

WINTER 2016

ACTIVITY GUIDE

WINTER CLASSES AND COMMUNITY EVENTS

**Parks
Make
Life
Better!**



CITY OF LOS ALTOS

RECREATION & COMMUNITY SERVICES

SPECIAL EVENTS

Special Events At-A-Glance

LAYC DANCES

JAN 8

7-9pm at LAYC

Theme: Black & White

FEB 5

7-9pm at *The Underground*

Theme: Luau

MAR 4

7-9pm at LAYC

Theme: 80s

More info?

[losaltosca.gov/recreation/
page/teen-programs](http://losaltosca.gov/recreation/page/teen-programs)

SPRING BASKETBALL

Register by Feb 12

Begins March 2

Egan Middle School Gym

7:30, 8:20, 9:10pm

More info?

[losaltosca.gov/recreation/
page/adult-basketball-league](http://losaltosca.gov/recreation/page/adult-basketball-league)

ACTERRA'S WINTER WORK DAYS AT REDWOOD GROVE

Redwood Grove

For the twice-monthly
weekend work dates,
go to Acterra.org/stewardship

 Like us on Facebook

**Los Altos Recreation &
Community Services Department**

LosAltosRecreation.org
947-2790

GOT MAD GAME?

2 WAYS TO HOOP IT UP IN LOS ALTOS

1. Spring Basketball League

Wednesday Night 18+yrs League

Register by Feb 12 // Begins March 2

Egan Middle School Gym

Team info due Feb 12

See Page 3 for full details

2. Basketball Drop in

Weds through Feb 24 // 8-10pm

Egan Middle School Gym

18+yrs // \$3 at the door // Equipment: We've got it!

No registration - just show up!

BADMINTON DROP IN

Weds through Feb 24

12+yrs

Equipment: Bring your racquet and birdies!

6-8pm

\$5 at the door

Egan Middle School Gym



TINY TOTS PRESCHOOL & KINDER PREP PROGRAMS

NOW ENROLLING FOR THE 2016-2017 SCHOOL YEAR

For more information, please visit LosAltosRecreation.org
or call 947-2890 to schedule your tour today!



TERRIFIC 3s

9:30am-12pm*
Tuesday/Thursday
@San Antonio Club

FABULOUS 4s

9:30am-12pm*
Monday/Wednesday/Friday
@San Antonio Club

KINDER PREP

8:45-11:45am*
Monday-Friday
@Hillview Room 14

*Need before or aftercare? It's available! Please inquire when contacting us!

WELCOME



Los Altos Recreation & Community Services Department

97 Hillview Avenue
 Los Altos, California 94022
 Tel: 947-2790 Fax: 947-2738
 LosAltosRecreation.org

Office hours: Monday-Friday, 8am-5pm

Recreation Commissions

Parks & Recreation

Jack Tooley
Chair
 William James
Vice Chair
 Larry Baron
 Elizabeth Engle
 Neysa Fligor
 Pradeep Parmar

Senior

Frank Martin
Chair
 Ashish Mathur
Vice Chair
 Jim Basiji
 Bart Nelson
 Sue Russell
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Library

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Chair
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 Judie Suelzle

Youth

Ryan Chandra
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Vice Chair
 Vikram Bharati
 Cole Brinsfield
 Diego Ibarra
 Annie Iverson
 Drishaan Jain
 Anoozhka Shetty
 Rahul Shukla
 Elizabeth Small
 Vignesh Suresh

Commissions serve as advisory bodies to the Los Altos City Council. Find more information about these commissions at losaltosca.gov/cc

Look Inside For...

<i>Section</i>	<i>Beginning Page</i>
SPECIAL EVENTS	Inside Front Cover
TINY TOTS PROGRAM	1
SPRING BASKETBALL ADULT LEAGUE	3
ADULT CLASSES	
Arts & Crafts	4
Dance & Fitness	6
Martial Arts	12
Special Interest.....	13
Sports.....	17
YOUTH CLASSES	
Academic Fun.....	21
Arts & Crafts	23
Dance & Performing Arts.....	24
Martial Arts	25
Music	26
Sports.....	28
Senior Program	38
Teen Program	40
Volunteer Program	42
Redwood Grove Happenings	42
Party Packages	43
Services & Organizations	44
Youth Theatre.....	44
Library.....	45
History Museum.....	45
Registration Form and Info.....	46
Map	48
Facility & Park Rentals	Inside Back Cover

ABOUT THE COVER...

These two Kinder Preppers are ready for anything that 2016 may bring! If you will be looking for a preschool for your 3, 4 or 5 year old this year, check out our Tiny Tots Program. The Terrific 3s, Fabulous 4s and Kinder Prep programs are a great way to build a love of learning and, apparently, individual style!

Unless otherwise stated, all telephone numbers herein are area code (650).
 Cover photo: maltphoto@comcast.net

ADULT Basketball League

Adult Spring Basketball



Wednesday Night 18+ League

Play begins: March 2
Playoffs begin around May 11

Game times: 7:30/8:20/9:10pm

Location: Egan Middle School Gym
100 West Portola Ave, Los Altos

Cost: \$675/team

Age: 18+
Must be out of high school to play in this league

Requirements:

- All participants must bring their own equipment. Each participant is responsible for understanding and following league rules and code of conduct.
- For more information and a manager's packet, visit LosAltosRecreation.org and look under the programs section.
- Managers' packets due Friday, February 12
- Managers' meeting Wednesday, February 24

Need more info?

Contact Zack Silva, Recreation Coordinator, at zsilva@losaltosca.gov or 947-2727.

ADULT Classes



ARTS & CRAFTS

ARTVENTURES

Visual artists of all genres and levels are welcome! Bring your current project to work amongst others in a supportive environment.

Registration Note: Register for the quarter outlined below or drop ins also accepted: \$1 for Senior Program members; \$3 for all others.

Hillview Rm 12	Various
645514-01	50+yrs
Wed 1/20-3/30	9:30am-12pm
<i>Senior Program Members \$11</i>	
<i>All Others \$33*</i>	

**For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.*

CRAFTS WITH MIRIAM

NEW! Perpetual Calendar Craft

Create your own beautiful perpetual calendar for keeping track of friends' and family's birthdays and special occasions. Perfect for displaying and using year after year.

Grant Rm 2	Permut
330533-01	16+yrs
Sat 1/30	1-4pm
<i>Residents \$42* All Others \$48*</i>	
<i>*Materials fee of \$15 due first day.</i>	

NEW! Tin of Cards Craft Class

Create sixteen beautiful and contemporary hand made greeting cards. Includes a cute storage tin with dividers to keep cards handy for different occasions. No experience necessary.

Grant Rm 2	Permut
330534-01	16+yrs
Sat 2/27	1-4pm
<i>Residents \$57* All Others \$66*</i>	
<i>*Materials fee of \$20 due first day.</i>	

NEW! Memory Keeping Class

Learn how to quickly and easily preserve your precious memories. Bring twenty 4" by 6" photos from your latest vacation, holiday or special event. You will create and bring home a beautiful memory book. No creativity or crafting experience necessary.

Grant Rm 2	Permut
330535-01	16+yrs
Sat 3/19	1-4pm
<i>Residents \$57* All Others \$66*</i>	
<i>*Materials fee of \$20 due first day.</i>	



WATERCOLOR FOR ALL LEVELS

This watercolor class is suitable for all students: beginning, intermediate and experienced. There will be a short demonstration at the beginning of each class. Students will then have the remainder of the class to practice and apply what they have learned.

Equipment Note: A materials list will be provided in advance and students will be expected to bring their materials the first day of class. If the instructor provides the photos from which we paint, there will be a \$5 lab fee per student to cover the copies.

Hillview Rm 13	Oliver
330514-01	18+yrs
Fri 1/22-3/11	9am-12pm
Residents \$142*	All Others \$168*

*Materials fee of \$5 due first day.

RONA FOSTER ART

ronafoster.com

Collage & Mixed Media

Come learn a variety of collage techniques. The use of acrylic paint, gels, mediums, colorful paper, creating texture and stenciling will all be included. Come for a fun time of art making. Artists of all levels (including beginners) are welcome.

Hillview Rm 13	Foster
330523-01	18+yrs
Tue 2/9	6-8:30pm
Residents \$57*	All Others \$66*

*Materials fee of \$20 due first day.

Loving Who You Are: An Afternoon Art Retreat

Connect with your Creative Self! Take time to appreciate the special person that you are in this reflective art experience! A guided process to awaken self-love through ART, JOURNALING AND GUIDED VISUALIZATION. No art experience necessary. Bring a journal and a pen!

Hillview Rm 13	Foster
330530-01	18+yrs
Sat 3/26	1-4pm
Residents \$57*	All Others \$66*

*Materials fee of \$10 due first day.



MACHINE SEWING FOR KIDS & ADULTS

Learn machine sewing techniques by creating a sample notebook to keep. Students decide on specific projects. With only 2-6 students, there's lots of individual attention. Certified Sewing Instructor Debbie Nelson brings everything including computerized machines. Contact for details: dnelson6@gmail.com

Hillview Rm 2	Nelson
350605-01	8-99yrs
Wed 1/20-3/16	4:30-6:30pm
No class 2/17	
350605-02	12-99yrs
Wed 1/20-3/16	6:45-8:45pm
No class 2/17	
Residents \$211*	All Others \$251*

*Materials fee of \$25 due first day.

iPAD® ART

Learn how to use your iPad to draw, paint and make exciting photo collages. You can learn to make cards and even illustrate your own books as well as create artistic masterpieces.

Equipment Note: Must bring own iPad with IOS 7 or higher and download two apps: Paper 53 and Procreate.

**Note: Printing fees charged for 3D printing as prearranged with student.*

Hillview Rm 16	Mustard
330525-01	beginner 18+yrs
Fri 1/29-3/4	11am-12:30pm
330525-02	intermediate 18+yrs
Fri 1/29-3/4	9-10:30am
Residents \$102*	All Others \$120*



DANCE & FITNESS

BABY BOOT CAMP

Baby Boot Camp is a 75-minute stroller fitness class. Get an all-body workout including cardiovascular drills, strength training and exercises designed to restore your core...all while being with your baby! For moms and caretakers.

Required: Prenatal women must have a doctor's note and postpartum women (6-8 weeks) must have their doctor's verbal consent to participate.

Equipment Note: Exercise kits are required for first-time participants and can be purchased from the instructor for \$49. Make sure to bring a yoga mat or towel, water, toys and snacks for your baby and a stroller (a jogging type stroller is recommended.)

New Student Note: Try Baby Boot Camp on us! Contact the instructor at samantha.bartholomew@babybootcamp.com to set up your first class free.

BABY BOOT CAMP IS AN ON-GOING PROGRAM. REGISTER AT CLASS OR BY CONTACTING THE INSTRUCTOR ANYTIME!

Registration Note: Register at class. Classes range from \$10-\$13 depending on number of classes purchased. In case of rain, please contact the instructor at (408)412-1080.

Rancho San Antonio	Bartholomew
Open Space Preserve*	
No code required	18+yrs
Mon/Wed/Fri 1/4-4/4	9:30-10:45am
<u>No class 2/15</u>	

**Meet at the information booth near restrooms.*

HALPER'S FITNESS

fitnesshalpers.com
479-5955

Bodyweight Boot Camp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends, our Bodyweight Boot Camps are perfect for you.

Equipment Note: Please bring yoga mat.

For more information contact Adam Halper at fitnesshalpers.com or 479-5955.

Los Altos Hills Council Chambers

Halper			
331041-01		18+yrs	
<u>Mon/Wed</u>	<u>2/8-3/2</u>	<u>6-7am</u>	
331041-02		18+yrs	
<u>Mon/Wed</u>	<u>3/7-3/30</u>	<u>6-7am</u>	
Residents \$160		All Others \$190	

Hillview MPR

			Halper
331041-03		18+yrs	
<u>Mon/Wed</u>	<u>2/8-3/2</u>	<u>8:45-9:45am</u>	
331041-04		18+yrs	
<u>Mon/Wed</u>	<u>3/7-3/30</u>	<u>8:45-9:45am</u>	
Residents \$160		All Others \$190	

Fun + Fitness

(formerly Fitness 4 Seniors)

Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength and balance.

Equipment Note: Resistance band, Pilate's ball, and your choice of dumbbell weight between 1-10lbs required.

For more information contact Adam Halper at fitnesshalpers.com or 479-5955.

Los Altos Hills Council Chambers

Halper			
341042-01		50+yrs	
<u>Mon/Wed</u>	<u>2/8-3/2</u>	<u>11:45am-12:45pm</u>	
341042-02		50+yrs	
<u>Mon/Wed</u>	<u>3/7-3/30</u>	<u>11:45am-12:45pm</u>	
Senior Program Members \$160		All Others \$190*	

**For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.*

BEGINNING SOCIAL BALLROOM DANCE

Ballroom dancing produces significant mental and physical health benefits: it relieves stress, stimulates the brain, builds confidence, all while toning the whole body! For this session, we'll concentrate on the waltz, tango, rumba, cha cha, and East Coast swing.

Shoup Park Garden House	Minev
330202-01	18+yrs
Thu 1/21-3/31	7-8pm
Residents \$162	All Others \$192

BELLY DANCE WITH RAWIYAH

Beginning Belly Dance

An introduction of classic movements, music and rhythms of the Middle East. Have fun dancing while learning to identify and isolate muscle groups and use finger cymbals (zills). This low-impact workout welcomes all abilities and body types.

Required: 1. Wear comfortable clothing, a hip wrap and dance slippers. 2. Finger cymbals (zills) required; information regarding purchase given at first class.

Hillview Rm 4	Rawiyah
330208-01	12+yrs
Wed 1/20-3/2	7-8
Residents \$57	All Others \$66

Belly Dance Intermediate/Advanced

This class prepares dancers to perform for an audience, focusing on precision, musicality, and expression, as well as performer etiquette. The last class serves as a recital where students demonstrate their new skills. It's a hafla – a belly dance party!

Prerequisite: Beginning Belly Dance is required for enrollment.

Hillview Rm 4	Rawiyah
330236-01	12+yrs
Wed 1/20-3/2	8-9pm
Residents \$57	All Others \$66



JACKI SORENSEN'S FITNESS CLASSES

StrongStep

Jacki's StrongStep is an easy-to-follow, low impact workout to motivating music that incorporates aerobics, strength training, ab work and stretching. Participate at your own level. Arrive early for your first class to meet the instructor and set your personal fitness goals. Call 961-5411 for more info.

Equipment Note: Bring mat or towel for floor work. Steps provided.

Hillview Social Hall	Franich
No code required	18+yrs
Mon/Wed on-going	8:30-9:30am
<i>Register at class; 10 classes for \$60. First week FREE!</i>	





JAZZERCISE®

Jazzercise®

JAZZERCISE is a 60-minute class incorporating cardio, strength and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, kickboxing and resistance training and bundled them into one hour. All ages, levels and sizes welcome.

New Student Note: Try Jazzercise on us! Come in and receive a free week pass!

