



This page contains all of the new classes listed in the Nov.'11 – Feb '12 Activity Guide!

Aikido (7-14years)

Beginning: Emphasis is placed on stretching, rolling, stances, flexible movements with partners, throws, pins and proper use of the wooden sword. Through training you will learn fundamental terminology, etiquette, discipline, respect, focus and calm awareness that underpins self defense. Fun legends, stories and games bring to life aikido's history and traditions. We do not compete in aikido. The challenge is with you to gain awareness and self control through movement with others



Beginning/Intermediate: Emphasis is towards building more advanced techniques. More rolls, pins and throws are practiced to improve endurance, strength, skill and coordination. Distance and timing are improved as well as building upon sword skills.

Instructor: Certified Aikido Yoshokai Instructors
Location: 20589 West Homestead Road; IOOF Lodge #70

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
328402.FA	Beg/Int	7-14yrs	11/4-12/9	F*	6:15pm-7:15pm	\$68/\$85
328401.SA	Beg	7-14yrs	11/5-12/10	Sa*	10:45am-11:45am	\$68/\$85
428402.FA	Beg/Int	7-14yrs	1/13-2/17	F	6:15pm-7:15pm	\$81/\$101
428401.SA	Beg	7-14yrs	1/14-2/18	Sa	10:45am-11:45am	\$81/\$101

*No class 11/25, 11/26

Aikido (14years & older)

Emphasis is placed on stretching, rolling, stances, flexible movements with partners, throws, pins and proper use of the wooden sword. Through training you will learn fundamental terminology, etiquette, discipline, respect, focus and calm awareness that underpins self defense. Basic and combination techniques are taught. Takedowns, throws and evasions are practiced against grabs, punches and blocking movements. Basics of freestyle are introduced and developed through continuous throws at the beginner's level.



Instructor: Certified Aikido Yoshokai Instructors
Location: 20589 West Homestead Road; IOOF Lodge #70

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
338401.FA	Beg	14yrs&older	11/4-12/9	F*	7:30pm-9:00pm	\$68/\$85
438401.FA	Beg	14yrs &older	1/13-2/17	F	7:30pm-9:00pm	\$90/\$113

*No class 11/25

Drum Circle (18years & older)

Since prehistoric times, people have gathered with drums to have fun, relieve stress and connect with others. In Groove Academy's Drum Circle, beginning students learn basic and universal hand drumming techniques, create their own rhythms and gain confidence playing in a group. Intermediate players are also welcome and will be challenged with more complex rhythms and techniques. Bring your own hand drum of any type. Groove Academy also has a limited number of drums available to use in class; please call (408) 234-8640 in advance to reserve one.



Instructor: Groove Academy of Drumming
Location: Santa Clara Vanguard Corps Hall, 1765 Space Park Drive Santa Clara, CA 95054

Class #	Age	Dates	Day	Time	Fee (Res/NR)
444860.DP	18yrs&older	1/29-3/18	Su	5:00pm-6:00pm	\$149/\$186

See also "Winter Day Camps (5-13years)" on pages 14 and 15 in the guide.

Improv This! (6-17years)

Got the acting bug? Although it may look easy, acting requires technique and practice. Hone your skills and have fun with different improvisation games and theater exercises each week. You'll stretch your body, voice and imagination, while developing the self-confidence to create characters and scenes on the spot.



Instructor: Christie Blewett
Location: Recreation Center, Boardroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
324631.TQ	Beg	6-12yrs	11/8-12/13	Tu	6:00pm-7:00pm	\$59/\$74
334631.TR	Beg	13-17yrs	11/8-12/13	Tu	7:00pm-8:00pm	\$59/\$74
424631.TQ	Beg	6-12yrs	1/10-2/14	Tu	6:00pm-7:00pm	\$59/\$74
434631.TR	Beg	13-17yrs	1/10-2/14	Tu	7:00pm-8:00pm	\$59/\$74

International Fencing (7-16years)

Beginning: Students will be instructed in the sport of fencing. Upon successful completion of the course, students will have the ability to execute attacks, parries (defend or block), counter attacks and feint attacks. Moreover, the program will also provide general fitness, cardio, reflex and coordination drills and exercises.



Intermediate: Students will build on basic fencing skills and learn how to execute compound attacks, second intention attacks, and complex tactics. The course will include strength exercises and drills as well as agility reflex and development. Prerequisite — Basic background in fencing, including ability to execute attacks, parries (defend or block), counter attacks and feint attacks.

Participants should bring a water bottle and wear athletic shoes, athletic/sweatpants and T-shirt. All equipment will be provided.

Instructor: Fencing Academy Staff
Location: International Fencing Academy, 1237 Reamwood Ave.

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
328550.RA	Beg	7-12yrs	11/3-12/15	Th*	4:00pm-5:00pm	\$100/\$125
338550.RB	Beg	13-16yrs	11/3-12/15	Th*	5:00pm-6:00pm	\$100/\$125
428552.RA	Int	7-12yrs	1/17-2/21	Tu	4:00pm-5:00pm	\$100/\$125
438552.RB	Int	13-16yrs	1/17-2/21	Tu	5:00pm-6:00pm	\$100/\$125

*No class 11/24

Sculpture Creations (5-12years)

Try your hand at building 3-D and 2-D sculptures. We'll use wood, plastic, plaster, metal, cloth, paper and clay to create sculptures and learn about subtractive and additive sculpture techniques. A non-refundable \$15 supply fee will be collected at first class.



Instructor: Kim NaVarre
Location: Creative Arts Center, Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
329821.TA	Beg	5-7yrs	11/8-12/13	Tu	4:00pm-5:00pm	\$56/\$70
329821.TB	Beg	8-12yrs	11/8-12/13	Tu	5:15pm-6:15pm	\$56/\$70

Sunnyvale Idol (8-17years)

Sing your way to stardom! Learn to interpret different types of songs, choose selections that showcase your abilities and practice to perfect your performance. This class is great preparation for musical theater auditions, talent shows and blowing people away at karaoke. Non-refundable materials fee of \$20 due to instructor at first class meeting. Come prepared with a song for first class meeting. Class concludes with a performance for family and friends.



Instructor: Christie Blewett
Location: Recreation Center, Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
324822.TP	Int/Adv	8-17yrs	11/8-12/13	Tu	3:30pm-5:15pm	\$99/\$124
424822.TP	Int/Adv	8-17yrs	1/10-2/14	Tu	3:30pm-5:15pm	\$99/\$124