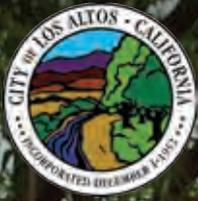


FALL 2015

# ACTIVITY GUIDE

FALL CLASSES AND COMMUNITY EVENTS

**Parks  
Make  
Life  
Better!**



CITY OF LOS ALTOS

## RECREATION & COMMUNITY SERVICES



# SPECIAL EVENTS

## Special Events At-A-Glance



### FALL PLANT EXCHANGE

**SEPT 26**

10am-12pm

Hillview Parking Lot

FREE! (Rain or shine!)

Must bring plants to exchange.

More info? 947-2790

### 52ND ANNUAL HALLOWEEN WINDOW PAINTING CONTEST

**OCT 22-24**

Downtown Los Altos

More info? 947-2790

### ACTERRA'S FALL WORK DAYS

Redwood Grove

Weekend work days are

held 1-2 times each month.

Info? [Acterra.org/stewardship](http://Acterra.org/stewardship)

 Like us on Facebook

Los Altos Recreation &  
Community Services Department

[LosAltosRecreation.org](http://LosAltosRecreation.org)  
947-2790

# LAYC DANCES

FRIDAYS

7-9PM

PG 41: MORE DEETS

We've added a few new twists to this Los Altos tradition. LAYC Dances are for all 7th and 8th graders living in Los Altos or attending a school located in Los Altos. Your teen can join in on the fun! Check us out!

## Rental Space for Holiday Fun

**Holiday gatherings are around the corner.  
And we have just the space for you!**

Take a look at our inside back cover to see the options available here within the City of Los Altos, including:

- Garden House at Shoup Park (with kitchen facilities)
- San Antonio Club for the younger set (with kitchen facilities)
- Two Multi-Purpose Rooms (with kitchen facilities)
- The Underground Teen Center for youth 11-18 yrs
- Hillview Social Hall
- Classrooms + more!

## Volunteer Program



**Come volunteer with us!**

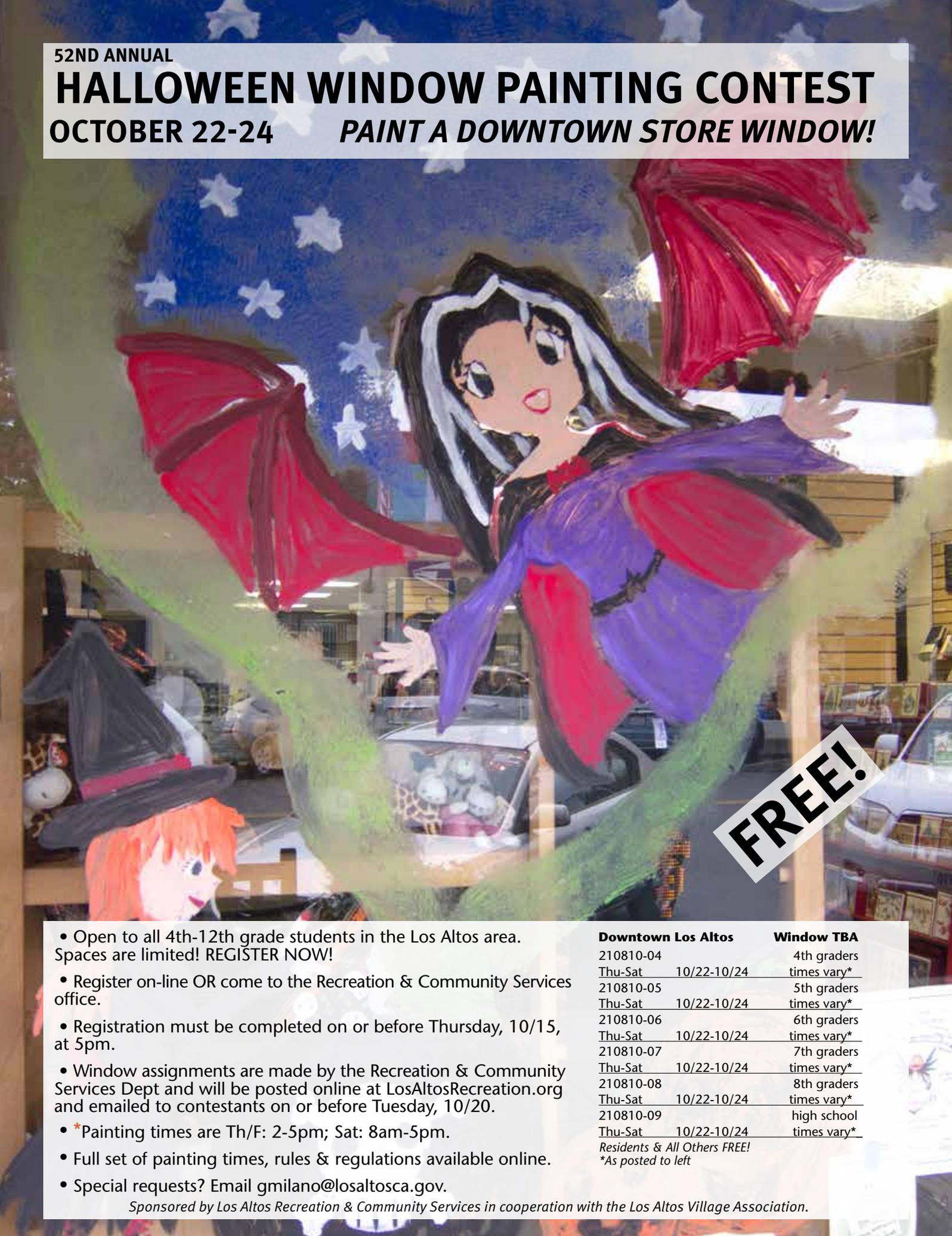
We have many opportunities for you to do great things with good people! Page 42 has the info you could just be looking for!