Georgi Shea 941-3141
 Jerome Flowers (408) 279-5277
 Nicole Brekke (408) 773-8660
 Nisa Leone (408) 505-2048

JAZZERCISE IS AN ON-GOING PROGRAM.
 REGISTER AT CLASS, ANYTIME!

LAYC Brekke
 No code required 18+yrs
 Mon/Wed/Fri on-going 9:15-10:15am

LAYC Flowers
 No code required 18+yrs
 Tue/Thu on-going 9:15-10:15am
 No code required 18+yrs
 Sat on-going 9-10am

Blach Gym Shea
 No code required 18+yrs
 Mon/Wed on-going 6-7pm
 No code required 18+yrs
 Tue/Thu on-going 6:30-7:30pm
 No code required 18+yrs
 Sat on-going 8:30-9:30am

Grant MPR Leone
 No code required 18+yrs
 Mon/Tue/Thu on-going 9-10am
 No code required 18+yrs
 Sun on-going 8:30-9:30am

Jazzercise® Personal Touch

Jazzercise Personal Touch is a training program designed by Jazzercise to improve strength training and learn proper alignment and technique. These small group sessions will focus on different muscle groups using weights, tubes and balls. Call (408) 505-2048 for more information.

Grant MPR Leone
 No code required 18+yrs
 Tue/Thu on-going 10:15-11am
 Register at class.

LINE DANCING

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music and good workout will keep you high stepping all week. Call Richard Campbell at (408)377-6978 with questions.

Registration Note: Register for the month (outlined below) or drop ins welcome: \$6 for Senior Program members; \$8 for all others. Register for drop ins before each class at the Senior Center.

Hillview Rm 4	Campbell
645511-02	50+yrs
Tue 2/2-2/23	1-2pm
645511-03	50+yrs
Tue 3/1-3/29	1-2pm

Senior Program Members \$24
 All Others \$32*

**For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.*



NORA'S EXERCISE CLASSES

Stretch & Flex

Lengthen and strengthen in this class. Tone your muscles and improve range of motion in your joints.

Equipment Note: Bring a mat to each class.

Hillview Social Hall		Beltran
645108-01		50+yrs
Tue/Thu	1/19-3/24	8:50-9:50am
<u>No class 2/16</u>		
645108-02		50+yrs
Tue/Thu	1/19-3/24	10-11am
<u>No class 2/16</u>		

Senior Program Members \$54

All Others \$60*

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

Strength & Balance

Join group leader Nora Beltran and enjoy gentle exercises that strengthen the body and improve balance.

Hillview MPR	Beltran
645107-01	50+yrs
Tue/Thu	1/19-3/24 11:30am-12:15pm
<u>No class 2/16</u>	

Senior Program Members \$20

All Others \$60*

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

TEAM FITNESS

teamfitness.com

Cross Training with Team Fitness

Geared for beginner to well-conditioned athletes, each one-hour class varies training elements for complete fitness. Indoors and outdoors, we integrate weights, agilitys, sprints, power walking, flexibility, ropes, sports and lots of fun. Join us for a free trial week.

New Student Note: For new members, January through March: get your first two months at 50% off.

Registration Note: To set up your first visit, call or email Team Fitness staff at (877) 751-5100, x3 or tomgordon@teamfitness.com.

Blach Gym		Team Fit Staff
No code required	coed class	18+yrs
M/W/F	on-going	6-7am
No code required	coed class	18+yrs
Tue/Thu	on-going	6-7am
No code required	men's basketball	18+yrs
Sat	on-going	6-7am
No code required	coed class	18+yrs
Sat	on-going	7-8am

Egan Gym		Team Fit Staff
No code required	coed class	18+yrs
M/W/F	on-going	6-7am

Personal Training by Team Fitness

With over 40 years of collective coaching, our two Los Altos coaches will work with you whether you're just getting started or have been working out for some time. Can also form a small personal training group of two to three friends.

Registration Note: By appointment only. To register, email or call Tom Gordon at tomgordon@teamfitness.com or call (877) 751-5100, x3.

By appointment only **Team Fit Staff**

\$35 per hour – 3 people
 \$45 per hour – 2 people
 \$75 per hour – Individual

YMCA LOW-IMPACT AEROBICS

Condition your heart and burn calories without excessive jumping, jogging or bouncing. This class consists of a warm-up, then low-impact aerobic movement and muscular endurance work, followed by a cool down.

Required: Participants must sign a YMCA waiver prior to start of first class.

Hillview Social Hall **Phillips**

Mon/Wed on-going 5:30-6:30pm
 No class on observed holidays.
 Register at class; 10 classes for \$50

YOGA FOR ADULTS

Hatha yoga encourages healing of the body by releasing physical, mental and emotional tension. It also promotes strength and flexibility. These beginning and intermediate classes offer instruction based on the teaching of BKS Iyengar in asana practice, breathing techniques and end with deep relaxation.

Equipment Note: Yoga sticky mat, thick towel or blanket required. Wear comfortable clothes.

Hillview Rm 4 **Graul**

331 702-01	beginning	18+yrs
Thu	1/21-3/24	6-7:15pm
331 702-02	on-going	18+yrs
Mon	1/25-3/28	6-7:30pm
No class 2/15		
Residents \$120		All Others \$142



YOGA WITH MIKI

Certified Yoga Therapist
yogawithmiki.co.nf

Gentle Yoga for a Healthy Spine

This class focuses on increasing flexibility, mobilizing and strengthening the spine, releasing tension, toning the core, and achieving a sense of well-being. You will leave class feeling relaxed and energized. Suitable for beginners.

Equipment Note: Yoga mat, towel, and loose clothing.

Shoup Park Garden House	Bouso
331707-02	18+yrs
Wed 1/20-4/13	9:30-10:30am
Residents \$155	All Others \$184

Shoup Park Garden House	Bouso
331707-01	18+yrs
Mon 1/25-4/11	9:15-10:15am
Residents \$144	All Others \$170



Yoga-Pilates

Through a series of Pilates and yoga exercises, students will strengthen their abdominals, build core stability, improve posture and alignment, increase flexibility, mobilize the spine, stretch and release tension throughout the body.

Equipment Note: Yoga mat, towel, and loose clothing.

Shoup Park Garden House	Bouso
331706-01	18+yrs
Wed 1/20-4/13	10:45-11:50am
331706-02	18+yrs
Fri 1/22-4/15	9:40-10:40am
Residents \$155	All Others \$184

NIA Dance – Yoga-Pilates

Enjoy this fun workout: 25 minutes low-impact dance based on yoga, tai chi, tae kwon do, jazz, and world dance. (No dance experience necessary.) Then to the mat for yoga-Pilates to strengthen the abs, build core stability, and improve posture.

Equipment Note: Bring a yoga mat and towel.

Shoup Park Garden House	Bouso
331715-01	18+yrs
Fri 1/22-4/15	9:15-10:40am
Residents \$187	All Others \$222



MARTIAL ARTS

CHANG TAI DO KARATE

changtaido.com

Introduction to the history, culture, terminology and etiquette of Chang Tai Do Karate. Learn proper stretching, basic blocks, punches, kicks and strikes, self-defense, forms (kata), and sparring (kumite). Training will help students develop better mental focus, coordination, discipline, respect, strength, endurance and skills to defend oneself.

Equipment Note: Materials fee covers uniform and target pad. These items are mandatory and must be purchased directly from the instructor at first class by all first time participants.

Notes: 1. Hitting or striking another student is not permitted. 2. Testing and private lessons available for additional fees.

Hillview Social Hall Chang/Huey/Do

331102-01	18+yrs
Tue/Thu	1/19-3/24
	7-8pm
Residents \$179*	All Others \$212*

*Materials fee of \$175 due first day for first time participants.

JUDO JUJITSU

For beginning and advanced students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world, practical self-defense techniques. Join this exciting class and improve your self confidence, condition your physical self and develop a positive self image.

Grant MPR		Gearhart
331101-01		16+yrs
Mon/Thu	1/21-3/31	7:30-9pm
No class 2/15		
Residents \$158		All Others \$187

TAI CHI FOR LIFE!

Learn new ways to RELAX, REVITALIZE, and HAVE FUN. Tai chi is a mindful, internal martial art that flows in gentle and slow whole body movements. It promotes health, balance, flexibility, strength, and clarity.

Registration Note: Register for the quarter (outlined below) or drop ins welcome: \$10 for Senior Program members; \$12 for all others. Register for drop ins before each class at the Senior Center.

Hillview MPR		Scheer
645534-01		50+yrs
Tue	1/19-3/29	12:45-1:45pm
No class 2/16, 3/15		

Senior Program Members \$72

All Others \$81*

*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.

SPECIAL INTEREST

FAMILY FRIENDS

ADOBE DOG TRAINING

Dog Training: Beginner & Advanced

For dogs five months of age or older. Introduces basic and intermediate dog-training skills. Content includes discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval is received from instructor.

Equipment Notes: 1. Flat buckle collar. (Other collar choices may be approved by instructor.) 2. Six-foot lead/leash of fabric or leather. No retractable leashes.

Prerequisite for Advanced class: Must have successfully completed the beginner class.

Beginning Classes

Hillview Baseball Field	ADT Staff
330837-01	18+yrs
Wed 1/27-3/2	10:15-11:15am
330837-02	18+yrs
Thu 1/28-3/3	9-10am
330837-03	18+yrs
Wed 3/9-4/13	10:15-11:15am
330837-04	18+yrs
Thu 3/10-4/14	9-10am
Residents \$75	All Others \$88

Advanced Classes

Hillview Baseball Field	ADT Staff
330801-01	18+yrs
Wed 1/27-3/2	9-10am
330801-02	18+yrs
Thu 1/28-3/3	8-9am
330801-03	18+yrs
Wed 3/9-4/13	9-10am
330801-04	18+yrs
Thu 3/10-4/14	8-9am
Residents \$75	All Others \$88

DOG GROOMING 101

This class covers the following topics: nail clipping, dew claws, plucking and cleaning ears, types of fur, proper grooming, diet and exercise, teeth and tartar, foxtails and burrs, skin conditions, and more! Learn the simple things you can do for your beloved pet.

Hillview Rm 13

330809-01	18+yrs
Thu 2/25	6:30-8:30pm
Residents \$45	All Others \$52

Petersen

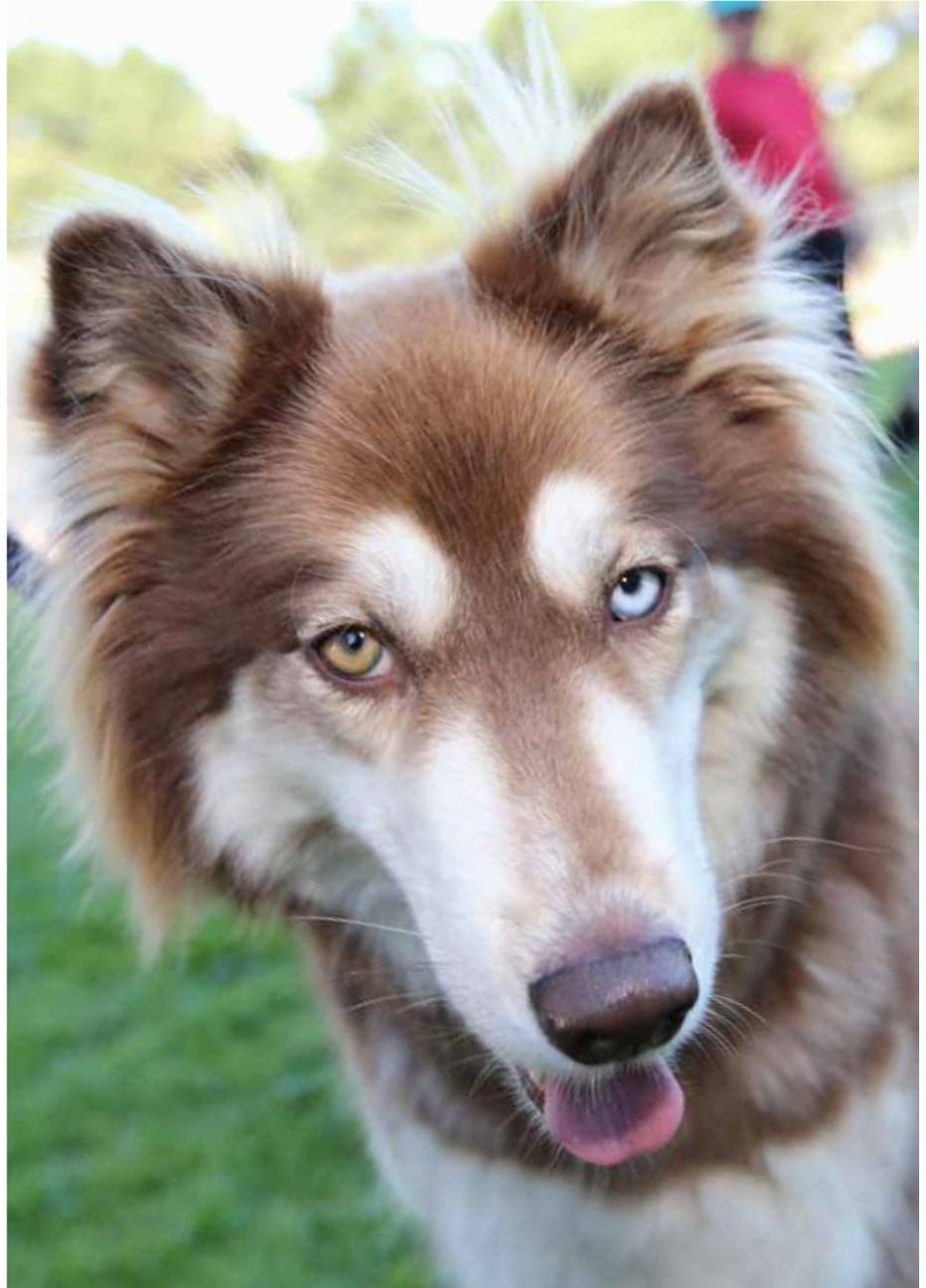
PET FIRST AID & CPR

Learn how to save a pet's life during an emergency, minimize trauma after injury, and safely transport an injured pet to the vet. This program covers wounds, fractures, choking, cardiac emergencies, and more. Booklet and certificate are included in fee.

Registration Note: Youth participants (12 to 17 years) must be accompanied by a registered adult participant.

Hillview Rm 13

Hillview Rm 13	Pay
350835-01	12+yrs
Sat 1/23	9am-1pm
Residents \$47	All Others \$54





FINANCIAL

RETIREMENT

Passport to Retirement

Learn how to calculate how much money you'll need, make the most of your current resources, select the appropriate pension options, get a higher return on your investments, and "inflation-proof" your income. Other topics include Social Security, long-term care and lifestyle issues.

Hillview Rm 16	Evans
331801-01	40+yrs
Thu 1/21-2/4	6:30-9pm
Residents \$63*	All Others \$73*
*Spouse/guest may attend at no charge.	

Hillview Rm 18	Evans
331801-02	40+yrs
Tue 1/26-2/9	6:30-9pm
Residents \$63*	All Others \$73*
*Spouse/guest may attend at no charge.	

