

activity guide

FALL 2014



CITY OF
MENLO
PARK

650
330
2200

WWW.MENLOPARK.ORG

Director's Message

Menlo Park's Very Own Performing Arts Center

When the City's Burgess Theater, built in 1944, was torn down in 2002 due to structural damage, Menlo Park was left without a performance venue for nearly 7 years. During which time, the City was given an opportunity to partner with the Sequoia Union High School District to build a new Performing Arts Center at Menlo Atherton High School that, once again, has given us a state-of-the-art local performance venue.

This beautiful performance space, with seating for about 500, offers the City a chance to provide an array of affordable community programs. Past programs have included: Movie Sing-alongs & Quote-alongs, such as recent showings of Mamma Mia!, Grease, Willy Wonka, Toy Story, and Princess Bride as well as Holiday Showcases, Author Lectures, Musical Groups, etc. Many more audience participation events are planned, including a Ghostbusters quote-along, where participants are encouraged to dress-along, act-along, and quote-along to the movie on Tuesday, October 28th, 2014 from 6:30pm-8:30pm.

The City also offers a Grant for the Arts program that supports local groups' use of the facility. Grant recipients have included Menlo Park Chorus, Menlowe Ballet, Keplers Arts & Lectures, Western Ballet, and West Bay Opera, to name a few. Performances by these groups are open to the community. The city is also planning a theater camp next summer.

Don't miss an opportunity to bring the whole family to an affordable, local, professional performance at the PAC! For more information on upcoming community events at the Performing Arts Center please visit Menlo Park's ticketing website.

Cherise Brandell



Cherise Brandell
Community Services Director

Employee Spotlight

Matt Milde

Matt Milde is our resident "Jack of all Trades". He started with the Community Services Department in 2009 as an intern at the Onetta Harris Community Center. After completing his Master's Degree in Recreation from San Jose State, Matt became a permanent part of the CSD team in 2012 as a Recreation Coordinator. Matt is responsible for all 14 annual City-run events including the Summer Concert Series and very popular 4th of July celebration (be sure to stop and say hi to him if you see him at one of our events). Not only is Matt our Special Events Coordinator, he also oversees tennis courts, picnic rentals, facility maintenance, the aquatics contract, events at the Menlo-Atherton Performing Arts Center (PAC), and the special event permitting process for the entire City. Over the past couple of years, Matt has worked diligently to establish partnerships with various groups to increase programming and events at the PAC. He's collaborated with Guggenheim Entertainment to offer Sing-a-longs and Quote-a-longs ranging from Toy Story to Mamma Mia. Look out for Ghostbuster's in October! Matt also started a grant program to support other local groups' use of the PAC.

We here in CSD and throughout the whole organization, truly value the energy and enthusiasm that Matt brings to the team and the Menlo Park community. He is constantly thinking of ways to make things better and truly lives the vision of our department every day. When he's not at work, Matt enjoys theater himself, traveling, spending time with his family and friends, and has been seen sporting an array of costumes for any occasion.



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enjoy!

REGISTRATION INFORMATION

HOW TO REGISTER...



ONLINE

Register online @ www.menlopark.org/registration. Online registration is available 24 hours a day and 7 days a week for your convenience.



MAIL

You can mail any completed registration form to:
Community Services Department
701 Laurel Street
Menlo Park, CA 94025



FAX

Registration forms can be faxed to 650-324-1721 if you are paying by credit card.



WALK-IN

We accept walk-in registrations during business hours: Monday - Friday from 8:30am to 4:30pm. Please visit us at the Burgess Rec. Center, Arrillaga Family Gymnasium, Gymnastics Center, Onetta Harris Community Center, or Senior Center in order to register in person.

**CITY HOLIDAYS: 9/1, 11/11,
11/27, 11/28**

HOW TO READ CLASS LISTINGS EXAMPLE:

Youth Ice Skating

(Ages 6-12)

Class age limits

Teaches forward skating, backward skating, and stopping. Classes are designed to be fun and build confidence. (No class 7/4.)

Instructor: Ice Oasis, Location: Ice Oasis

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2064.101	\$114/154	Th, 2:45-3:25 p.m.	6/5-8/7
2064.102	\$114/154	F, 2:45-3:25 p.m.	6/6-8/8

Class Code

Class Day/Time

Session Dates

Resident & Non-Resident Fees

REGISTRATION DATES & POLICIES

Important Dates: **8/18/2014 - Residents**
 8/25/2014 - Non-Residents

Registration Hints & Policies:

- If you are paying by credit card, we only accept VISA and MASTERCARD.
- Be sure to include proof of residence (utility bill, CA driver's licence, or California ID.)
- Drop off registration forms are processed randomly.
- Non-resident registration forms dropped off early will be held until the first day of processing for non-residents.
- Walk-in registrations receive priority over fax and mail-in registrations.
- Telephone confirmations are not provided during the first two weeks of processing, receipts are mailed.
- Be sure to choose an alternative class in case your first choice is full.
- Returned checks will be assessed a \$30 service fee.
- Anyone under 18 must be registered by a parent or guardian.
- Class participants who do not meet the skill level or age group of a class, may be changed to a more appropriate class.
- Community Services Department reserves the right to change schedules and fees.
- Please see our refund/transfer form for more information regarding refunds, transfers, and quality assurance.

CITY CLASS & SERVICES LOCATIONS

COMMUNITY SERVICES DEPARTMENT
701 Laurel Street, 330-2200

ARRILLAGA FAMILY RECREATION CENTER
700 Alma Street, 330-2200

ARRILLAGA FAMILY GYMNASIUM
600 Alma Street, 330-2220

GYMNASTICS CENTER
501 Laurel Street, 330-2224

MENLO CHILDREN'S CENTER
801 Laurel Street, 330-2260

BELLE HAVEN CHILD DEVELOPMENT CENTER
410 Ivy Drive, 330-2270

BELLE HAVEN AFTER SCHOOL PROGRAM
100 Terminal Ave, 330-2297

SENIOR CENTER
110 Terminal Ave, 330-2280

ONETTA HARRIS COMMUNITY CENTER
100 Terminal Ave, 330-2250

BELLE HAVEN POOL
100 Terminal Ave, 330-2237

BURGESS POOL
501 Laurel Street, 330-2232

Good to know INFO

YOUR AD HERE!
Call 650.330.2209

CITY TELEPHONE NUMBERS

Building.....	330.6704
Business License.....	330.6642
Business Development/Redevelopment.....	330.6614
City Clerk.....	330.6620
City Council.....	330.6630
City Manager.....	330.6610
Code Enforcement.....	330.6377
Community Services.....	330.2200
Engineering.....	330.6740
Environmental/Recycling.....	330.6720
Finance.....	330.6640
Garbage	595-3900
General Information	330.6600
Housing.....	330.6706
Human Resources.....	330.6670
Library.....	330.2500
Planning.....	330.6700
Police.....	330.6300
Public Works/Trees and Street Repair.....	330.6780
Transportation.....	330.6770

Parks & Recreation Commission

Meetings are held the 4th Wednesday of every month at 6:30 p.m. at the Arrillaga Family Recreation Center (any location changes are announced in agendas).

Kristin Cox, Chair
Marianne Palefsky, Vice Chair
James Cebrian
Tom Cecil
Christopher Harris
Thomas Stanwood
Elidia Tafoya

Youth Classes



DANCE

Pre-Ballet

(Ages 3-4)

Leaps and twirls with scarves and streamers, and dance combinations keep this class exciting and playful. Ballet slippers are required. All dancers will do an in-class performance on the last day of the session. Parents are welcome to join the last class. (No class 11/27.)

Instructor: K. Sargis, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2067.201	\$186/\$250	Th, 3:30-4:15 p.m.	9/11-12/18

Dance Expressions

Welcome to Dance Expressions, a jazz based dance program. Jazz is very versatile and easily fused with other styles of dance such as hip hop to lyrical and everything in between. We provide a caring and positive atmosphere. Expect every class to be a fun and upbeat experience. Our program gives students the opportunity to focus on all aspects of dance from their technique to their performance ability! Our philosophy is to share our love of dance with the community. Please come and join us at Dance Expressions. All of our students will have the opportunity to perform in our annual end-of-the-year show in June. Each year it is held at the Menlo-Atherton Performing Arts Center. This is a chance for our students to get on stage and wow family and friends! Check out our website at www.danceexpressions5678.com. If you have any questions contact us at contactus@danceexpressions5678.com. Don't forget to like us on Facebook: Dance Expressions Menlo Park.

Creative Cuties Dance Class

(Ages 3-4)

Your little dancer will love this fun and high energy class. Students will be introduced to rhythm patterns, develop gross

motor skills, and engage in imaginative play. Ballet basics will be taught all the while expressing creativity. Social skills are also encouraged through learning to take turns and by following directions. We can't wait to introduce your child to the joyful world of dance! (No class 11/11.)

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.201	\$184/\$243	T, 3:15-4:00 p.m.	9/2-12/16

Kinder Expressions

(Kindergarten)

This fun-filled dance class inspires creativity and teaches the fundamentals of dance. Students will be introduced to technique and proper delivery of basic dance movements. We encourage self expression as children glide, hop, skip, and leap across the dance floor. Listening skills, rhythm, and memorization skills are developed. Your dancer will absolutely love this class!

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.202	\$184/\$243	M, 3:45-4:30 p.m.	9/8-12/15

Mini Jazz Dance I

(1st Grade)

If you want to have a great time, make friends, explore movement, and develop dance skills and coordination, this is the class for you. Dancers will learn the basics of jazz dance through fun activities and cool dance combinations. Simple jazz movements that children can easily execute are taught. Emphasis is placed on rhythm as well as basic technique, locomotor skills and coordination. (No class 11/28.)

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.203	\$184/\$243	F, 3:45-4:30 p.m.	9/5-12/19

Mini Jazz Dance II

(2nd Grade)

This upbeat dance class continues to build on the basic jazz dance foundation. Students will continue to develop their dance skills while learning rhythm and musicality and gaining self confidence. Learn fun dance routines to some of your favorite songs, while having a great time!

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.204	\$194/\$263	W, 3:45-4:30 p.m.	9/3-12/17

Intro to Jazz

(Ages 8-12)

Come join us for this fun and upbeat class. Students will learn the basics of dance and be introduced to warm ups, stretches, and energetic combinations performed to popular music.

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.205	\$184/\$243	M, 4:30-5:30 p.m.	9/8-12/15

Beginning Intermediate Jazz

(Ages 9-15)

This class is for dancers who have had some dance experience. Dancers in this class should comfortable be with the basics and should be comfortable with single pirouettes, chaine turns, pas de bourrées, etc. Come join us! (No class 11/27.)

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.206	\$184/\$243	Th, 5:00-6:00 p.m.	9/4-12/18

Intermediate Jazz

(Ages 9-12)

This class is for dancers who have had at least two years of dance experience.. This class will continue to add on to our dance foundation with emphasis on technique and proper body alignment. Each class incorporates a warm-up, across the floor, and combinations. We will focus on pirouettes, leaps, kicks, and more. (No class 11/11, 11/28.)

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.207	\$184/\$243	T, 4:00-5:00 p.m.	9/2-12/16
2036.208	\$184/\$243	F, 4:30-5:30 p.m.	9/5-12/19

Advanced Intermediate Jazz

(Ages 13 & Up)

This class introduces an intermediate level of jazz movements and terminology. This class will focus on style and incorporating more technique. Each class will consist of a warm-up, across the floor, proper jazz technique, and combinations.

(No class 11/11.)

Instructor: D. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.209	\$184/\$243	T, 5:00-6:00 p.m.	9/2-12/16
2036.210	\$196/\$263	W, 4:30-5:30 p.m.	9/3-12/17

Performing Company

(Ages 9-14)

This group is for those wanting more performance opportunities. The Dance Expressions Performing Company performs at local events throughout the dance year. If you are interested in being part of this wonderful company, please contact Maryanne. There will be extra rehearsal times for the Performing Company on Fridays and/or Saturdays before performances. In order to be in the Performing Company you must take along with this class another Dance Expressions dance class.

Instructor: D. Fernandez,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.211	\$184/\$243	M, 5:30-6:45 p.m.	9/8-12/15

Advanced Jazz/Performing Company

(Teen/ Young Adult)

By permission only. This class is for the advanced dancer who wants more performance opportunities and who is comfortable with double pirouettes, various types of leaps, fouettes, illusions, and other complex movements. This class will focus on proper body alignment and technique creating a well-rounded and confident dancer. This class will consist of a warm-up and advanced across the floor combinations. We will continue to work on strength, flexibility, and coordination. This class will explore the many fusions of jazz dance, from hip hop to lyrical. This class meets twice a week. The Dance Expressions Performing Company performs at local events throughout the dance year as well as the end-of-the-year performance. A Saturday technique class is highly recommended. If you are interested in being a part of this, please contact Maryanne. There will be extra rehearsal times for the Performing Company on Fridays and/or Saturdays before performances.

Instructor: M. Fernandez,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.212	\$294/\$396	M, 6:45-8:00 p.m., W, 5:30-7:00 p.m.	9/3-12/17

Lyrical Jazz

(Ages 12 & Up)

Lyrical is a style of dance that uses the mood of the music to bring out the movements from the dancers. This class will consist of a warm-up and include across the floor progressions and center combinations. The mixture of these two styles will make for a powerful, yet graceful class. (No class 11/11.)

Instructor: D. Fernandez,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.213	\$184/\$243	T, 7:15-8:15 p.m.	9/2-12/16

Jazz Hip Hop

(Ages 10 & Up)

This is an upbeat and energetic class that fuses jazz and hip hop. These two fun styles blended together make for one awesome class. (No class 11/28.)

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.214	\$184/\$243	F, 5:30-6:30 p.m.	9/5-12/19

Pom Class

(Ages 11 & Up)



This class will use jazz technique as a foundation and combine many styles including, but not limited to, jazz, hip hop, and kick line. This class places the emphasis on visual effect and synchronization. Using pom poms this class will combine high energy moves with over the top energy and enthusiasm. (No class 11/27.)

Instructor: M. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.215	\$184/\$243	Th, 4:00-5:00 p.m.	9/4-12/18

Saturday Technique

(Ages 9 & Up)

This class is a great way to improve on your leaps and turns. Essentials learned in this class can be applied and will be beneficial to all other areas of dance. Take this class along with your regular Dance Expressions dance class and see the improvement! (No class 10/25, 11/29, 12/6.)

Instructor: D. Fernandez, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2036.216	\$160/\$210	Sat., 11:30-a.m.-1:00p.m.	9/6-12/13

Come and join us for this exciting drop in play program! This is a great opportunity for parents, grandparents, and caregivers to bring their children (Ages 1-5) to play in a clean and safe environment. The drop in fee is simply \$5 per child and kids will get to play with our bounce houses, tents, slides, balls, scooters, and other fun play equipment. Tot Lot is held in the Sequoia Room at the Arrillaga Recreation Center located at 700 Alma Street, Menlo Park.

(Adult attendance is required.)

THURSDAYS, 9:00-11:00a.m.
(September-May)



Please call 650.330.2200 for more information.

ENRICHMENT

Music 4 Life

(Ages 6 months-6 years)

Early childhood development using the art of music and movement. The children will also be engaging in singing, dancing and instrument play. Attending this class will lead to bonding with your child by using instruments and singing while also learning tonal and rhythm patterns.

Instructor: C. Nickolas, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2871.201	\$136/\$182	W, 1:00-1:45 p.m.	9/10-12/17

Music & Magic – Infant/Toddler

(Ages 6-18 Months)

This class is for the young ones and their parents/caregivers. Experience together the joy and magic of music and nursery rhymes. In a supportive and gentle environment, we will sing together with my guitar, and percussion instruments will be provided for your enjoyment. You will also receive a music CD as part of this class. Come and join the fun!

Instructor: R. Sampson, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.201	\$175/\$235	W, 10:00-10:40 a.m.	9/24-12/17

Music & Magic - Pre Totland

(Ages 18 months-3 years)

This class is for children and their parents/caregivers. Experience together the joy and magic of music, creative movement and stories. In a supportive and gentle environment, we will sing together with my guitar and your own percussion instruments. We will also act out fun stories. Other surprises include receiving your own music CD and making your own percussion instrument. Come and join the fun!

Instructor: R. Sampson, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.202	\$175/\$235	M, 10:00-10:40 a.m.	9/22-12/15

Music & Magic - Totland

(Ages 3-5)

This class is for children and their parents/caregivers. Experience together the joy and magic of music and make-believe. In a supportive and gentle environment, we will sing songs together as well as act out different fairy tales. Dress-up costumes are provided! Other surprises include receiving your own music CD and making your own percussion instrument. Come and join the fun!

Instructor: R. Sampson, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.203	\$190/\$255	M, 3:00-3:45 p.m.	9/22-12/15

Fairy Tale Theater

(Ages 4-6)

In a supportive and cooperative setting, we will act out a variety of different folk and fairy tales. Dress up costumes will be provided! This is a great class to experience the magic of make-believe while enhancing self-esteem and language skills. Come and join the fun!

Instructor: R. Sampson, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.204	\$206/\$277	M, 4:00-4:50 p.m.	9/22-12/15

Theater Performance

(Ages 7-10)

In a supportive and cooperative setting, your child will learn stage presence, character development, vocal and blocking techniques. The students will participate in a final performance of a one act play for their families and friends. Come and join the fun in this exciting and dynamic class!

Instructor: R. Sampson, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2879.205	\$236/\$317	W, 4:00-5:00 p.m.	9/24-12/17

Group Piano Classes for Children

(Ages 6-9)

Learning to play the piano is FUN! We believe that piano lessons should be enjoyable and productive, not dull and isolated. By putting our students into small groups at the beginning levels, we give them a chance to share learning experience with others. This creates a built-in support team of friends and stimulates children to practice. Students are grouped according to their age and ability and meet once a week for a 50 minutes class. Each student has access to a piano or keyboard. Other activities include music-oriented games, EZ music theory, and ear-training. The classes are progressive (Piano 1, Piano 2, Piano 3, etc). We hold a recital at the end of the session. Materials Fee: \$25 payable to instructor on the first day of class. Classes with 3 students will be reduced to 35 minutes. (No class 11/28.)

Instructor: S. Tuchinsky, Location: Arrillaga Family Rec. Center.

Piano 1 - BEGINNERS

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2840.201	\$298/\$401	F, 3:45-4:35 p.m.	9/26-12/5

Piano 2

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2840.202	\$298/\$401	F, 4:40-5:30 p.m.	9/26-12/5

Piano 3

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2840.203	\$298/\$401	F, 5:35-6:25 p.m.	9/26-12/5

Menlo Park Children's Chorus

(Ages 5-12)

Singing in a chorus helps children develop a sense of teamwork, cooperation, and commitment. Children who participate in the Menlo Park Children's Chorus will receive musical and vocal training through a variety of musical selections and will perform as a group. The Children's Chorus will be directed by April McNeely who also directs the Menlo Park Chorus. A \$40 lab fee is payable to instructor. (No class 11/11.)

Instructor: A. McNeely, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2884.201	\$60/\$79	T, 4:00-5:00 p.m.	9/9-12/16

Fun Arts and Crafts for Kids

(Ages 6-10)

Creative art projects including painting, drawing, creating a collage, working with clay and more. Kids explore various art mediums and materials. Lab fee: \$10 payable to instructor at 1st class. (No class 11/27.)

Instructor: K. Sargis, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2067.202	\$228/\$307	Th, 4:30-5:30 p.m.	9/11-12/18

iPad After-School Art Studio

(Ages 10 & Up)

Learn to create art on your iPad! Create drawings, paintings or learn to use photos creatively. Learn how to use your artwork to make cards and even illustrate your own story and get it printed! Bring your own iPad/iPad Mini and download the following apps in advance, or bring your iTunes password so we can do it for you: Paper by Fiftythree (free, plus \$9.99 to download additional tools), Procreate (\$5.99). Tuition includes basic training in drawing, color and composition. Otherwise, you are free to go wherever your imagination takes you.

Instructor: C. Mustard, Location: Arrillaga Family Rec Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2844.201	\$175/\$235	M, 4:00-5:00 p.m.	9/15-12/8

Tech Builder's App Design

(Ages 10-15)

The Freshi Media App Design class is a fun & exciting introduction for students who want to learn different aspects of computer based App Design. Students will complete one app project, which combines fun game based apps and practical utility apps in their final project.

Instructor: Freshi Media,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5131.201	\$129/\$173	M, 4:00-5:30 p.m.	9/8-10/27

Beginning Game Design

(Ages 8-13)

Learn how to create and design a unique and interactive video game with Freshi Game Design! Students work in pairs to conceive, design, and build their own original computer game. Students use creative and critical thinking to complete their games and build teamwork skills.

Instructor: Freshi Media,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5132.202	\$129/\$173	T, 4:00-5:30 p.m.	9/9-10/28

Gingerbread Houses (Parent & Child)

Come and decorate a Gingerbread House! In this fun class, we will use a variety of supplies to decorate your own, one of a kind Gingerbread House. All supplies will be provided all you have to do is show up and have fun! (One adult, one child) Materials Fee payable to instructor: \$20.

Instructor: C. Hopkins, Location: Arrillaga Family Rec Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2817.204	\$30/\$39	Sat., 10:00 a.m.-Noon	12/13

**Done With Bullying Workshop**

(Ages 10-14)

WE'RE DONE WITH BULLYING. ARE YOU? You're invited to attend our FREE Anti-Bullying Event aimed to help children of all ages overcome the negative impact of bullying. Students will learn how to identify bullying behavior, realistic ways to avoid being a target of bullying, and how to stop bullying behavior. Our Commitment is to minimize the effects of bullying behavior in grade school and middle school-aged children. This event is recommended for children ages 6-16 and their parents. Space is limited. Presented by Kuk Sool Won Martial Arts and Character Development Program. (Pizza will be served during the workshop.) For more information call 650-787-2226

Instructors: K. & R. Quintana,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2657.220	FREE	F, 4:00-8:30 p.m.	10/3

Driver Education with Bay Cities Driving School

(Ages 15 & Up)

This class is for teens, at least 15 years old, who want to apply for their driver license learner's permit. We offer a California DMV-approved Driver Education course that covers the eleven subjects required by the DMV. The course forms the foundation for becoming safe, defensive drivers. At the end of the course, participants will be issued the Certificate of Completion required for a driver license permit application. The interactive sessions include videos, lecture, discussion, and guest speakers during the four-day course. Behind the wheel instruction is not included but is available separately through Bay Cities Driving School at BayCitiesDrivingSchool.com or (650) 368-6565.