52ND ANNUAL

# HALLOWEEN WINDOW PAINTING CONTEST

OCTOBER 22-24

*PAINT A DOWNTOWN STORE WINDOW!*



**FREE!**

- Open to all 4th-12th grade students in the Los Altos area. Spaces are limited! REGISTER NOW!
- Register on-line OR come to the Recreation & Community Services office.
- Registration must be completed on or before Thursday, 10/15, at 5pm.
- Window assignments are made by the Recreation & Community Services Dept and will be posted online at [LosAltosRecreation.org](http://LosAltosRecreation.org) and emailed to contestants on or before Tuesday, 10/20.
- \*Painting times are Th/F: 2-5pm; Sat: 8am-5pm.
- Full set of painting times, rules & regulations available online.
- Special requests? Email [g milano@losaltosca.gov](mailto:g milano@losaltosca.gov).

Downtown Los Altos		Window TBA
210810-04		4th graders
Thu-Sat	10/22-10/24	times vary*
210810-05		5th graders
Thu-Sat	10/22-10/24	times vary*
210810-06		6th graders
Thu-Sat	10/22-10/24	times vary*
210810-07		7th graders
Thu-Sat	10/22-10/24	times vary*
210810-08		8th graders
Thu-Sat	10/22-10/24	times vary*
210810-09		high school
Thu-Sat	10/22-10/24	times vary*

*Residents & All Others FREE!  
\*As posted to left*

*Sponsored by Los Altos Recreation & Community Services in cooperation with the Los Altos Village Association.*

# 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  
 Arnie Testa

#### Library

Cindy Hill  
*Chair*  
 Kishen Bhagavan  
*Vice Chair*  
 Mukesh Agarwal  
 Richard Liu  
 Cathie Perga  
 Judie Suelzle

#### Youth

Vikram Bharati  
 Cole Brinsfield  
 Ryan Chandra  
 Diego Ibarra  
 Annie Iverson  
 Drishaan Jain  
 Devika Kumar  
 Anooosha 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](http://losaltosca.gov/cc)

## Look Inside For...

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### ABOUT THE COVER...