Rejuvenate Your Retirement

This unique and comprehensive course focuses on the issues and concepts important to retirees. In straightforward language, explained are financial strategies such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. Includes 143-page workbook.

Hillview Rm 2	Evans
330824-01	60+yrs
Wed 1/20-1/27	1-3:30pm
330824-02	60+yrs
Mon 1/25-2/1	10am-12:30pm
Residents \$42*	All Others \$48*
*Spouse/guest may attend at no charge.	

FINANCES WITH LO

Got Employee Stock?

This one-evening workshop will help you make the most of your employee stock by teaching you the fundamentals of incentive and non-qualified stock options, RSUs, and ESPPs. Learn how to use your employee stock to make your financial life more secure.

Hillview Rm 17	Lo
330823-01	21+yrs
Wed 2/24	7-8:30pm
Residents \$32*	All Others \$36*
*Spouse/guest may attend at no charge.	

NEW!
THE INVESTMENT ANSWER

Learn to manage your money and protect your financial future. Participants will learn how markets work and explore the key decisions every investor should make to ensure financial freedom. Participants will receive a copy of The Investment Answer, a NYT #1 bestseller.

Grant Rm 3	Gilliard
331804-01	21+yrs
Tue 1/26	10am-12pm
331804-02	21+yrs
Tue 2/2	10am-12pm
Residents \$45*	All Others \$52*
*Spouse/guest may attend at no charge.	

Hillview Rm 16	Gilliard
331804-03	21+yrs
Wed 1/27	6-8pm
331804-04	21+yrs
Wed 2/3	6-8pm
Residents \$45*	All Others \$52*
*Spouse/guest may attend at no charge.	

GAMES WE PLAY!

TEN WEEKS TO PLAY BETTER BRIDGE

This ten-week class is for beginners who have learned the basics of contract bidding and play, and want to improve their skills.

Prerequisites: Students should have either completed our previous ten-week course or have some playing experience.

Hillview Rm 12	Robinson
645541-01	18+yrs
Mon 1/25-4/4	9-11am
<hr/>	
No class 2/15	
Senior Program Members \$110	
All Others \$120*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.	

INTERMEDIATE BRIDGE

This year-round class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation of hands and ordinary hand bidding. Classes include a one hour lecture, followed by student play.

Registration Note: Register for the quarter or drop ins are welcome: \$5 for Senior Program members; \$7 for all others. Register for drop ins before each class at the Senior Center.

Hillview Rm 12	Plutynski
645530-01	18+yrs
Thu 1/21-3/31	9:15am-12pm
<hr/>	
Senior Program Members \$55	
All Others \$77*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.	

PARENTING

STITT PARENTING

Transition to Parenthood Part I: Creating a Vision for Your Family

New parents! Come create your long term vision for your family. What will your family motto be? Explore the rules and attitudes you learned in your childhood to help you prioritize your parenting choices for each of your child's developmental stages.

Note: Babes-in-arms are welcome. Please provide childcare for crawlers and walkers.

Hillview Rm 17	Stitt
330854-01	18+yrs
Sat 1/23	2:30-5pm
<hr/>	
Residents & All Others FREE!	

Transition to Parenthood Part 2: Communicating as a Couple

New parents! This class is ideally paired with Part 1: Creating a Vision for your Family, but it works as a stand-alone class too. Positive communication skills and being able to resolve conflict peacefully are key to being good parents.

Note: Babes-in-arms are welcome. Please provide childcare for crawlers and walkers.

Hillview Rm 17	Stitt
330836-01	18+yrs
Sat 1/30	2:30-5pm
<hr/>	
Residents & All Others FREE!	

Growing into Parenting: Becoming a Consistent Parent

You hear it all the time: consistency is key to raising kids. It's true, but it is also one of the hardest habits to form. Come learn a sure-fire method of building your consistency muscle. Best to sign up as a couple.

Hillview Rm 17	Stitt
330838-01	18+yrs
Sat 2/6	2:30-5pm
<hr/>	
Residents & All Others FREE!	





TACO (TERRIBLE ADULT CHAMBER ORCHESTRA)

Terrible Adult Chamber Orchestra is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

Equipment Note: Must bring own instrument and stand. Required: Please contact the director before the first class at tacosv.com.

LAYC	Humphers Smith/McNulty	
330111-01		18+yrs
Sun	1/31	2-5pm
330111-02		18+yrs
Sun	2/28	2-5pm
330111-03		18+yrs
Sun	3/27	2-5pm
<i>Residents & All Others \$10</i>		

LAYC	Humphers Smith/McNulty	
330111-04		18+yrs
Sun	1/31, 2/28, 3/27	2-5pm
<i>Residents & All Others \$25</i>		

VARIOUS

INTRO TO CHINESE: MANDARIN

This Chinese immersion class will be taught in Mandarin. Basic speaking, listening, reading, and writing will all be taught in this simplified class.

Hillview Rm 17

Los Altos Chinese School Staff

331928-01		18+yrs
Wed	1/20-3/23	6:30-7:30pm
No class 2/17		
<i>Residents \$315*</i>		<i>All Others \$376*</i>
<i>*Materials fee of \$80 due first day.</i>		

PERSONAL EMERGENCY PREPAREDNESS

Personal Emergency Preparedness is a 3-hour class designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Note: You may want to bring a light snack to class.

Hillview Rm 16

Hurst

330813-01		18+yrs
Mon	2/8	6-9pm
<i>Residents & All Others FREE!</i>		

PUBLIC SPEAKING WITH CONFIDENCE

Being able to communicate effectively and confidently has immeasurable benefits in professional, social and family life. In this course, participants learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language.

HV RM 18

Guru's Staff

331822-01		18+yrs
Wed	1/20-3/16	6:30-8pm
No class 2/17		
<i>Residents \$172</i>		<i>All Others \$204</i>

Adult Spring Basketball

Wednesday Night League
at Blach Gym
Starts March 2
10 weeks of play + playoffs
Game times:
7:30, 8:20 and 9:10pm

Registration
deadline:
February 12

See page 3
for all the info!



GOLF

DEEP CLIFF GOLF

Equipment Note for ALL golf classes: Golf clubs provided; however, if you have your own clubs, please bring them.

Weather Policy: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408)253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.

Adult Golf

This class emphasizes building good fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start your golf career or move your golf game forward.

Deep Cliff Golf Course Deep Cliff Staff

330914-01		18+yrs
Sat	2/20-3/12	12:30-2pm
330914-02		18+yrs
Sat	3/26-4/16	1-2:30pm
Residents \$145		All Others \$172

Golf for Women

Ladies, come join a class of all women to learn the skills of putting, chipping, pitching, and full swing. This is a really fun class for new golfers, as well as for those who want to improve their skills. Meet new friends as you play. Rules and etiquette are also covered.

Deep Cliff Golf Course Deep Cliff Staff

330915-01		18+yrs
Sat	1/16-2/6	10-11:30am
330915-02		18+yrs
Sat	2/20-3/12	10-11:30am
330915-03		18+yrs
Sat	3/26-4/16	10-11:30am
Residents \$145		All Others \$172

SPORTS

BASKETBALL

ADULT BASKETBALL DROP IN

Looking for some hoop action? Whether you like pick-up games or simply to shoot around, this is the time and place to do it! Bring a friend or come alone. See you there!

Equipment Note: All equipment provided.

Egan Middle School Gym Los Altos Recreation & Community Services Staff

No code required: just drop in 18+yrs
Wed on-going through Feb 24 8-10pm
Residents & All Others \$3 at the door

EQUESTRIAN

ZURAEK STABLES

(408) 460-7226
11854 Page Mill Rd, Los Altos Hills

Western Horseback Riding Lessons

Passionate about horses? Come fulfill your dreams! Scheduled visit includes grooming, tacking and riding lesson. Trail rides and arena work available. All level riders are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

Registration Note: To set up your session, call instructor Kristen Zuraek at (408) 460-7226.

Equipment Notes: Boots and long pants required. Helmets provided. (Boots may possibly be supplied depending on size: inquire at registration.)

Zuraek Stables	Zuraek
No code required	10-99yrs
By appointment only: call to set up.	
Residents \$81	All Others \$95



ICE SKATING

NAZARETH ICE OASIS

Ice Skating

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Required: 1. Please arrive 15 minutes before class begins. 2. Warm clothing, mittens/gloves.

Nazareth Ice Oasis		NIO Staff
330903-01		15+yrs
Wed	1/20-3/2	6:20-6:50pm
No class 2/3		
330903-02		15+yrs
Sat	1/23-2/27	10:45-11:15am
Residents \$99		All Others \$116



SOCCER

COACH KEN'S WOMEN'S SOCCER

This program provides an innovative way for women to learn and play the game of soccer while achieving their fitness goals in a fun, social environment, among friends. Beginners and former players who are looking to rejoin and enjoy the game are welcome.

Equipment Note: Shin guards are mandatory. Water is recommended.

Heritage Oaks Park		Mburu
330929-01		18+yrs
Thu	1/28-3/24	9:15-10:30am
No class 2/18		
330929-02		18+yrs
Fri	1/29-3/25	9:15-10:30am
No class 2/19		
330929-03		18+yrs
Sat	1/30-3/26	8-9:15am
No class 2/13		
Residents \$132		All Others \$156

TENNIS

WHITLINGER/SARFIELD TENNIS

whitlingersarsfield.com

Enjoy group lessons with top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and USPTA Pro Tom Sarsfield. Adult classes of 3-8 students will consist of six or eight hours of instruction. Classes of two students will be converted into four lessons.

Equipment Note for ALL Whitlinger/Sarsfield Tennis classes: Bring a racquet to all classes!

Make-up Policy: Make ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make-up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy: In case of rain, contact the Recreation & Community Services Department at 947-2790

Monday-Friday, 8am-5pm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation & Community Services Department.

Adult Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction. Lessons will also incorporate rules, etiquette, and basic doubles play.

Los Altos High School Courts 11/12

Whitlinger/Sarsfield Tennis Staff

330948-01 15+yrs
Sat 1/23-2/27 9-10am
Residents \$83 All Others \$97

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff

330948-02 15+yrs
Wed 1/20-3/2 10-11am
No class 2/17
Residents \$83 All Others \$97

Adult Low Intermediate Tennis

For players who are consistent on a slow paced rally but need to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics.

Los Altos High School Courts 11/12

Whitlinger/Sarsfield Tennis Staff

330963-01 15+yrs
Sat 1/23-2/27 10-11am
Residents \$83 All Others \$97

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff

330963-02 15+yrs
Wed 1/20-3/2 11am-12pm
No class 2/17
Residents \$83 All Others \$97

Adult Intermediate Tennis

For players (National Tennis Rating Program/ NTRP 2.5-3.0) who are consistent on slow to medium paced shots but needs to develop more spin, power, and/or variety. Basic to advanced shots, strategy, and tactics will be introduced and reinforced by performance enhancing drills.

Marymeade Courts 2/3

Whitlinger/Sarsfield Tennis Staff

330949-01 15+yrs
Tue/Thu 1/19-2/4 7-8pm
330949-02 15+yrs
Tue/Thu 2/23-3/10 7-8pm
Residents \$83 All Others \$97



Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For lessons at Marymeade Park, Courts 2/3:

Francois Chan 345-8768
James Knofler (408) 410-0434

For lessons at Rosita & McKenzie Parks, Court 1:

David Panconi (408) 893-1405
Sharon Lamond (408) 712-7361
James Knofler (408) 410-0434

For lessons at Montclair Park, Court 1:

Joe Bassi 576-0988

Hourly Rate & Payment

for one player: \$75 per hour
for two players: \$40 per hour each
for three players: \$30 per hour each
for four players: \$25 per hour each*

*Possible \$5 discount per hour for group of four people, at instructor's discretion. Payment upon first lesson.

Payment by check only; payable to Tom Sarsfield. Payment due first day.

Visit whitlingersarsfieldtennis.com for more information.

WATER SPORTS

SHORELINE AQUATIC CENTER

shorelinelake.com
965-7474

Equipment Notes for ALL Shoreline Aquatic Center classes: Students should bring/wear 1. comfortable clothes (no cotton), including a jacket or fleece, 2. towel, 3. change of clothes, 4. sun protection, 5. lanyard to secure sunglasses*, 6. bottle of water, and 7. non-skid shoes (water booties, aqua socks or Teva sandals work great).
*Sunglasses and hat recommended.

Sailing Level 1

Learn to harness the calm morning breeze in protected water; perfect for learning the ropes. Includes a 1 hour private lesson you can schedule within 2 weeks after the class.

Shoreline Aquatic Center	SAC Staff
320944-01	14-99yrs
Sat/Sun 2/20-2/21	9am-1pm
320944-02	14-99yrs
Sat/Sun 2/27-2/28	9am-1pm
320944-03	14-99yrs
Sat/Sun 3/5-3/6	9am-1pm
320944-04	14-99yrs
Sat/Sun 3/12-3/13	9am-1pm
320944-05	14-99yrs
Sat/Sun 3/19-3/20	9am-1pm
320944-06	14-99yrs
Sat/Sun 3/26-3/27	9am-1pm
Residents \$287	All Others \$342

Windsurfing Level 1

Learn to windsurf in a weekend with our certified instructing staff! With an outstanding curriculum and the use of land simulators, students will be up and sailing in a matter of hours regardless of age, strength and size!

Requirements: Students must be comfortable swimming and treading water.

Shoreline Aquatic Center	SAC Staff
320821-01	14-99yrs
Sat/Sun 2/20-2/21	9am-1pm
320821-02	14-99yrs
Sat/Sun 2/27-2/28	9am-1pm
320821-03	14-99yrs
Sat/Sun 3/5-3/6	9am-1pm
320821-04	14-99yrs
Sat/Sun 3/12-3/13	9am-1pm
320821-05	14-99yrs
Sat/Sun 3/19-3/20	9am-1pm
320821-06	14-99yrs
Sat/Sun 3/26-3/27	9am-12pm
Residents \$207	All Others \$246

TRIPS

SENIOR CENTER TRIPS

Did you know that the Senior Program also hosts a variety of trips? Check in at the Senior Center or look in The Spotlight newsletter for information on upcoming trips.



YOUTH Classes

ACADEMIC FUN

GURU'S EDUCATION

NEW!

Little Masters of Public Speaking

In this course, our little masters build upon the skills that they learn in PPS 101. They memorize and recite poems, learn how to tell funny and/or scary stories, and practice telling jokes and discover dialogue delivery.

Hillview Rm 18	Guru's Staff
311824-01	6-9yrs
Wed 1/20-3/16	4:30-5:30pm
No class 2/17	
Residents \$172	All Others \$204

Debate and Public Speaking: Level 2

This class is a combo course of Public Speaking with Confidence and Essentials of Debating. It focuses on teaching delivery and presentation skills, but also provides foundation of critical thinking and essentials of debating. It improves students' confidence, communication, and general knowledge.