Instructor: Bay Cities Driving School,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5141.201	\$149/\$199	Sat./Sun & Sun/Mon 9:00a.m.-4:30p.m.	12/20 & 12/21 1/4 & 1/5

Pre-Public Speaking: Building Confidence

(Ages 6-8)

This course teaches young students the essentials of building confidence in public speaking. The participants learn how to stand tall and speak confidently in front of a large group. They begin to understand the concepts and importance of body language, bringing variation in speed and tone. The students learn the concept of public speaking using fun concepts like show and tell, storytelling, and poem recitals among others. To know more visit www.bayareadebateclub.com or on Facebook Bayareadebateclub

Instructor: Bay Area Debate Club,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5151.201	\$160/\$215	W, 4:30-5:30 p.m.	9/17-11/5

Public Speaking and Debates Combo Series Level 1

(Ages 9-13)

This class is a combo course of Public Speaking with Confidence and Essentials of Debating. It is an excellent course to take, as it not only focuses on teaching delivery and presentation skills but also provides foundation of critical thinking and essentials of debating. Students learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language. It improves their confidence in public speaking and communication skills.

The students learn how to make strong arguments by providing reasoning and evidence instilling critical thinking. The participants debate on a variety of their age appropriate topics in various formats. To know more visit www.bayareadebateclub.com or on Facebook Bayareadebateclub

Instructor: Bay Area Debate Club,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5152.202	\$160/\$215	W, 5:30-6:30 p.m.	9/17-11/5

Yoga For Teens!

(Ages 13-18)

Get your OM on and have some fun! Take a break from your homework and do some YOGA! Bring a friend, great for athletes, and a great way to chill out! Learn how to move in ways that you did not think were possible! This class is choreographed to allow young folks, ages 13-18 to check out the energy that yoga has to offer, and to begin to learn how to reduce stress, strengthen the body and improve awareness of self. (No class 11/11, 11/27.)

Instructor: L. Davis,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5020.206	\$248/\$340	T, 5:45-6:45 p.m.	9/9-12/16
5040.206	\$248/\$340	Th, 5:45-6:45 p.m.	9/11-12/18

Sewing for Kids & Teens!

In these classes, kids and teens can learn the basics of sewing. We will learn how to use a sewing machine and then layout, cut and sew a project. This class is hands on, with lots of guidance and support. A materials list will be provided approximately 1 week before the first session, or materials can be purchased from the instructor for \$25. Sewing machines available for use during class for an additional \$20, payable to instructor.

Instructor: C. Hopkins, Location: Arrillaga Family Rec Center

Ages 8-12

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2817.201	\$64/\$85	Sat., 10:00 a.m.-Noon	9/13-10/4

Ages 13-17

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2817.202	\$64/\$85	Sat., 12:30-2:30 p.m.	9/13-10/4

**SPORTS****KUK SOOL WON™ MARTIAL ARTS - KIDS AND FAMILY PROGRAMS**

Now in our twelfth year at the rec center! Martial arts does more for kids than just give them a fun way to exercise.

Do you want to help your child build confidence? Improve their focus? Develop more self-control? We can help!

One mom has told us, *"Any time I hear of someone with ADHD, I recommend your classes for them. My son says that after class he can think more clearly and control his body better."* – Jeanne A. Our Family Classes provide the unique opportunity for parents and children to participate together in a healthy activity. *"Two years ago, I joined Kuk Sool with my daughter because she was too shy to go to class alone. Now she's confident and outgoing, and I've lost 50 pounds while building strength and flexibility. I can't wait to see what the next two years of Kuk Sool bring."* – Elaine K. Family classes are also the best

classes for children of working parents who can't get them to the after school program. Family classes are open to students ages 7 and up, with or without the rest of their family. Chief Instructor Kristin Quintana has taught adults and children since 1998, and is a two-time former Grand Champion. Note: A reduced class fee is available for low-income families. Material fee for uniforms payable to instructor is due on the first day of class.

Kuk Sool Won™ Tiger Tots

(Ages 3.5 years - Kindergarten)

Our youngest students enjoy exercises, games, and activities that will spark the growth of a 3.5 to 6-year old in all four areas of development including physical, intellectual, emotional, and social growth. These classes are a great introduction to martial arts training. "My son loves it. It's a good environment to start developing structure. He can get his energy out in a safe, channeled way." – Happy Tiger Tot Dad. Classes are 30 minutes once a week. We use a class-card system for this class. Price below is for 8 classes. Classes expire 11 weeks after purchase. THIS CLASS REQUIRES INSTRUCTOR APPROVAL. Please call 650-787-2226 for more information and to schedule an evaluation appointment. (No class 10/11, 10/25, 11/26-29, 12/6.)

Instructor: K. & R. Quintana,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2657.201	\$185/\$216	Sat., 9:00-9:30 a.m. or 9:30-10:00 a.m.	9/15-11/1
2657.211	\$185/\$216	Sat., 9:00-9:30 a.m. or 9:30-10:00 a.m.	11/3-12/19

YOU ?
cancelled it

Sometimes classes are cancelled because people wait too long to register. Please register early to avoid disappointment!

www.menlopark.org/registration

ALL FEES SUBJECT TO CHANGE

Kuk Sool Won™ Mighty Mites

(Ages 5-7)

Designed specifically for the growth and development of 5-7 year olds, these classes continue where Tiger Tots class lets off. Mighty Mite classes are 30 minutes long and meet TWICE per week. THESE CLASSES REQUIRE INSTRUCTOR APPROVAL. Please call 650-787-2226 to schedule an evaluation appointment. (No class 10/3, 10/10, 10/11, 10/25, 10/31, 11/10, 11/14, 11/26-29, 12/6.)

Instructor: K. & R. Quintana,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.202	\$262/\$306	Up to 3 classes/week	9/15-11/1
2657.212	\$225/\$263	Up to 3 classes/week	11/3-12/19

Kuk Sool Won™ Martial Arts for Kids and Families

(2nd grade & Up)

After school and evening classes are available. Classes are split by rank and age to provide developmentally appropriate skills and drills. The beginner program is up to 3 classes per week, and the intermediate program is up to 5 classes per week. Classes meet Mon-Sat. PLEASE CALL 650-787-2226 FOR SCHEDULE DETAILS. (No class 10/3, 10/10, 10/11, 10/25, 10/31, 11/10, 11/14, 11/26-29, 12/6.)

Instructor: K. & R. Quintana,

Location: Arrillaga Family Rec. Center

Beginner Classes

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.203	\$262/\$306	Up to 3 classes/week	9/15-11/1
2657.213	\$225/\$263	Up to 3 classes/week	11/3-12/19

Intermediate Classes

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.204	\$291/\$340	Up to 5 classes/week	9/15-11/1
2657.214	\$250/\$292	Up to 5 classes/week	11/3-12/19

**Kuk Sool Won™ Advanced/Black Belt Club Program**

BY INSTRUCTOR NOMINATION ONLY. In addition to being able to attend up to 9 classes/week, students in the Black Belt Club Program are eligible to apply for our Leadership and Demonstration Teams. All students Brown Belt and up should be in these advanced classes. Classes meet Mon-Sat. PLEASE CALL 650-787-2226 FOR SCHEDULE DETAILS. (No Class 10/3, 10/10, 10/11, 10/25, 10/31, 11/10, 11/14, 11/26-29, 12/6.)

Instructor: K. & R. Quintana, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.205	\$332/\$388	Up to 9 classes/week	9/15-11/1
2657.215	\$285/\$333	Up to 9 classes/week	11/3-12/19

Society Skateboarding Group Lessons

(Ages 5-12)

Learn to skate or refine your skills from the Society experienced skateboarding instructors at the Menlo Park skate park. Skateboarding safety, fundamentals, and technique will be covered in this class. The students will learn to enjoy this sport to the fullest with a focus on balance, coordination, and skateboarding etiquette. 10% discount on all safety gear with registration at Society, 625 Laurel Street, San Carlos CA 94070, (650) 596-8182.

Instructor: Society Staff, Location: Menlo Park Skate Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2671.204	\$110/\$147	Sat., 11:00a.m.-Noon	9/13-10/11

Society Skateboarding Private Lessons

(All Ages)

Society skateboarding private lessons are focused on safety, fundamentals, technique, balance and coordination. Private lessons are based on intensive training that benefits beginner to advanced students. The private lesson is a great way to learn the basics and get confidence to participate in group lessons and camps. When you register, you get 10% discount on all safety gear from Society, 625 Laurel Street, San Carlos CA 94070. Once you have registered, please call Society Skate directly at (650) 596-8182 to schedule your lesson.

Instructor: Society Staff, Location: Menlo Park Skate Park

Private Lessons by the Hour – 1 child

CLASS CODE	FEES PER LESSON	DAY/TIME	SESSION DATES
2671.201	\$45/\$60	TBA	Ongoing

Private Lessons by the Hour – 2 children

CLASS CODE	FEES PER LESSON	DAY/TIME	SESSION DATES
2671.202	\$60/\$80	TBA	Ongoing

Private Lessons by the Hour – 3 children

CLASS CODE	FEES PER LESSON	DAY/TIME	SESSION DATES
2671.203	\$75/\$100	TBA	Ongoing

Jujitsu for Teens

(Ages 12-17)

Bushin Ryu Taojitsu (School of the Martial Spirit) is an eclectic style of martial art that is made up of many of the basic principles common to both Aikido and Jujitsu. The techniques are easy to learn and very effective as a self defense. Many of the techniques taught are used by law enforcement agencies around the world. This system of jujitsu emphasizes the use of simple leverages and momentum over brute strength. Jujitsu is an excellent self-defense that can be mastered by men and women both young and old. Classes focus on practice of techniques for self-defense and not sport application. For more information go to: www.bushinryutaojitsu.com. \$10 drop in fee per class.

(No class 11/11, 11/27.)

Instructor: T. Chow, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2631.201	\$81/\$108	T, 4:00-5:00 p.m.	9/9-12/16
2631.202	\$81/\$108	Th, 4:00-5:00 p.m.	9/11-12/18

HI-FIVE Hoops League

(Kindergarten-3rd Grade)

The Hi-Five Bay Area Sports Club is thrilled to present our co-ed Hi-Five Hoops League to K-3rd Graders in Menlo Park (The Winter League will be K-2nd)! Games will be played at the Arrillaga Family Gymnasium, perhaps the most beautiful public gym in the Bay Area. Each team will be represented by a storied college program in a modified version of the NCAA pre-season, season, and tournament. Through outstanding, patient, and passionate coaching, we'll help each child develop a foundation in FUNdaMENTAL team basketball...and prepare them for a life-long love of the game. The teams will be set up as evenly as possible based on what we know of former players/teams, and what we learn from clinics during the first two Sundays. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. www.hifivesportsclubs.com

Instructor: Hi-Five Staff, Location: Arrillaga Family Gymnasium

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.201	\$315/\$424	Sundays (Times TBA)	9/21-11/23

HI-FIVE Little Ballers

(Ages 3-5)

Hi-Five Little Ballers is a weekly developmental basketball program for boys and girls ages 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, coordination, athleticism, and so much more. We'll help each child will get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-3rd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time." www.hifivesportsclubs.com.

Instructor: Hi-Five Staff, Location: Arrillaga Family Gymnasium

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.202	\$254/\$342	F, 2:15-3:05 p.m.	9/26-11/14
4615.203	\$254/\$342	Sun., 9:00-9:50 a.m.	9/28-11/16
4615.204	\$254/\$342	T, 9:00-9:50 a.m.	9/30-11/18

HI-FIVE Tot Trifecta

(Ages 3-5)

The Hi-Five Tot Trifecta will serve as a basic introduction to three of the most popular sports in the world for children 3-5 years old. Through experienced, patient, and passionate coaching, we'll introduce the basics of Baseball, Football, and Soccer to boys and girls, ages 3-5 years old. Each child will learn the fundamentals of each sport through various drills and exercises designed specifically for the youngest players – running, catching, throwing, passing, dribbling, scoring, and so much more! Ball, jersey, and trophy included. "Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time." www.hifivesportsclubs.com.

Instructor: Hi-Five Staff, Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4615.210	\$254/\$342	T, 10:30-11:20 a.m.	9/23-11/11
4615.211	\$254/\$342	W, 1:00-1:50 p.m.	9/24-11/12
4615.212	\$254/\$342	Th, 10:00-10:50 a.m.	9/25-11/13

Hoopsters Basketball

(Ages 5-12)

Your child will not want to miss this fun class and exciting non-competitive introduction to basketball for boys and girls. Young hoopsters will learn the fundamental skills of dribbling, catching and shooting, as well as basic rules, while having a great time. Low hoops and small basketballs will be used. Participants must wear gym shoes. Coach Tim Bowler is a National Board Certified Physical Education Teacher and Coach at Menlo Atherton High School.

Instructor: T. Bowler, Location: Arrillaga Family Gymnasium

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4112.201	\$279/\$375	W, 4:00-5:00 p.m.	9/10-11/26

Glenoaks Equestrian Center

3639 Alpine Road, Portola Valley, 94028

(650) 854-4955

Horseback Riding Lessons

(Ages 6-18)

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, vaulting and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to children 6 – 18. All minors must have a parent or guardian sign a release form before the first session. For more information: 650-854-4955 or glenoaksstables@gmail.com. Lessons held at beautiful Glenoaks Stables at Glenoaks Equestrian Center 3639 Alpine Rd. Portola Valley.

Instructor: Glenoaks Staff, Location: Glenoaks Stables

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2632.201	\$504/\$679	Sun., 11:00a.m.-Noon	9/14-11/16

ALL FEES SUBJECT TO CHANGE

Jim Heebner Tennis

Jim Heebner's Tennis Programs offer a variety of classes for children, beginning to tournament levels. Jim has been teaching tennis in Menlo Park for over 20 years and is a USPTA Certified Tennis Professional. He was nationally a top junior and ranked #16 in Men's Open N.C.T.A.. "I'm big on fundamentals, practicing with a purpose, a good workout and keeping it fun." If the weather is questionable, call Jim 650-814-6734 one hour prior to the class start time. Weekends may be used for make-ups. Tennis shoes and racket are required. (No class: 10/31, 11/8, 11/10, 11/27, 11/28 & 11/29.) Racket Sizing Guide: 4 Year 19", 5 & 6 Year: 21" or 22", 7-9 Years: 23" - 25", 10-14 Years: 25" - 27"

Tiny Tot Tennis *New Class

(Ages 4-4.9)

Tiny Tot Tennis is a fun introduction to the great game of tennis. This class will be a combination of fun warm-ups, hitting groundstrokes & volleys and fun games. Here's a few games will play at the end of class: Starwars, soccer tennis, mush pot, hockey tennis and many more. Join Tiny Tot Tennis and have some fun with Jim!

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.230	\$154/\$207	Th, 3:30-4:15 p.m.	9/11-10/16
2615.231	\$154/\$207	Th, 3:30-4:15 p.m.	10/30-12/11

Hot Shot Tennis

(Ages 5-6.9)

Hot Shot Tennis is a fun introduction to the great game of tennis. Hot Shot Tennis is played on a smaller court, using soft tennis balls and it's just easier. Also, classes will be a combination of basic fundamentals, drills and fun games. Jim keeps the class moving and Hot Shot Tennis has been a big hit with the kids!

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.203	\$154/\$207	M, 3:45-4:30 p.m.	9/8-10/13
2615.204	\$154/\$207	Th, 4:30-5:15 p.m.	9/11-10/16
2615.205	\$184/\$247	Sat., 10:45-11:45 a.m.	9/13-10/11
2615.206	\$154/\$207	M, 3:45-4:30 p.m.	10/27-12/8
2615.207	\$154/\$207	Th, 4:30-5:15 p.m.	10/30-12/11
2615.208	\$184/\$247	Sat., 10:45-11:45 a.m.	10/25-12/13

Kids Tennis 1

(Ages 7-10.9)

Classes will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve from the area between the service line and baseline.

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.209	\$184/\$247	M, 4:30-5:30 p.m.	9/8-10/13
2615.210	\$214/\$288	T, 4:30-5:30 p.m.	9/9-10/21
2615.211	\$184/\$247	M, 4:30-5:30 p.m.	10/27-12/8
2615.212	\$184/\$247	T, 4:30-5:30 p.m.	11/4-12/9

Kids Tennis 2

(Ages 7-10.9)



Kids Tennis 2 is for players who can play a game. Pretty good fundamentals, fairly consistent with groundstrokes between the service line and baseline and can serve ok. Please note: If you're not sure about the level please give

Jim a call at 650-814-6734.

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.213	\$214/\$288	W, 4:30-5:30 p.m.	9/10-10/22
2615.214	\$184/\$247	W, 4:30-5:30 p.m.	11/5-12/10

Jim Heebner Tennis 1

(Ages 10-14.9)

Classes will be a combination of fundamentals, drills and playing the game. Goal: being able to serve and rally from the baseline.

Also, you'll learn the rules and etiquette of tennis in this class.

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.215	\$184/\$247	F, 5:30-6:30 p.m.	9/12-10/17
2615.216	\$154/\$207	F, 5:30-6:30 p.m.	11/7-12/12

Jim Heebner Tennis 2

(Ages 10-14.9)



Jim Heebner Tennis 2 is for players who can play a game. Pretty good fundamentals, fairly consistent with groundstrokes from the baseline and can serve ok. Also, this player will be able to rally 10 balls in a row hitting groundstrokes from the baseline. This is a high energy and fun workout for enthusiastic tennis players! Please note: If you're not sure about the level please give Jim a call at 650-814-6734.

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.217	\$214/\$288	Th, 5:30-6:30 p.m.	9/11-10/16
2615.218	\$184/\$247	Th, 5:30-6:30 p.m.	10/30-12/11

Saturday Tennis 1

(Ages 7-12.9)

Classes will be a combination of basic fundamentals, drills and fun games. Also, program will focus on trying to rally, serving and you'll learn the rules of tennis.

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2615.219	\$204/\$274	Sat., 9:00-10:30 a.m.	9/13-10/11
2615.220	\$244/\$328	Sat., 9:00-10:30 a.m.	10/25-12/13

Euro School of Tennis

Enjoy superior tennis instruction from the talented staff of the Euro School of Tennis. Please visit www.EuroSchoolofTennis.com for more information or call 510-491-3007.

Mommy, Daddy and Me Tennis

(Ages 2.5-4)

Searching for the perfect way to introduce your child to the game of tennis? This class offers a fun way to interact with your child, while teaching them the basics of the game! Kids learn in a number of different ways, and when they're under the age of four, they primarily learn through play. Working with them in an active setting, like our Mommy, Daddy, and Me Class, is an important part of both their physical and mental development. During the class, parents and children participate together in fun, age-appropriate activities that will help your little one develop the motor and socialization skills necessary to continue with tennis as they grow. Wear tennis shoes and bring a racquet size 19. (No class 10/25.)

Instructor: Euro School of Tennis, Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.201	\$216/\$290	Sat., 5:30-6:00 p.m.	9/13-11/22

Pee Wee Tennis

(Ages 4-5)

Let your little one have fun and learn tennis basics at the same time with our Pee Wee Tennis sessions. Our program offers your small tennis star a fun introduction to the game in a setting that's perfect for their learning abilities. We use low compression red balls to help your child learn the fundamentals. From strokes and movements to the motor skills they will need to move forward as they grow, we make certain they get the basics in an environment that works for them. Wear tennis shoes and bring a tennis racquet size 19 or 21. (No class 10/25, 11/11.)

Instructor: Euro School of Tennis, Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.202	\$216/\$290	Sat., 3:45-4:30 p.m.	9/13-11/22
2616.203	\$240/\$323	Th, 4:45-5:30 p.m.	9/11-11/13

Mini Aces Tennis

(Ages 6-8)

Have a budding athlete on your hands, looking for a great way to keep your kiddo active and interested in having your child learn the fundamentals of tennis? Our Mini Aces program is the perfect solution! Each Mini Aces session is perfect for those with no tennis experience or only mild exposure to the game. We work on: hand-eye coordination, movement drills and various strokes. Wear tennis shoes and bring a tennis racquet size 21 or 23. (No class 10/25, 11/11.)

Instructor: Euro School of Tennis, Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.204	\$240/\$323	Sat., 4:30-5:30 p.m.	9/13-11/22
2616.205	\$240/\$323	Th, 5:30-6:30 p.m.	9/11-11/13



Teen Tennis Stars Novice

(Ages 9-14)

Ready to help your children develop a passion for the sport of tennis? Our Teen Tennis Stars program is the perfect way to do just that. Designed for ages 9 –14 with little or no tennis experience, we focus on having fun with the game while learning the fundamentals. By session's end, they will be skilled at hitting the ball with consistency, allowing them to enjoy a quick game with you or any player. Wear tennis shoes and bring a tennis racquet size 25 or 27. (No class 10/25.)

Instructor: Euro School of Tennis, Location: Willow Oaks Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2616.208	\$240/\$323	Sat., 2:45-3:45 p.m.	9/13-11/22

Nazareth Ice Oasis**3140 Bay Road, Redwood City, 94063****(650) 364-8090 ext. 116****Ice Skating**

Skate rental is provided for lessons. Mittens or gloves, socks, and warm clothing are recommended. All classes will be assigned practice times. For additional information contact Susan at 364-8090 x 116. Classes are held at the Nazareth Ice Oasis, 3140 Bay Road, Redwood City.

