\$137/\$171
728050.MB	5-8yrs	7/23-7/27	M-F	9:00am-12:00pm	\$137/\$171
728050.MC	6-12yrs	8/6-8/10	M-F	9:00am-12:00pm	\$137/\$171

Mike Allen's Basketball Camp (7-14years)

This is not your ordinary Summer Basketball Camp. After playing professional basketball around the world (XBA USBL, and the Harlem Ambassadors Show), Mike Allen brings you a camp that has brought kids to new heights filled with lots of fun. It is designed for the player who has an interest in playing at the school level or in a local league. We will focus on the fundamentals of the game and will include both strength and conditioning, as well as offensive and defensive strategies. In this co-ed camp, boys will guard boys and girls will guard girls, and participants will be divided by age. The final day of camp will end with Fun Tyme Sports Challenges where players can win prizes. Each participant will receive an official camper notebook, certificate and evaluation.

Instructor: Fun Tyme Sports Academy
Location: Sunnyvale Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728100.MA	7-14yrs	7/16-7/20	M-F	9:00am-4:00pm	\$225/\$275
728100.MB	7-14yrs	7/30-8/3	M-F	9:00am-4:00pm	\$225/\$275
728100.MC	7-14yrs	8/6-8/10	M-F	9:00am-4:00pm	\$225/\$275

Skyhawks Basketball Camp (6-12years)

Skyhawks Sports Basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense and rebounding. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should wear appropriate clothing and gym shoes. Bring a lunch and snack, and a bottle of water.



Instructor: Skyhawks Sports Academy
Location: Sunnyvale Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728110.MA	6-12yrs	6/25-6/29	M-F	9:00am-3:00pm	\$163/\$204
728110.MB	6-12yrs	7/2-7/6	M-F*	9:00am-3:00pm	\$131/\$165
728110.MC	6-12yrs	7/9-7/13	M-F	9:00am-3:00pm	\$163/\$204
728110.MD	6-12yrs	7/23-7/27	M-F	9:00am-3:00pm	\$163/\$204

No Class 7/4



See note about T-shirts bottom of page 34





Martial Sports Fencing Camp (7-14years)

Learn a safe form of fencing (foam padded equipment) that is based on traditional techniques similar to Japanese and European Olympic Fencing. Students will gain basic proficiency in this lightning quick sport and be introduced to the etiquette, codes of conduct and terminology. Foundations of footwork, stances, timing, offensive and defensive parrying will be covered. Students will participate in games and bouts with classmates. Training is rigorous, but necessary to develop mental discipline, coordination and endurance. You don't want to miss out on this amazing program. Tiger uniform, equipment and testing are an additional fee, are required after first class and can be purchased from the instructor. Space is limited and filled on a first-come, first-serve basis. Register today!

Instructor: Master Chris Hung

Location: Cala Center Dojang (1111 W. El Camino Real, Suite# 117)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728410.MA	7-14yrs	6/18-6/22	M-F	1:15pm-2:15pm	\$98/\$123
728410.MB	7-14yrs	6/25-6/29	M-F	1:15pm-2:15pm	\$98/\$123

FTSA Flag Football Camp (8-14years)

This camp focuses on children interested in playing football in school or youth leagues. Each child learns skills such as passing, catching, running, defending, punting and place kicking. The week ends with our Fun Tyme Super Bowl and our punting, passing and place kicking challenges. A certificate of participation and football are given to each child on the last day of camp.

Instructor: Fun Tyme Sports Academy

Location: Las Palmas Park

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728200.MA	8-14yrs	7/16-7/20	M-F	9:00am-4:00pm	\$225/\$275



Skyhawks Capture the Flag Camp (6-12years)

You know it from playgrounds, backyards and family get-togethers. We take all the traditional aspects of the game and put a Skyhawks spin on it. Your young athlete will learn strategy in addition to the rules of the game while we incorporate sportsmanship and teamwork into this action packed camp. At the end of week participants will play for the Skyhawks Flag. Bring your friends or come and make new ones in this unique and fast-paced program.

All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728910.MA	6-12yrs	6/11-6/15	M-F	9:00am-12:00pm	\$137/\$171
728910.MB	6-12yrs	8/6-8/10	M-F	9:00am-12:00pm	\$137/\$171



Skyhawks Flag Football Camp (6-12years)

Skyhawks Sports Flag Football offers a complete package of skills and thrills that teaches young athletes to enjoy this fast-paced game. The camp introduces the core skills of passing, catching, and de-flagging or defensive positioning — all presented in a fun and invigorating training environment. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should wear appropriate clothing and running shoes. Bring two snacks, a bottle of water and sunscreen.

Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728210.MA	6-12yrs	6/25-6/29	M-F	9:00am-3:00pm	\$163/\$204

Junior Golfer's Intro to Golf (8-16years)

Besides learning the perfect swing, junior golfers also learn the rules and etiquette of the game. Each day consists of two hours of instruction on the range, followed by two hours on the beautiful 9-hole course with the instructor. Fee covers all instruction, green fees, range balls and equipment, if needed, for one 2-day class. Call Jerry Thormann at Sunken Gardens Golf Course, (408) 739-6588, with any questions. Registration begins 3/30 and must be done in person - no telephone or internet sign up is available.

Location: Sunken Gardens Golf Course **Fee:** \$80 per 2-day class

Days: Monday & Friday* **Time:** 8:00am-12:00pm**

Class #1	Class #2	Class #3*	Class #4	Class #5	Class #6
6/11, 6/15**	6/18, 6/22	7/16*, 7/20	7/23, 7/27	7/30, 8/3	8/13, 8/17

*Class #3 meets Thursday & Friday

**Class #1 runs from 9:00am-1:00pm on 6/17

Atherton Lacrosse Camp (6-12years)

Learn the FUNdamentals of the hottest new sport in West Coast schools! Sports Illustrated calls lacrosse the "fastest growing sport in the U.S." No previous experience needed for beginners and games played with safe, soft balls. Only a lacrosse stick and mouth guard are required.

Instructor: Staff

Location: Braly Park, Field 1

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
728251.MA	Beg	6-12yrs	7/9-7/13	M-F	9:00am-12:00pm	\$235/\$285
728251.MB	Beg	6-12yrs	8/6-8/10	M-F	9:00am-12:00pm	\$235/\$285

Skyhawks Lacrosse Camp (6-12years)

Started by Native Americans in the 12th century, lacrosse is one of the fastest growing sports in the country. Athletes will learn all the fundamentals in a fun, non-checking environment. Campers will not only learn lacrosse skills, but important life skills such as respect, teamwork and discipline. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should wear appropriate clothing and running shoes; bring a lunch and a snack, a water bottle, a mouthpiece, protective gloves, a helmet with full mask or goggles, a lacrosse stick and sunscreen. Limited lacrosse kits available for rent. Kits include helmet with full mask, lacrosse stick and protective gloves. Call (800) 804 - 3509 to reserve your kit today.



Instructor: Skyhawks Sports Academy

Location: Las Palmas Park

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728250.MA	6-12yrs	7/16-7/20	M-F	9:00am-12:00pm	\$137/\$171

Little Tigers Martial Art Camp (4-12years)

Taekwondo is a traditional martial art as well as a modern Olympic sport, characterized by its fast spinning kicks and strong punching techniques. Students will be introduced to the basic fundamentals of Taekwondo techniques and participate in fun and educational drills designed to build self-confidence, develop coordination, physical endurance, strength, and discipline. Basic sparring techniques, forms (Kibon Poomse), terminology and etiquette will also be covered. Tiger uniform, equipment and testing are an additional fee, are required after first class and can be purchased from the instructor.

Instructor: Chris Hung

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

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
728501.MA	Beg	4-6yrs	6/18-6/22	M-F	12:30pm-1:15pm	\$90/\$113
728501.MB	Beg	7-12yrs	6/18-6/22	M-F	1:30pm-2:15pm	\$90/\$113
728501.MC	Beg	4-6yrs	6/25-6/29	M-F	12:30pm-1:15pm	\$90/\$113
728501.MD	Beg	7-12yrs	6/25-6/29	M-F	1:30pm-2:15pm	\$90/\$113



Refund or transfer requests for summer camps must be received at least 4 weeks before the first day of camp.

camps

FTSA Multi-Sports Camp (6-12years)

Just like our motto says, kids have fun learning sports skills. Each child learns skills in various outdoor sports like baseball, soccer, flag football, and kickball, all incorporated with aerobics. Team strategies will be developed through games in a day camp setting filled with fun and laughter. Each child will receive a certificate of completion and FTSA gift.



Instructor: Fun Tyme Sports Academy

Location: Serra Park

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728550.MA	6-12yrs	7/30-8/3	M-F	9:00am-4:00pm	\$225/\$275

Skyhawks Mini-Hawks Camp (4-7years)

Mini-Hawk camps are designed to introduce young athletes to soccer, baseball, and basketball all in one camp! Sport sampling will allow them to learn, have fun, and begin to formulate their passion for a particular sport. It is designed to motivate children to lead a healthy, active lifestyle while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should wear appropriate clothing and running shoes. Bring two snacks, a bottle of water, and sunscreen.