Hillview Rm 18	Guru's Staff
331816-01	10-14yrs
Wed 1/20-3/16	5:30-6:30pm
No class 2/17	
Residents \$172	All Others \$204



YOUTHSTARTUP

StartupK12: Math Olympiad

This fun class challenges students of all abilities to think creatively and flex their problem-solving muscles which results in improved contest scores! The class teaches math concepts for Division E Math Olympiad to students using engaging methods and exceptional instructors.

Hillview Rm 17	Nixon
310850-01	9-11yrs
Wed 1/20-3/23	5-6pm
No class 2/17	
Residents \$261*	All Others \$311*
*Materials fee of \$20 due first day.	

StartupK12: Intro Web Design-JavaScript I

This is an introduction to JavaScript – one of today's leading web languages. Students learn how to make their websites interactive with cool special effects, and enhanced functionality. Coding is more fun in teams: students work in groups to build projects with increasing complexity.

Required: Some knowledge of HTML and CSS is needed.

Hillview Rm 8	YouthStartup Staff
350853-01	10-17yrs
Wed 1/20-3/23	3:45-4:45pm
No class 2/17	
Residents \$261*	All Others \$311*
*Materials fee of \$20 due first day.	

StartupK12: SAT+ACT Bootcamp

Take one class that covers strategies for both SAT and ACT. Find which test is the best fit for you. Effective lesson and practice modules give students a solid understanding of different types of questions as well as methods to analyze and answer each question type.

Hillview Rm 18	Henderson
320851-01	13-18yrs
Sat/Sun 1/23-1/24	9am-1pm
Residents \$215*	All Others \$256*
*Materials fee of \$20 due first day.	

ECONOMIC DRIVING

Driver's Ed

This course meets the State of California requirement to obtain a driver's instruction permit. Upon completion, each student will receive a Certificate of Completion of Classroom Driver Education. Students must attend all sessions in order to receive the DMV certificate.

Required: Please bring a lunch!

Sunnyvale Community Center Economic Driving School Staff

351802-01 15+yrs
Sat/Sun 2/13, 14, 21, 22 8:30am-4pm
Residents \$162 All Others \$192

Online Driver's Ed

This online class is approved by the DMV. Reading, flash graphics, videos, and quizzes prepare the reader to pass the DMV test.

To register, visit economicdrivingschool.com/online. Complete the question "How did you hear about us?" by choosing activity code 2790. Residents & All Others \$68.50



GREEN BEAN KIDZ

Green Bean Kidz is an outdoor education program for children. Participants experience nature in many fun ways including hiking and observing their surroundings. The program incorporates music, art, science, games, and movement – all focused on ecology and environmental awareness.

Note: Program takes place at various local parks and open spaces. First class meets at Redwood Grove. (Must park on University Ave and walk into park.)

Local Parks & Open Spaces Green Bean Kidz Staff

361808-01		2-6yrs**
Tue	1/19-2/23	9:30-11am
361808-02		2-6yrs**
Wed	1/20-2/24	9:30-11am
361808-03		2-6yrs**
Tue	3/8-4/12	9:30-11am
361808-04		2-6yrs**
Wed	3/9-4/13	9:30-11am
Residents \$152*		All Others \$180*

**Materials fee of \$15 due first day.
**Parent must accompany child.*

MARATHE'S OLYMPIAD PROGRAM

Explore creative problem solving strategies and techniques to solve challenging, out of the box, Math Olympiad problems with ease and efficiency. Sharpen critical thinking and problem solving skills to take on real contest challenges competing as a MOEMS team member.

Hillview Rm 2	Marathe
351821-01	9-11yrs
Thu	1/21-3/24
5-6:10pm	
No class 2/18	
351821-02	11-13yrs
Thu	1/21-3/24
6:15-7:25pm	
No class 2/18	
Residents \$232* All Others \$276*	
<i>*Materials fee of \$25 due first day.</i>	

NEW!

LITTLE MEDICAL SCHOOL

We show the importance of health to children in a fun way! Using interactive demonstrations and games, kids learn how the body and organs work, how to use instruments that real doctors use and how to administer first aid. Students receive a working stethoscope!

Hillview Rm 2	LMS Staff
311823-01	6-12yrs
Tue	1/26-3/1
3:30-4:30pm	
Residents \$137* All Others \$162*	
<i>*Materials fee of \$25 due first day.</i>	

STEM-CAMP ENGINEERING

In STEM Engineering, students build projects while having fun. Projects students build include rockets, catapults, mousetraps, race cars, and crossbows! Curriculum for this camp is based around teaching the simple machines of engineering, and the basics of Newton's forces

Hillview Rm 17	Stem-Camp Staff
310854-01	6-12yrs
Wed	1/20-3/9
3:30-5pm	
No class 2/17	
Residents \$239 All Others \$284	

ARTS & CRAFTS

CHINESE CALLIGRAPHY

Calligraphy is the art of writing Chinese characters. Students learn and practice basic brush strokes and characters.

Hillview Rm 13

LA Chinese School Staff

310529-01 6-12yrs
 Thu 1/21-3/24 4:30-5:30pm
 No class 2/18
 Residents \$153* All Others \$181*
 *Materials fee of \$30 due first day.

CRAFTS WITH MIRIAM

NEW!

Make Your Own Valentines

Enjoy creating your own special valentines to give to your friends and loved ones. Hand-made cards are the perfect way to let someone know you care!

Grant Rm 1

Permut

310537-01 8-12yrs
 Sat 1/23 10am-12pm
 Residents \$27* All Others \$30*
 *Materials fee of \$10 due first day.

NEW!

Winter Crafting Fun

Enjoy creating a fun winter-inspired papercrafting project featuring penguins, snowmen and fun accessories they need in the arctic.

Grant Rm 2

Permut

310536-01 8-12yrs
 Sat 2/6 10am-12pm
 Residents \$27* All Others \$30*
 *Materials fee of \$10 due first day.

NEW!

Butterfly Crafts

Get ready for spring by creating this fun butterfly inspired paper crafting project.

Grant Rm 2

Permut

310538-01 8-12yrs
 Sat 3/5 10am-12pm
 Residents \$27* All Others \$30*
 *Materials fee of \$10 due first day.

MACHINE SEWING FOR KIDS & ADULTS

Learn machine sewing techniques by creating a sample notebook to keep. Students decide on specific projects. With only 2-6 students, there's lots of individual attention. Certified Sewing Instructor Debbie Nelson brings everything including computerized machines. Contact for details: dnelson6@gmail.com

Hillview Rm 12

Nelson

350605-01 8-99yrs
 Wed 1/20-3/16 4:30-6:30pm
 No class 2/17
 350605-02 12-99yrs
 Wed 1/20-3/16 6:45-8:45pm
 No class 2/17
 Residents \$211* All Others \$251*
 *Materials fee of \$25 due first day.

MY FIRST ART CLASS

Spend quality time with your young child. Each week features a new theme with five art stations. Art projects continue to change all year long! Process rather than product is emphasized. Each class ends on a musical note with singing and dancing.

Required: 1. Parent/caregiver must attend class with child. 2. Wear your grubbies! 3. Aprons provided.

Hillview Rm 15

My First Art Staff

350501-01 1.5-3yrs
 Wed 1/20-3/16 9:30-10:30am
 No class 2/17
 350501-02 2-4yrs
 Wed 1/20-3/16 10:45-11:45am
 No class 2/17
 Residents \$117* All Others \$138*
 *Materials fee of \$15 due first day.

Hillview Rm 15

My First Art Staff

350501-03 1.5-3yrs
 Wed 3/23-4/6 9:30-10:30am
 350501-04 2-4yrs
 Wed 3/23-4/6 10:45-11:45am
 Residents \$52* All Others \$60*
 *Materials fee of \$6 due first day.



DANCE & PERFORMING ARTS

BALLROOM DANCE

Now's the time to start learning to dance like the stars! Learn the basics of ballroom dancing. Don't miss out on the fun of being on the dance floor.

Equipment note: Please wear non-stick shoes.

Shoup Park Garden House	Minev
310202-01	7-13yrs
Thu 1/21-3/31	6-7pm
Residents \$162	All Others \$192

JEAN LEE'S BALLET CLASSES

Equipment Note for ALL of Jean Lee's classes: Leotards and soft ballet shoes required.

Note: ALL of Jean Lee's students will be eligible to participate in the spring 2016 dance program!

Pre-Ballet Beginners

A joyful introduction to ballet. This class is specifically geared toward the young dancer. Students will learn simple ballet positions, steps, combinations, movements, and activities.

Hillview Rm 4	Lee
310213-01	5-7yrs
Thu 1/21-3/17	3:45-4:30pm
No class 2/18	
Residents \$132	All Others \$156



Ballet Beginners

Basic ballet emphasizing correct technique in barre work and center work. Technique will be taught enabling the student to perform on stage for the annual dance recital.

Hillview Rm 4	Lee
310214-01	6-8yrs
Wed 1/20-3/16	3:45-4:30pm
No class 2/17	
Residents \$132	All Others \$156

Ballet & Musical Theater: Intermediate/Advanced

In this class, the student will learn the dance steps and body positioning of Broadway stage dance.

Hillview Rm 4	Lee
310204-01	8-16yrs
Wed 1/20-3/16	5:30-6:30pm
No class 2/17	
Residents \$132	All Others \$156

Classical Ballet: Intermediate/Advanced

This is a basic technique class emphasizing barre work and proper techniques for turns and leaps – serious work – but also fun for the student!

Hillview Rm 4	Lee
310215-01	6-12yrs
Wed 1/20-3/16	4:30-5:30pm
No class 2/17	
310215-02	6-12yrs
Thu 1/21-3/17	4:30-5:30pm
No class 2/18	
Residents \$132	All Others \$156

FIVE & UNDER DANCE

Tiny Tutu

This class is an introduction to ballet and creative movement using many props and activities aimed toward your child's development. Parents are welcome to observe their little dancers from the back of the classroom.

Equipment Note: Leotards and soft ballet shoes required.

Hillview Rm 4	Vaillancourt-Tipton
360209-01	2.5-3.5yrs
Wed 1/20-3/30	10-10:30am
No class 2/17	
360209-02	2.5-3.5yrs
Thu 1/21-3/31	10-10:30am
No class 2/18	
Residents \$122	All Others \$144

Ballet

A beginning dance class designed for your little dancer. This is an introduction to positions, barre work, across-the-floor fundamentals, and dance routines. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Ballet shoes and attire required.

Hillview Rm 4	Vaillancourt-Tipton
360203-01	3.5-5yrs
Wed 1/20-3/30	10:30-11:15am
No class 2/17	
360203-02	3.5-5yrs
Thu 1/21-3/31	10:30-11:15am
No class 2/18	
Residents \$122	All Others \$144

Tap/Ballet

A great introduction to both tap and ballet. Students will stretch and learn the basics of tap and ballet that will develop their dancing skills. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Ballet and tap shoes required.

Hillview Rm 4	Vaillancourt-Tipton
360205-01	3.5-5yrs
Wed 1/20-3/30	12:30-1:15pm
No class 2/17	
360205-02	3.5-5yrs
Thu 1/21-3/31	12:30-1:15pm
No class 2/18	
Residents \$142	All Others \$168

MARTIAL ARTS

CHANG TAI DO KARATE & FITNESS

changtaido.com

Equipment Note for ALL Chang Tai Do classes: Materials fee stated below covers uniform and target pad. These items are mandatory and must be purchased directly from the instructor at first class by all first-time participants.

Notes: 1. Hitting or striking another student is not permitted. 2. Testing and private lessons available for additional fees.

Chang Tai Do: Karate for Tots

Introduction to proper stretching, basic blocks, kicks, punches, strikes, body part awareness, and what to do to fend off an attacker. Children's natural curiosity and playfulness, combined with basic karate drills, help develop coordination, mental focus and alertness.

Hillview Social Hall	Chang/Huey/Do
311104-01	4-7yrs
Thu 1/21-3/24	5-6pm
Residents \$172*	All Others \$202*
*Materials fee of \$75 due first day for first time participants.	

Chang Tai Do: Beginning/Intermediate

Introduction to the history, culture, terminology and etiquette of Chang Tai Do Karate. Learn proper stretching, basic blocks, punches, kicks and strikes, self-defense, forms (kata), and sparring (kumite). Training will help students develop better mental focus, coordination, discipline, respect, strength, endurance and skills to defend oneself.

Hillview Social Hall	Chang/Huey/Do
311102-01	8+yrs**
Tue/Thu 1/19-3/24	6-7pm
Residents \$191*	All Others \$224*
*Materials fee of \$245 due first day for first time participants.	

***Returning students younger than 8 yrs. old can register with instructor approval.*

JUDO JUJITSU

For beginning students. Through a unique and supportive teaching style, students will learn punching, kicking, throwing, falling, grappling, and real world practical self defense techniques. Join this exciting class and improve your self-confidence, condition your physical self and develop a positive self image.

Grant Park MPR	Gearhart
311101-01	7-16yrs
Mon/Thu 1/21-3/31	6-7pm
No class 2/15	
Residents \$158	All Others \$187



MUSIC

MELODY ACADEMY OF MUSIC (MAM)

*New location:
4000 Middlefield Rd, Rm V, Palo Alto
(inside the Cubberley Community Center)*

Required for ALL MAM classes: During classes, only registered student with their parent permitted in classroom.

Melody's Piano: Toddler

A new approach to lead toddlers into the musical world. A pre-piano/keyboard lesson with introduction to music terminology, keyboard playing and rhythm training using fun storytelling method. The class prepares students for future piano lessons by helping students develop musical character.

Note: Parent participation is required.

Melody Academy of Music MAM Staff

360114-01		3-4yrs
Tue	2/2-3/8	10:30-11:15am
360114-02		3-4yrs
Thu	3/10-4/14	10:30-11:15am
360114-03		3-4yrs
Mon	2/22-3/28	10:30-11:15am
360114-04		3-4yrs
Wed	1/20-2/24	10:30-11:15am
<i>Residents \$168*</i>		<i>All Others \$199*</i>
<i>*Materials fee of \$45 due first day.</i>		

Melody's Piano: Beginners 4-5yrs

This course will enrich children who have never studied music through a variety of fun activities. It provides students with the opportunity to learn various music skills, such as singing, ear-training, keyboard playing, rhythm ensemble, and reading music.

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

310104-01		4-5yrs
Sat	1/23-2/27	2-2:45pm
310104-02		4-5yrs
Mon	2/8-3/14	5:30-6:15pm
310104-03		4-5yrs
Sun	2/21-3/27	3-3:45pm
310104-04		4-5yrs
Thu	3/10-4/14	4-4:45pm
<i>Residents \$168*</i>		<i>All Others \$199*</i>
<i>*Materials fee of \$45 due first day.</i>		

Melody's Piano: Beginners 5-7yrs

Music theory, keyboard skills and techniques are included in this class. Ear-training and sight-singing skills will be emphasized. Children will also receive instruction in performing keyboard and rhythm instruments.

Equipment Note: MAM provides full-sized digital keyboard for each family to use in class.