Parent & Children Ice Skating

(Ages 2.5-5.9)

The Parent and Me class is designed for a child and one parent/guardian, and is geared towards development of independence in the child so they may progress to a class without the adult.

Instructor: NIO Staff, Location: Nazareth Ice Oasis

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.201	\$88/\$117	Sat., 11:45 a.m.-12:15 p.m.	9/6-10/11
2689.202	\$88/\$117	Sat., 11:45 a.m.-12:15 p.m.	10/18-11/22

Tot Ice Skating

(Ages 3-5.9)

Class is designed for children without a parent/guardian on the ice. Instructor teaches forward skating, backward skating, and stopping. Classes are designed to be fun and build confidence. All classes will be assigned practice times. Skate rental is provided for lessons. Mittens or gloves, socks and warm clothing is recommended. Classes held at Nazareth Ice Oasis, 3140 Bay Road, Redwood City. For additional information or more advanced classes call Susan at 364-8090 x116.

(No class 11/25, 11/26.)

Instructor: NIO Staff, Location: Nazareth Ice Oasis

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.203	\$88/\$117	T, 3:30-4:00 p.m.	9/16-10/21
2689.204	\$88/\$117	T, 3:30-4:00 p.m.	10/28-12/9
2689.205	\$88/\$117	W, 5:20-5:50 p.m.	9/10-10/15
2689.206	\$88/\$117	W, 5:20-5:50 p.m.	10/29-12/10
2689.207	\$88/\$117	Sat., 11:45 a.m.-12:15 p.m.	9/6-10/11
2689.208	\$88/\$117	Sat., 11:45 a.m.-12:15 p.m.	10/18-11/22

Youth Ice Skating

(Ages 6-12)

Teaches forward skating, backward skating, and stopping. Classes are designed to be fun and build confidence. All classes will be assigned practice times. Skate rental is provided for lessons. Mittens or gloves, socks and warm clothing is recommended. Classes held at Nazareth Ice Oasis, 3140 Bay Road, Redwood City. For additional information or more advanced classes call Susan at 364-8090 x116.

(No class 11/25, 11/26.)

Instructor: NIO Staff, Location: Nazareth Ice Oasis

CLASS CODE	FEES	DAY/TIME	SESSION DATES
2689.209	\$88/\$117	T, 4:00-4:30 p.m.	9/16-10/21
2689.210	\$88/\$117	T, 4:00-4:30 p.m.	10/28-12/9
2689.211	\$88/\$117	W, 5:20-5:50 p.m.	9/10-10/15
2689.212	\$88/\$117	W, 5:20-5:50 p.m.	10/29-12/10
2689.213	\$88/\$117	Sat., 11:45 a.m.-12:15 p.m.	9/6-10/11
2689.214	\$88/\$117	Sat., 11:45 a.m.-12:15 p.m.	10/18-11/22



Kidz Love Soccer (KLS)

This soccer "school" is a recreational setting for children to learn and play the world's most popular sport. A session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience the soccer-fun in a safe, non-competitive environment, facilitated by our professional coaches in the Kidz Love Soccer method. All participants will receive a Kidz Love Soccer jersey! For more information, log onto www.kidzlovesoccer.com. Rainout Hotline is 1-888-372-5803.

(No class 12/23, 12/30.)

Tot-Soccer-Ages 3.5-4.0

Location: Burgess Soccer Field

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.201	\$124/\$166	T, 10:50-11:20 a.m.	9/9-11/4
4611.202	\$90/\$120	T, 4:30-5:05 p.m.	9/9-10/14
4611.203	\$124/\$166	Th, 10:50-11:20 a.m.	9/11-11/6
4611.204	\$90/\$120	Th, 5:15-5:45 p.m.	9/11-10/16
4611.205	\$124/\$166	F, 10:00-10:30 a.m.	9/12-11/7
4611.206	\$124/\$166	F, 4:10-4:40 p.m.	9/12-11/7
4611.207	\$124/\$166	Sat., 4:30-5:00 p.m.	9/20-11/15

Location: Arrillaga Family Gym

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.226	\$90/\$120	T, 10:50-11:20 a.m.	11/25-1/13

Pre Soccer-Ages 4.1-5.0

Location: Burgess Soccer Field

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.209	\$124/\$166	T, 10:15-10:50 a.m.	9/9-11/4
4611.210	\$90/\$120	T, 4:30-5:05 p.m.	9/9-10/14
4611.211	\$124/\$166	Th, 10:15-10:50 a.m.	9/11-11/6
4611.212	\$124/\$166	Th, 3:10-3:45 p.m.	9/11-11/6
4611.213	\$90/\$120	Th, 5:45-6:20 p.m.	9/11-10/16
4611.214	\$124/\$166	F, 10:30-11:05 a.m.	9/12-11/7
4611.215	\$124/\$166	F, 4:40-5:15 p.m.	9/12-11/7
4611.216	\$124/\$166	Sat., 3:10-3:45 p.m.	9/20-11/15

Location: Arrillaga Family Gym

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.227	\$90/\$120	T, 10:15-10:50 a.m.	11/25-1/13

Soccer 1-Techniques & Teamwork-Ages 5.1-6.9

Location: Burgess Soccer Field

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.217	\$124/\$166	Th, 3:45-4:30 p.m.	9/11-11/6
4611.218	\$124/\$166	F, 3:25-4:10 p.m.	9/12-11/7
4611.219	\$124/\$166	Sat., 3:45-4:30 p.m.	9/20-11/15

Soccer 2: Skillz and Scrimmages

(Ages 7-10)

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. First-timers and experienced players alike will benefit from the emphasis on skills development, team play and sportsmanship. Each participant will receive a KLS soccer jersey.

Instructor: KLS Staff, Location: Burgess Soccer Field

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.220	\$124/\$166	Th, 4:30-5:15 p.m.	9/11-11/6

Kidz Love Soccer-Mommy/Daddy and Me Soccer

(Ages 2-3½ with parent participation)

You and your child participate in activities designed in developing their large motor and socialization skills. Skills are designed around the game of soccer. The fun happens on the field, you won't want to watch from the sidelines. All kids will receive a Kidz Love Soccer jersey! (No class 12/23, 12/30.)

Instructor: KLS Staff, Location: Burgess Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.221	\$124/\$166	T, 9:30-10:00 a.m.	9/9-11/4
4611.222	\$90/\$120	T, 5:15-5:45 p.m.	9/9-10/14
4611.223	\$90/\$120	T, 5:50-6:20 p.m.	9/9-10/14
4611.224	\$124/\$166	Th, 9:30-10:00 a.m.	9/11-11/6
4611.225	\$79/\$105	Sat., 5:10-5:40 p.m.	9/20-10/18

Location: Arrillaga Family Gym

CLASS CODE	FEES	DAY/TIME	SESSION DATES
4611.228	\$90/\$120	T, 9:30-10:00 a.m.	11/25-1/13





AQUATICS



BURGESS PARK POOLS

501 Laurel Street, Menlo Park, CA 94025

Front Desk: 650-328-7946 (SWIM)

Service Center and Registration: 650-330-2232

www.menloswim.com

REGISTRATION

Please visit www.menloswim.com and find your program for more information and a link to our online registration system. You may pay for drop-in programs at the front desk and get assistance with registration in person from our Service Center during hours of operation.

FACILITIES INFORMATION

The facility features two mixed-use pools and a baby pool, and includes locker rooms and showers, a central lobby area, Pro Shop, picnic tables and shade under the oak trees. Visit our facilities information web page for pool temperatures, conduct, and safety rules. **DIAPER POLICY:** You must use both a disposable swim diaper and reusable diaper cover for your children who are not fully toilet-trained (available for purchase at the Pro Shop).

PARTY SPACE RENTAL

Have a birthday party or special event at the pool! Reserve two hours of fun for your family and friends that includes Open Swim admission for a group and reservation of picnic table space.

WATER SAFETY AND FIRST AID INSTRUCTION

Menlo Swim and Sport regularly offers General First Aid, Lifeguard Certification, CPR for the Professional Rescuer, and Title 22 courses. These classes are open to the public as well as our own lifeguards and instructors to maintain required certification. Come join us and help our entire community become more safety trained and safety conscious!

OPEN SWIM

The pool is open to the community 7 days per week. Lifeguards are on duty at all times during open swim. No registration required. When you visit the pool for open swim, you will receive a wristband good for the entire day.

Monday-Friday: Noon-8:00 p.m.

Saturday/Sunday: 10:00 a.m.-6:00 p.m.

FEES PER DAY	
ADULTS (18+) :	\$6 (Resident)/\$7(Non-resident)
YOUTH (17 & under) :	\$4 (Resident)/\$5 (Non-resident)
FAMILY*:	\$15 (Resident)/\$18 (Non-resident)
SENIORS (65+) :	\$5 (Resident)/\$6 (Non-resident)

**Note: A family is up to 5 members of the same household with a maximum of 2 adults.*

MENLO SWIM SCHOOL

Waterbabies

For ages 6 months to under 3 years. Parent participation class where babies are introduced to the water through songs and games. When parents are ready, children will go under water and eventually will learn to swim. Each game that we play together as a group can be adjusted to accommodate a parent's comfort level and the swimming ability of the child. This is a 30-minute group class with a 6:1 ratio.

FEES	DAY/TIME
\$82/month	M-F, 9:00 a.m.-Noon, 2:00-7:00 p.m. Saturday, 9:00 a.m.-2:00 p.m. Sunday, 9:00 a.m.-2:00 p.m.

Beginner to Advanced Strokes

Menlo Swim School provides year-round, professional, goal-oriented swim lessons for all ages and levels, developing life-long competency and a love of swimming. From Beginner through Advanced Strokes, students move smoothly through levels of instruction. From age 3 on up, choose small group, semi-private or private 30-minute lessons for our 10-week sessions. Visit the Swim School pages at www.menloswim.com for more information.

FEES PER MONTH	DAY/TIME
Group (4:1) \$82 Semi-Private (2:1) \$137 Private (1:1) \$285	M-F, 9:00 a.m.-Noon, 2:00-7:00 p.m. Saturday, 9:00 a.m.-2:00 p.m. Sunday, 9:00 a.m.-2:00 p.m.



camp MENLO

Camp Menlo offers aquatics and tennis instruction, with water sports and dry land activities for a variety of ages. Our goal is to give campers a unique and inspiring experience while cultivating skills for a lifetime of aquatics and sports safety, health, and enjoyment.

Visit www.campmenlo.com for more details!

Camp Menlo School Holiday Camp

Camp Menlo keeps kids active during school holidays throughout the year! 1-day, 2-day, 3-day camps available for kids age 5-14. Includes October, November, December school in-service and holidays, Martin Luther King, Jr. Holiday, President's Weekend, Ski Week, and Spring Break.

menlo MAVERICKS

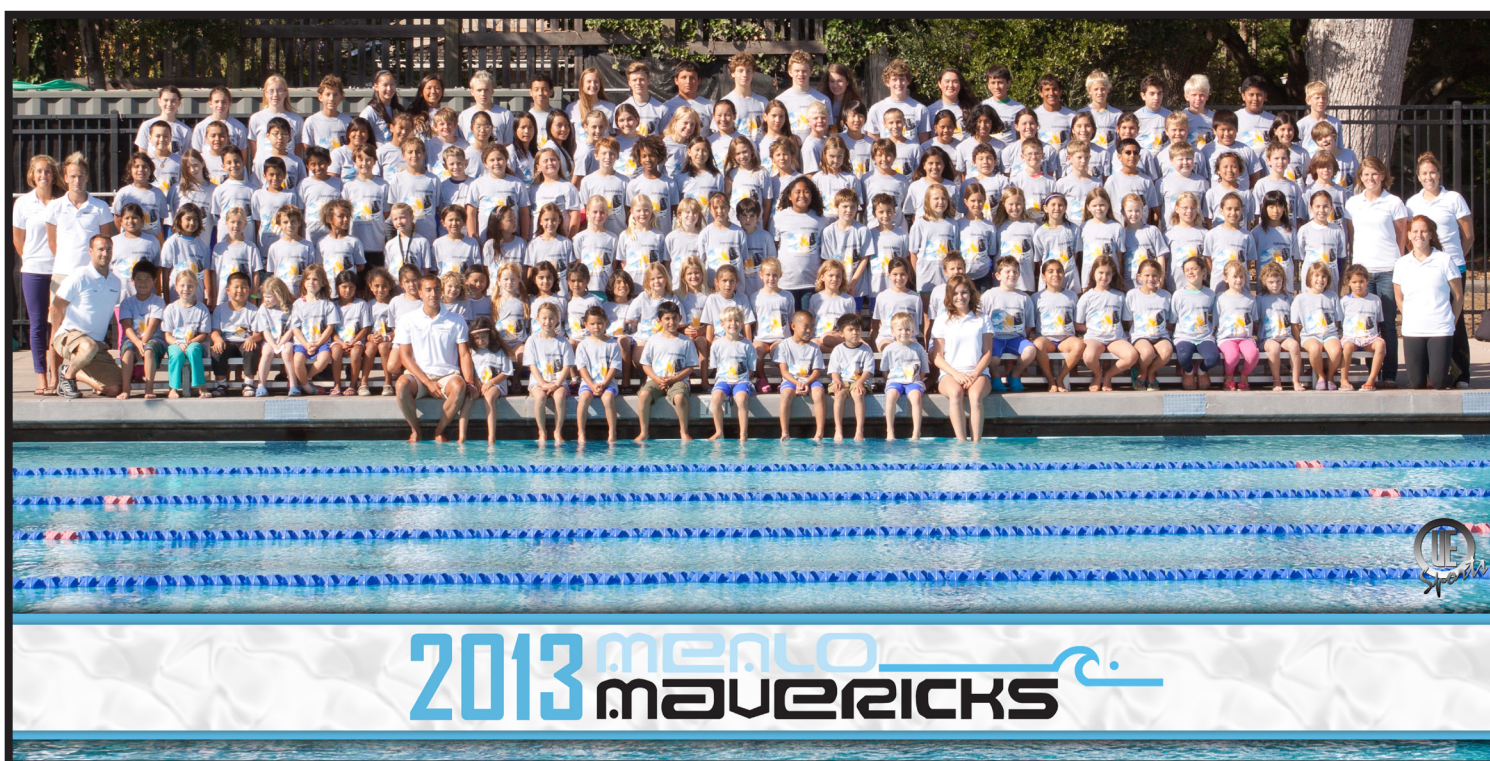
For ages 5-18, the Menlo Mavericks is a year round swim and water polo team that's extremely positive about being in and around the water. We emphasize learning sound techniques through our committed and competent coaches in a pleasant and positive environment. Workouts in smaller groups are tailored to meet the needs of athletes of all ability levels, and provide the best quality of coaching, instruction, camaraderie, and fun. Check www.menlomavericks.com for more information. Programs are ongoing.

Menlo Mavericks Swim at Burgess Pool

LEVEL	PRACTICES/WEEK	FEES PER MONTH	DAYS/TIMES
Level 1	One, Two, or Three+ days/week	\$52/\$62/\$72	M-F, 4:00-4:45 p.m., 5:45-6:30 p.m.
Level 2	One, Two, or Three+ days/week	\$57/\$67/\$77	M-F, 4:45-5:45 p.m.
Level 3	One, Two, or Three+ days/week	\$62/\$72/\$82	M-F, 5:30-6:30 p.m.
Level 4	Two, or Three+ days/week	\$77/\$87	M/T/Th/F, 5:30-7:30 p.m., W, 5:30-6:00 p.m.
Level 5	Up to Six days/week	\$102	6 practices a week, please see website for specifics
Level 6	Up to Six days/week	\$112	6 practices a week, please see website for specifics

Menlo Mavericks Water Polo

LEVEL	PRACTICES/WEEK	FEES PER MONTH	DAYS/TIMES
Girls 12U and 14U	Three practices/week	\$80	T/Th/F, 4:30-6:00 p.m. (Belle Haven Pool)
Boys 12U and 14U	Three practices/week	\$80	M/W/F, 4:30-6:00 p.m. (Belle Haven Pool)



ADULT PROGRAMS @ BURGESS

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AQUATICS

Lap Swim

Lanes are dedicated to lap swimming in the performance pool and the instructional pool seven days per week year-round with a lifeguard on duty at all times. The number of lanes for lap swimming varies according to scheduled activities in each pool, but you will find designated lap lanes daily. You can pay for unlimited access or drop in. Drop in \$6 (Resident), \$7 (Non-resident).

FEES	DAY/TIME	SESSION DATES
\$46 (Resident)/\$52 (Non-resident) - Monthly \$132 (Resident)/\$147 (Non-resident) - Quarterly Drop in: \$6 (Resident)/\$7 (Non-resident) Student & Senior rates: \$33 (Resident)/\$37 (Non-resident) - Monthly \$92 (Resident)/\$103 (Non-resident) - Quarterly Drop in: \$5 (Resident)/\$6 (Non-resident)	Post Summer Season 9/1-9/28 Monday – Thursday 6:00am – 8:00pm Friday 6:00am – 7:00pm Saturday 10:00am – 6:00pm Sunday 9:00am – 6:00pm Non-Summer Season 9/29 - May, 2015 Monday – Thursday 6:00am – 8:00pm Friday 6:00am – 7:00pm Saturday 10:00am – 5:00pm	Ongoing

Swim Pro Lessons

For adults and children, held by appointment, private lessons with our experienced Swim Pro. Learn to swim, improve your stroke, or simply get a workout at a relaxed, individual pace.

PROGRAM	FEES	DAY/TIME	SESSION DATES
Swim Pro Individual Lessons: Beginner to Advanced	Half Hour: \$60 Hour: \$115	Scheduled Individually	Ongoing

Water Exercise: Aqua Fit

Aqua Fit classes use the natural resistive forces of water to strengthen both muscles and the cardiovascular system. Water exercise has proven to be one of the healthiest, most versatile whole-body workouts for top athletes, fitness enthusiasts, youth and seniors alike. Your fee covers all classes, come to as many as you'd like. Come try a class for free! Drop in \$20/class.

FEES	DAY/TIME	SESSION DATES
\$77/month or \$220/quarter <i>Student & Senior discounts available</i>	Monday-Friday, 7:50-8:50 a.m. Tuesdays & Thursdays, 9:00 a.m. Tuesdays & Thursdays, 7:00-8:00 p.m. Sundays, 7:50-8:50 a.m.	Ongoing

Menlo Masters Swimming

Menlo Masters welcomes swimmers of all abilities, age 19 and up, who are interested in regular structured workouts. Previous experience in competitive swimming is not necessary—our teammates are all ages, shapes, and sizes. Menlo Masters offers 21 coached workouts per week along with stroke instruction, intra-club activities, competitions, and social events throughout the year. Come try a workout and get on the road to a lifetime of fitness through swimming. Membership provides unlimited access to all workouts. USMS membership and team fees are extra. www.menlomasters.com

FEES	DAY/TIME	SESSION DATES
\$77/month or \$220/quarter <i>Senior/Student and additional family member discounts are available.</i>	Monday-Friday, 5:45-6:45 a.m., 7:00-8:00 a.m., Noon-1:00 p.m. Tuesday/Thursday, 7:00-8:00 p.m. Saturday, 6:00-7:00a.m., 7:00-8:00a.m., 8:00-9:00a.m. Sunday, 7:00-8:00 a.m.	Ongoing

Menlo Mavens: Women's Water Polo

Menlo Swim and Sport offers women's water polo for all experience levels, ages 19 and over. Our team, the Menlo Mavens, is a fun, inclusive, and diverse group with a passion for water polo. Give the game a first-time try or come hone your skills. Come try a practice for free! Look for special Summer Co-Ed water polo! www.menloswim.com.

FEES	DAY/TIME	SESSION DATES
\$77/Month or \$220/quarter Senior/Student discounts available	Wednesday, 6:30-8:00 p.m. Sunday, 8:00-10:00 a.m.	Ongoing

Team Sheeper Triathlon

Team Sheeper is a full-service multisport team providing group coaching and training to athletes of all levels and ages. With a passion for people and performance, the team is devoted to building community around sports. The team environment is welcoming, positive, and supportive, offering a weekly schedule of swim, bike, run, and strength workouts. With a number of levels to choose from, you can start with Level 1 or hop right into our competitive group. Come try a workout and find out more at www.teamsheeper.com.

BELLE HAVEN POOLS

100 Terminal Ave., Menlo Park, CA 94025

Front Desk: 650-330-2237, Service Center/Registration: 650-330-2232

www.menloswim.com, www.bellehavenpool.com

REGISTRATION

Please visit www.bellehavenpool.com and find your program for more information and a link to our online registration system.

You may pay for drop-in programs at the front desk and get assistance with registration in person from our Service Center during hours of operation. ¡Se habla español!

PARTY SPACE RENTAL

Have a birthday party or special event at the pool! Sunday pool rentals available by request; \$150/hour includes Open Swim admission for a group and 2 lifeguards, 2 hour minimum.

MENLO MAVERICKS

Menlo Swim and Sport welcomes Brenda Villa, the most decorated female water polo player ever, as the new Head of Mavericks Water Polo. Brenda, who won Gold at the 2012 London Olympics with the Team USA women's water polo squad, coaches year-round Girls 12U/14U and Boys 12U/14U teams at Belle Haven. Scholarships available through Beyond Barriers Athletic Foundation. Scholarships available through Beyond Barriers Athletic Foundation.

Menlo Mavericks Water Polo

LEVEL	PRACTICES/WEEK & FEES/MONTH	DAYS/TIMES
Girls 12U and 14U	Three practices/week \$80	Tuesday, Thursday, Friday 4:30-6:00 p.m.
Boys 12U and 14U	Three practices/week \$80	Monday, Tuesday, Thursday 4:30-6:00 p.m.