Grant Park now hosts the Senior Program each Wednesday in the multi-purpose room! From 10am-2pm, seniors (50+yrs) can enjoy an array of activities or simply visit with friends. Page 39 has full details.

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

# Tiny Tots Programs

## Preschool & Kinder Prep

Enrolling for  
2015-2016 School Year



### Teriffic 3s

9:30am-12pm  
Tuesday/Thursday

### Fabulous 4s

9:30am-12pm  
Monday/Wednesday/Friday

### Kinder Prep

8:45-11:45am  
Monday-Friday

For more information please visit  
[LosAltosRecreation.org](http://LosAltosRecreation.org) or call 947-2890  
to schedule your tour today!



CITY OF LOS ALTOS  
**Summer**  
 CONCERT SERIES



THE CHEESEBALLS // JUNE 18, 2015

**A SUPER BIG**

*Thank You*

**TO OUR SPONSORS**

WITH THE GENEROUS SUPPORT OF THESE SPONSORS, WE WERE ABLE TO SING ALONG AND DANCE ALL SUMMER!

PLATINUM SPONSORS



GOLD SPONSORS



THANK You!

# ADULT Classes

## ART & CRAFTS

### ARTVENTURES

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

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

**Hillview Rm 12** **Various**  
645514-04 50+yrs  
Wed 9/9-12/23 9:30am-12pm  
Senior Program Members \$16  
All Others \$48\*

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

### RONA FOSTER ART

ronafoster.com



**NEW!**

### 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**  
230530-01 18+yrs  
Sat 10/17 1-4pm  
Residents \$57\* All Others \$66\*  
\*Materials fee of \$10 due first day.

### 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**  
230523-01 18+yrs  
Tue 10/27 6-8:30pm  
230523-02 18+yrs  
Tue 11/10 6-8:30pm  
Residents \$57\* All Others \$66\*  
\*Materials fee of \$20 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 Room 18** **Mustard**  
230525-01 Intermediate 18+yrs  
Fri 9/18-10/23 9:30-11am  
Residents \$102 All Others \$120

**HV RM 18** **Mustard**  
230525-02 Beginners 18+yrs  
Fri 10/30-12/4 10am-12:30pm  
No class 11/27  
Residents \$92 All Others \$108

### MACHINE SEWING FOR KIDS & ADULTS

Certified Sewing Instructor Debbie Nelson supplies everything, including computerized machines. This class info is listed in the Youth Class section, although appropriate for adults, too. Contact instructor with any questions: dnelson6@gmail.com

### 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**  
230514-01 18+yrs  
Fri 10/16-12/11 9am-12pm  
No class 11/27  
Residents \$142 All Others \$168

# 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 Notes: 1. Exercise kits are required for first-time participants and can be purchased from the instructor for \$49. 2. 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 Open Space Preserve\* Bartholomew

No code required	18+yrs
Mon/Wed/Fri on-going	9:30-10:45am
No class 9/7, 9/16, 9/18, 11/27, 12/21, 12/23, 12/25, 12/28, 12/30	

*\*Meet at the information booth near restrooms.*

## 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.

*Equipment Note: Please wear non-stick shoes.*

### Shoup Park Garden House Minev

230202-01	18+yrs
Thu 9/10-12/10	7-8pm
No class 11/12, 11/26	

Residents \$192\* All Others \$228\*

*\*Fee is per person.*



## 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

230208-01	12+yrs
Wed 9/9-10/14	7-8pm
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*

### Hillview Rm 4 Rawiyah

230236-01	12+yrs
Wed 9/9-10/14	8-9pm
Residents \$57	All Others \$66

## CONTEMPORARY CREATIVE DANCE

This is an all-inclusive course exploring the artistic mind and movement through a series of inquiry-based creative workshops, developing contemporary techniques and ideas, led by London-based dance artist Rachel Silveria.