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

310115-01		5-7yrs
Sat	1/23-2/27	3-3:45pm
310115-02		5-7yrs
Mon	2/8-3/14	6:30-7:15pm
310115-03		5-7yrs
Sun	2/21-3/27	2-2:45pm
310115-04		5-7yrs
Thu	3/10-4/14	5-5:45pm
<i>Residents \$168*</i>		<i>All Others \$199*</i>
<i>*Materials fee of \$45 due first day.</i>		



Group Flute Lessons

This class is a group flute class for beginner students. The students will learn music fundamentals such as note reading, rhythm, music theory, and basic flute playing.

Equipment Note: Must bring own flute.

Melody Academy of Music MAM Staff

310110-01 7-12yrs
Thu 2/25-3/31 3-3:45pm

310110-02 7-12yrs
Tue 1/26-3/1 3-3:45pm

Residents \$168* All Others \$199*

*Materials fee of \$25 due first day and does not include flute rental.

Group Violin Lessons

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory.

Melody Academy of Music MAM Staff

310105-01 6-10yrs
Sat 1/23-2/27 4-4:45pm

310105-02 6-10yrs
Fri/Sun 2/21-3/27 1-1:45pm

Residents \$168* All Others \$199*

*Materials fee of \$45 due first day and includes 6-week violin rental OR \$25 if student has own violin.

Group Guitar Beginners: 7-10yrs

This is a beginner's class for kids. Focus will be on learning basic skills and techniques for the instrument. No former musical knowledge required.

Equipment Note: Please bring your own guitar.

Melody Academy of Music MAM Staff

310112-01 7-10yrs
Sun 3/13-4/17 4-4:45pm

Residents \$168* All Others \$199*

*Materials fee of \$25 due first day and does not include guitar rental.



Group Guitar Beginners: 10-13yrs

This class is designed to facilitate self-discovery through the instrument. Group setting helps create environment for expression and communication through music.

Equipment Note: Please bring your own guitar.

Melody Academy of Music MAM Staff

320112-01 10-13yrs
Sun 3/13-4/17 5-5:45pm

Residents \$180* All Others \$211*

*Materials fee of \$25 due first day and does not include guitar rental.

Group Ukulele

Try the ukulele! This group class is designed for young beginners to help them learn basic ukulele skills which include, but is not limited to, chords, strum patterns, scales, and music reading.

Equipment Note: Please bring own ukulele or contact us to purchase one.

Melody Academy of Music MAM Staff

320113-01 8-12yrs
Sun 3/13-4/17 6-6:45pm

Residents \$168* All Others \$199*

*Materials fee of \$25 due first day and does not include ukulele rental.



SPORTS

ARCHERY

THE ART & ENJOYMENT OF ARCHERY

The archery classes in this program are designed to help students learn and develop their archery skills. Instructor Ray Roan has practiced archery for over 30 years and has been teaching for more than 25 years.

Equipment Note for ALL archery classes: Basic archery equipment will be provided for students of all archery classes.

Archery 1

Participants will learn the technique of shooting a bow, as well as the names for each of the parts of the bow and arrow. This safe and fun class allows each individual to focus on their accomplishments.

RWG Field		Roan
310918-01		7+yrs
Thu	1/21-3/3	3:30-4:30pm
<u>No class 2/18</u>		
Residents	\$251	All Others \$299

Archery 2-3

This class is a continuation for those who are ready to move on to the next level (contact instructor via the recreation office to see if you qualify), or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

RWG Field		Roan
310839-01		8+yrs
Fri	1/22-3/4	3:30-4:30pm
<u>No class 2/19</u>		
Residents	\$251	All Others \$299

BADMINTON

BADMINTON DROP IN

We love badminton and want you to join us! Come in for up to two hours of open play. All levels welcome. No registration needed: just show up!

Equipment Note: Please bring your racquet and birdies.

Egan Gym
Los Altos Recreation
& Community Services Staff

No code required		12+yrs
Wed	1/6-3/30	6-8pm
<i>Residents & All Others \$5</i>		

EQUESTRIAN

ZURAEK STABLES

(408) 460-7226
 11854 Page Mill Rd, Los Altos Hills

Western Horseback Riding Lessons

Passionate about horses? Come fulfill your dreams! Scheduled visit includes grooming, tacking and riding lesson. Trail rides and arena work available. All level riders are welcome. Lessons are private and average 1.5 hours; group lessons can be arranged.

Registration Note: To set up your session, call instructor Kristen Zuraek at (408) 460-7226.

Equipment Notes: Boots and long pants required. Helmets provided. (Boots may possibly be supplied depending on size: inquire at registration.)

Zuraek Stables		Zuraek
No code required		10-99yrs
<u>By appointment only: call to set up.</u>		
Residents	\$81	All Others \$95

GOLF

DEEP CLIFF GOLF

Equipment Note for ALL Deep Cliff golf classes: Golf clubs provided; if you have your own clubs, please bring them!

Weather Policy: We make every effort to hold our classes with consideration for participant comfort. Decisions as to whether a class will take place or not will be made one hour before the scheduled start time. Registrants may call Deep Cliff Golf Course directly at (408) 253-5357 within one hour of class for updates and rescheduling. Rescheduling is done at the instructor's discretion.

Parent/Child Golf

Parents and children, come spend quality time together learning the game that may be enjoyed for a lifetime! You will receive instruction in skills, etiquette and some rules.

Deep Cliff Golf Course Deep Cliff Staff

350914-01		7-17yrs
Sat	1/16-2/6	8:30-10am
350914-02		7-17yrs
Sat	2/20-3/12	8:30-10am
350914-03		7-17yrs
Sat	3/26-4/16	8:30-10am
Residents \$140*		All Others \$166*

*Fee is per person.

Junior Golf

Young golfers, come learn and develop the basic skills of golf, including the proper etiquette and the most common rules of golf. You will learn and strengthen your abilities and knowledge of the game to prepare yourself for the next level, Intermediate Junior Golf.

Deep Cliff Golf Course Deep Cliff Staff

310936-01		7-17yrs
Sat	1/16-2/6	10:30am-12pm
310936-02		7-17yrs
Sat	2/20-3/12	10:30am-12pm
310936-03		7-17yrs
Sat	3/26-4/16	10:30am-12pm
Residents \$145		All Others \$172

Intermediate Jr Golf

For players who have fully acquired the basic skills and knowledge of the game. It is designed in a "practice and play" format, to give you a place to build your skills so we take it all onto the course and play!

*Prerequisite: Junior Golf or Golf Camp 1

Deep Cliff Golf Course Deep Cliff Staff

310934-01		7-17yrs
Sat	1/16-2/6	2-5pm
310934-02		7-17yrs
Sat	2/13-3/12	2-5pm
No class 2/20		
Residents \$252		All Others \$300

The Player's Academy

If you have completed Intermediate Junior Golf and have gained instructor approval to advance to the next level, this class is for YOU. We'll emphasize playing skills, helping you to develop a more complete game (and shoot lower scores).

Prerequisite: Previous experience is required. If you haven't been in the class before, you must have instructor approval to enter. Call (408)253-5357, x36.

Deep Cliff Golf Course Deep Cliff Staff

310914-01		10-17yrs
Sat	1/9-1/30	1-5pm
310914-02		10-17yrs
Sat	2/13-3/5	2-6pm
310914-03		10-17yrs
Thu/Sat	3/17-4/9	4:30-6:30pm
Residents \$300		All Others \$358





GYMNASTICS

TWISTERS SPORTS

*New location:
1165 N Fair Oaks Ave, Sunnyvale*

Leaping Lions

(formerly Walking Wonders)

This class is designed to enhance motor development and encourage a love of physical fitness. Students and parents will be introduced to gymnastics concepts and equipment. We'll help your child develop muscle coordination, body control, and social interaction in an educational environment.

Required: Parent participation is required.

Twisters Gymnasium	Twisters Staff
352101-01	1.5-3yrs
Tue 1/26-3/29	10:30-11:15am
No class 2/16	
352101-02	1.5-3yrs
Sat 1/30-3/26	9-9:45am
No class 2/20	
Residents \$182	All Others \$216

Jumping Giraffes

(formerly Preschool Players)

In this class, students will experience class structure in a safe and fun environment that further enhances motor skills, coordination, and self confidence. Your child will learn the most fundamental gymnastics skills from Twisters' trained instructors.

Twisters Gymnasium	Twisters Staff
362102-01	3-4yrs
Mon 1/25-3/28	10:30-11:15am
No class 2/15	
Residents \$182	All Others \$216

Cartwheel Kangaroos

(formerly Cartwheel Kinders)

Our Cartwheel Kangaroos class further expands physical, mental, and social development. Students will learn basic gymnastics terminology, positions, and skills. They will be carefully spotted by a trained instructor until they can complete the skills successfully.

Twisters Gymnasium	Twisters Staff
362103-01	4-5yrs
Mon 1/25-3/28	11:15am-12pm
No class 2/15, 2/22	
Residents \$182	All Others \$216

Bouncing Bears

(formerly Dyno Tumblers)

This class prepares students to transition to our Recreational Gymnastics classes. Students will develop coordination, strength, balance, and flexibility as they learn new gymnastics skills. Class also focuses on the development of self-confidence and social skills, with an emphasis on safety and fun.

Twisters Gymnasium	Twisters Staff
312104-01	5-6yrs
Mon 1/25-3/28	3:30-4:15pm
Residents \$182	All Others \$216

Gymnastics for Girls

Students build strength and flexibility as they learn fundamental gymnastics skills in a structured and fun class. Students will be introduced to gymnastics concepts, terminology, and equipment through dynamic exercises and drills. Combined with the Character Counts Program, this class will help students develop positive life skills and encourage a healthy lifestyle.

Twisters Gymnasium	Twisters Staff
312105-02	6-12yrs
Mon 1/25-3/28	4:45-5:40pm
No class 2/15	
Residents \$202	All Others \$240

ICE SKATING

NAZARETH ICE OASIS

For ALL Nazareth Ice Oasis classes:
Note: Skate rental and 30-minute practice time immediately following lesson included in fee.

Required: 1. Please arrive 15 minutes before class begins. 2. Bring warm clothing, mittens/gloves.

Ice Skating: Parent & Me

This ice skating class is designed for a child and one parent/guardian, and is geared toward development of independence in the child so they may progress to a tot ice skating class without the adult.

Nazareth Ice Oasis	NIO Staff
350903-01	2.5-5yrs
Sat 1/23-2/27	11:45am-12:15pm
Residents \$99*	All Others \$116*
<i>*Fee includes both parent and child.</i>	

Ice Skating: Tot & Youth

Ice skating is a confidence-building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills, including skating forward, backward and stopping.

Required: 1. Please arrive 15 minutes before class begins. 2. Warm clothing, mittens/gloves.

Nazareth Ice Oasis	NIO Staff
360903-01	3-5yrs
Tue 1/19-2/23	3:30-4pm
360903-02	3-5yrs
Wed 1/20-3/2	5:20-5:50pm
No class 2/3	
360903-03	3-5yrs
Sat 1/23-2/27	11:45am-12:15pm
310903-01	6-12yrs
Tue 1/19-2/23	4-4:30pm
310903-02	6-12yrs
Wed 1/20-3/2	5:20-5:50pm
No class 2/3	
310903-03	6-12yrs
Sat 1/23-2/27	11:45am-12:15pm
Residents \$99	All Others \$116



WINTER BREAK CAMP

Skyhawks Basketball Camp

This fun, skill-intensive program is designed for the beginning to intermediate player.

An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular camps. Our basketball staff will also focus on respect, teamwork and responsibility.

Equipment Note: Campers should bring appropriate clothing, athletic shoes, two snacks, lunch and water bottle.

**Whisman Sports Center
Skyhawks Staff**

311225-01 6-12yrs
M-F 2/15-2/19 9am-3pm
Residents \$239 All Others \$284



MULTI-SPORT

SKYHAWKS

Required for ALL Skyhawks classes: Participants should bring appropriate clothing, athletic shoes, snacks, and water bottle.

**Mini-Hawk:
Soccer & Basketball**

This multi-sport program was developed to give children a positive first step into athletics. The essentials of soccer and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun.

**Whisman Sports Center
Skyhawks Staff**

310907-01 4-6yrs
Sat 2/6-3/26 11:30am-12:30pm
Residents \$154 All Others \$182

Skyhawks Basketball

Skyhawks basketball coaches focus on the development of fundamental skills through a variety of fun and creative drills, exercises and scrimmages. Curriculum is age-appropriate and pays special attention to ball handling, passing, shooting, defense, rebounding and conditioning.

**Whisman Sports Center
Skyhawks Staff**

310906-01 6-12yrs
Sat 2/6-3/26 1-2:30pm
Residents \$174 All Others \$206

Skyhawks Track & Field

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun while introducing young athletes to many Olympic-style events!

**Graham Middle School
Skyhawks Staff**

310933-01 6-12yrs
Fri 2/5-3/25 3:30-5pm
Residents \$174 All Others \$206

Skyhawks Volleyball

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled class. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving.

**Whisman Sports Center
Skyhawks Staff**

311273-01 8-14yrs
Sat 2/6-3/26 3-4:30pm
Residents \$174 All Others \$206

SOCCER

COACH KEN'S SOCCER ACADEMY

Learn new and exciting soccer skills with Coach Ken. We have a proven record of helping kids achieve their full potential as soccer players. Our coaches are knowledgeable and passionate about the game. All lessons are age-appropriate, challenging and fun. All levels are welcome.

Equipment Note for ALL Coach Ken's classes: Shin guards and water are mandatory; sunscreen recommended.

Coach Ken's Soccer: Intro Team

This program introduces kids to playing in a small-sided team. Each week, ball skills are taught for half the session while half the time is spent on playing the real game (the 4-5 year olds may not start playing real games until the coaches deem them ready).

Equipment Note: Must wear provided jersey every Saturday.

Heritage Oaks Park	Coach Ken's Staff
310935-01	4-5yrs
Sat 1/30-3/26	9:15-10:30am
No class 2/13	
310935-02	6-7yrs
Sat 1/30-3/26	10:30-11:45am
No class 2/13	
310935-03	8-12yrs
Sat 1/30-3/26	11:45am-1:15pm
No class 2/13	
Residents \$132	All Others \$156

Coach Ken's Soccer: 4-5yrs

Young players are introduced to soccer in a positive environment and they eventually play the real game. They learn FUNdamental touches and moves. They enjoy running through "the obstacle course" of speed ladders, hurdles and flags, which builds their coordination, speed and stamina.

Heritage Oaks Park	Coach Ken's Staff
310923-01	4-5yrs
Tue 1/26-3/22	12:30-1:30pm
No class 2/16	
310923-02	4-5yrs
Tue 1/26-3/22	4:30-5:30pm
No class 2/16	
310923-03	4-5yrs
Wed 1/27-3/23	12:30-1:30pm
No class 2/17	
310923-04	4-5yrs
Wed 1/27-3/23	4:30-5:30pm
No class 2/17	
310923-08	4-5yrs
Fri 1/29-3/25	12:30-1:30pm
No class 2/19	
310923-09	6-7yrs
Fri 1/29-3/25	4:30-5:30pm
No class 2/19	
Residents \$132	All Others \$156

Coach Ken's Soccer: 6-7yrs

We emphasize ball control and acquiring movement on and off the ball. Kids learn to use all foot surfaces, plus basic fakes and moves to get around opponents. We use 1 versus 1 matches, and conclude daily with a scrimmage. Kids separated into smaller groups by age and ability.