FACILITIES INFORMATION

The facility features a 25-yard pool and a baby pool, and includes locker rooms and showers. Outside, there are benches and lots of open space on the pool deck. Visit our facilities information web page for pool temperatures, conduct, and safety rules. **DIAPER POLICY:** You must use both a disposable swim diaper and reusable diaper cover for your children who are not fully toilet-trained (available for purchase at the Pro Shop).

WATER SAFETY AND FIRST AID INSTRUCTION

Menlo Swim and Sport regularly offers General First Aid, Lifeguard Certification, CPR for the Professional Rescuer, and Title 22 courses. These classes are open to the public as well as our own lifeguards and instructors to maintain required certification. Come join us and help our entire community become more safety trained and safety conscious!

ADULT PROGRAMS

Lap Swim

Lanes are dedicated to lap swimming in the performance pool and the instructional pool seven days per week year-round with a lifeguard on duty at all times. The number of lanes for lap swimming varies according to scheduled activities in each pool, but you will find designated lap lanes daily. You can pay for unlimited access or drop in. Drop in \$6 (Resident), \$7 (Non-resident).

FEES	DAY/TIME	SESSION DATES
\$40 (Resident)/\$45 (Non-resident) - Monthly Drop in: \$4 (Resident)/\$5 (Non-resident)	Monday-Friday, 4:00-7:00 p.m.	Ongoing





Promoting healthy, balanced lifestyles through aquatic sports, fitness and outdoor family activity.

Menlo Tennis Academy at Burgess Park



- Weekly group lessons for kids
- Private lessons for kids and adults
- Summer Tennis & Swim Camp

www.menlotennisacademy.com

Menlo Fit Boot Camp



- 21 classes a week, Monday – Saturday
- Dynamic and experienced coaching team
- All fitness levels welcome!

www.menlofit.com

BEYOND STUDIO CYCLING



- 15 classes a week, Monday – Saturday
- 60-75 minute classes, including cardio combo classes
- All fitness levels welcome!

www.menlofit.com

Our Pros



- Private one-to-one coaching in 9 sports
- Convenient and flexible schedule, package pricing
- Youth and adult programs available

www.menloswim.com



GYMNASTICS

The Menlo Park Gymnastics Program is a fun comprehensive, educational, recreational, and developmental program for gymnasts of all ages. Classes are held at the Arrillaga Family Gymnastics Center, Monday through Saturday.

Our purpose is to teach Children First, Gymnastics Second, and Safety Always. Our mission is to create a class in which children experience the joy of movement, have the opportunity to make new friends, and learn skills that apply to gymnastics and other sports.

Please see "Registration Information" on the page after the table of contents. A \$9.00 mandatory insurance fee per student is included in the session fee. A \$4.00 equipment fee is included in each registration. The fee is used to directly purchase equipment for the Gymnastics facility. A \$10.00 t-shirt fee has been added to the cost of each class for the fall session.

HELPFUL INFORMATION:

- Due to the nature of our developmental program and the fact that most classes are at maximum enrollment, absolutely no make-ups or trial classes will be allowed. We do however allow make up and trial classes for our preschool program, please call 650-330-2224 for more information.
- Registration is not accepted over the phone; however, please call 330-2224 with any questions.
- Students are asked to wait in designated areas until directed into the gym by an instructor.

- No students are allowed on any equipment until a coach is present.
- Girls should wear a leotard or shorts and a T-shirt, long hair must be tied back, and no jewelry should be worn.
- Boys should wear shorts and a T-shirt or sweats.
- No jeans, zippers, belts, or loose fitting clothing should be worn.
- Shoes, socks, and all personal belongings should be left in the cubbies.
- Absolutely no food or gum is allowed in the gym at any time.
- Parents are welcome to observe classes from the viewing area.
- Parents are not allowed on the gym floor at any time (exception being a parent enrolled with a child in the KinderGym or KinderStars program).
- Parents in a parent participation class are respectfully asked not to use their cell phones and stay with their class.
- No flash pictures in the gym at any time.
- Please make every effort to have your child arrive for class on time and prepared to participate.
- Teacher's assignments will be posted at the Gymnastics Lobby however; we reserve the right to make schedule/teacher changes as necessary to accommodate the program.

We create healthy
minds & bodies!

PRESCHOOL CLASSES

Our preschool program offers a range of motor skills designed to encourage whole body exercise, strength development, coordination, and reading readiness. It has been proven that gymnastics activities actually help children develop the foundation for learning the skills necessary to read. Classes are structured in order to provide a fun, nurturing, safe environment in which all children have the same opportunity to participate and learn at their own pace.

KinderGym

(Ages 1-3)

KinderGym is a loosely structured parent participation class. Our instructors encourage parents to help their children explore by climbing, crawling, rolling, walking and running on different types of equipment in a safe environment. The class provides an opportunity for socialization for children of the same age as well as for the parents and caregivers.

(No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 a.m.	5110.209	5120.209	5130.209	5140.209	5150.209	5160.209
10-10:50 a.m.	5110.210	5120.210	5130.210	5140.210	5150.210	5160.210
11-11:50 a.m.	5110.211	5120.211	5130.211	5140.211	5150.211	5160.211
2-2:50 p.m.			5130.202			



KinderStars

(Ages 2.5-3.5)

KinderStars is a parent participation class that is slightly more structured than KinderGym. In this transitional class the caregiver helps the child to follow directions, stay with the group and participate in class activities. The goal of this class is to prepare the child for a successful transition into the NewStars class. This is a great class for parents of children who want to participate in a gymnastics class together and feel the child is too old for KinderGym. (No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 a.m.	5210.209	5220.209	5230.209	5240.209	5250.209	
10-10:50 a.m.	5210.210	5220.210	5230.210		5250.210	
11-11:50 a.m.		5220.211	5230.211	5240.211	5250.211	
12-12:50 p.m.						5260.212

NewStars

(3 Year olds)

NewStars is our first non-parent participation class. It offers a great opportunity for the participant to participate independently of their caregiver or parent in a group of six with an instructor. The instructor will guide the children through games, gross and perceptual motor activities. NewStars participants also practice following in line, taking turns and following a series of directions. Children experiencing difficulty with separation may be asked to join a KinderStars class. (No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 a.m.	5310.209	5320.209	5330.209	5340.209	5350.209	5360.209
10-10:50 a.m.	5310.210	5320.210	5330.210	5340.210	5350.210	5360.210
11-11:50 a.m.	5310.211	5320.211	5330.211	5340.211	5350.211	5360.211
12-12:50 p.m.						5360.212
1-1:50 p.m.	5310.201	5320.201	5330.201	5340.201	5350.201	
2-2:50 p.m.	5310.202	5320.202	5330.202	5340.202	5350.202	
3-3:50 p.m.	5310.203	5320.203	5330.203	5340.203	5350.203	

MiniStars

(4 Year olds)

MiniStars are introduced to a number of skills. Through the course of the class some of the skills will be mastered while others will require more strength before this occurs. This is also a time of rapid growth for children, balance and coordination will be consistently worked on. Participants will continue to work on turn taking and following a series of directions. MiniStars is a non-parent participation class.

(No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 a.m.	5410.209	5420.209	5430.209	5440.209	5450.209	5460.209
10-10:50 a.m.	5410.210	5420.210	5430.210	5440.210	5450.210	5460.210
11-11:50 a.m.	5410.211	5420.211	5430.211	5440.211	5450.211	5460.211
12-12:50 p.m.						5460.212
1-1:50 p.m.	5410.201	5420.201	5440.201	5440.201	5450.201	
2-2:50 p.m.	5410.202	5420.202	5430.202	5440.202	5450.202	
3-3:50 p.m.	5410.203	5420.203	5430.203	5440.203	5450.203	

SuperStars

(5 Year olds)

In the SuperStars class we build on our fundamental skills that we have learned in the two previous classes. Cartwheels and handstands are re-introduced with more emphasis on form. More floor exercise skills are introduced as many of these are the foundation for the more advanced skill progressions in gymnastics. The goal of the class is to prepare students to continue on to Level 1. SuperStars is a non-parent participation class. (No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 a.m.						5560.209
10-10:50 a.m.						5560.210
11-11:50 a.m.						5560.211
1-1:50 p.m.	5510.201	5520.201	5530.201	5540.201	5550.201	
2-2:50 p.m.	5510.202	5520.202	5530.202	5540.202	5550.202	
3-3:50 p.m.	5510.203	5520.203	5530.203	5540.203	5550.203	
3:20-4:10 p.m.	5510.233	5520.233	5530.233	5540.233	5550.233	

GYMNASTICS BIRTHDAY PARTIES

\$300 Residents * \$396 Non-Residents



Games, organized activities, and gymnastics activities are scheduled for up to 20 children followed by fifty minutes for cake and refreshments in our party room. We encourage parents to sit and relax while our professional staff entertains the celebrants. For party participants under the age of 5 parents are allowed to help the participants with the activities on the gym floor. For party participants over the age of 5 we respectfully request that participants are not accompanied onto the floor by parents. Birthday Party invitations are available at the gymnastics center.

Sundays 10:00-11:50, 12:30-2:20 and 3:00-4:50

For more information, call the Gymnastics Center at 330-2224 or view & make reservations online at www.menlopark.org/registration.

Disclaimer: A cancellation fee applies.

GRADE SCHOOL DEVELOPMENT CLASSES

(Ages 6+)

As the student matures, and the development of their tactile and physical strength improves, more complex gymnastic skills can be introduced. Level I through VIII classes are fitness oriented in a gymnastics specific curriculum. Encouraging lifelong physical and mental well-being along with the development of gymnastics skills is our goal for all students. Gymnastics provides unparalleled challenges for the body, the mind, and the spirit. By meeting these challenges, children continue their development toward becoming confident, fit, and able adults.

Level A

(Ages 6+)

No prior experience is necessary for this 50-minute class.

Class stresses coordination, strength development, and basic gymnastic skill progressions on all appropriate Olympic apparatus. (No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Girls

CLASS CODE	DAY	TIME
5611.203	Monday	3:00-3:50 p.m.
5611.204	Monday	4:00-4:50 p.m.
5611.205	Monday	5:00-5:50 p.m.
5621.204	Tuesday	4:00-4:50 p.m.
5621.205	Tuesday	5:00-5:50 p.m.
5621.206	Tuesday	6:00-6:50 p.m.
5631.204	Wednesday	4:00-4:50 p.m.
5631.205	Wednesday	5:00-5:50 p.m.
5631.206	Wednesday	6:00-6:50 p.m.
5641.204	Thursday	4:00-4:50 p.m.
5641.205	Thursday	5:00-5:50 p.m.
5651.204	Friday	4:00-4:50 p.m.
5651.205	Friday	5:00-5:50 p.m.
5661.201	Saturday	1:00-1:50 p.m.

Ages 10+

A class for girls with no prior experience in gymnastics.

CLASS CODE	DAY	TIME
5611.206	Monday	6:00-6:50 p.m.

Boys

CLASS CODE	DAY	TIME
5612.204	Monday	4:00-4:50 p.m.
5622.204	Tuesday	4:00-4:50 p.m.
5632.204	Wednesday	4:00-4:50 p.m.
5642.204	Thursday	4:00-4:50 p.m.

Level B

(Ages 7+)

Prior experience is required for this 50-minute class.

Prerequisite skills include forward and backward rolls, cartwheel, and kick over on bars. (No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$220/\$269	\$235/\$288

Girls

CLASS CODE	DAY	TIME
5711.204	Monday	4:00-4:50 p.m.
5711.205	Monday	5:00-5:50 p.m.
5721.204	Tuesday	4:00-4:50 p.m.
5721.205	Tuesday	5:00-5:50 p.m.
5731.203	Wednesday	3:00-3:50 p.m.
5731.204	Wednesday	4:00-4:50 p.m.
5731.205	Wednesday	5:00-5:50 p.m.
5731.206	Wednesday	6:00-6:50 p.m.
5741.204	Thursday	4:00-4:50 p.m.
5741.205	Thursday	5:00-5:50 p.m.
5741.206	Thursday	6:00-6:50 p.m.
5751.204	Friday	4:00-4:50 p.m.
5751.205	Friday	5:00-5:50 p.m.
5751.206	Friday	6:00-6:50 p.m.
5761.201	Saturday	1:00-1:50 p.m.

Boys

CLASS CODE	DAY	TIME
5722.205	Tuesday	5:00-5:50 p.m.
5742.204	Thursday	4:00-4:50 p.m.
5752.204	Friday	4:00-4:50 p.m.



Level C

(Ages 8+)

Progressive skills are taught on all Olympic events, as well as explanations of technique and biomechanics. Prerequisite skills include three-second handstand, round-off, back bend to bridge, cartwheel, 120 degree split, and back hip circle on bars.

(No class 11/11, 11/27, 11/28, 11/29.)

SESSION DATES	TUESDAY CLASS FEES	ALL OTHER CLASS FEES
9/4-12/20	\$273/\$335	\$291/\$358

Girls

CLASS CODE	DAY	DAY/TIME
5811.204	Monday	4:00-5:10 p.m.
5811.206	Monday	6:00-7:10 p.m.
5821.204	Tuesday	4:00-5:10 p.m.
5821.206	Tuesday	6:00-7:10 p.m.
5831.204	Wednesday	4:00-5:10 p.m.
5831.205	Wednesday	5:00-6:10 p.m.
5831.206	Wednesday	6:00-7:10 p.m.
5841.206	Thursday	6:00-7:10 p.m.
5851.206	Friday	6:00-7:10 p.m.
5861.201	Saturday	1:00-2:10 p.m.

Boys

CLASS CODE	DAY	DAY/TIME
5842.205	Thursday	5:00-6:10 p.m.

Tumbling

(Ages 8+)

Prerequisite skills include forward & backward rolls, handstand, cartwheel round off, and walkovers. A class for students of all ages interested in tumbling and acrobatic skills only. No apparatus work is included in this class other than occasional Tumbl-Trak exercises.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5010.205	\$214/\$264	M, 5:00-5:50 p.m.	9/8-12/15

High School/Adult Classes

(Ages 14+)

A loosely structured class designed for recreational athletes, former competitive gymnasts, and any adults interested in the sport of gymnastics. For vaulters, divers, cheerleaders, cross athletes, or any adult looking to work on tumbling skills, acrobatics, gymnastic apparatus skills, etc.

(No class 11/11, 11/27.)

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5020.207	\$309/\$383	T, 7:00-8:20 p.m.	9/9-12/16
5040.207	\$320/\$409	Th, 7:00-8:20 p.m.	9/4-12/18

I Can Do Gymnastics Too!

(All ages)

This parent participation class offers children with special needs the opportunity to bounce on equipment, swing on bars and try skills in a safe, encouraging and non-therapeutic environment. The instructor will guide the parents so they are able to help their children use the gymnastics equipment safely. The class offers time for parents to socialize and time for the children to make new friends in a fun, physical setting. Please call Karen Mihalek if you would like more information on this class 650-330-2215.

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5010.206	\$225/\$278	M, 6:00-6:50 p.m.	9/8-12/15

DID YOU KNOW?

Menlo Park Gymnastics is proud to have a compulsory competitive team working out at the Arrillaga Family Gymnastics Center.

Last year both the boys team and girls team competed at USA Gymnastics competitions and qualified to the State Championships. We are looking forward to an exciting compulsory optional season for the girls in 2014. The boys team will be competing in a compulsory season in 2014 as well.

The team is sponsored by the City of Menlo Park with additional support from The Friends of Menlo Park Gymnastics.

For more information on the team program call us at 650-330-2224.



CIRCUS ARTS

All classes are held at the Arrillaga Family Gymnastics Center

★ COME ONE!
★ COME ALL! ★

INTRODUCTION TO AERIAL

This class will give students a wide exposure to aerial on a variety of apparatuses including trapeze, silks and rope. Class will focus on climbing, holding static poses, inversions, and conditioning. This class is recommended for first time circus students. (No class 11/11.) Instructor: S. Sullivan

Ages 7-10

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5029.243	\$249/\$335	T, 4:30-5:30 p.m.	9/9-12/16

Ages 10-14

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5029.254	\$249/\$335	T, 5:40-6:40 p.m.	9/9-12/16

Ages 14+

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5029.165	\$249/\$335	T, 6:50-7:50 p.m.	9/9-12/16

INTERMEDIATE SILK

This class will expand upon the beginner skill set; moving into more complex climbs, momentum inversions, dynamic tricks and drops, and more challenging poses, wraps and sequences. Preceded by warm up and conditioning. Recommended for students who have successfully completed a beginner level class. Instructor approval required. Instructor's approval for registration is required. Call 650-996-9906. A make up class will be scheduled for the 11/27 cancellation. (No class 11/27.) Instructor: M. Santini-Kelly

Ages 10+

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5039.254	\$259/\$348	W, 5:40-6:40 p.m.	9/10-12/17
5049.254	\$259/\$348	Th, 5:40-6:40 p.m.	9/11-12/18

BEGINNING SILK & ROPE

This class will focus on improving technique and strength by working on conditioning, climbing, inversions, intro to dynamic tricks, and sequences, gymnastics and ballet floor-work conditioning. Instructor's approval for registration is required. Call 650-996-9906. A make up class will be scheduled for the 11/29 cancellation. (No class 11/29.) Instructor: M. Santini-Kelly

Ages 7-10

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5039.243	\$259/\$348	W, 4:30-5:30 p.m.	9/10-12/17

Ages 10-14

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5049.243	\$259/\$348	Th, 4:30-5:30 p.m.	9/11-12/18

Ages 14+

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5069.203	\$259/\$348	Sat., 3:15-4:15 p.m.	9/13-12/20

BEGINNING TRAPEZE

This class will cover various techniques for mounting and dismounting the trapeze bar, seated tricks, hanging and standing poses, as well as sequences. Prerequisite - Intro to Aerial & instructor approval required. (No class 11/27.)

Instructor: S. Sullivan

Ages 7-10

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5048.254	\$249/\$335	Th, 5:40-6:40 p.m.	9/11-12/18

Ages 10+

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5049.265	\$249/\$335	Th, 6:50-7:50 p.m.	9/11-12/18



Belle Haven Pre-School Program

Belle Haven Child Development Center (BHDC) provides full time and part-time high quality preschool childcare. The program is funded by the State Department of Education and administered by the City of Menlo Park. Our program offers weekly story time visits to the Belle Haven Library, monthly garden activities and summer swimming. Our program encourages parent participation through a parent group that builds a community from within. Our program builds and enhances children's self-esteem by offering developmentally appropriate materials, activities and curriculum that assist children in being:

- Effective learners
- Personally, socially and physically competent
- Safe and healthy
- Supported in their learning by their families
- Better prepared for kindergarten and able to achieve their goals

Address: 410 Ivy Drive, Menlo Park, CA 94025 (Across from Belle Haven Library)

Hours: 7:30a.m.-5:30p.m. (full-day), 8:00-11:30a.m. (part-day), Monday-Friday (except Holidays)

Ages: 3-5 years

License: #414001146 - Department of Social Services

Staff: The program features a highly trained, committed, nurturing, and bi-lingual staff with a teacher to child ratio of 1:8

Meals: Children are provided with an organic breakfast, lunch, and snack daily.

Tuition: Full-Day: \$854/month for residents and \$1153/month for non-residents

Part-Day: \$427/month for residents and \$577/month for non-residents

The program provides subsidized care on a sliding fee scale based upon family income and family size. Tuition assistance is funded by the State Department of Education and the City of Menlo Park.

(Proof of income is required and all fees are subject to change.)

**For additional information
call (650) 330-2270 or visit us
at www.menlopark.org.**



BELLE HAVEN School-Age Program

650-330-2297

*"Where Education and
Fun Come Together"*



* Licensed Facility * Homework Assistance * Large and Small Group Activities *
 * Subsidized Fees (M.P. Res. Only) * Nutritional Snacks * Interest Clubs * Transportation from Local School *
 We except children from the Tinsley Program * Early Dismissal, Professional Days and School Vacation Camps.

PAMP

The Parents' Club
OF PALO ALTO AND MENLO PARK

Join the largest parenting
community on the Peninsula!

"It takes a village,
and PAMP is my
village!"

Parenting Forums & Advice
 Local Family Events & Dinners
 Weekly Discounted Kids Classes
 Mom's Night Out
 Trusted Classifieds
 Volunteer Opportunities & more!

www.pampclub.org

COME & PLAY!

Come and join us for this exciting drop in play program! This is a great opportunity for parents, grandparents, and caregivers to bring their children (Ages 1-5) to play in a clean and safe environment. The drop in fee is simply \$5 per child and kids will get to play with our bounce houses, tents, slides, balls, scooters, and other fun play equipment. Tot Lot is held in the Sequoia Room at the Arrillaga Recreation Center located at 700 Alma Street, Menlo Park.

(Adult attendance is required.)

THURSDAYS, 9:00-11:00 a.m.
(September-May)



Please call 650.330.2200 for more information.



MCC PRESCHOOL PROGRAMS ~ AGES 18 MONTHS-5 YEARS

The City of Menlo Park offers high quality childcare programs at MCC and is licensed by the Department of Social Services (License # 414002020). MCC is open Monday through Friday (except holidays) from 7:30am-6:00pm. The program consists of a wide range of developmentally appropriate activities that foster a child's intellectual, social, and emotional well being in a warm nurturing environment. Our center encourages parent participation through a parent group that builds a community from within. Our play-based philosophy ensures children may explore the environment freely and discover the world around them at their own pace. Our fun, age-appropriate, curriculum promotes self-expression and self-discovery. Our warm and nurturing teachers provide opportunities for each child's social development skills to strengthen which helps build life-long relationships.