*Required: Dancers are required to be barefoot and to wear comfortable clothing.*

### Hillview MPR Silveria

230213-01	18+yrs
Mon 9/21-10/26	6-7pm
230213-02	18+yrs
Mon 11/2-12/14	6-7pm
No class 11/23	
Residents \$68	All Others \$79

## 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. For more information contact Adam Halper.

*Equipment Note: Please bring yoga mat.*

#### Los Altos Hills Council Chambers Halper

645105-03		50+yrs
Mon/Wed	9/21-10/14	6-7am
645105-05		18+yrs
Mon/Wed	10/19-11/11	6-7am
645105-07		18+yrs
Mon/Wed	11/16-12/9	6-7am
<i>Senior Program Members \$160</i>		
<i>All Others \$170*</i>		

#### Hillview MPR

645105-04		50+yrs
Mon/Wed	9/21-10/14	8:45-9:45am
645105-06		18+yrs
Mon/Wed	10/19-11/11	8:45-9:45am
645105-08		18+yrs
Mon/Wed	11/16-12/9	8:45-9:45am
<i>Senior Program Members \$160</i>		
<i>All Others \$170*</i>		

*Senior Program Members \$160*  
*All Others \$170\**

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

## 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.*

#### Los Altos Hills Council Chambers Halper

645106-02		50+yrs
Mon/Wed	9/21-10/14	11:45am-12:45pm
645106-03		50+yrs
Mon/Wed	10/19-11/11	11:45am-12:45pm
645106-04		50+yrs
Mon/Wed	11/16-12/9	11:45am-12:45pm
645106-05		50+yrs
Mon/Wed	12/14-1/6	11:45am-12:45pm
<i>Senior Program Members \$160</i>		
<i>All Others \$170*</i>		

*Senior Program Members \$160*  
*All Others \$170\**  
*\*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.*

## 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

No code required  
Mon/Wed on-going 8:30-9:30am  
*Register at class; 10 classes for \$60.*  
*First week FREE!*

#### Franich

18+yrs



## 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 Park 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 Park 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 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**  
 645511-09 50+yrs  
 Tue 9/1-9/29 1-2pm  
 Senior Program Members \$30  
 All Others \$40\*

**Hillview Rm 4** **Campbell**  
 645511-10 50+yrs  
 Tue 10/6-10/27 1-2pm  
 645511-11 50+yrs  
 Tue 11/3-11/24 1-2pm  
 645511-12 50+yrs  
 Tue 12/1-12/22 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

### Strength & Balance

Join group leader Nora Beltran and enjoy exercises that strengthen the body and improve balance. Exercise from a seated or standing position. Let's hear it for wellness!

*Note: Chairs available if needed for standing support or sitting.*

**Hillview MPR** **Beltran**  
 645107-04 50+yrs  
 Tue/Thu beginning 9/8 11:30am-12:15pm  
 No class 9/15, 9/17, 11/24, 11/26  
 Senior Program Members \$20<sup>Δ</sup>  
 All Others \$60<sup>Δ</sup>

<sup>Δ</sup>Fee includes 20 classes in Fall '15.

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

### Stretch & Flex

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

*Note: Bring a mat to each class.*

**Hillview Social Hall** **Beltran**  
 645108-06 50+yrs  
 Tue/Thu beginning 9/8 8:50-9:50am  
 No class 9/15, 9/17, 11/24, 11/26  
 645108-07 50+yrs  
 Tue/Thu beginning 9/8 10-11am  
 No class 9/15, 9/17, 11/24, 11/26  
 Senior Program Members \$54<sup>Δ</sup>  
 All Others \$60<sup>Δ</sup>

<sup>Δ</sup>Fee includes 20 classes in Fall '15.

*\*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, agilities, sprints, power walking, flexibility, ropes, sports, and lots of fun. Join us for a free trial week.