Heritage Oaks Park	Coach Ken's Staff
310942-01	6-7yrs
Tue 1/26-3/22	3:30-4:30pm
No class 2/16	
310942-02	6-7yrs
Wed 1/27-3/23	3:30-4:30pm
No class 2/17	
310942-03	6-7yrs
Fri 1/29-3/25	3:30-4:30pm
No class 2/19	
Residents \$132	All Others \$156

Coach Ken's Soccer: 8-11yrs

In addition to learning to control the ball and execute moves at speed, players learn to control high balls and juggling. We introduce them to tactical thinking and game strategies. Each session ends with a free flowing scrimmage.

Heritage Oaks Park	Coach Ken's Staff
310943-01	8-11yrs
Tue 1/26-3/22	3:30-4:30pm
No class 2/16	
310943-02	8-11yrs
Wed 1/27-3/23	3:30-4:30pm
No class 2/17	
310943-03	8-11yrs
Fri 1/29-3/25	3:30-4:30pm
No class 2/19	
Residents \$132	All Others \$156





KLS: Techniques and Teamwork

Teaches the basic techniques of soccer for beginning players including dribbling, passing and receiving, shooting, age-specific defense, etc. Every participant will have a ball at their feet! Fun skill games will be played at every session. This soccer "school" is a non-competitive, recreational environment for children to learn and play the world's most popular sport. A session experience includes age-specific warm up, demonstration, thematic progressions (drills), and recreation games. Bonus: Each participant receives a KLS Jersey!

McKenzie Park		KLS Staff
310967-01		5-6yrs
Tue	1/19-3/8	3:30-4:15pm
310967-02		5-6yrs
Wed	1/20-3/9	11:15am-12pm
310967-03		5-6yrs
Thu	1/21-3/10	4:05-4:50pm
310967-04		5-6yrs
Sat	1/23-3/12	9-9:45am
Residents \$108		All Others \$127

KIDZ LOVE SOCCER

This soccer "school" is a non-competitive, recreational environment for children to learn and play the world's most popular sport. A session experience includes age specific warm up, demonstration, thematic progressions (drills), and recreation games. Bonus: Each participant receives a KLS jersey!

Equipment Note for ALL KLS classes: No equipment required for Mommy/Daddy & Me classes. For ALL other KLS classes, shin guards required for all levels after the first meeting. NO EXCEPTIONS!

KLS Rain-out Hotline: (888) 372-5803

KLS: Mommy/Daddy & Me

As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines!

Required: Parent participation is required.

Equipment Note: No equipment required for Mommy/Daddy & Me classes.

McKenzie Park		KLS Staff
350916-01		2-3.5yrs
Tue	1/19-3/8	9:30-10am
350916-02		2-3.5yrs
Wed	1/20-3/9	9:30-10am
350916-03		2-3.5yrs
Sat	1/23-3/12	11-11:30am
350916-04		2-3.5yrs
Sat	1/23-3/12	11:35am-12:05pm
Residents \$108		All Others \$127

KLS: Tot Soccer

Encourages large motor development through soccer skills and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids!

McKenzie Park		KLS Staff
360904-01		3.5-4yrs
Tue	1/19-3/8	10:10-10:40am
360904-02		3.5-4yrs
Tue	1/19-3/8	4:50-5:20pm
360904-03		3.5-4yrs
Wed	1/20-3/9	10:10-10:40am
360904-04		3.5-4yrs
Thu	1/21-3/10	3:30-4:05pm
360904-05		3.5-4yrs
Sat	1/23-3/12	10:20-10:50am
Residents \$108		All Others \$127

KLS: Pre Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activity. Children learn to follow instructions in a nurturing, teaching environment.

McKenzie Park		KLS Staff
310904-01		4-5yrs
Tue	1/19-3/8	10:40-11:15am
310904-02		4-5yrs
Tue	1/19-3/8	4:15-4:50pm
310904-03		4-5yrs
Wed	1/20-3/9	10:40-11:15am
310904-04		4-5yrs
Thu	1/21-3/10	3:30-4:05pm
310904-05		4-5yrs
Sat	1/23-3/12	9:45-10:20am
Residents \$108		All Others \$127

KLS: Skillz and Scrimmages

In each class, we will play games to build individual skills and small-sided scrimmages that emphasize application of finer technical points. This is the perfect bridge from our Soccer 1 classes for those who are aspiring to the next level.

McKenzie Park		KLS Staff
310968-01		7-10yrs
Thu	1/21-3/10	4:50-5:35pm
Residents \$108		All Others \$127





RUGBY

NEW!

LET'S PLAY RUGBY

Let's Play Rugby provides a safe and fun introductory class to rugby, the world's fastest growing Olympic sport. Sessions begin with warming up, lead into age-appropriate skills and movements, and build into games. Let's Play Rugby is non-competitive, non-contact flag rugby.

Equipment Notes: Rugby/soccer cleats are recommended but not required. Balls and flags are provided. Participants will receive a t-shirt.

McKenzie Park		LPR Staff	
310971-01		5-7yrs	
Wed	1/20-3/23	4-4:45pm	
310971-02		8-10yrs	
Wed	1/20-3/23	4:45-5:45pm	
320971-01		11-13yrs	
Sun	1/24-3/27	4-5:00pm	
Residents \$136		All Others \$161	

TENNIS

WHITLINGER/SARSFIELD TENNIS

whitlingersarsfieldtennis.com

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Youth classes of 3-8 students will consist of six hours of instruction. Classes of two students and Terrific Tiny Tennis classes will consist of four hours of lessons.

For ALL Whitlinger/Sarsfield Tennis classes: Equipment Note: Bring a racquet to all classes!

Make-up Policy: Make-ups will only be given on those occasions when inclement weather or an instructor's absence requires that a class be canceled. Unless notified to the contrary, make-up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for Saturday lessons) may be used at the instructor's discretion.

Rain Policy: In case of rain, contact the Recreation & Community Services Department at 947-2790, Monday-Friday, 8am-5pm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. No postponement announcement will be initiated by the instructor or the Recreation & Community Services Department.

Terrific Tiny Tennis

Children, 4-7 years of age, play FUN activities and games with low-compression tennis balls on the "42-foot court" that will enhance their skill development in a success-oriented environment. Small group lessons; only 2-6 students! We recommend the 23" to 25" rackets.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

310902-01		4-6yrs
Sat	1/23-2/27	1:30-2:10pm
310902-02		5-7yrs
Sat	1/23-2/27	2:10-2:50pm
310902-03		5-7yrs
Sat	1/23-2/27	2:50-3:30pm
Residents \$83		All Others \$97

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

310902-04		5-7yrs
Tue/Thu	1/19-2/4	3:50-4:30pm
310902-05		5-7yrs
Tue/Thu	2/23-3/10	3:50-4:30pm
Residents \$83		All Others \$97



Quickstart Tennis

Kids, 8-10 years old, will enhance their skill development with low-compression tennis balls on the "60-foot court." Play to learn!

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

320902-01		8-10yrs
Sat	1/23-2/27	11am-12pm
Residents	\$83	All Others \$97

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

320902-02		8-10yrs
Tue/Thu	1/19-2/4	4:30-5:30pm
320902-03		8-10yrs
Tue/Thu	2/23-3/10	4:30-5:30pm
Residents	\$83	All Others \$97

Youth Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction on the "78 ft. court" with regulation tennis balls. Lessons will also incorporate rules, etiquette, and basic doubles play.

Los Altos High School Courts 11/12 Whitlinger/Sarsfield Tennis Staff

320946-01		11-14yrs
Sat	1/23-2/27	3:30-4:30pm
Residents	\$83	All Others \$97

Youth Low Intermediate Tennis

For players who are consistent with slow to medium paced shots but need to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics.

Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

320947-01		11-14yrs
Tue/Thu	1/19-2/4	6-7pm
320947-02		11-14yrs
Tue/Thu	2/23-3/10	6-7pm
Residents	\$83	All Others \$97

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield.

For Lessons at Marymeade Park, Courts 2/3

Francois Chan	345-8768
James Knofler	(408) 410-0434

For lessons at Rosita & McKenzie Parks, Court 1:

David Panconi	(408) 893-1405
Sharon Lamond	(408) 712-7361
James Knofler	(408) 410-0434

For lessons at Montclair Park, Court 1

Joe Bassi	576-0988
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Hourly Rate & Payment

For one player: \$75 per hour
 For two players: \$40 per hour each
 For three players: \$30 per hour each
 For four players: \$25 per hour each*
 *Discounts may be offered for four or more lessons paid in advance.

Payment by check only; payable to Tom Sarsfield. Payment due first day.
 Visit whitlingersarsfieldtennis.com for more information.

WATER SPORTS

SHORELINE AQUATIC CENTER

shorelinelake.com
965-7474

Equipment Notes for ALL Shoreline Aquatic Center classes: Students should bring/wear 1. comfortable clothes (no cotton), including a jacket or fleece, 2. towel, 3. change of clothes, 4. sun protection, 5. lanyard to secure sunglasses*, 6. bottle of water, and 7. non-skid shoes (water booties, aqua socks or Teva sandals work great).
*Sunglasses and hat recommended.

Sailing Level 1

Learn to harness the calm morning breeze in protected water; perfect for learning the ropes. Includes a 1 hour private lesson you can schedule within 2 weeks after the class.

Shoreline Aquatic Center		SAC Staff
320944-01		14+yrs
Sat/Sun	2/20-2/21	9am-1pm
320944-02		14+yrs
Sat/Sun	2/27-2/28	9am-1pm
320944-03		14+yrs
Sat/Sun	3/5-3/6	9am-1pm
320944-04		14+yrs
Sat/Sun	3/12-3/13	9am-1pm
320944-05		14+yrs
Sat/Sun	3/19-3/20	9am-1pm
320944-06		14+yrs
Sat/Sun	3/26-3/27	9am-1pm
Residents \$287		All Others \$342

Windsurfing Level 1

Learn to windsurf in a weekend with our certified instructing staff! With an outstanding curriculum and the use of land simulators, students will be up and sailing in a matter of hours regardless of age, strength and size!

Requirements: Students must be comfortable swimming and treading water.

Shoreline Aquatic Center		SAC Staff
320821-01		14+yrs
Sat/Sun	2/20-2/21	9am-1pm
320821-02		14+yrs
Sat/Sun	2/27-2/28	9am-1pm
320821-03		14+yrs
Sat/Sun	3/5-3/6	9am-1pm
320821-04		14+yrs
Sat/Sun	3/12-3/13	9am-1pm
320821-05		14+yrs
Sat/Sun	3/19-3/20	9am-1pm
320821-06		14+yrs
Sat/Sun	3/26-3/27	9am-12pm
Residents \$207		All Others \$246



TEEN PROGRAM

TEEN PROGRAM
Turn to pages 40-41 for the latest info on all our activities for local teens including LAYC dances, The Underground Teen Center and the Los Altos Youth Commission.

SENIOR Program

TWO LOCATIONS!

@ Hillview

97 Hillview Ave, Rooms 10-12 947-2797

Hours*: Monday-Friday, 8:30am-3:30pm

*Holiday hours vary. Call 947-2797 for exact schedule.

@ Grant

1575 Holt Ave, Multi-Purpose Room 947-2797

Hours*: Wednesday, 10am-2pm

*Holiday hours vary. Call 947-2797 for exact schedule.

Adults 50+ are welcome and encouraged to join any and all of our programs! Many senior activities are listed here but please consult The Spotlight (the Los Altos Senior Program's bi-monthly newsletter), drop in or give us a call for more info and specific dates.

MEMBERSHIP

Everyone is welcome to enjoy our Senior Program. By becoming a Los Altos Senior Program member, you are entitled to reduced program fees for most of our activities and access to member-only services. Plus, as a member, you contribute to one of the best little senior centers on the planet!

BECOME A MEMBER

Fill out the membership form (available on the Recreation & Community Services website, LosAltosRecreation.org). Mail the form, together with a check, payable to "City of Los Altos," to:

Los Altos Senior Program
97 Hillview Ave
Los Altos, CA 94022

*Residents \$26**

*All Others \$40**

*If desired, add \$6 for a one-year home delivery subscription to The Spotlight newsletter. The Spotlight gives you all the information about the many activities and services we offer. The Spotlight is also available free at the Senior Center and online at LosAltosRecreation.org.



TRAVEL

The Los Altos Senior Program offers day and extended trips throughout the year. For a synopsis of our current trips, pick up a copy of The Spotlight newsletter or stop by the Senior Center for detailed flyers. For more information, contact Senior Program staff at 947-2797.

INTRODUCING...THE S.A.S.H. PROGRAM

(SHOPPING ASSISTANCE FOR SENIORS WHO ARE HOMEBOUND)

WHAT IS IT?

Local volunteers are available to pick up cooked rotisserie chickens from Costco and deliver them warm to Los Altos seniors (50+yrs). This is a trial program that has 10 deliveries per week on a first come, first served basis.

HOW TO PARTICIPATE?

Orders may be placed Monday-Friday, 8:30am-5pm by calling 947-2790. Deliveries are made to your home on Wednesdays between 10:30am and 1:30pm.

PAYMENT?

Senior Prog Members: \$7

All Others: \$8

Payment can be made at time of ordering with a credit card or debit card. Payment is also accepted at time of delivery in the form of a check (payable to "City of Los Altos") or cash (exact change, please).

WEDNESDAY ACTIVITIES @ GRANT

10am-2pm: Intermediate Bridge, Mah-Jongg, Card Games
 10:15am: Stretch with Eleanor 10:45am: Chair Workout with Nora
 12pm: Bring Lunch + Interesting Speaker Provided! (3rd Weds)
 1pm: Zumba Dance Party with Nora (1st & 3rd Weds); Betsy's Book Club (2nd Weds); Garden Club (4th Weds)

ON-GOING ACTIVITIES @ HILLVIEW

- **Wii Nintendo** drop-in play or lessons by appointment
- **Jigsaw Puzzle**
- **Desktop Computer**
- **Ping Pong** reservations required
- **YouTube** discussions on current events
- **Chess**



DAILY ACTIVITIES @ HILLVIEW

Monday

Monkey Toy Project
9:30-11:30am / Rm 11

Poker
12-3:30pm / Rm 11

Yoga
1:30-2:30pm / Rm 12

Advanced Bocce Ball
10am-12pm
Bocce Courts

Tuesday

PC Computer Tutor
1-3pm / Rm 10
By appointment

Bridge
8:30am-3:30pm
Rm 11

Ping Pong
2pm / Rm 12

Beginning Bocce Ball
10-11:30am
Bocce Courts

Wednesday

Bridge
8:30am-12pm / Rm 11

Mah-Jongg
Intermediate
1-3:30pm / Rm 11
Free Play

Art Studio
9:30am-12pm / Rm 12

Advanced Bocce Ball
10am-12pm
Bocce Courts

Thursday

iPad & Mac Tutor
1-3pm / Rm 10
By appointment

Pinochle
12-3:30pm / Rm 11

Beginning Bocce Ball
10-11:30am
Bocce Courts

FUN Friday

Holiday dates may vary.