FULL DAY PROGRAMS

Toddlers (8:00am-6:00pm)

5-day Program (M-F) \$1805/\$2437
3-day Program (M, W, F) \$1317/\$1778
2-day Program (T, Th) \$1028/\$1389

Early Preschool (7:30am-6:00pm)

5-day Program (M-F) \$1419/\$1916
3-day Program (M, W, F) \$1036/\$1399
2-day Program (T, Th) \$809/\$1092

Preschool (7:30am-6:00pm)

5-day Program (M-F) \$1419/\$1916
3-day Program (M, W, F) \$1036/\$1399
2-day Program (T, Th) \$809/\$1092

HALF DAY PROGRAMS

Morning Birds (8:30am-12:00pm)

5-day Program (M-F) \$538/\$726

3-day Program (M, W, F) \$341/\$460

2-day Program (T, Th) \$239/\$328

** Program operates September to June. Children must be 3 years and fully potty trained to attend.*

MCC AFTER SCHOOL PROGRAM ~ KINDERGARTEN TO 5TH GRADE

The MCC School-Age Program is licensed by the Department of Social Services (License #414002032). We provide transportation for children attending Laurel, Oak Knoll and Encinal schools. Children attending other schools will be accepted, but must provide their own transportation. This program follows the Menlo Park School District calendar, and provides a unique environment to facilitate the development of each child's physical, social, emotional, and creative growth. The staff promotes self-respect, confidence, creative expression, positive peer interaction and lifelong learning. Activities include inside/outside games, arts and crafts, cooking, open areas for exploration and homework clubs for grades 1-5. Nutritional snacks are provided. We also offer recreation and academic classes for an additional fee. Space is limited.

Morning KinderKats

5 days: \$731/\$987
3 days: \$513/\$693
2 days: \$401/\$541

Afternoon KinderKats

5 days: \$483/\$652
3 days: \$348/\$470
2 days: \$275/\$371

1st-5th Grade

5 days: \$446/\$602
3 days: \$326/\$440
2 days: \$254/\$343

PLEASE CALL 650.330.2262 FOR MORE INFORMATION.



ONETTA HARRIS COMMUNITY CENTER

Hours of Operation: Monday–Friday 12:00 p.m. -8:00 p.m.
Closed Saturdays and Sundays *(except for classes or special events)*
Facility rentals available on Saturdays and Sundays.

COMMUNITY CLASSES

Kajukenbo Karate

(Ages 5-10)

Fitness, Fun, Self-Discipline and Confidence! Practice safety skills, Develop strength, Balance and awareness. Learn blocking, striking and kicking techniques. Wear loose pants and a T-Shirt with short sleeves. No tank tops, shorts or jeans. (No class 9/12, 9/19, 10/31, 11/28.)

Instructor: R. Wolper, Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6617.202	\$25/\$34	F, 5:00-5:45 p.m.	9/5-12/12

Martial Arts/Kick Boxing

(Ages 7 & Up)

This class combines kickboxing techniques with discipline, focus, and life skills. A bit less structured and formal than the Tae Kwon Do program. The Kick Boxing class is designed to be more practical for actual application. The instructor will combine physical activity, fun, and important life lessons to help children not only be great martial artists, but also healthy, well-rounded individuals and future leaders in the community. (No class 10/29.)

Instructor: J. Cortes, Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6820.201	\$25/\$34	W, 5:00-6:00 p.m.	10/1-12/10

Interested in renting the Onetta Harris Community Center? Call 650-330-2250 or see page 59 for more information!

Ballet

The Foundation of Dance! Learn the basic positions, arm movements and steps. Continue to improve through personal attention. Practice at the bar, stretch, jump and move across the room. Learn dance choreography. Note: Girls wear leotard, tights, and ballet slippers. Boys wear t-shirt, leggings and dance shoes. (No class 9/12, 9/19, 10/31, 11/28.)

Instructor: R. Wolper, Location: OHCC Multipurpose Room

Ages 5-8

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6617.201	\$25/\$34	F, 4:00-4:45 p.m.	9/5-12/12

Instructor: S. Wolper, Location: OHCC Multipurpose Room

Ages 5-6

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.201	\$25/\$34	M, 4:00-4:45 p.m.	9/8-12/8

Ages 7-10

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6616.202	\$25/\$34	M, 5:00-5:45 p.m.	9/8-12/8

Beginning Drawing Class



(Ages 10 & Up)

Learn different drawing forms, using chalk, charcoal pens and also pencils. You will also learn different textures, shading, beginning steps of still life drawing and how to analyze a drawing. Please bring a drawing pad and pencils the first day of class. (No class 11/11, 11/27.)

Instructor: R. Sims, Location: OHCC Classroom 2

Ages 10+

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6630.201	\$25/\$34	T, 4:00-5:00 p.m.	9/2-12/9

Ages 18+

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6630.202	\$25/\$34	Th, 6:00-7:00 p.m.	9/4-12/11

Tech Projects

(Ages 16 & Up)

If you would like to learn about computer hardware and software, gain experience with taking computers apart and refurbishing, installing and updating software, gaining service learning or internship credits, you should participate in this activity.

Instructor: J. Croft, Location: OHCC Computer Lab

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6690.201	FREE	W, 4:00-5:00 p.m.	9/3-12/10

Wrestling

(Coed, Ages 8-14)

Instruction on the fundamentals of folkstyle wrestling and fitness for wrestling. Participants need wrestling shoes and comfortable clothing. (No class 11/11, 11/27.)

Instructor: J. Luevano/Pantoja,

Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6627.201	FREE	T, 4:00-6:00 p.m.	9/2-12/9
6627.202	FREE	Th, 4:00-6:00 p.m.	9/4-12/11

Belly Dance

(Ages 13 & Up)

Have fun learning this exciting dance style! Stretch, strengthen and tone your body while learning the steps, hip and arm movements based on traditional Middle Eastern Dance. Learn choreography to traditional and modern music. Try on a coin belt and learn to shimmy! (No class 9/12, 9/19, 10/31, 11/28.)

Instructor: R. Wolper, Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6617.203	\$25/\$34	F, 6:45-7:30 p.m.	9/5-12/12

Expressive Dance

(Ages 7 & Up)

Expressive dance is an awesome style of dance that uses the style and mood of the music to bring out the movements from the dancers. This class integrates lyrical and interactive dance. It's open to all ages and dance levels. So come out and express yourself through dance! (No class 10/29.)

Instructor: S. Harris, Location: OHCC Classroom 2

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6822.201	\$25/\$34	W, 6:00-7:00 p.m.	9/3-12/10

ESL

(Ages 16 & Up)

This class will help students learn beginning English grammar, vocabulary, common conversational phrases, reading and writing. (No class 10/29.)

Instructor: G. Goodwin, Location: OHCC Classroom 1 or OHCC Conference Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6903.201	FREE	M, 6:00-8:00 p.m.	9/8-12/8
6903.202	FREE	W, 6:00-8:00 p.m.	9/3-12/10

Basic Computers and Access to Web Technology

(Ages 18 & Up)

Learn new or enhance your existing computer skills. Learn Windows-Microsoft Office Excel, Power Point and graphic applications, social networking skills and internet browsing. (No class 11/11.)

Instructor: O. Wray, Location: OHCC Computer Lab

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6913.201	\$25/\$34	T, 6:00-7:00 p.m.	9/2-12/9



Want To Learn Timbales?

Ages (16 & Up)

This is a fun and rewarding class designed for students to discover the variety of rhythms of Latin music. Consider different ways of listening to music and learn about their history. Learn the technique of hand position, ear training and the use of wood sticks. There is a \$10.00 materials fee that is due on the first day of class. Is there more you wanted? (No class 11/27.)

Instructor: R. Irias, Location: OHCC Conference Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6929.201	\$25/\$34	Th, 6:30-7:30 p.m.	9/4-12/11

Bootcamp

Ages 16 & Up)

Through Kirsten Alexis' bootcamp, you will motivate and push yourself to be your personal best. The 45 minute class consists of challenging full-body stations that will serve to better your health, endurance, strength, and well-being. All levels welcome! (No class 11/11, 11/27.)

Instructor: K. Alexis-Vaught, Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6823.201	\$25/\$34	T, 6:15-7:00 p.m.	9/2-12/9
6823.202	\$25/\$34	Th, 6:15 -7:00 p.m.	9/4-12/11
6823.203	\$25/\$34	W, 6:15-7:00 p.m.	9/3-9/24

Kickboxing

Ages 16 & Up)

Mix up your routine with the balance, coordination and strength building moves of kickboxing while burning 300-600 calories. These high intensity classes are a great full body workout, incorporating a broad range of punches and athletic drills. (No class 10/29.)

Instructor: J. Cortes, Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6820.202	\$25/\$34	W, 6:00-7:00 p.m.	10/1-12/10

Aerobics

Ages 16 & Up)

Are you ready to burn calories in style? These fun and easy to follow routines will get your heart pumping. Who knew getting a full-body cardio workout could be so much fun! (No class 10/29.)

Instructor: A. Fitzhugh, Location: OHCC Multipurpose Room

CLASS CODE	FEES	DAY/TIME	SESSION DATES
6850.201	\$25/\$34	M, 7:00-8:00 p.m.	9/8-12/8
6850.202	\$25/\$34	W, 7:00-8:00 p.m.	9/3-12/10

DROP-IN ACTIVITIES

Drop In Basketball

FEE	DAY/TIME	LOCATION
\$1/person	Monday-Friday, 12:00-3:30 p.m.	OHCC Gym

Fitness/Weight Room

Get in shape, tone your body and improve your health!

FEE	DAY/TIME	LOCATION
\$1/person	Monday-Friday, Noon-8:00 p.m.	OHCC Fitness Room

Drop in Class Fee

Get in shape, tone your body and improve your health!

FEE	DAY/TIME	LOCATION
\$3/person	Monday-Friday, Noon-8:00 p.m. (or when class is in session)	OHCC

Halloween Spooky Carnival OCTOBER 29, 4:00-6:00PM

Come enjoy an evening of Halloween-inspired carnival games and activities at the Onetta Harris Community Center on Wednesday, October 29th, 2014 from 4:00-6:00 p.m. There will be games and snacks at this free event so don't miss out on all the spooky fun!

Remember to wear your Halloween costume for a chance to compete in the costume contests! For more information call (650) 330-2250.



ALL FEES SUBJECT TO CHANGE

Birthday Party Packages

Sit back... Relax...

And let us do all the work!

Book your child's next Birthday Party at the Arrillaga Family Recreation Center! We provide the place, decorations, cake, and much more! Select one of the four packages available and choose your individual party theme. Every package can be customized to your taste!



**Saturdays
10am-Noon
or 1-3pm**

Please call
650.330.2248 or email
rdmonroy@menlopark.org
for more information.

BASED ON
20
KIDS

BASIC - \$250

Includes a two-hour room rental at the Arrillaga Family Recreation Center, set up and clean up, general decorations and a cake.

SILVER - \$300

Includes all of the basic package plus a party leader for one hour. **Themes available:** Sporty Sports, Princess, Superhero, Games Galore, Movie Mania, Hawaiian Luau, & Dodgeball.

GOLD - \$350

Includes all of the basic package plus a certified instructor or multiple party leaders for one hour.

Themes available: Dance, Hip Hop, Carnival, & Crazy Crafts.

PLATINUM - \$400

Includes all of the basic package plus a certified instructor or multiple party leaders for one hour.

Themes available: Little Chef's, Tot Lot, and Create-a-Theme.

CUSTOMIZE YOUR EVENT WITH:

Party Favors (\$50), Pinata (\$50), Cupcakes (\$20), Additional Leader Hour (\$125), Sundae Bar (\$75), Snow Cones (\$50), Beverages (\$15/each), Additional Children (\$10/each), Balloons (\$50), Bounce House (\$100/hour), Non-Resident Fee (\$52)

party at the
crc

ARRILLAGA RECREATION CENTER





DANCE

Class for Beginning Tappers with Jane Kellam

This class is for people who want to learn tap from the ground up! Maybe you have some experience or none at all and need a nurturing introduction to the joy of TAP-this is the class for you. Here's your chance to learn from an excellent and patient teacher. You will learn the difference between shuffles and flaps, ball-changes and hops. You will work on your coordination and balance. Before you know it, you're putting steps together. It's fun, simple, a great workout and wonderful exercise for the brain as well. Make up any missed classes in my other classes this session. Call me at 650-400-3252 for more info. Email: janekellamdance@yahoo.com. Drop-in fee \$20. (No class 11/11.)

Instructor: J. Kellam, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.202	\$160/\$215	T, 11:10a.m.-12:10p.m.	9/16-12/16

Tap I with Jane Kellam

We will continue with Flaps, Shuffles, Ball changes, Hops, and combinations of these steps to increase your tap skills, coordination, balance and brain work! New students with tap experience are welcome. Lots more fun is in store as you build upon your tap knowledge and proficiency. Drop-in fee \$20. "Like Me" on Facebook: Jane Kellam Dance. You can make up any missed classes this session in my other classes. Call 650-400-3252 or email janekellamdance@yahoo.com. (No class 11/27.) Instructor: J. Kellam, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.203	\$160/\$215	Th, 10:00-11:00 a.m.	9/18-12/18

Tap II with Jane Kellam

Time Step, Shuffle, Flap, and Shim-sham your way to a dance workout while you tone your legs and condition your feet and ankles. Tap is great for balance, coordination and brain work. Shake up your workout routine and try tap with Jane! This class is beginning but it is helpful to brush up your basics by taking Tap I on Thurs.. Drop-in fee \$20. "Like Me" on Facebook: Jane Kellam Dance. If you miss a class you can make it up in any of Jane's classes within the session! Call 650-400-3252 or email janekellamdance@yahoo.com. (No class 11/11.)

Instructor: J. Kellam, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.204	\$160/\$215	T, 10:00-11:00 a.m.	9/16-12/16

Jane Kellam's Adult Jazz "Gotta Dance!"

Come dance with me! I will teach you Jazz technique which will help improve your body awareness and enhance other walks of life. Jazz is all about dancing from your "center". Your core is all powerful. We contract, stretch, kick, turn, extend, perspire and move through space with freedom and fluidity. You will learn fun combinations danced to a variety of music. Come see and feel what it's all about and dance your way to a healthier more fit YOU! We have a few performance opportunities throughout the year if you are interested!! If you know you will be away – you can mix and match any of Jane's classes. Drop in fee \$20. "Like me" on facebook @ Jane Kellam Dance. Email: janekellamdance@yahoo.com.

Instructor: J. Kellam, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.201	\$172/\$231	W, 10:00-11:15 a.m.	9/17-12/17

Palomanian International Folk Dance

This class offers the opportunity to learn dances from around the world; Europe, Asia and the Americas. All levels of dance are offered, from beginning to advanced. The complexity of dances increases through the evening, with appropriate level of teaching based on the evening's attendees. Class begins at 7:30 with warm-up and introductory dances. Beginners and experienced dancers will feel right at home and have fun. Both partner and non-partner dances will be presented, however, you do not need a partner to attend. Drop-in fee is \$8.00. Need exercise? Folk Dancing is an easy and enjoyable way to exercise both mind and body. Questions? Call (408) 252-8106 or (408) 249-6104.

(No class 11/11.)

Instructor: Denise Heenan, Coordinator: A. Lisin,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1013.201	\$79/\$105	T, 7:30-9:45 p.m.	9/2-12/16

Folkdances of Hungary & Transylvania

This class teaches authentic Hungarian, Romanian, and Gypsy dances. These folkdances, centuries old, resemble ballroom dances on steroids. They are still done today at dance clubs throughout Hungary by people of all ages. We do mostly couple dances, but also include some men's and women's dances. Todd Wagner will teach the men's parts and Sarah Tull will teach the women's parts. Teaching will be at a beginning level. Partners are not necessary since we rotate partners during the teaching. For information call 650-941-0227 or email todd@wagnerhaz.com. (No class 11/11.)

Instructor: T. Wagner, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1843.201	\$8 drop in	T, 7:30-9:55 p.m.	9/9-12/16

Balkan Folkdance

Enjoy learning the lively and fascinating repertoire of dances from Macedonia, Yugoslavia, Bulgaria, Romania, Greece, and Hungary! Internationally known teachers Martin Frost or Todd Wagner will provide instruction to participants with some dance experience. Some material on customs, history, and costume is presented also. This course complements other courses offered at the recreation center with very little overlap in material. Drop-in fee \$8. (No class 11/27.)

Coordinator: S. Ritz, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1029.201	\$68/\$90	Th, 7:45-9:55 p.m.	9/4-12/18

The Heartbeat of Hula

MIND, BODY, SPIRIT-all work together in Hula to bring relief from everyday stress. Heartfelt emotions are expressed through the coordination of hands & hips to the island rhythms. No experience necessary. Open to both men and women. New students are welcome to attend one trial class. \$15 drop in fee. (No class 11/10.)

Instructor: I. Dragan, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1073.201	\$116/\$155	M, 10:30-11:30 a.m.	9/8-12/15

Middle Eastern Bellydance

Learn the sensuous movements of this ancient art form while building strength, flexibility and stamina. Bellydancing is for all ages and body types! This class will cover basic Bellydance muscle isolations and dance technique, using music and moves from Egypt, Turkey, Iran and North Africa. Bring your bare feet and loose, comfortable pants or a comfortable, full skirt (bare stomach optional). Drop-ins \$15, \$10 for advanced classes. (No class 11/27.)

Instructors: C. Duchardt (Monday-Beg), S. Troutman,

Location: Arrillaga Family Rec. Center

Beginner

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1063.201	\$135/\$181	M, 6:30-7:45 p.m.	9/8-12/15

Intermediate

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1047.201	\$135/\$181	M, 7:45-9:00 p.m.	9/8-12/15
1047.202	\$126/\$169	Th, 7:45-9:00 p.m.	9/11-12/18

Advanced

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1047.203	\$110/\$147	M, 9:00-9:55 p.m.	9/8-12/15
1047.204	\$102/\$136	Th, 9:00-9:55 p.m.	9/11-12/18

Persian Dance

(Ages 16+)

Nourish your soul and connect to an ancient culture with the beautiful art of Persian dance. Classical miniature and regional folkloric Persian dances will be presented, so movements vary from tribal and upbeat from the south that get your heart pumping to delicate movements which will tone your arms. Create moving sculptures with fluid and intricate arm-work and learn a dynamic choreography. \$15 drop in fee. www.shadandance.com (No class 9/18, 11/27.)

Instructor: S. Mirabedi,

Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1086.201	\$160/\$215	Th, 7:00-8:00 p.m.	9/11-12/18

YOU ?
cancelled it ?

Sometimes classes are cancelled because people wait too long to register. Please register early to avoid disappointment!

www.menlopark.org/registration

HEALTH & FITNESS



Baby Wearing Workout

Do you want a workout but just can't find the time with your little one? Try this baby wearing class and you can wear your baby while dancing and exercising. Get a great workout, have fun with other mothers and get fit while doing movements designed to do while wearing your baby in a sling or carrier. Tone your arms, legs, and get a cardio workout. If you have twins please feel free to bring both as the instructor can carry one. \$15 drop in fee. (No class 9/23, 11/11.)

Instructor: S. Mirabedi, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1386.201	\$160/\$215	T, 9:30-10:30 a.m.	9/9-12/16



TRX Introduction Class

New to TRX Suspension Training or TRX Rip Training? This 30min class will show you the basics and walk you through how to use the latest and greatest TRX equipment for an amazing full body workout. You'll learn the best ways to adjust resistance and stability, get easy to follow tips for progressing, and an overview of TRX's basic set of fundamental exercises. Start your journey with TRX and get in better shape today! \$15 Drop in fee (based on availability). More info at www.shiraone.com.

(No class 11/26.)

Instructor: I. Louth, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1335.204	\$94/\$126	W, 11:30a.m.-Noon	8/20-10/15
1335.214	\$84/\$112	W, 11:30a.m.-Noon	10/22-12/17

TRX Suspension Training

Enjoy a revolutionary total body workout! TRX classes will incorporate gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility, and core stability. The TRX Suspension Training exercises are performed using a system of straps with buckles and grips, which allows the user to achieve a full body workout experience! Get in shape today! All fitness levels welcome. \$20 Drop in fee (based on availability). More info at www.shiraone.com.

Instructor: I. Louth, Location: Arrillaga Family Rec. Center

(No class 11/26.)

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1335.202	\$139/\$186	W, 12:05-1:00 p.m.	8/20-10/15
1335.212	\$124/\$166	W, 12:05-1:00 p.m.	10/22-12/17

Instructor: Z. Matta, Location: Arrillaga Family Rec. Center

(No class 10/23 & 10/30, 11/27.)

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1316.201	\$199/\$267	Th, 6:00-7:00 p.m.	9/4-12/18

Instructor: K. Baker, Location: Arrillaga Family Rec. Center

(No class 11/11.)

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1392.201	\$184/\$247	T, 6:15-7:15 p.m.	9/9-12/16

TRX Body Blast



Enhance your TRX experience with this fun, upbeat class where music will drive your movement utilizing the TRX Suspension Trainer- enjoy this strength and endurance type workout for all levels driven by high intensity playlists where all participants move in sync for a great group TRX experience. All fitness levels welcome. \$20 Drop in fee (based on availability). More info at www.shiraone.com. (No class 9/1, 11/10.)

Instructor: I. Louth, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1335.201	\$109/\$146	M, 12:05-1:00 p.m.	8/25-10/13
1335.211	\$124/\$166	M, 12:05-1:00 p.m.	10/20-12/15

TRX Group Rip Training

Experience TRX's latest piece of equipment, the RIP Trainer, in a fun, challenging, and inspiring group setting. With Rip Training, you'll build core strength through rotational movements that mirror the way you move in sport and in everyday life all while burning calories and increasing your cardiovascular endurance! Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges. All classes deliver 3 rounds of strength and agility based movements with the TRX Rip Trainer along with cardio drills to help you achieve your greatest fitness level yet- and feel RIPPED! \$20 Drop in fee (based on availability). More info at www.shiraone.com. (No class 9/1, 11/10, 11/26.)