*New Student Note: For new members, September through December: 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.*

<b>Blach Gym</b>		<b>Team Fit Staff</b>
No code required	coed class	18+yrs
Mon/Wed/Fri	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

<b>Egan Gym</b>		<b>Team Fit Staff</b>
No code required	coed class	18+yrs
Mon/Wed/Fri	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.*

<b>By appointment only</b>	<b>Team Fit Staff</b>
\$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.*

<b>Hillview Social Hall</b>	<b>Phillips</b>
Mon/Wed	on-going
	5:30-6:30pm
No class on observed holidays.	
<i>Register at class; 10 classes for \$50.</i>	

**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.*

<b>Hillview Rm 4</b>		<b>Graul</b>
231702-01	Beginners	18+yrs
Thu	9/10-12/17	6-7:15pm
No class 11/26		
231702-02	Continuing	18+yrs
Mon	9/14-12/14	6-7:30pm
<i>Residents \$168</i>		<i>All Others \$199</i>





### YOGA BY MIKI

Certified Yoga Therapist  
yogawithmiki.co.nf

#### Gentle Yoga for 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.*

<b>Shoup Park Garden House</b>	<b>Bouso</b>
231707-01	18+yrs
Wed 9/9-12/16	9:30-10:30am
No class 11/25	
Residents \$162	All Others \$192

<b>Shoup Park Garden House</b>	<b>Bouso</b>
231707-02	18+yrs
Mon 9/14-12/14	9:15-10:15am
No class 11/23	
Residents \$152	All Others \$180

#### NIA Dance – Yogalates

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.*

<b>Shoup Park Garden House</b>	<b>Bouso</b>
231716-01	18+yrs
Fri 9/11-12/11	9:15-10:40am
No class 11/27	
Residents \$167	All Others \$198

#### Yoga-Pilates Combo

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.*

<b>Shoup Park Garden House</b>	<b>Bouso</b>
231706-01	18+yrs
Wed 9/9-12/16	10:45am-11:50pm
No class 11/25	
Residents \$162	All Others \$192

<b>Shoup Park Garden House</b>	<b>Bouso</b>
231706-02	18+yrs
Fri 9/11-12/11	9:40-10:40am
No class 11/27	
Residents \$152	All Others \$180

## MARTIAL ARTS

### 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.

<b>Grant Park MPR</b>	<b>Gearhart</b>
231101-01	16+yrs
Mon/Thu 9/10-12/17	7:30-9pm
No class 11/26	
Residents \$158	All Others \$187

### 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.*

<b>Hillview Social Hall</b>	<b>Chang/Huey/Do</b>
231102-01	18+yrs
Tue/Thu 10/6-12/17	7-8pm
No class 11/26	
Residents \$179*	All Others \$212*
<i>*Materials fee of \$245 due first day for first-time participants.</i>	

## 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 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

645534-04

Tue 9/8-12/8

No class 9/29, 10/6, 11/24

Senior Program Members \$93

All Others \$102\*

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

### Scheer

18+yrs

12:45-1:45pm

## SPECIAL INTEREST

### FAMILY FRIENDS

## 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 included in fee.

*Registration Note: Youth participants (12-17yrs) must be accompanied by a registered adult participant.*

### Hillview Rm 13

250835-01

Sat 10/10

Residents \$47

### Pay

12+yrs

9am-1pm

All Others \$54



## 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

##### Adobe Dog Training

230837-01 18+yrs

Wed 9/9-10/14 10:15-11:15am

230837-02 18+yrs

Thu 9/10-10/15 9-10am

230837-03 18+yrs

Wed 10/21-11/25 10:15-11:15am

230837-04 18+yrs

Thu 10/22-12/3 9-10am

No class 11/26

230837-05 18+yrs

Wed 12/2-1/20 10:15-11:15am

No class 12/23

230837-06 18+yrs

Thu 12/10-1/21 9-10am

No class 12/24

Residents \$65

All Others \$76

#### Advanced Classes

##### Hillview Baseball Field

##### Adobe Dog Training

230801-01 18+yrs

Thu 9/10-10/15 8-9am

230801-02 18+yrs

Thu 10/22-12/3 8-9am

No class 11/26

230801-03 18+yrs

Thu 12/10-1/21 8-9am

No class 12/24

Residents \$65

All Others \$76





## 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**  
 230823-01 21+yrs  
 Wed 10/14 7-8:30pm  
 Residents \$32\* All Others \$36\*  
 \*Spouse/guest may attend at no charge.