1st Friday
Movie Day
1pm / Rm 12
Fee: Members Free
All Others \$1

2nd Friday
Friday Lunch
12pm / Rm 11
Fee: Members \$4
All Others \$6

3rd Friday
Birthday Party
12pm / Rm 11
Fee: Members \$4*
All Others \$6
*Birthday month? Free lunch during your birth month if you are a Senior Program Member!

MONTHLY ACTIVITIES @ HILLVIEW

Monday

1st Monday
Senior Commission Meeting
4:30pm / Various Rms

NOTE:
All activities are FREE with Senior Program membership, unless otherwise noted.

Actual dates may vary; call to verify schedule.

Tuesday

2nd Tuesday
Fuschia Society
7:30pm / Rm 17

3rd Tuesday
HICAP
1-3pm / Conf Rm 3
By appointment

4th Tuesday
Real Estate Corner
9am / Conf Rm 3
By appointment

Wednesday

2nd Wednesday
Legacies Board Meeting
10am / Conf Rm 3
(Meets quarterly; call Senior Center for date.)

3rd Wednesday
Women's Group
11am / Rm 10

Rhododendron Society
7:30pm / Rm 12

Thursday

1st Thursday
Men's Group
10-11:30am / Rm 10

2nd Thursday
Book Club
1-2pm / Rm 18

3rd Thursday
Camera Club
7pm / Rm 12

4th Friday
Friday Lunch
12pm / Rm 11
Fee: Members \$6
All Others \$8

5th Friday
Bingo
1pm / Rm 11
Fee: Members Free
All Others \$3

Various Fridays
Smart Driver Safety Class
1-5:30pm / Rm 12
Fee:
AARP Members \$15
All Others \$20

TEEN Program

THE UNDERGROUND



TEEN CENTER

400 University Ave (at Shoup Park)
A drop-in facility for teens ages 11-17

Winter Hours*

Fridays 3-6pm

Saturdays 2-6pm

The place to hang out with friends and relax is back for winter! Teens can hang out playing pool, shuffle board, Playstation 3, and more! The Underground is supervised by Recreation Department staff and is a fun, safe place for teens in Los Altos.

Activities are FREE (unless noted)!

*The Underground is closed on LAYC Dance dates.

**WINTER BREAK
AT THE UNDERGROUND**

2/15-2/19

**SPECIAL HOURS
11AM-3PM daily**

**SCHEDULE OF EVENTS
Will be posted on
LosAltosRecreation.org
on 2/1**

**ACTIVITIES
FUN and FREE!**

COME CHECK US OUT!



LOS ALTOS YOUTH COMMISSION

The 11-member Youth Commission is comprised of 7th-12th graders who live in Los Altos. Representing the needs of youth and teens in Los Altos, the Youth Commission meets the first Monday of every month at 6:30pm at Hillview Community Center, Room 2. All teens are welcome to attend meetings and provide feedback on issues and programming.

For more information about The Underground, Teen Programs, and/or Youth Commission, call Zack Silva at 947-2727 or email him at zsilva@losaltosca.gov.

"The place to see and be seen."

LAYC DANCES

FRIDAYS // 7-9PM

All dances take place on Fridays from 7-9pm at the LAYC building (1 N San Antonio Rd)*

February 5 and May 20 are part of our NEW LAYC events!

*February 5 dance will take place at THE UNDERGROUND – 400 University Ave (at Shoup Park)

2016

- 1.08 Black and White
- 2.05 Party Underground Luau
Check it out: Takes place at The Underground!
- 3.04 80s
- 4.08 Semi-Formal
- 5.20 Block Party – Summer Kickoff

LAYC Dance Memberships

- Participants must have a LAYC membership in order to participate.
- Memberships for the 2015-2016 school year are \$59 for 5 remaining events.
- LAYC memberships are offered to 7th and 8th graders who live in Los Altos or attend a Los Altos school.
- To purchase a membership, please download an application (which can be found online at LosAltosRecreation.org). Then come to the the Recreation & Community Services office at the Hillview Community Center (97 Hillview Ave) with a completed application. Office hours are Monday-Friday, 8am-5pm.

VOLUNTEER Program

City of Los Altos
Municipal Volunteer Program

MVP



MUNICIPAL VOLUNTEER PROGRAM

Winter Volunteer Opportunities



Volunteer activities include (but not limited to):

- **FRONT DESK SUPPORT, Senior Program**
- **VEHICLE MAINTENANCE, City Hall**
(fueling and car washes)
- **MONKEY TOY LADIES*, Senior Program**
(sewers, cutters, assembly)
*Gentlemen welcome, too!
- **TECHNOLOGY TUTORS, Senior Program**
- **CREATE YOUR OWN VOLUNTEER OPPORTUNITY**
with your talents, interests or hobbies in mind!

Contact Barbara Smith for more info!
947-2897 or bsmith@losaltosca.gov

LosAltosRecreation.org,
then click on the volunteer tab.

REDWOOD GROVE Happenings

Redwood Grove Restoration Workdays

Come Volunteer!

See the difference you can make by removing ivy and other invasives, planting native plants, and helping to improve habitat for native plants and wildlife.



Weekend workdays are held 1-2 times per month. For dates and to register for a workday, please visit Acterra's website at:
acterra.org/stewardship

Redwood Grove Nature Preserve
482 University Ave., Los Altos

For more information or to arrange a separate workday for your group, please contact Junko Bryant:
junkob@acterra.org



ACTION FOR A
HEALTHY PLANET

www.acterra.org

PARTY Packages

Booking your next party is as easy as...

Cupcake!

- 1 Choose your party package
- 2 Pick a date (and a few alternates)
- 3 Call or drop by our office to book it!

Murphy Magic

For Kids 4-7 Years

Party guests will be enchanted by a 45-minute magic and juggling show by children's favorite performer, Michael Murphy.
4 hrs/30 guest max

Balloon Art available for additional fee

At the San Antonio Club*

Residents: **\$285**
All Others: **\$303**

Archery Party

For 7+ Years

(with kids under 18 accompanied by an adult)

You'll definitely hit a bull's-eye with this party! Archery instructor Ray Roan provides 1.5 hours of instruction (and all equipment) for this fun experience.
2.5 hrs/15 guest max

At Redwood Grove

Residents: **\$200**
All Others: **\$218**

Teen Center @The Underground

For Kids 11-18 Years

The entirety of the teen center will be open to your party goers. Pool table? Yes. Video games? Sure. 47" flat screen TV? You bet. Ping pong, foosball and more? Absolutely!
4 hrs/30 guest max

At The Underground Teen Center in Shoup Park*

Residents: **\$225**
All Others: **\$243**

Bocce Ball & Barbecue

All Ages

(with kids under 18 accompanied by an adult)

Celebrate your special occasion while enjoying a spirited game of bocce ball and a barbecue!

We supply the equipment; you supply the food and good times!
4 hrs/30 guest max

At the Hillview Community Ctr Bocce Ball Courts + Classroom*

Residents: **\$200**
All Others: **\$218**

Book Now!

To book your party, please complete the Party Application Form, which can be found online at LosAltosRecreation.org or picked up at the Recreation & Community Services office.

Return the completed application to our office in person or via mail (97 Hillview Ave, Los Altos, CA 94022). Questions? Call us at 947-2790 or email us at info@LosAltosRecreation.org!

* Friendly facility attendant included

SERVICES & Organizations

YOUTH Theatre

Sports

A.Y.S.O. Region 43 ayso43.org
 A.Y.S.O. Region 45 ayso45.org
 C.Y.S.A. District II www.cysadistrict2.org
 Futsal Kingz (indoor soccer) futsalkingz.com / (408) 440-7878
 Los Altos/Los Altos Hills
 American Little League info@losaltoslittleleague.com
 Los Altos Mountain View Aquatic Club (LAMVAC) lamvac.org
 Los Altos Pony Baseball info@lamvpb.org
 Los Altos Tennis Club (Adult) losaltostennisclub.com
 Mountain View Los Altos Soccer mvlasc.org
 Mountain View Los Altos Girls Softball mvlags.org / 964-6489
 Mountain View Masters Swim & Social Club (Adult) mvm.org
 336-8603
 Pop Warner Football mvmarauders.com
 Red Star Soccer redstarsoccer.com / 380-0099
 Tomahawks Lacrosse tomahawkslacrosse.org / (888)599-5096
 YMCA Youth Sports 969-9622

Adults

Acterra acterra.org / 962.9876
 Community Health Awareness Council (CHAC) chacmv.org
 965-2020
 Federated Woman's Club of Los Altos 948-3553
 Fit4Mom midpeninsula@fit4mom.com / 395-7558
 Foothill College foothill.edu / 949-7777
 Garden Club of Los Altos gardencluboflosaltos.org
 Greentown Los Altos greentownlosaltos.org / 383-7540
 Kiwanis Club of Los Altos losaltoskiwanis.org / 735-1552
 Las Madres lasmadres.org / (877) 527-6237
 League of Women Voters lww.org / 941-4846
 Los Altos Art Club losaltosartclub.org
 Los Altos Chamber of Commerce losaltoschamber.org/948-1455
 Los Altos Community Foundation losaltoscf.org / 949-5908
 BAT, CERT, LEAD
 Los Altos/Los Altos Hills Newcomers Club losaltosnewcomers.com
 Los Altos Mediation Program (LAMP) 949-LAMP(5267)
 Los Altos Mountain View Aquatic Club (LAMVAC) lamvac.org
 (408) 732-3432
 Los Altos Stage Company losaltosstageco@losaltosstage.org
 941-0551
 Mountain View/Los Altos Adult Ed Office adulted@mvla.net
 940-1333
 Midpeninsula Regional Open Space District info@openspace.org
 691-1200
 Midpeninsula Widows & Widowers Assn 940-1096 / (408) 246-4642
 Ye Olde Town Band windband.org/oldtowne

Youth

American Red Cross Babysitter Training 1(800) 733-2767
 Boy Scouts of America Pacific Skyline Council 327-5900
 Children's Corner Inc. lamvchildrenscorner.org / 948-8950
 Music for Minors 237-9130

Los Altos Recreation & Community Services



"A MIDSUMMER NIGHT'S DREAM"

By William Shakespeare

Directed by a Resident Artist of the San Francisco Shakespeare Festival, TBA*

"...the spring, the summer,
 The chiding autumn, angry winter, change
 Their wonted liveries, and the mazed world
 By their increase, now knows not which is which..."

Midsummer in midwinter? Why not, when the squabbling King and Queen of the fairies have turned the seasons upside down! LAYT partners with artists from the San Francisco Shakespeare Festival for this special opportunity for young actors to study and perform the timeless words of the Bard.

ACTOR INFO

Parent Meeting: Jan 4, 6:30-7:30pm
 (Registration, if not already completed, takes place at this meeting.)

Rehearsals: Jan 5-Mar 3
 Mon-Th, 4-7pm with
 extended hours the weeks of
 Feb 22 and 29
 (No rehearsal Jan 18, 19 &
 Feb 15-19)

Location: Hillview Community Center MPR
 97 Hillview Avenue, Los Altos

Fees^: Residents \$289 All Others \$344
 ^Scholarships available

PERFORMANCE & TICKET INFO

March 4-20 weekends

Tickets: \$20 and \$15 each

1. Order online at losaltosca.gov/recreation/page/purchase-tickets OR
2. Drop off completed ticket order form at the Los Altos Recreation & Community Services front office Monday-Friday, 8am-5pm. (Form available online or at the Recreation & Community Services office.)

*This production is a collaborative effort with The San Francisco Shakespeare Festival. Best known for bringing Free Shakespeare in the Park to Cupertino each summer, the company is excited to work with the City of Los Altos and LAYT on this production. Several members of the San Francisco Shakespeare Festival creative staff will contribute to "A Midsummer Night's Dream."



www.losaltosca.gov/recreation/page/los-altos-youth-theatre



LIBRARY

Los Altos Library

13 S. San Antonio Road
Mon-Thu 10am-9pm
Fri/Sat. 10am-6pm
Sun. 12-6pm

Library telephone numbers

Main. 948-7683
Woodland 969-6030

Woodland Branch Library

1975 Grant Road
M/Tu/W. 11am-8pm
Th/F/Sa. 11am-5pm
Sun. CLOSED

Accounts,
Billing. 1-800-286-1991
TeleCirc 1-877-471-0991

Santa Clara County Library website: sccl.org

KIDS' PROGRAMS (partial listing)

Main Library

Toddler Storytime (1-2yrs)
Tue, Wed, Thu at 10:15am

Baby Lapsit

(0-18 mos & adults)
Wed at 1pm
(including a baby sign language series 1st and 3rd Wed of each month)

Reading Buddies

(grades K-5)
2nd Sat of each month at 11am
4th Sat of each month at 2:30pm

Woodland Library

Baby Lapsit (0-18 mos & adults)
Mon at 1:15pm

Family Storytime

(all ages)
Mon at 7pm

Preschool Storytime (3+yrs)
Tue & Wed at 11am

Mandarin Bilingual Storytime

(all ages)
Thu at 11am

Family Games & Lego Building

(all ages)
2nd Thu of each month from 4-6pm

BOOK GROUPS FOR ADULTS

The Whodunit? Mystery Readers Group at Los Altos Main Library
First Wed of each month at 10:15-11:30am

The Los Altos Senior Book Club at the Los Altos Senior Center
(Come at 12:30pm for an optional brown bag lunch and social time before the book discussion.) Second Thu of each month at 1pm

The Great Books Club at the Los Altos Main Library Program Room
Third Tue of each month from 6-8pm

The Woodland Library Book Club at the Woodland Library
Second Tuesday of each month at 2pm

TEEN PROGRAMS

Youth Game Afternoon at Los Altos Main Library Teen Study Room
Every Wed from 3-4:30pm

HISTORY Museum



On exhibit through April 17

Spirits Return: Cultural Traditions Keeping Memories Alive



Showcases how different cultures remember, honor and celebrate their ancestors—around the world and right here at home—including Dia de Los Muertos (Mexico), Obon (Japan), Qing Ming and the Hungry Ghost Festival (China), Chuseok (Korea), Shradh (India), All Saints and All Souls Days and Memorial Day. A variety of programs complements the exhibit.

Save the Dates!

Second Wednesdays—Lean In Circles
6-8pm

Speakers and networking for emerging professional women.
Free; registration required.

2.6.16

Annual Crab Feed & Auction

This fun and fantastic fundraising event will once again be held at St. William Parish Hall. Tickets sell out early; members get first dibs.

Visit your museum all year 'round!

Ohlone, rancho days, people of note, railroad history—free audio tour. Gardens, picnic tables, tractors, 1915 tank house and more! Enjoy docent-led tours of the Smith House every Sunday at 2pm.

Rental Events: Make your own history!

Rent the museum for your special event: 948-9427, x12.