Instructor: I. Louth, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1335.205	\$109/\$146	M, 9:30-10:20 a.m.	8/25-10/13
1335.215	\$124/\$166	M, 9:30-10:20 a.m.	10/20-12/15
1335.206	\$139/\$186	W, 9:30-10:20 a.m.	8/20-10/15
1335.216	\$124/\$166	W, 9:30-10:20 a.m.	10/22-12/17

TRX Circuit Training

This high intensity, interval and cardio training class will get your heart pumping and energy soaring. Get in a fabulous 45min workout with a dynamic blend of cardio off the TRX straps and several rounds of intense strength work on the TRX Suspension Trainer. Exercises are performed in timed intervals along with modifications and progressions to accommodate all fitness levels. \$20 Drop in fee (based on availability). More info at www.shiraone.com. (No class 9/1, 11/10.)

Instructor: I. Louth, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1335.203	\$109/\$146	M, 11:15 a.m.-Noon	8/25-10/13
1335.213	\$124/\$166	M, 11:15 a.m.-Noon	10/20-12/15

Cardio Dance Fitness

Get a fabulous aerobic workout, have fun, and get fit while moving to energizing music with easy-to-follow choreography that can be performed at any intensity and impact level. From beginner to advanced, this class is for you! Each class includes a warm-up, 40 to 50 minutes of cardio, followed by core strengthening. Regular participation can improve cardiovascular fitness and body composition, boost metabolism, and promote bone and muscle strength. Join Lisa for this fun a.m. class—a great way to jump-start your morning and get you through the day feeling fit and energized! Enroll 2 or 3 times a week and save with the multi-class discount. Drop-ins \$15. Questions? Contact fitstart@gmail.com or visit <https://sites.google.com/site/menloparkfitness>. (No class 10/24, 11/10, 11/26, 11/28.)

Instructor: L. Vande Voorde, Location: Arrillaga Family Rec. Center
Class is M, W, F, from 8:30-9:40 a.m.

CLASS CODE	FEES	DAY	SESSION DATES
1337.201	\$154/\$206	One class/week	9/8-12/19
1337.202	\$243/\$327	Two classes/week	9/8-12/19
1337.203	\$311/\$419	Three classes/week	9/8-12/19

Group Strength Training

This popular non-aerobic workout is carefully designed to strengthen all major muscle groups of the upper body, lower body, and core using free weights, resistance tubing, stability balls, or your own body weight as resistance. With regular strength training you can increase bone density, gain lean muscle, reduce body fat, and increase your metabolic rate. All levels are welcome, and all equipment is provided. Come experience this total body workout and realize a stronger, fitter you! For best results, attend twice a week; however, please do not register for consecutive days. Drop-ins \$15. Questions? Contact fitstart@gmail.com or visit <https://sites.google.com/site/menloparkfitness>.

(No class 10/23, 10/24, 11/10, 11/11, 11/27, 11/28.)

Instructor: L. Vande Voorde,
Location: Arrillaga Family Rec. Center

Class is M, T, Th, F, from 10:00-11:00 a.m.

CLASS CODE	FEES	DAY	SESSION DATES
1337.204	\$119/\$160	Mondays	9/8-12/15
1337.205	\$119/\$160	Tuesdays	9/9-12/16
1337.206	\$111/\$149	Thursdays	9/11-12/18
1337.207	\$111/\$149	Fridays	9/12-12/19

Tabata Boot Camp: Early Morning Workout

Tabata Boot Camp is a type of high intensity interval training emphasizing short bursts of simple, intense, exercises designed to immediately increase your heart rate to varying training levels so you'll work hard, harder, hardest! This 45-minute class is perfect for those looking for a quick, challenging, early morning workout before starting a busy day. Mondays provide a calorie-torching cardio workout that includes lower body strengthening. Wednesdays focus on upper body strengthening, Fridays on core, with both days including aerobic conditioning and intense 4-min. cardio segments. For maximum flexibility, attend any two days to suit your fitness needs and schedule. But for best results, and a total body workout, come all three days and enjoy a significant cost savings! This class is designed for all fitness levels, and progressions and modifications will be shown. Lisa Vande Voorde is a certified Tabata Boot Camp trainer. \$20 Drop in fee. Questions? Contact fitstart@gmail.com or visit <https://sites.google.com/site/menloparkfitness>.

(No class 10/24, 11/10, 11/26, 11/28.)

Instructor: L. Vande Voorde,
Location: Arrillaga Family Rec. Center

Class is M, W, F from 7:30 a.m. to 8:15 a.m.

CLASS CODE	FEES	DAY	SESSION DATES
1337.208	\$172/\$231	Two classes/week	9/8-10/22
1337.209	\$204/\$274	Three classes/week	9/8-10/22
1337.210	\$184/\$247	Two classes/week	10/27-12/19
1337.211	\$214/\$288	Three classes/week	10/27-12/19

ALL FEES SUBJECT TO CHANGE

Tabata Boot Camp: Mid-Morning Workout

Tabata Boot Camp is a type of high intensity interval training emphasizing short bursts of simple, intense, exercises designed to immediately increase your heart rate to varying training levels so you'll work hard, harder, hardest! This 60-minute class is perfect for those looking for a challenging total body workout. Similar to the early morning class, but Includes cardio, lower body, upper body, and core in an all-in-one cardio/strength blast! This class is designed for all fitness levels, and progressions and modifications will be shown. Lisa Vande Voorde is a certified Tabata Boot Camp trainer. \$20 Drop in fee. Questions? Contact fitstart@gmail.com or visit <https://sites.google.com/site/menloparkfitness>. (No class 10/23, 11/27.) Instructor: L. Vande Voorde, Location: Arrillaga Family Rec. Center
Class is Th, from 8:30-9:30 a.m.

CLASS CODE	FEES	DAY	SESSION DATES
1337.212	\$186/\$250	Thursdays	9/11-12/18

STEP 360: Function to Performance!

Train cardio, explosive power, strength, and balance, all with one piece of equipment – the innovative Step 360! Take your fitness to the next level in this dynamic cardio and strength class that challenges your stabilization in three planes of motion, all while performing balance, core, range of motion, strength, power, and performance movements on an unstable surface, with zero rest! A fantastic way to cross-train effectively for a more functionally-fit body! Day and evening classes available. Enrollment is limited. \$20 Drop in fee. Questions? Contact fitstart@gmail.com or visit <https://sites.google.com/site/menloparkfitness>. (No class 11/11, 11/26.) Instructor: L. Vande Voorde, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1337.213	\$200/\$269	T, 8:30-9:30 a.m.	9/9-12/16
1337.214	\$200/\$269	W, 6:00-7:00 p.m.	9/10-12/17

**Cross-Training Discount!**

Reward your body, and your wallet. Enroll in five Fall Session fitness classes and get 10% off your total registration! Discount applies only to classes taught by L. Vande Voorde. In-person registration only; discount is not available on-line.

Pilates

This class is for beginner and intermediate students. No experience is necessary, and each exercise will have options for beginners and the more advanced. Pilates strengthens and stretches the core muscles that support the spine (the neck, shoulders, abs, hips, back and thighs) to bring balance into the body. Pilates helps to realign the body, decrease tension, increase flexibility, improve posture, and strengthen the body from the inside out. We will also connect movement and breath, incorporating yoga, which results in a deeper practice. Please bring a yoga mat. Drop in's welcome \$20.

Instructor: S. Kim, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1361.201	\$62/\$82	T, 5:45-7:00 p.m.	9/9-9/30
1361.202	\$62/\$82	T, 5:45-7:00 p.m.	10/14-11/4
1361.203	\$74/\$99	T, 5:45-7:00 p.m.	11/18-12/16

Mixed Level Yoga with Karen

Traditional Hatha Yoga suitable for beginning and intermediate yoga practitioners. In this series we cover breathing techniques, energetic flowing postures, stretching, balancing, and relaxation. Yoga helps to develop increased strength, flexibility, and peace of mind. Karen has practiced yoga since 1990 and is registered with Yoga Alliance. Wear comfortable clothing, bring a mat, and an empty stomach. Recommended yoga mats are JadeYoga mats and can be purchased online or at REI.

Instructor: K. Stepp, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1390.201	\$229/\$307	W, 7:30-8:45 p.m.	9/10-12/17

Extra Gentle Yoga with Karen

Relax, refresh, and renew. In this class we will focus on relaxing the muscles of your neck, shoulders, back, hips, and legs to reduce pain, improve posture, and increase range of movement. By moving slowly in and out of poses, one can develop an inner sense of peace and calm. As well as being relaxing these slow movements can offer the same health benefits as meditation. This gentle class is suitable for beginners and anyone who wants to reduce stress. Wear comfortable clothing, bring a mat, and an empty stomach. Recommended yoga mats are JadeYoga mats and can be purchased online or at REI.

Instructor: K. Stepp, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1390.202	\$229/\$307	W, 6:00-7:15 p.m.	9/10-12/17

Beginning Yoga

Gentle Yoga/Beginning Yoga: This class is aimed at restoring the mind, body and subtle body based on the ancient practices of Hatha Yoga. Focusing on strength, balance and breath, one can enable themselves to enhance their physical and spiritual strength, and restore imbalance in the body. A class designed for all levels, beginners, to adepts, you will feel invigorated, and restored. This class is also designed for extreme athletes who need the recovery period recommended to continue their sport, and remain healthy. (No class 11/28, 11/29.)

Instructor: L. Davis, Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5010.273	\$174/\$234	M, 7:15-8:15 a.m.	9/8-12/15
5050.273	\$174/\$234	F, 7:15-8:15 a.m.	9/12-12/19
5060.273	\$154/\$203	Sat., 7:30-8:30 a.m.	9/13-12/20

Morning Yoga

Yoga is the only type of exercise that lets you feel as if you are working with your body rather than against it. This class will help you build strength and tone muscles, increase flexibility, improve endurance and leave you feeling invigorated and relaxed. Simple and easy to follow exercises for the care of the back are also presented. Designed for beginning and continuing students. Bring a mat and wear comfortable clothing.

Instructor: B. Coleman, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1311.201	\$124/\$166	W, 9:30-10:30 a.m.	9/10-12/17

Pre/Postnatal Yoga

Preparing for childbirth both before and after, this class is designed to strengthen the muscles used in childbirth. By stretching and strengthening the body you will feel the benefits of increased circulation, reduction of low back pain, as well of reduced swelling in the joints. A relaxing way to maintain health and well-being for both you and your baby, and or babies.

Significant others welcome, including babies. Recommended: Bring a mat, blanket/pillow, block, and strap.

Instructor: Lorraine Davis, Location: Arrillaga Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5031.212	\$174/\$234	W, 12:45-1:45 p.m.	9/10-12/17

Chair Assisted Yoga

This class is a gentle approach into the practice of Hatha Yoga, while either sitting in a chair or using a chair for balance, and sometimes both. The emphasis will be on strengthening the body, maintaining balance, and understanding the importance of the breath. We will also practice meditation and elements of Tai Chi. A great class for older beginners, as this class alleviates stiffness, and fatigue, and will lift you up!

Instructor: L. Davis, Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5031.213	\$154/\$203	W, 2:00-2:45 p.m.	9/10-12/17

Jazzercise

Just as much fun today as it was back then! Jazzercise combines cardio dance with strength, & stretch for a safe and challenging full body workout. Classes are on-going, start this Saturday! Need more info? 650-703-1263, meredithozbil@hotmail.com or like us on <http://www.facebook.com/JazzerciseMenloPark>. Go directly to class to register and pay. No class 10/25, Make-ups allowed during our weekday classes. Drop-in \$15. Saturdays Only Pass: \$42/\$60. Unlimited: \$52/70. \$20 one-time registration fee.

(No class 12/6.)

Instructor: M. Ozbil, Location: Arrillaga Family Rec. Center

FEES	DAY/TIME	SESSION DATES
\$42/\$60 per month	Saturdays, 9:00-10:10 a.m.	September-December

ZUMBA with Jane Kellam

Drop the kids off for their after school activity and come workout yourself!!! Besides being a great activity for the body, Zumba is also fantastic for your brain. Cardiovascular exercise is considered a powerful tool to support a healthy mind. Stick with it- you will see and feel the difference. Zumba is a super "core" workout, trimming your waist and toning your legs. Come join the party for an hour of fantastic fun fitness! The time flies by! You will be home in time for dinner! If you miss a class you can make it up in any of Jane's classes during this session! Drop-in fee \$15. "Like Me" on Facebook: Jane Kellam Dance. Email: janekeellamdance@yahoo.com. Call 650-400-3252.

(No class 11/28.)

Instructor: J. Kellam, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.205	\$144/\$193	W, 4:00-5:00 p.m.	9/17-12/17
1060.206	\$134/\$180	F, 9:00-10:00 a.m.	9/19-12/19
1060.207	\$193/\$259	Two classes/week	9/17-12/19

Personal Training & Wellness Coach

A coach helps you turn healthy behaviors into healthy habits. Scientific research shows that having support improves your chances of getting and staying healthy. Monique is passionate about helping people improve their overall health through fitness and nutrition. She is a Certified Personal Trainer and Health Coach/nutritionist as well as a Yoga & Pilates Instructor. Regardless of your age or ability, Monique can create a safe, well-rounded fitness program tailored to your needs by combining strength, core, cardio and flexibility training with her fun & energetic style. Days/Times for individual training appointments will be established between the client and instructor once classes are purchased. Call (650) 367-6559 to arrange appointment times.

Instructor: M. Story, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1322.203	\$74/\$99 per class	TBD (Arranged between instructor and client)	Ongoing September-December

Joint Point ♦ Forever Fit

This class has been called many things since its beginnings as an experimental “posture class” for dancers at the Perry Mansfield Dance Camp in Steamboat Springs, Colorado. Marianne Crowder taught it for over 50 years in and around Menlo Park and eventually called it “Mariantics”. This is a “no pain, no sweat” exercise form, with strong roots in modern dance and liberally sprinkled with exercises designed to correct bad posture and its negative effects. Why “Joint Point”? Because the joint is the point of so many of these exercises. Of course, the muscles are involved, but this class is not about strength training or building aerobic capacity – it is all about feeling really good! (OK – it also happens to be the name of a ski run in Telluride). Cyndi Jung, long-time student and admirer of founder Marianne Crowder, has been the teacher since Fall 2009. Drop-ins are welcome \$10. Call 650-678-5487. (No class 10/20, 12/1.) Instructor: C. Jung, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1310.201	\$72/\$96	M, 9:30-10:30 a.m.	9/8-12/15

Yogalates

Yogalates is a combination of traditional yoga postures, Pilates, lots of stretching and relaxation. This class is a great total body workout that improves posture, increases strength (including core and back) and enhances flexibility as well as balance. It's a terrific stress reliever and helps to detoxify your body. You will leave feeling transformed, rejuvenated, and energized. Please bring a mat and towel. (No class 11/28.)

Instructor: M. Story, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1322.201	\$148/\$198	F, 9:30-10:30 a.m.	9/12-12/5

The Whole Body Method

Join the Ballet Fitness workout craze that's transforming bodies. This class is a fusion of ballet conditioning, strength training, and Pilates. With the use of light weights and ballet barre, you will develop long, lean muscles, gaining definition in all the major muscle groups, as well as improve posture and core strength. Whether you want to look better, feel better, or help increase bone density...this class is for you! Come have fun with us getting healthy and strong. Great for guys too! Please bring a yoga mat and towel. (No class 11/28.)

Instructor: M. Story, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1322.202	\$148/\$198	F, 10:30-11:30 a.m.	9/12-12/5

The Jane Kellam Work-out!

Come join Jane for dance movement, body toning and stretching. This fun class is for people of all shapes, sizes and ages who want to get fit and stay fit. Cardio Dance for heart health! Resistance training with the use of weights & tubing for your muscles and bones. Great stretch to reward your body for all the hard work! Double your benefits and save by signing-up for 2 classes a week! Drop-in fee \$15. Missed classes may be made up within the session in any of Jane's classes! (No class 11/11, 11/27.)

Instructor: J. Kellam, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1060.208	\$134/\$180	T, 8:30-9:45 a.m.	9/16-12/16
1060.209	\$134/\$180	Th, 8:30-9:45 a.m.	9/18-12/18
1060.210	\$186/\$250	Two classes/week	9/16-12/18



Feldenkrais Method® -Awareness Through Movement®

In this class you'll experience dramatic improvement in your strength, flexibility, posture and overall performance and create a more youthful and intelligent body. Looks like "yoga-lite," yet the results are often visible after one session. These easy and mentally challenging movements transcend routine exercise by engaging the inner workings of the brain. Founded by Dr. Moshe Feldenkrais, physicist, engineer and Judo master. Endorsed by Dr. Andrew Weil. This method is very helpful for painful conditions such as knee, back, shoulder and repetitive strain injuries. Also widely used by athletes for performance improvement, and musicians. All exercises are done lying on the floor so you can let go of the tension of holding yourself up and find a neutral posture where your muscles work together in an easy and efficient way as they were designed to do. Drop in's \$20. (No class 11/10.)

Instructor: D. Dutton, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1318.201	\$184/\$247	M, 6:00-7:00 p.m.	9/22-12/15

ENRICHMENT

Beginning Digital Photography

In this fun hands-on introduction to digital photography, we will work to understand the camera's menus and function modes, metering, focusing, filters, the flash, white balance, light, color and basic composition which will prepare us for portraiture, night shooting and printing activities in class. This class will cover basic photographic concepts. Also included is a one-hour private printing workshop the weekend of November 1. Bring your camera, fully charged battery, and instruction manual to the first class. The class meets at Red Morton Center, 1120 Roosevelt Ave., Redwood City. There is a \$40 materials fee payable to the instructor.

Instructor: M. Rose Springer,

Location: Red Morton Community Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1812.201	\$148/\$199	T, 7:00-9:30 p.m.	9/16-11/4

Cake Decorating - Level I

In this class you will learn the basics of cake decorating and more! In this class you will learn how to work with buttercream icing. We will learn to decorate cakes and cupcakes with a variety of fun and easy techniques. We will learn how to make stars, shells, drop flowers, writing and more. One session is devoted to all things cupcakes! Students will need to bring a cake or cupcakes and icing starting the second week. A supply list will be provided the first night of class. A class kit can be purchased from the instructor for \$40. If you have any questions, please contact the instructor at hopkinsce@yahoo.com.

Instructor: C. Hopkins, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.201	\$64/\$85	M, 6:30-8:30 p.m.	9/8-9/29
1817.205	\$64/\$85	M, 6:30-8:30 p.m.	11/3-11/24

**Cake Decorating - Level II**

This class is for those wanting to expand their cake decorating skills. We will work with fondant, gum paste, royal icing, color flow and buttercream. We will learn techniques that will take your cakes beyond ordinary. This class is for those with knowledge of the skills taught in Cake Decorating I. If you have any questions, please contact the instructor at hopkinsce@yahoo.com.

Instructor: C. Hopkins, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.202	\$64/\$85	M, 6:30-8:30 p.m.	10/6-10/27

Beginning Sewing

Have a sewing machine and don't know where to start? Start with this class. This class will cover the basics and get you sewing! Learn how to select a pattern, and read a pattern. We will prepare, layout and cut the pattern pieces. And finally, we will sew the items in class. We will make two easy projects – perfect for beginners. Don't worry, if you have no sewing experience – just come to class with a willingness to learn, and you will be sewing in no time. A materials list will be provided approximately 1 week before the first session. \$5 materials fee payable to the instructor. Rental machines available for use during class for an additional \$20, payable to the instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com. (No class 11/27.)

Instructor: C. Hopkins, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.203	\$64/\$85	Th, 6:30-8:30 p.m.	9/11-10/2
1817.206	\$64/\$85	Th, 6:30-8:30 p.m.	11/6-12/4

Intermediate Sewing

Know how to sew, but want to learn more? In this class, we will work on techniques to expand and improve your sewing. We will make at least one project in class. The class is very hands on. Supply list will be provided prior to class. A materials list will be provided approximately 1 week before the first session. If you have any questions, please contact the instructor at hopkinsce@yahoo.com. \$5 materials fee payable to the instructor. Rental machines available for use during class for an additional \$20, payable to the instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com.

Instructor: C. Hopkins, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.204	\$64/\$85	Th, 6:30-8:30 p.m.	10/9-10/30

Christmas Wreaths

Come to this class and make a permanent Christmas wreath. We will use a variety of materials and decorate a wreath for the Holiday season. Come and make a one of a kind wreath that you can use for years to come! Materials Fee: \$20

Instructor: C. Hopkins, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1817.207	\$30/\$39	Sat., 1:30-3:30 p.m.	12/13

iPad Art Studio

Learn how to do creative things with your iPad that will amaze people like making your own unique cards, creating your own paintings or manipulating your photos creatively. You will also learn basic art apps well enough to teach your own child or grandchild to use the iPad creatively. Bring your own iPad/iPad Mini and download the following apps in advance: Paper by Fiftythree (free, plus \$9.99 to download additional tools) and Procreate (\$5.99) and Snapseed (free)..Tuition includes basic training in navigating these apps so you are free to go wherever your imagination takes you.

Instructor: C. Mustard, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1844.201	\$154/\$207	T, 10:00-11:30 a.m.	9/16-11/4

**Living Meditation**

This course is designed to help participants cultivate inner peace in daily life, reduce stress, and enjoy the present moment. In order to practice accessing a peaceful state in class, body awareness will be used as a foundation for the course through still and moving meditation, meditative dance, guided imagery, and two-person exercises. No prior experience is expected. Kevin Ott began teaching meditation and meditative movement in 1999, and his approach is informed by years of experience as a Meditation Coach. His method is pragmatic and not aligned with any religion or philosophy. Kevin has teaching certifications in qigong, tai chi, and yoga.

Instructor: K. Ott, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1826.201	\$124/\$166	W, 5:00-6:00 p.m.	9/24-12/17

Basic Musicianship for Adults

Learn the mechanics of music! In this class you will learn the basic elements of music theory. We will cover the musical alphabet, the basic principles of rhythm, key, scale, intervals, chords, and music terminology. Emphasis will be placed on sight-singing and ear-training. (No class 11/11.)