Instructor: Skyhawks Sports Academy

Location: Cupertino Middle School

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728560.MA	4-7yrs	6/11-6/15	M-F	9:00am-12:00pm	\$137/\$171
728560.MB	4-7yrs	7/2-7/6	M-F*	9:00am-12:00pm	\$110/\$138
728560.MC	4-7yrs	7/16-7/20	M-F	9:00am-12:00pm	\$137/\$171

Location: Ponderosa Prk Fld 1

728560.ME	4-7yrs	8/13-8/17	M-F	9:00am-12:00pm	\$137/\$171
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Location: Sunnyvale Middle School

728560.MD	4-7yrs	7/30-8/3	M-F	9:00am-12:00pm	\$137/\$171
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*No class 7/4

Skyhawks Multi-Sport Camp (6-12years)

Multi-sport camps are designed to introduce young athletes to a number of different sports in one camp. Sport sampling will allow them to learn, have fun and begin to formulate their passion for a particular sport. Designed to motivate children to lead a healthy active lifestyle while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should wear appropriate clothing and running shoes. Bring a lunch and snack, a bottle of water, and sunscreen.



Instructor: Skyhawks Sports Academy

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728570.MA	6-12yrs	6/11-6/15	M-F	9:00am-3:00pm	\$163/\$204

Rock Climbing Camp (5-13years)

Basic Rock Climbing techniques will be taught in this 5 session program. Perfect for beginning and advanced beginning climbers. Classes are designed so that participants climb with children of their own age. Age groups are 5-8 and 9-13. Please bring a bicycle helmet to wear while climbing. Parent or legal guardian must sign a Planet Granite waiver at the first class, or go to www.planetgranite.com to complete the waiver to send with your child to the first class.

Instructor: Planet Granite Staff

Location: Planet Granite, 815 Stewart Dr., Sunnyvale

Class #	Age	Dates	Day	Time	Fee (Res/NR)
727470.AA	5-8yrs	6/11-6/15	M-F	10:00am-12:00pm	\$134/\$168
727470.AB	9-13yrs	6/11-6/15	M-F	10:00am-12:00pm	\$134/\$168
727470.AC	5-8yrs	6/25-6/29	M-F	10:00am-12:00pm	\$134/\$168
727470.AD	9-13yrs	6/25-6/29	M-F	10:00am-12:00pm	\$134/\$168
727470.AF	9-13yrs	7/23-7/27	M-F	10:00am-12:00pm	\$134/\$168
727470.AE	5-8yrs	7/23-7/27	M-F	10:00am-12:00pm	\$134/\$168
727470.AG	5-8yrs	7/30-8/3	M-F	10:00am-12:00pm	\$134/\$168
727470.AH	9-13yrs	7/30-8/3	M-F	10:00am-12:00pm	\$134/\$168

Futsal Kingz Camp (7-12years)

Futsal is a fun, fast-paced soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. The game consists of two teams of four players and a goalkeeper with unlimited substitutions and quick restarts. Futsal Kingz camps have age-specific curriculum, innovative session formats and qualified professional coaching staff enabling all players to develop their skills and have a great experience, whether they're the next Beckham or trying Futsal for the first time! Each participant will receive a futsal ball and T-shirt. Players must wear indoor/tennis shoes and shin guards.



Instructor: Futsal Kingz

Location: Columbia Neighborhood Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
728651.MA	Beg	7-8yrs	7/16-7/20	M-F	9:00am-12:00pm	\$134/\$168
728651.MB	Beg	9-12yrs	7/16-7/20	M-F	9:00am-12:00pm	\$134/\$168
728651.MC	Beg	7-8yrs	8/6-8/10	M-F	9:00am-12:00pm	\$134/\$168
728651.MD	Beg	9-12yrs	8/6-8/10	M-F	9:00am-12:00pm	\$134/\$168



See note about T-shirts bottom of page 34





Kidz Love Soccer Camp (5-10years)

Half-Day Camps: Participants will learn the basic and advanced techniques of soccer and compete in an age-appropriate "World Cup" tournament. Dribbling, passing, receiving and shooting will be presented to 8 year old and younger players; advanced dribbling moves, tactical team aspects (i.e. possession, combination play), attacking the goal as a unit will be taught to players 9 years and above. Half day campers should bring a full water bottle and a snack.



All-Day Camps: Participants play soccer in the morning, and enjoy a variety of afternoon activities that may include soccer earth ball (48" high), soccer videos, and tabletop soccer games. Children will learn about other children around the world through the game of soccer. A full soccer match will be played as the last event of each day. All day campers should bring a full bottle of water and a bag lunch.

*All participants will receive a soccer ball and summer camp T-shirt. All participants must wear shin guards and soccer shoes, sunscreen is highly recommended.