## FINANCIAL

### EVANS FINANCIAL

#### 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**  
 231801-01 40+yrs  
 Tue 9/15-9/29 6:30-9pm  
 231801-02 40+yrs  
 Thu 9/24-10/8 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**  
 230824-01 60+yrs  
 Mon 9/21-9/28 10am-12:30pm  
 230824-02 60+yrs  
 Wed 9/30-10/7 1-3:30pm  
 Residents \$42\* All Others \$48\*  
 \*Spouse/guest may attend at no charge.

## GAMES WE PLAY!

### TEN WEEKS TO PLAY BRIDGE

Learn to play bridge in a pleasant social setting. In ten weeks we will develop our playing skills, learn to communicate with our partners and, most importantly, have fun.

**Hillview Rm 12** **Robinson**  
 645510-01 18+yrs  
 Mon 9/14-12/14 9-11am  
 No class 11/9, 11/16, 11/23, 11/30  
 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 also 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**  
 645530-04 18+yrs  
 Thu 9/17-12/17 9:15am-12pm  
 No class 11/26  
 Senior Program Members \$65  
 All Others \$91\*

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

## MAH-JONGG

If you would like to be part of a group that has fun and meets every Thursday afternoon to learn while playing Mah-Jongg, please join us!

*Registration Note: Register by month or drop ins also welcome: \$1 for Senior Program members; \$3 for all others. Register for drop ins before each class at the Senior Center.*

**Hillview Rm 12** **Metz**  
 645515-04 50+yrs  
 Thu 9/10-12/17 1-3:30pm  
 Senior Program Members \$12  
 All Others \$36\*

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





## HEALTH

### MINDFULNESS MEDITATION

#### Mindfulness Meditation: Beginners

As proven by neuroscientists, Mindfulness Meditation rewires our neural pathways so we relate to ourselves and others calmly, nonjudgmentally, compassionately. Result? A life of balance, peace, happiness, contentment. Increased concentration and productivity. Greater stress resilience, empathy, sense of wellbeing. Come and see!

*Notes: Chairs are available but if you feel comfortable sitting on the floor, please bring a cushion. Wear comfortable clothing.*

<b>Hillview Rm 2</b>	<b>Welaratna</b>
250822-01	18+yrs
Tue 9/8-10/27	9-11am
Residents \$174*	All Others \$206*
<i>*Materials fee of \$30 due first day.</i>	

#### Mindfulness Meditation: Advanced

In this class, we will continue to develop our mindfulness and powers of concentration with in-class meditation practice; analyze mindful behaviors of other real-life people and literary characters; deepen our understanding of beneficial impacts of Mindfulness Meditation on our minds, brains, and general wellbeing.

*Prerequisites: Students should have completed the Beginner's Mindfulness Meditation class.*

*Equipment Note: Please bring a copy of Nelson Mandela's "Long Walk to Freedom" on first day of class.*

<b>Hillview Rm 13</b>	<b>Welaratna</b>
230826-01	18+yrs
Tue 9/8-10/27	6-8pm
Residents \$174	All Others \$206

#### 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.*

<b>Hillview Rm 16</b>	<b>Hurst</b>
230813-01	18+yrs
Sat 9/26	9am-12pm
230813-03	18+yrs
Mon 11/9	6-9pm
<i>Residents &amp; All Others FREE!</i>	

<b>Grant Rm 3</b>	<b>Hurst</b>
230813-02	18+yrs
Wed 10/21	6-9pm
<i>Residents &amp; All Others FREE!</i>	

## LANGUAGES

#### 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.

<b>Hillview Rm 16</b>	<b>Los Altos Chinese School Staff</b>
231928-01	18+yrs
Wed 9/23-10/28	6:30-7:30pm
Residents \$162*	All Others \$192*
<i>*Materials fee of \$20 due first day.</i>	



## MUSIC

### TERRIBLE ADULT CHAMBER ORCHESTRA (TACO)

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](http://tacosv.com).*

LAYC		Humphers/McNulty
230111-01		18+yrs
Sun	9/27	2-5pm
230111-02		18+yrs
Sun	10/25	2-5pm
230111-03		18+yrs
Sun	11/29	2-5pm
<i>Residents &amp; All Others \$10</i>		

LAYC		Humphers/McNulty
230111-04		18+yrs
Sun	9/27, 10/25, 11/29	2-5pm
<i>Residents &amp; All Others \$25</i>		

**NEW!**

### FAMILY HOLIDAY SING-A-LONG

This gathering precedes the Festival of Lights Parade. The orchestra plays Christmas songs, Hanukkah tunes and Beethoven's Ode to Joy! We provide lyric sheets for the families and individuals who join us. It is really a festive get together for all!