Instructor: A. McNeely, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1884.201	\$50/\$66	T, 6:15-7:00 p.m.	9/9-12/16

Menlo Park Chorus

The Menlo Park Chorus combines musical training and discipline with a relaxed, neighborly atmosphere. The ensemble performs many types of music and gives several concerts a year. Our singers span a wide range of ages and backgrounds. Bay Area concert soloist April McNeely directs the chorus and also teaches voice. A \$50 Lab fee is payable to instructor. (No class 11/11.)

Instructor: A. McNeely, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1884.202	\$89/\$119	T, 7:15-9:45 p.m.	9/9-12/16

Ikebana

Japanese flower arrangements for beginner, intermediate and advanced students. New students will learn basic arrangements. Continuing students will further explore Ikebana arrangements. Students should bring a shallow container, scissors, and frog (needle point holders). A \$75 materials fee payable to instructor first day of class.

(No class 10/14, 10/21, 10/28, 11/11, 11/18, 12/2.)

Instructor: K. Shibata, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1827.201	\$104/\$139	T, 1:00-3:00 p.m.	9/16-12/16

Parent from Your Heart

The quality of the relationship between parent and child is an important contributor to a child's behavior and emotional well-being. Michelle Joelson, M.S. teaches parents how to deepen the connection with their child and create a harmonious home environment. She demonstrates how rewards, punishments, time-outs and nagging can be counterintuitive. Instead she teaches parents how a sense of belonging, encouragement and feeling valued provides the foundation for raising happy, capable and thriving children (michellejoelson.com).

Instructor: M. Joelson,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
5PWK.209	\$145/\$194	M, 9:00-9:50 a.m.	9/29-10/27
5PWK.210	\$145/\$194	M, 10:00-10:50 a.m.	9/29-10/27

Sugar Blues Workshop

Do you sometimes wake up feeling tired, experience low energy, or perhaps feel that you may have a sugar addiction? In this workshop we will discuss common ailments & symptoms, sugar alternatives, and identify hidden sugars in your diet...it's not just the white sugar. You will get tips that you can use to avoid those sugar blues! Turn healthy behaviors into healthy habits to balance and improve your life. Hosted by Monique Story, Certified Wellness/Nutrition Coach

Instructor: M. Story, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1822.204	\$24/\$31	Th, 7:00-8:00 p.m.	9/25

MARTIAL ARTS

Jujitsu

(Ages 18 & Up)

Bushin Ryu Taojitsu (School of the Martial Spirit) is an eclectic style of martial art that is made up of many of the basic principles common to both Aikido and Jujitsu. The techniques are easy to learn and very effective as a self defense. Many of the techniques taught are used by law enforcement agencies around the world. This system of jujitsu emphasizes the use of simple leverages and momentum over brute strength. Jujitsu is an excellent self-defense that can be mastered by men and women both young and old. Classes focus on practice of techniques for self-defense and not sport application. A \$60 fee for uniform is payable to the instructor on the first day of class. For more information go to: www.bushinryutaojitsu.com. \$15 drop in fee per class. (No class 11/27.)

Instructor: T. Chow, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1631.201	\$168/\$226	Th, 6:30-8:30 p.m.	9/11-12/18

Aikido At Noon

Aikido, known as the Art of Peace, is a non-violent martial art. It is the study of compassionate conflict resolution, where students learn to protect themselves and resolve conflict by using their opponent's motion and energy to subdue them. A beautiful and enlivening art, Aikido is a philosophy with physical expression. Aikido practice develops strength, agility, balance, body control and self confidence in a non-competitive and supportive atmosphere in which people of all ages and abilities can train at an energy level appropriate for each individual. More info: www.aikidoatnoon.com. (No class 11/27.)

Instructor: J. Hale,

Location: Arrillaga Family Gymnastics Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1623.201	\$334/\$449	M/W/Th, 11:55 a.m.-12:55 p.m.	9/8-12/18

Kuk Sool Won™ Martial Arts – Teens and Adults

Now in our twelfth year at the rec center! While often overlooked as a great aerobic and strength-training workout, many thousands of adults have already discovered that martial arts training provides a fun and exciting way to burn calories and improve muscle strength. Kuk Sool Won™, a beautiful and dynamic "hard-soft" martial art style, covers the entire spectrum of Korean fighting arts. Students learn methods to improve and maintain health and to develop internal power. "I love that Kuk Sool is an exercise for both my body and my mind. It helps focus and calm me. Both the teachers and other students help me feel supported and confident as I gain my new skills." – Lisa P. The beginner program is up to 3 classes per week, and the intermediate program is up to 5 classes per week. Chief Instructor Kristin Quintana has taught adults and children since 1998, and is a two-time former Grand Champion. Classes meet Monday-Saturday. Note: A reduced class fee is available for low-income families for all classes. Material fee for uniforms payable to instructor is due on the first day of class. PLEASE CALL 650-787-2226 FOR SCHEDULE DETAILS (No class 10/3, 10/10, 10/11, 10/25, 10/31, 11/10, 11/14, 11/26-29, 12/6.)

Instructor: K. & R. Quintana,

Location: Arrillaga Family Rec. Center

Beginner Classes

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.203	\$262/\$306	Up to 3 classes/week	9/15-11/1
2657.213	\$225/\$263	Up to 3 classes/week	11/3-12/19

Intermediate Classes

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.204	\$291/\$340	Up to 5 classes/week	9/15-11/1
2657.214	\$250/\$292	Up to 5 classes/week	11/3-12/19

Kuk Sool Won™ Advanced/Black Belt Club Program

BY INSTRUCTOR NOMINATION ONLY. In addition to being able to attend up to 9 classes/week, students in the Black Belt Club Program can become eligible to test for Black Belt. All students Brown Belt and up should be in these advanced classes. Classes meet Mon-Sat. PLEASE CALL 650-787-2226 FOR SCHEDULE DETAILS. (No class 10/3, 10/10, 10/11, 10/25, 10/31, 11/10, 11/14, 11/26-29, 12/6.)

Instructor: K. & R. Quintana, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	CLASSES/WEEK	SESSION DATES
2657.205	\$332/\$388	Up to 9 classes/week	9/15-11/1
2657.215	\$285/\$333	Up to 9 classes/week	11/3-12/19

Taiji (Tai Chi) and Qi Gong

Taiji Chuan, has many possible early beginning's: but was first openly taught in Beijing, China approximately 100 years ago. QiGong in China has been developed, studied and practiced for some 4500 years. Learn and practice individual movements, Taiji form standing postures, 2 person exercises. Cultivate focus, self-observation, and internal stillness. The meditative qualities come with practice. We have 2 senior students that are great in the class that bring tremendous help. Learn Silk Reeling and Hunyuan QiGong. Beginning class - Yang Taiji Form. Adv. class: Chen Family-Old frame. Instructor, Dan Gere is a 30th year practitioner. Instructor: D. Gere, L.Ac., Location: Arrillaga Family Rec. Center

Intermediate Taiji/Qi Gong

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1339.201	\$184/\$247	W, 7:10-8:30 p.m.	9/10-12/17

Advanced Taiji/Qi Gong

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1339.202	\$184/\$247	W, 8:30-9:40 p.m.	9/10-12/17

Qigong

Qigong ("chee-gung") or "cultivating vitality," combines still and slow-moving meditation to promote mental and physical well-being. Derived from ancient China, this meditation system uses guided imagery, breath, and gentle, graceful, dance-like patterns to relax the mind and increase vitality and flexibility in the body. Qigong practice teaches stillness, which in turn improves concentration and memory. Qigong is designed to restore and maintain a natural state of mind-body vibrancy and balance, regardless of age or health condition. No prior experience is expected. Kevin Ott has taught qigong since 1999 at institutions such as the University of Oregon and Manhattan College. (No class 11/11.)

Instructor: K. Ott, Location: Arrillaga Recreation Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1826.202	\$124/\$166	T, 5:00-6:00 p.m.	9/23-12/16

Chinese Martial Arts-Xingyiquan/Baguazhang

(Ages 14+)

The art of Xingyiquan, or Form-Intention Boxing, is famous throughout China, both for the health and longevity of its practitioners and for its effectiveness in combat. One of the four "internal arts" of Chinese boxing, Xingyi emphasizes breathwork (qigong) and postural training to develop relaxed whole-body power. Students are introduced to Shen Long Xingyiquan (Spirit Dragon Form-Intention Boxing) through a variety of conditioning exercises and training drills, gradually progressing to the Five Elements and Twelve Animals forms. The art of Baguazhang, or Eight Trigrams Palm, combines the theory of the Book of Changes with circular footwork and coiling twisting movements to create an art which is fluid, dynamic, and beautiful. One of the four "internal arts" of Chinese boxing, Bagua emphasizes learning to adapt to constant change and seeking "stillness in movement; movement in stillness." Students are introduced to Gao-Style Baguazhang through a variety of conditioning exercises and training drills, gradually progressing to the Pre-Heaven Palms, 64 Post-Heaven Palms, and weapons training. Students will focus on one art only. This class is a vigorous workout that balances and strengthens the body, improves coordination and flexibility, and increases mental clarity and relaxation. In addition to the class fee, students are required to maintain membership in the North American Tang Shou Tao Association (\$100 annually). For more information about NATSTA, visit www.natsta.org. (No class 11/11.)

Instructor: J. Groschwitz, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1668.202	\$115/\$154	T, 6:30-8:30 p.m.	9/9-12/16



Kajukenbo

Kajukenbo is a hybrid martial art that combines Kenpo Karate, Jujutsu, Judo, Eskrima, Western Boxing, Tang Soo Do, and Kung Fu. Created in Hawaii in 1947 by five martial artists who extracted the most effective and practical techniques from their respective styles, Kajukenbo focuses on two-person drills which emphasize realistic contact to develop the power, timing, and flow necessary for self-defense and self-protection. In addition to the class fee, students are required to maintain membership in the North American Tang Shou Tao Association (\$100 annually). For more information about NATSTA, visit www.natsta.org. (No class 10/25, 11/29, 12/6.)

Instructor: J. Groschwitz, Location: Arrillaga Family Rec. Center

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1668.201	\$115/\$154	Sat., 9:00-11:00 a.m.	9/13-12/20

**TENNIS KEYS**

Annual tennis keys are valid from January 15th through January 1st of the following year. Keys are available for purchase at the Arrillaga Gymnasium or the Onetta Harris Community Center. The fee is \$50 for residents and \$100 for non-residents January-June, and \$30/\$60 July-December.

Tennis courts are available for rental \$15/\$20 per court per hour. Day use keys available for \$5 per day for up to one week.

SPORTS**JIM HEEBNER'S ADULT TENNIS PROGRAM**

(Ages 18 & Up)

Jim has been teaching tennis for the Menlo Park Community Center for over 20 years and is a USPTA Certified Tennis Professional. He was nationally a top junior and ranked #16 in Men's Open N.C.T.A. "I'm big on fundamentals, practicing with a purpose, a good workout and keeping it fun." When choosing your class, read both definitions carefully so you end up in the appropriate class. Please be advised that class placement is at the discretion of the teacher and if you are unsure, call Jim. Also, if weather is questionable, call Jim 650-814-6734 one hour prior to the class start time. Weekends may be used or make-ups. Tennis shoes and racket are required. (No class 11/10.)

Adult Tennis 1 - Beginner-Advanced Beginner

This player is just starting to play tennis, limited playing experience or inconsistent. Beginners are welcome and encouraged to join! This class will work on basic fundamentals of all strokes. Focusing on being able to rally, serving and working on playing a game. (If you would like you may practice after class with other classmates).

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1615.201	\$214/\$288	T, 7:15-8:15 p.m.	9/9-10/21
1615.202	\$184/\$247	T, 7:15-8:15 p.m.	11/4-12/9

Adult Tennis 2 - Intermediate

The player can sustain a rally, is fairly consistent, and most common doubles formation is one up one back. This class will be a combination of fundamentals, excellent drills and playing. Here are a few things will be working on: consistency, solid groundstrokes, transition from the baseline to the net, serve, return of serve and doubles strategy. (If you would like you may practice after class with other classmates).

Instructor: J. Heebner, Location: Nealon Park

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1615.203	\$184/\$247	M, 7:30-8:30 p.m.	9/8-10/13
1615.204	\$214/\$288	T, 8:15-9:15 p.m.	9/9-10/21
1615.205	\$184/\$247	M, 7:30-8:30 p.m.	10/27-12/8
1615.206	\$214/\$288	T, 8:15-9:15 p.m.	11/4-12/9

YOU ?
cancelled it

Sometimes classes are cancelled because people wait too long to register. Please register early to avoid disappointment!

www.menlopark.org/registration

Nazareth Ice Oasis**3140 Bay Road, Redwood City, 94063****(650) 364-8090 ext. 116****Ice Skating - Beginning**

(Ages 16 & Up)

The beginning Ice Skating class for adults teaches forward skating, backward skating, and stopping. Classes are designed to be fun and build confidence. All classes will be assigned practice times. Skate rental is provided for lessons. Mittens or gloves, socks and warm clothing is recommended. Classes held at Nazareth Ice Oasis, 3140 Bay Road, Redwood City. For additional information or more advanced classes call Susan at 364-8090 x116. (No class 11/25, 11/26.)

Instructor: NIO Staff, Location: Nazareth Ice Oasis

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1689.201	\$88/\$117	Sat., 10:45-11:15 a.m.	9/6-10/11
1689.202	\$88/\$117	Sat., 10:45-11:15 a.m.	10/18-11/22
1689.203	\$88/\$117	W, 6:20-6:50 p.m.	9/10-10/15
1689.204	\$88/\$117	W, 6:20-6:50 p.m.	10/29-12/10

Glenoaks Equestrian Center**3639 Alpine Road, Portola Valley, 94028****(650) 854-4955****Horseback Riding Lessons**

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, vaulting and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to adults 18 and older. All minors must have a parent or guardian sign a release form before the first session. For more information: 650-854-4955 or glenoaksstables@gmail.com. Lessons held at beautiful Glenoaks Stables at Glenoaks Equestrian Center 3639 Alpine Rd. Portola Valley.

Instructor: Glenoaks Staff, Location: Glenoaks Stables

CLASS CODE	FEES	DAY/TIME	SESSION DATES
1632.201	\$504/\$679	Th, 10:00-11:00 a.m.	9/11-11/13

4 on 4 Information

The first week of 4:4 is Saturday, September 13th. Game times will be 10am, 11am and 12pm. Rosters: Minimum 6, Maximum 8. Each player must have like-colored uniforms with numbers. Individual sign-ups welcomed (we will form teams whenever possible). Please contact Jarrod at jwharden@menlopark.org with questions or for complete league rules.

ADULT LEAGUES

Basketball Leagues

(Ages 18 & Up)

Location: Arrillaga Family Gymnasium

(Men's League)

FEES	DAY/TIME	DETAILS
\$775/team	Offered in January, April, September 10% Non-Resident Team Surcharge	B: Mondays A: Wednesdays 40+: Fridays
\$600/team	Offered Saturdays starting in September 10% Non-Resident Team Surcharge	4 on 4 short court 8 games plus play-offs Divisions: Men's, Rec, Coed, and Women's

Softball Leagues

Please call 650.330.2220 for more information.

Location: Nealon Park

FEES	DAY/TIME
\$896/Men's Team \$698/Coed Team 10% Non-Resident Team Surcharge	Offered in April & July

DROP-IN ACTIVITIES

Badminton @ Arrillaga Family Gym**New Day, New Time!**

AGE	FEE	DAY/TIME
16+	\$3/person	Fridays, 7:00-10:00 p.m.

Basketball @ Arrillaga Family Gym

AGE	FEE	DAY/TIME
Adults	\$2/person	Mondays, Wednesdays, Fridays, Noon-2:00 p.m.

Volleyball @ Arrillaga Family Gym

AGE	FEE	DAY/TIME
Adults	\$2/person	Tuesdays, Thursdays, Fridays, Noon-2:00 p.m.
Adults	\$3/person	Sundays, 6:30-9:30 p.m.



SENIOR SERVICES

Some class registrations for Menlo Park Senior Center are done on site only at 110 Terminal Avenue, Menlo Park. For more information, call 650.330.2283 Senior Center hours: M-F, 9 a.m.-3 p.m.

The Senior Center will be CLOSED on:
9/1, 11/11, 11/24-28, 12/24-1/2

“We create community through high quality social and recreational programs by which seniors feel valued, nurtured, and appreciated. We promote a healthy, diverse senior community and encourage cross cultural interactions by building bridges through positive, multicultural and enriching activities.”

HEALTHY CHOICES

Wellness Card

Wellness is not a goal; it's a conscious development of healthy life choices. Menlo Park Senior Center, in collaborations with our partnering agencies, is here to set you on a path to a better, healthier you! We will provide you with skills, guidance, support, motivation, classes and programs which will allow you to explore your own fitness potential. We encourage you to improve your overall fitness through classes, reach or maintain a healthy weight through regular monitoring, focus on your unique health concerns, find the right way to work out, learn new skills, and become empowered with your health. Your Wellness Card will help you monitor your participation in the variety of programs offered at the Menlo Park Senior Center, and reward you for taking steps to take a better care of YOU! Stop by and get your FREE Wellness Card!

Café Menlo

We offer a variety of healthy meals every weekday from Noon to 12:30pm. You are invited to join us and gather with people in your community. Donations of \$2.50 for seniors and \$6 for non-seniors support the senior center activities. Come early because the food is so healthy and good, we always run out!

Free Health Screenings

Take charge of your wellbeing! FREE blood pressure and blood sugar health screenings are offered to seniors over 62 on the 2nd Monday of the month from 9:30-11:30a.m. at the Menlo Park Senior Center. No appointments needed. Please fast for best results.

Staff: Mills Peninsula Senior Focus, Location: Lobby

DAY/TIME	PROVIDER
2nd Monday of the month 9:30-11:30 a.m. 9/8, 10/13, 11/10, 12/8	Mills Peninsula - Wise & Well

Strong For Life

Through a collaborative partnership with Stanford Hospital, you are invited to an exercise class which will help you with your balance, doing daily activities, and more! You must register for this Class. Suggested donations requested.

Instructor: Stanford Hospital Staff, Location: Ballroom

CLASS CODE	DAY/TIME	DATES
1934.201	Fridays, 9:15-10:00 a.m.	9/12-12/12

Soul Line Dancing

Put on your dancing shoes and put a little groove in your life! By joining this fun and energetic class, you have the opportunity to socialize and meet new friends while you learn easy to follow dance steps! Beginners are welcome! No partners needed. You must register for this class. Suggested donations requested.

Instructor: J. Croft of Foothill College, Location: Ballroom

CLASS CODE	DAY/TIME	DATES
1945.201	Mondays, 1:00-2:30 p.m.	9/8-12/8

Folkloric Dancing

What better way to start your morning than to put on your dancing shoes and join us for this energetic class. Not only you'll learn new dance moves, you'll have fun exercising, too. No partners needed. Suggested donations requested. Instructor: Staff, Location: Ballroom

CLASS CODE	DAY/TIME	DATES
1955.201	Wednesdays, 11:00 a.m.-Noon	9/10-12/10

Baile Del Pueblo

Baile Del Pueblo is a unique and traditional dance from regional pueblos. You will have fun exercising and learning traditional values in the dance. (No class 11/28.)

Instructor: G. Medina, Location: Ballroom

CLASS CODE	DAY/TIME	DATES
1956.201	Tuesdays, 11:00 a.m.-Noon	9/9-12/9
1956.202	Fridays, 11:00 a.m.-Noon	9/12-12/12

Walkabout Club

Simple walking is a great way to exercise and enjoy the outdoors. This group will meet in the Senior Center lobby and head on out to the cushioned Kelly Park tracks for a group walk. (No class 11/11.)

Instructor: C. Avalos, Location: Senior Center Lobby & Kelly Park

CLASS CODE	DAY/TIME	DATES
1924.201	Tuesdays, 9:00-10:00 a.m.	9/9-12/9

Wellness Classes

Increase your stamina, gain flexibility, and better balance. Most classes are geared towards the frail, and those who have a difficult time standing up or balancing while exercising. Suggested donations requested.

Location: Ballroom

CLASS CODE	DESCRIPTION	DAY/TIME	DATES
1923.201	Sit & Be Fit (video)	Mondays, 9:00-10:00 a.m.	9/8-12/8
1924.201	Walkabout Club	Tuesdays, 9:00-10:00 p.m.	9/9-12/9
1923.204	Exercising with Silver Foxes	Wednesdays, 9:00-10:00 a.m.	9/10-12/10
1923.203	Discoteca	3rd Wednesdays, 1:00-1:30 p.m.	9/17, 10/15, 11/19, 12/17
1923.205	Exercising with Lori	Thursdays, 9:30-10:30 a.m.	9/11-12/11
1934.201	Strong for Life	Fridays, 9:15-10:00 a.m.	9/12-12/12

Insurance Counseling

Confused about Medicare benefits? Need to compare insurances? Help is here! Counselors from HICAP are accessible and can meet you at Menlo Park Senior Center on Thursdays to offer valuable medical insurance information and comparison of policies you may be considering. Please call 1-800-434-0222 for your appointment.

ARTS & CRAFTS**Discoteca**

Put on your dancing shoes, and let's dance! What a great way to end the day! No partners needs 3rd Wednesdays of the month.

Location: Ballroom

CLASS CODE	DAY/TIME	DATES
1923.203	3rd Wednesday of the month, 1:00-1:30 p.m.	9/17, 10/15, 11/19, 12/17

Golden Girls' Spa

Make your appointment today and come in to pamper yourself! Get your nails done, put on a little make up and let's feel great again. By appointment only (650) 330-2280. Donations are appreciated. (No class 11/28.)