Instructor: Kidz Love Soccer

Class #	Age	Dates	Day	Time	Fee (Res/NR)
Location: Serra Park					
728650.MA	5-6yrs	6/18-6/22	M-F	9:00am-12:00pm	\$115/\$144
728650.MB	7-8yrs	6/18-6/22	M-F	9:00am-12:00pm	\$115/\$144
728650.MC	9-10yrs	6/18-6/22	M-F	9:00am-12:00pm	\$115/\$144
728650.MD	5-6yrs	6/18-6/22	M-F	9:00am-4:00pm	\$230/\$280
728650.ME	7-8yrs	6/18-6/22	M-F	9:00am-4:00pm	\$230/\$280
728650.MF	9-10yrs	6/18-6/22	M-F	9:00am-4:00pm	\$230/\$280

Location: Las Palmas Park

728650.MG	5-6yrs	7/9-7/13	M-F	9:00am-12:00pm	\$115/\$144
728650.MH	7-8yrs	7/9-7/13	M-F	9:00am-12:00pm	\$115/\$144
728650.MI	9-10yrs	7/9-7/13	M-F	9:00am-12:00pm	\$115/\$144
728650.MJ	5-6yrs	7/9-7/13	M-F	9:00am-4:00pm	\$230/\$280
728650.MK	7-8yrs	7/9-7/13	M-F	9:00am-4:00pm	\$230/\$280
728650.ML	9-10yrs	7/9-7/13	M-F	9:00am-4:00pm	\$230/\$280
728650.MM	5-6yrs	8/6-8/10	M-F	9:00am-12:00pm	\$115/\$144
728650.MN	7-8yrs	8/6-8/10	M-F	9:00am-12:00pm	\$115/\$144
728650.MO	9-10yrs	8/6-8/10	M-F	9:00am-12:00pm	\$115/\$144
728650.MP	5-6yrs	8/6-8/10	M-F	9:00am-4:00pm	\$230/\$280
728650.MQ	7-8yrs	8/6-8/10	M-F	9:00am-4:00pm	\$230/\$280
728650.MR	9-10yrs	8/6-8/10	M-F	9:00am-4:00pm	\$230/\$280

Skyhawks Soccer Camp (7-12years)

All the skills and thrills of soccer are taught through fast-paced drills, skill-building exercises, and game-speed scrimmages. Coaches will focus on the essential skills of dribbling, passing, shooting, and ball control to enable young athletes to play with confidence and have fun. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 14:1. Participants should wear appropriate clothing, running shoes, and shin guards. Bring a lunch and snack, a bottle of water, and sunscreen.



Instructor: Skyhawks Sports Academy

Location: Ortega Park

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728660.MA	7-12yrs	7/9-7/13	M-F	9:00am-3:00pm	\$163/\$204

World Cup Soccer Camp & Clinics (5-16yrs) by Ruedi Graf

More than your typical camp experience, World Cup Soccer Camps, is committed to helping children of all ages and abilities reach their greatest potential as people and athletes. With an emphasis on instruction, your child will receive the highest level of attention in a fun and safe environment. With a 1 to 10 coach to player ratio, our experienced and educated staff is able to evaluate individual players and focus on developing your child's athletic and team building skills. But most importantly make sure they have fun!

You can choose between the U6-Fussball Academy (ages 5&6, full day or half day), the Classic Skill camp (all levels, ages 7-9, full day or half day) and the Advanced Player's camp (more experienced players, ages 10 - 13, full day or half day). Goalkeeper training and Team Camps are available.

Location:	San Antonio Park
Day/Time:	M-F, 8:45am-3:00pm*
Session I:	6/18-6/22
Session II:	7/23-7/27
Session III:	8/13-8/17

Cost per session:

*Half Day (8:45am-12:30pm) . . . \$229 Res, \$279 NR

*Full Day (8:45am-3:00pm) \$269 Res, \$319 NR

*Extended care is available between 3pm-5pm by appointment.

All fees include a WCSC soccer ball, T-shirt, player's evaluation and camp mementoes.

For more information call World Cup Soccer Camps toll free at (888) 700-9779 or (408) 354-4949 or visit worldcupsoccercamps.com

Skyhawks Volleyball Camp (9-12years)

Skyhawks Sports Volleyball takes the fun and excitement of a great team sport and delivers it in an appealing and engaging way. All the aspects of the game are developed in a series of drills and exercises focusing on passing, setting, hitting, and serving. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should wear appropriate clothing, gym shoes, and knee pads. Bring two snacks and a bottle of water.

Instructor: Skyhawks Sports Academy

Location: Columbia Neighborhood Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
728700.MA	9-12yrs	7/9-7/13	M-F	9:00am-12:00pm	\$137/\$171
728700.MB	9-12yrs	7/30-8/3	M-F	9:00am-12:00pm	\$137/\$171