51 S. San Antonio Rd, Los Altos
losaltoshistory.org 948-9427

Open Thurs-Sun
Hours 12-4pm
Free Admission

REGISTRATION Form

City of Los Altos Recreation & Community Services • 97 Hillview Avenue, Los Altos, CA 94022

Head of Household Information *(Please Print)*

	Home Phone
Last Name	First Name
E-mail Address	Cell Phone
Home Address	City Zip
Emergency Contact	Emergency Contact Phone

READ & SIGN BELOW: Through this registration form, I hereby absolve the City of Los Altos, its employees & officers from all liability which may arise as the result of my participation in the activities listed below, and in the event that the below-named participant is a minor.

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation & Community Services Department refund policy. Furthermore, reservation of a place in a class or program does not constitute any form of guarantee by the City of Los Altos that the class or program will take place. The City of Los Altos reserves the right to cancel any program or class at any time for any reason, as its sole discretion. Money paid in advance for any class or program that is cancelled by the City of Los Altos will be refunded in full.

REFUNDS & TRANSFERS Refund and transfer requests must be submitted in writing up to five working days prior to the first day of class. All refunds will be charged a \$20 service fee. Email your refund and transfer request to info@losaltosrecreation.org. No refunds or transfers will be given after class begins.

PARTICIPANT SIGNATURE (Parent or Guardian if under 18)	Date
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If you have any special needs requiring specific accommodations for you to fully enjoy a class or facility, please contact us at info@losaltosrecreation.org

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS TITLE	T-SHIRT SIZE*	FEE
TOTAL DUE:						

CREDIT CARD PAYMENT (check one)

Visa
 MasterCard
 Discover

Cardholder Name: _____

Card Number: _____

Exp. Date: _____

Signature: _____

- PAYMENT OPTIONS:**
- Checks made payable to City of Los Altos
 - Visa, MasterCard or Discover credit cards
 - Cash payments must be made in person; please do not mail cash
- REGISTRATION FORM RETURN OPTIONS:**
- Email form to info@losaltosrecreation.org
 - Mail form to 97 Hillview Ave, Los Altos, CA 94022
 - Fax form to 947-2738
 - Walk in to the Recreation Office at 97 Hillview Ave, Los Altos

REGISTRATION Info

Winter 2016 Registration Date

Registration begins Monday, January 4

4 Easy Ways To Register

ONLINE

losaltosrecreation.org

FAX

947-2738

MAIL IN

Los Altos Recreation &
Community Services
97 Hillview Ave
Los Altos, CA 94022

WALK IN

Hillview Community Center
97 Hillview Ave, Los Altos

Registration Details

- Any class canceled by the Recreation & Community Services Department will be refunded in full.
- Returned checks will be charged a \$25 service fee.
- A resident is anyone living within the city of Los Altos. All others living outside the city limits (including unincorporated areas, Los Altos Hills and Mountain View, etc.) are nonresidents.

Refunds & Transfers

- Refund and transfer requests must be submitted in writing up to five working days prior to the first day of class.
- All refunds will be charged a \$20 service fee.
- E-mail your refund and transfer requests to info@losaltosrecreation.org.
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City of Los Altos Recreation & Community Services Office

97 Hillview Ave, Los Altos, CA 94022

Office Hours

Monday – Friday, 8am – 5pm

Contact Info

Phone: 947-2790 Fax: 947-2738
info@losaltosrecreation.org



Become a fan of
Los Altos Recreation



@losaltosrec

Recreation & Community Services Department Mission Statement

The Los Altos Recreation & Community Services Department strives to enrich community members through active participation in life-long learning, health and wellness, community involvement, and recreational activities.



RECREATION & COMMUNITY SERVICES LOCATIONS

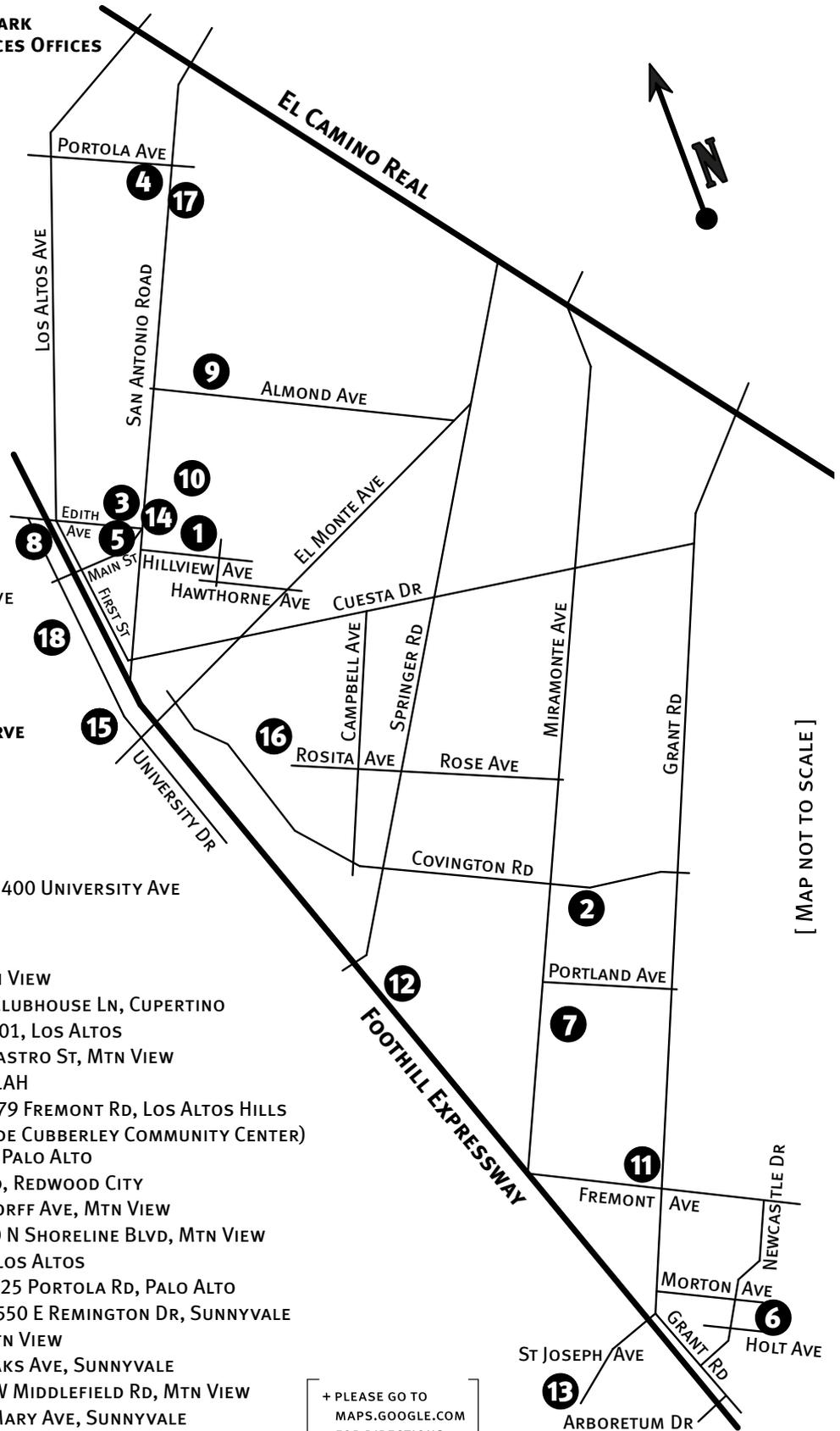
Parks, Indoor Facilities & Schools

1. **HILLVIEW COMMUNITY CENTER & PARK RECREATION & COMMUNITY SERVICES OFFICES**
97 HILLVIEW AVE
2. **BLACH MIDDLE SCHOOL**
1120 COVINGTON RD
3. **VILLAGE PARK**
EDITH AVE/SAN ANTONIO RD
4. **EGAN MIDDLE SCHOOL**
100 W PORTOLA AVE
5. **COMMUNITY PLAZA**
CORNER OF MAIN & STATE STS
6. **GRANT PARK**, 1575 HOLT AVE
7. **HERITAGE OAKS PARK**
PORTLAND/MIRAMONTE AVE
8. **LINCOLN PARK**
UNIVERSITY/LINCOLN AVE
9. **LOS ALTOS HIGH SCHOOL**
201 ALMOND AVE
10. **LOS ALTOS YOUTH CENTER - LAYC**
1 N SAN ANTONIO RD
11. **MARYMEADE PARK**
FREMONT/GRANT RD
12. **MCKENZIE PARK**, 707 FREMONT AVE
13. **MONTCLAIRE PARK**
2068 STONEHAVEN DR
14. **BUS BARN THEATER**
161 S SAN ANTONIO RD
15. **REDWOOD GROVE NATURE PRESERVE**
482 UNIVERSITY AVE
16. **ROSITA PARK**, 401 ROSITA AVE
17. **SAN ANTONIO CLUB - TINY TOTS**
647 SAN ANTONIO RD
18. **SHOUP PARK / GARDEN HOUSE / THE UNDERGROUND - Teen Center**, 400 UNIVERSITY AVE

ADDITIONAL LOCATIONS

- + **CSMA**, 230 SAN ANTONIO CIR, MTN VIEW
- + **DEEP CLIFF GOLF COURSE**, 10700 CLUBHOUSE LN, CUPERTINO
- + **FLEX**, 4600 EL CAMINO REAL, STE 201, LOS ALTOS
- + **GRAHAM MIDDLE SCHOOL**, 1175 CASTRO ST, MTN VIEW
- + **HIDDEN VILLA**, 26870 MOODY RD, LAH
- + **LOS ALTOS HILLS TOWN HALL**, 26379 FREMONT RD, LOS ALTOS HILLS
- + **MELODY ACADEMY OF MUSIC (INSIDE CUBBERLEY COMMUNITY CENTER)**
4000 MIDDLEFIELD ROAD, ROOM V, PALO ALTO
- + **NAZARETH ICE OASIS**, 3140 BAY RD, REDWOOD CITY
- + **RENGSTORFF PARK**, 201 S RENGSTORFF AVE, MTN VIEW
- + **SHORELINE AQUATIC CENTER**, 3160 N SHORELINE BLVD, MTN VIEW
- + **SKATEWORKS**, 379 STATE STREET, LOS ALTOS
- + **SPRING DOWN EQUESTRIAN CTR**, 725 PORTOLA RD, PALO ALTO
- + **SUNNYVALE COMMUNITY CENTER**, 550 E REMINGTON DR, SUNNYVALE
- + **SYLVAN PARK**, 550 SYLVAN AVE, MTN VIEW
- + **TWISTERS SPORTS**, 1165 N FAIR OAKS AVE, SUNNYVALE
- + **WHISMAN SPORTS CENTER**, 1500 W MIDDLEFIELD RD, MTN VIEW
- + **YOUNG CHEF'S ACADEMY**, 1336 S MARY AVE, SUNNYVALE
- + **ZURAEK STABLES**, 11854 PAGE MILL RD, LAH

+ PLEASE GO TO
MAPS.GOOGLE.COM
FOR DIRECTIONS



FACILITY & PARK RENTALS



San Antonio Club: Rentable for YOUR preschoolers next fun party!

**FOR FACILITY & GROUP
PICNIC RESERVATIONS,
PLEASE CALL**

947-2790

or email

info@losaltosrecreation.org

PARK FACILITIES

All park facilities are available on a first-come, first-served basis.

Only the Patriot Corner Group Picnic Area at Shoup Park may be reserved in advance.

GYMNASIUMS & FIELDS

Blach & Egan Middle Schools (map locations 2 & 4).

For gym reservations
Zack Silva at 947-2727 or
zsilva@losaltosca.gov

For field reservations
Greg Milano at 947-2848 or
[gmilano@losaltosca.gov](mailto:g milano@losaltosca.gov)

INDOOR RENTAL FACILITIES

Meeting rooms, classrooms & multi-purpose rooms with kitchens are all available for rent.

WALK-IN RESERVATIONS

We welcome reservations Monday through Friday at the Hillview Community Center, 97 Hillview Ave, Los Altos. Detailed information and reservation forms are available online at LosAltosRecreation.org or can be requested by phone or via email.

PARK/FACILITY	Map Location	Acres	Ballfield	Multi-Use Fields	Basketball	Tennis Courts	Playground	Picnic Tables	BBQ Pits	Restrooms	Rental	Kitchen
Blach Gym	2				✓					✓	✓	
Community Plaza (corner of Main & State Sts)	5	.16						✓			✓	
Egan Gym	4				✓					✓	✓	
Garden House & The Underground at Shoup	18									✓	✓	✓
Grant Classrooms & Multi-Purpose Room	6	4.5		✓	✓		✓	✓	✓	✓	✓	✓
Heritage Oaks	7	5.3		✓			✓	✓	✓	✓		
Hillview Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room & Bocce Ball Courts	1	8.3	✓	✓			✓		✓	✓	✓	✓
Lincoln	8	4.4		✓								
Los Altos Youth Center (LAYC)	10							✓	✓	✓	✓	✓
Marymeade	11	2.5				✓	✓	✓	✓	✓		
McKenzie	12	4.3		✓		✓	✓	✓	✓	✓		
Montclair	13	1.1				✓	✓	✓	✓			
Redwood Grove	15	5.9	Features include a creekside & redwood trail, picnic tables and rose garden. Not reservable.									
Rosita plus Snack Shack	16	6.4	✓	✓		✓	✓	✓		✓	✓	
San Antonio Club	17						✓			✓	✓	✓
Shoup	18	3.9		✓			✓	✓	✓	✓	✓	
Village	3	.78	Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable.									



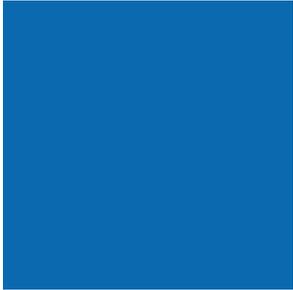
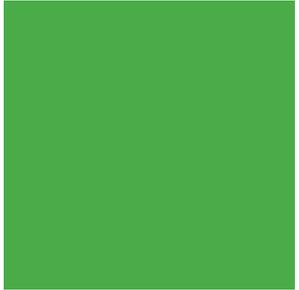
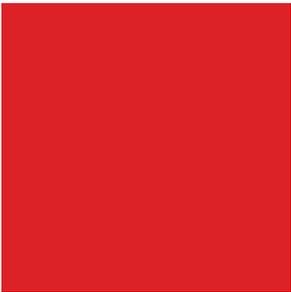
CITY OF LOS ALTOS
RECREATION & COMMUNITY SERVICES
 97 HILLVIEW AVENUE, LOS ALTOS, CA 94022

PRSRST STD
 U.S. POSTAGE
PAID
 LOS ALTOS, CA
 PERMIT NO. 258

POSTMASTER: PLEASE
 DELIVER BETWEEN
 12/29 AND 1/2

*****ECRWSEDDM*****
RESIDENTIAL CUSTOMER

New Year Resolutions?



New Year Solutions!

LosAltosRecreation.org