Instructor: C. Garcia, Location: Imagination Room

CLASS CODE	DAY/TIME	DATES
1978.201	Fridays, 12:30-1:30 p.m.	9/12-12/12

Pinch, Slab & Roll

Make a pinch pot, use press molds, roll a slab and glaze your pieces to become beautiful finished products. Plenty of room for creativity to grow in leaps and bounds in this friendly, relaxing, ceramics class! Fee includes instruction, use of molds, tools, some low-fire glazes and firings. Plan on spending about \$12 on materials. (No class 11/27.)

Instructor: L. Rock, Location: Imagination Room

CLASS CODE	DAY/TIME	DATES	FEE
1989.201	Thursdays, 10:30 a.m.- Noon	9/11- 12/11	\$15 Seniors \$40 Non-Seniors

Crochet Circle

Come learn a new skill with us in this relaxing, informal class. Beginners are welcome. Bring your yarn and crochet needle to class. FREE class! (No class 11/27.)

Instructor: M. Alcaraz, Location: Lobby Lounge

CLASS CODE	DAY/TIME	DATES
1980.201	Thursdays, 11:00 a.m.-2:00 p.m.	9/11-12/11

SPECIAL INTEREST

Seniors In Cyberspace

Jump on the technology highway! Increase your knowledge, learn to communicate effectively via e-mail, have fun with all that cyberspace has to offer, right at your fingertips. Beginners are welcome. You must pre-register. Limit 5 students per class. Bilingual. Seniors get priority to the class. (No class 11/28.)

Instructor: A. De La Quintana, Location: Computer Lab

CLASS CODE	DAY/TIME	DATES	FEE
1990.201	Mondays, 9:15-10:00 a.m.	9/8-12/8	\$15
1990.202	Fridays, 9:15-10:00 a.m.	9/12-12/12	\$15

English as a Second Language (ESL)

Learn useful words and improve your conversational skills in English. Students at all levels are welcome. (No class 11/28.)

Instructor: A. De La Quintana, Location: Community Room

CLASS CODE	DAY/TIME	DATES	FEE
1901.201	Fridays, 11:00 a.m.-Noon	9/12-12/12	\$15

YES you can Read and Write!

Yes you can because you have the potential to learn how to read and write so you can be more independent and empowered. Suggested donations requested.

Instructor: C. Warmesley, Location: Imagination Room

CLASS CODE	DAY/TIME	DATES
1901.202	Wednesdays, 10:00-11:00 a.m.	9/10-12/10

Conversational Spanish

Want to learn Spanish to communicate with your neighbors in our diverse community, and find new friends, too? This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish.

Instructor: A. De La Quintana,
Location: Community Room

Beginner Spanish

CLASS CODE	DAY/TIME	DATES	FEE
1901.203	Mondays, 10:00-11:00 a.m.	9/8-12/8	\$15

Intermediate Spanish

CLASS CODE	DAY/TIME	DATES	FEE
1901.204	Mondays, 11:00 a.m.-Noon	9/8-12/8	\$15

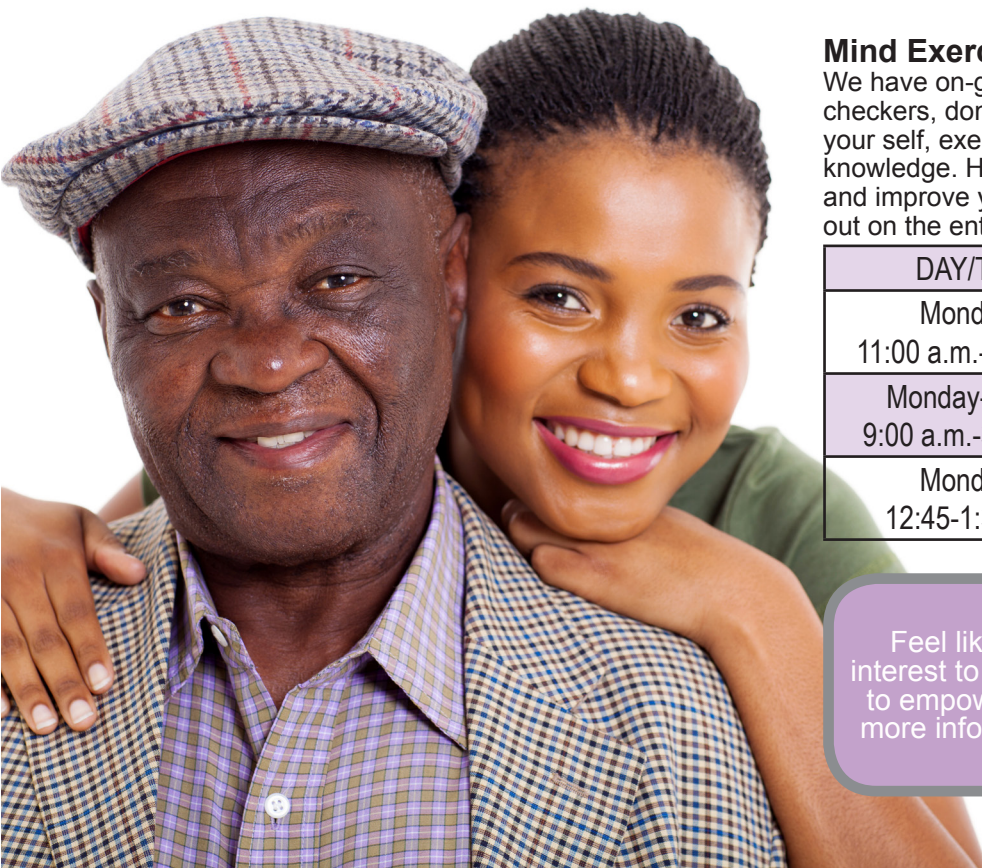
Mind Exercises!

We have on-going scrabbles, card games, chess, checkers, dominoes and puzzles to challenge your self, exercise your mind and increase your knowledge. Have fun while you interact with others and improve your skills playing billiards. Don't miss out on the entertainment and good times with friends!

DAY/TIME	ACTIVITY
Mondays, 11:00 a.m.-2:00 p.m.	Scrabble
Monday-Friday, 9:00 a.m.-3:00 p.m.	Dominos, Pool, Chess, Checkers, Puzzles & More!
Mondays, 12:45-1:30 p.m.	Bingo for Fun!

Hot Topics

Feel like discussing some hot topics of interest to all ages? We have the opportunity to empower ourselves with new ideas. For more information contact the Senior Center at 330.2287



Piano For All

Enjoy beautiful music played by you! Learn something new, and have fun, too! Our experienced, patient teacher can help you do that. Class meets every other Friday as half hour private lessons. For Seniors Only. Pre-registration required. Call the Senior Center Director for details (650) 330-2283.

Instructor: B. Anderson, Location: Lobby

CLASS CODE	DAY/TIME	DATES	FEE
1903.201	Every Other Friday, 11:00 a.m.-3:00 p.m.	TBD	\$30 Seniors

Spanish Fellowship

Want to feel empowered as you hold meaningful conversations with others? Come join this friendly study group. In Spanish only. FREE class!

Instructor: A. De La Quintana, Location: Ballroom

CLASS CODE	DAY/TIME	DATES
1902.202	Fridays, 10:00-11:00 a.m.	9/12-12/12

SOCIAL RECREATION

Birthdays of the Month

Last Tuesday of every month is the time to celebrate! Join us for lunch, and socialize with your friends as we celebrate birthdays of the month. Delicious cake and goodies provided for everyone!

DAY/TIME	DATES
Tuesdays, Noon	9/30, 10/28, 11/25

Karaoke Happy Hour

Want to sing along to your favorite tune? You have a favorite song you know the words to? Don't miss all the fun, come and join your peers in singing along with the Karaoke. We will have songs in Spanish and English. Come to the Menlo Park Senior Center's dining hall and let's sing!

CLASS CODE	DAY/TIME	DATES
1904.201	2nd Friday of the Month, 12:45-1:15 p.m.	9/12, 10/10, 11/14, 12/12

Are you over sixty? Are you homebound? Are you unable to shop or cook for yourself?

Contact Peninsula Volunteers Meals on Wheels at: 650-323-2022 or www.peninsulavolunteers.org.

Senior Peer Counseling

Find peace of mind, and enjoy the support of friends who will help you walk through your life issues. This nurturing, relaxed, supportive women's group can offer you advice and useful information you can use daily. Senior Peer Counseling is in collaboration with San Mateo Senior Peer Counseling, La Esperanza Vive. In Spanish only. (No class 11/11.)

Location: Imagination Room

DAY/TIME	DATES
Tuesdays, 10:00-11:00 a.m.	Ongoing

Men's Social Hour

Grab a cup of coffee and Join this great group of men to find the support of friends who will help you walk through your life issues. This nurturing, relaxed, supportive men's group can offer you advice and useful information you can use daily. Senior Peer Counseling is in collaboration with San Mateo Senior Peer Counseling, La Esperanza Vive. In Spanish only. (No class 11/11.)

Location: Game Room

DAY/TIME	DATES
Tuesdays, 11:00 a.m.-Noon	Ongoing

SOCIAL SERVICES

Insurance Counseling

Counselors from HICAP are available on the 4th Thursday of the month at Menlo Park Senior Center to offer valuable medical insurance information and comparison of policies you may be considering. Please call 1-800-434-0222 for your appointment.

Lend A Helping Hand!

Why stay alone at home when you can socialize with new people, support your local senior center, and create community as a volunteer? Share your knowledge, motivate others, and have fun, too. We have a variety of volunteer opportunities that can be meaningful to you. Learn about new volunteer openings at our monthly meeting every 1st Thursday of the month, or contact the Recreation Program Assistant at 650.330-2287.

Menlo Park Senior Club

Join this dynamic group of seniors every Tuesday at 11 to discuss issues facing today's older adults, catch up on local news, discuss fund raising ideas for scholarships, plan for trips and outings, and more. See you at the meeting! \$10 annual membership fee. (No class 11/11.)

Location: Community Room

DAY/TIME	DATES
Tuesdays, 11:00 a.m.-Noon	Ongoing

Assistance to Seniors & Caregivers

Need help in maintaining your independence or finding community resources? We can refer you to services and support so that you can get your needs met. (Bilingual)
Call 330-2287 and ask for Airel.

Creative Hands Gift Shop

Looking for unique, handmade, beautiful items at reasonable prices as presents? Why not visit our Senior Center's gift shop and pick something irresistible from our selection. Shop hours are M-F, from 9 a.m.-3 p.m. Open to public. Gift wrapping is available upon request.

Second Harvest Food Bank's Brown Bag Program

You have the opportunity to receive a FREE bag full of groceries each week that can assist you during these difficult times and improve your nutrition. Second Harvest Food Bank operates its Brown Bag Program out of the Menlo Park Senior Center facility and is delighted to help. If you are a senior and would like to receive a bag, please stop by and find out how to qualify.

Location: Community Room

DAY/TIME	DATES
Thursdays, 10:00 a.m.-Noon	Ongoing

SENIOR CENTER EVENTS & LUNCHEONS

Our special events and luncheons each month reflect the diversity of our members and celebrate many special occasions throughout the year. Please join us!

Friday, 9/12 @ Noon

Mexican Independence Day Fiesta

Wednesday, 10/8 @ Noon

Harvest Moon Fish Fry and Dance

Friday, 10/31 @ Noon

Halloween Dessert Buffet & Day of the Dead Celebration

Monday, 11/10 @ Noon

Celebrating Our Local Heroes Lunch

Friday, 11/21 @ Noon

Thanksgiving Feast

Friday, 12/5 @ 12:30 p.m.

Christmas Tree Trimming

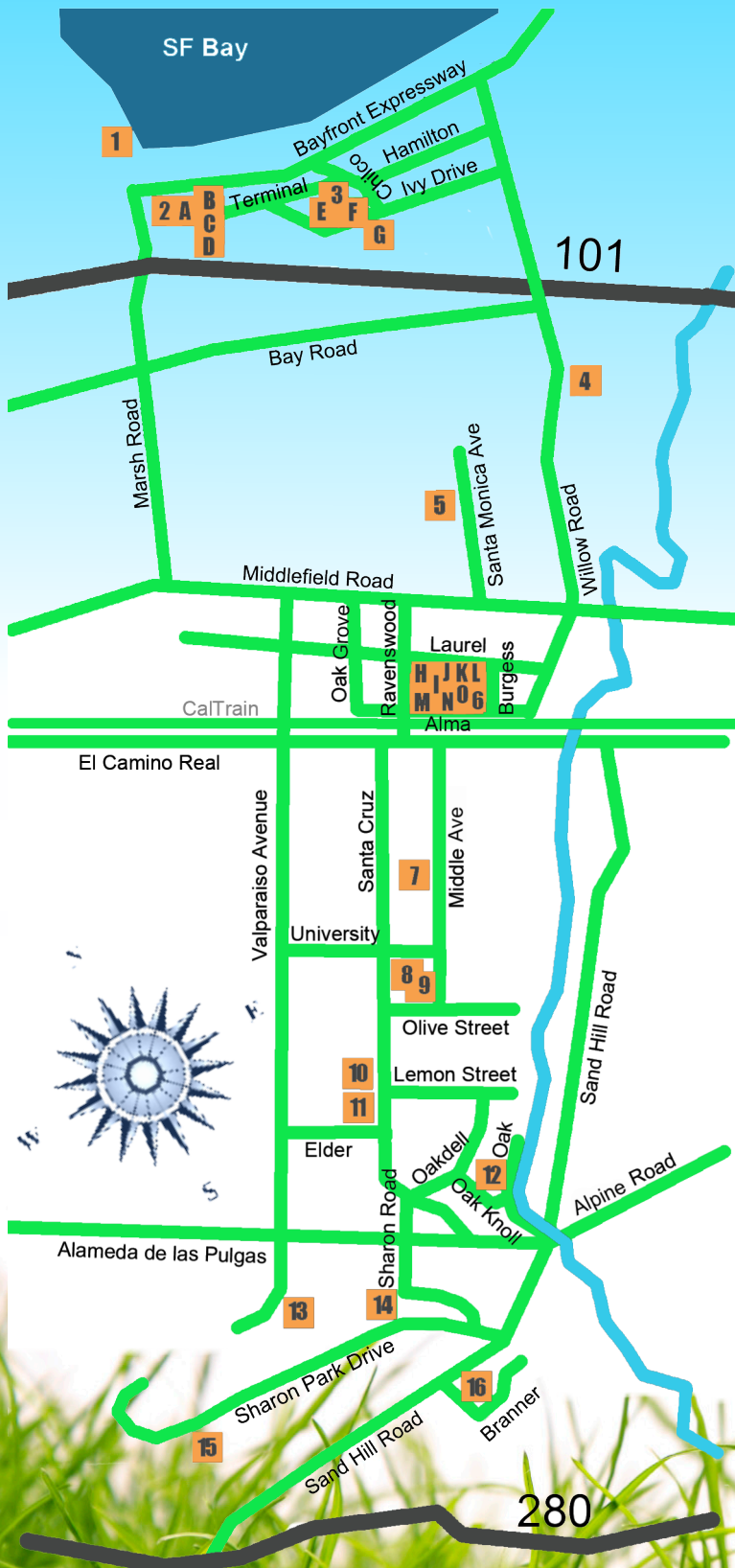
Friday, 12/19 @ Noon

Holiday Luncheon

- CALL 650.330.2283 FOR MORE INFORMATION -

Menlo Park

City Map



FACILITIES

Senior Center	A
Onetta Harris Community Center	B
Belle Haven Pool.....	C
Belle Haven After School Program	D
Belle Haven Library	E
Belle Haven School.....	F
Belle Haven Child Development Center.....	G
Menlo Children Center	H
Council Chambers.....	I
City Hall	J
Burgess Pool	L
Menlo Park Library.....	M
Arrillaga Family Recreation Center & Arrillaga Family Gym	N
Gymnastics Center.....	O


















































PARKS & SCHOOLS

Bedwell-Bayfront Park.....	1
Kelly Park	2
Belle Haven School.....	3
Willow Oaks Park	4
Seminary Oaks Park	5
Burgess Park	6
Nealon Park.....	7
Fremont Park.....	8
Jack Lyle Park.....	9
Tinkers Park	10
Hillview School	11
Oak Knoll School	12
Sharon Hills Park	13
La Entrada School.....	14
Sharon Park	15
Stanford Hills Park	16

Menlo Park

Park Information

Below are the wonderful city parks and the various activities and services offered within those parks. For more information to reserve sports fields, contact the Sports Department at 650-330-2220. The Burgess and Nealon picnic areas are available for reservation by visiting www.egovlink.com/menlopark; please call 650-330-2220 or email mlmilde@menlopark.org for more information. Tennis keys can be purchased at the Arrillaga Family Gymnasium. Forms, photos and more information can also be accessed online at www.menlopark.org.

PARKS	Basketball Courts	Baseball/ Softball	Soccer Fields	Tennis Courts (L = Lights)	Playgrounds	Picnic Areas	BBQ Pits	Restrooms	Dogs Parks
Bedwell-Bayfront									
Burgess				 L					
Fremont									
Jack W. Lyle									
Kelly	 L		 L	 L					
Marketplace									
Nealon				 L					
Seminary Oaks									
Sharon Hills									
Sharon									
Stanford Hills									
Tinkers									
Willow Oaks				 L					
SCHOOLS									
La Entrada									
Oak Knoll									
Hillview									
Belle Haven									

M-A PERFORMING ARTS CENTER

COMING SOON

10.28.14 - GHOSTBUSTERS QUOTE-ALONG!

11.20.14 - FREE BIRDS

12.13.14 - HOLIDAY SHOWCASE

12.19.14 - ELF

*Disclaimer: All titles are subject to change.
Parental discretion advised.*

Buy tickets at www.menlopark.eventbrite.com!

The Menlo-Atherton Performing Arts Center is located at 555 Middlefield Road, Atherton, CA. If you are interested in renting the facility, want information on the Menlo Park Grant for the Arts, or have program ideas, please call (650) 330-2223.

Ghostbusters Quote-along! - Tuesday, October 28th, 2014 - 6:30-8:30pm

Come dressed in character as you act-along and quote-along to our favorite ghost removal service movie! Rated PG. Special "Fun Pack" for advance ticket buyers (\$5.00 General Admission / FREE if you wear a Halloween costume).

Free Birds (2013) – Thursday, November 20th, 2014 – 6:30pm-8:30pm

A Thanksgiving movie for the family! Two turkeys from opposite sides of the tracks must put aside their differences and team up to travel back in time to change the course of history - and get turkey off the holiday menu for good. Rated PG. Free Admission, please RSVP online for tickets.

Holiday Showcase – Saturday, December 13th, 2014 – 4:00pm-6:00pm

Presenting the City's best programs and classes of the year! We pride ourselves on creating a community that is vibrant, diverse, and fun! Come see our fabulous collection of classes and programs where you, our talented community, enter into the spotlight. Tickets are \$5.00 per person (13yrs and above) or FREE (12yrs and below).

Elf (2003) – Friday, December 19th, 2014 – 7:00pm-9:00pm

Don't be an angry elf, come to our holiday movie for the family! After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity. Rated PG. Free Admission, please RSVP online for tickets.

Menlowe Ballet www.menloballet.org

Menlowe Ballet performs works that impact audiences through clean, fresh, and innovative choreography. Under the artistic direction of Isadora Duncan Award Winner, Michael Lowe, this recently created company has already made a mark on the dance community with its signature style. Fall Season 2014 – November 8, 9, & 15 (Tickets now available!) - Spring Season 2015 – March 27-29

come and kick back at the pac!



menlo park facility rentals



Arrillaga Family Recreation Center

700 Alma Street

The Arrillaga Family Recreation Center offers rooms of various sizes for rent. Host your wedding, corporate meeting, birthday, or holiday event with us! Beautiful landscaped patios accompany certain rooms. Rentals include tables, chairs, and use of our full-size catering kitchen. Call 650.330.2248 for more information.



Onetta Harris Community Center

100 Terminal Avenue

The Onetta Harris Community Center is a wonderful option for your next event. Our conference room is great for any meeting and our Multi-Purpose room is perfect for any personalized event! Don't forget you can reserve our Gym too! Rentals include tables, chairs, and use of our kitchen. Prices vary. Call 650.330.2250 for more information.



Arrillaga Family Gymnasium

600 Alma Street

The Arrillaga Family Gymnasium is available for rentals on an hourly, daily, monthly and reoccurring basis. The gym can be divided into 2 halves and there are 2 high school length basketball courts, 4 smaller basketball courts, 3 volleyball courts and 4 badminton courts. For all prices and availability, please call 650.330.2222.



Menlo Park Senior Center

110 Terminal Avenue

The Menlo Park Senior Center, next to beautiful Kelley Park, can be the perfect location for your upcoming gathering, company event, or on-going meetings. Two classrooms, and a large ballroom can accommodate most events. Rentals include tables, chairs, and the use of our industrial kitchen. Call 650.330.2283 for prices and availability.



CITY OF MENLO PARK
Community Services Department
701 Laurel Street
Menlo Park, CA 94025-3483

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RESIDENTIAL CUSTOMER

HALLOWEEN HOOPLA



Saturday, October 25th

11:45AM HALLOWEEN COSTUME PARADE

Come in costume and participate in the annual parade to Fremont Park. Receive a free trick or treat bag! The parade will start in the parking lot behind Citibank.

12:30PM - 3:00PM TRICK-OR-TREAT

After the parade, trick or treat in downtown Menlo Park stores that display a trick-or-treat sign on their door. Entertainment and crafts will also be available at Fremont Park.



Breakfast with Santa



7:30 a.m.
to
11:30 a.m.

Saturday, December 6th

- Visit Santa!
- Holiday Crafts
- Delicious Food!
- Write a letter to Santa
- Enjoy Holiday Music
- Don't forget your camera!

\$5 - Children 12 & Under
\$7 - Adults

MAKE RESERVATIONS STARTING NOVEMBER 1ST

* call 650.330.2220 for more information regarding our events *