LAYC		Humphers/McNulty
No code required		0-99yrs
Sun	11/29	4-5pm
<i>Residents &amp; All Others FREE!</i>		

## PARENTING

### STITT PARENTING

*Note for ALL Stitt Parenting classes: Babes in arms welcome; please provide childcare for crawlers and walkers.*

### Transition to Parenthood Series: Creating a Family Vision

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.

*Prerequisite: You must be pregnant or have child(ren) under two.*

Hillview Room 17		Stitt
230854-01		18+yrs
Sat	9/12	2:30-5pm
<i>Residents \$50</i>		<i>All Others \$58</i>

### Transition to Parenthood Series: Communicating as a Couple

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

Hillview Rm 17		Stitt
230836-01		18+yrs
Sat	9/19	2:30-5pm
<i>Residents \$50</i>		<i>All Others \$58</i>

### Growing into Parenthood Series: 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
230838-01		18+yrs
Sat	10/17	2:30-5pm
<i>Residents \$50</i>		<i>All Others \$58</i>

### Growing into Parenthood Series: Creating Effective Consequences

You know how important it is to provide clear boundaries for your kids: that's what keeps them safe and makes them feel secure. This workshop helps you create consequences that will train your child to make better choices.

Hillview Rm 17		Stitt
230839-01		18+yrs
Sat	11/14	2:30-5pm
<i>Residents \$50</i>		<i>All Others \$58</i>

## PUBLIC SPEAKING

### 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.

#### Hillview Rm 18

#### Bay Area Debate Club Staff

231823-01		18+yrs
Wed	9/16-12/2	6:30-8pm
<hr/>		
No class 11/11, 11/25		
Residents \$211		All Others \$251

## SPORTS

### 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

No code required	Zuraek	18+yrs
<hr/>		
By appointment only: call to set up.		
Residents \$81		All Others \$95

## 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

230914-01		18+yrs
Sat	9/12-10/3	1-2:30pm
<hr/>		
230914-02		18+yrs
Sat	10/10-10/31	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

230915-01		18+yrs
Sat	9/12-10/10	10-11:30am
<hr/>		
No class 10/3		
230915-02		18+yrs
Sat	10/24-11/14	10-11:30am
<hr/>		
230915-03		18+yrs
Sat	11/21-12/19	10-11:30am
<hr/>		
No class 11/28		
Residents \$145		All Others \$172





## ICE SKATING

### NAZARETH ICE OASIS

#### Beginning 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.

*Note: Skate rental and 30-minute practice time available on the lesson day included in fee.*

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

Nazareth Ice Oasis		NIO Staff	
230903-01			15+yrs
Wed	9/9-10/14	6:20-6:50pm	
230903-02			15+yrs
Sat	9/12-10/17	10:45am-11:15pm	
Residents \$99		All Others \$116	

## SOCCER

### COACH KEN'S WOMEN'S SOCCER

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

*Equipment Note: Shin guards and water are mandatory.*

Heritage Oaks Park		Coach Ken's Staff	
230929-01			18+yrs
Thu	9/10-12/3	9:15-10:30am	
No class 11/26			
230929-02			18+yrs
Sat	9/12-12/5	8-9:15am	
No class 11/28			
Residents \$192		All Others \$228	

## TENNIS

### WHITLINGER/SARSFIELD TENNIS

[whitlingersarsfield.com](http://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

230948-01 15+yrs  
Sat 9/19-11/7 9-10am  
Residents \$102 All Others \$120

### Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230948-02 15+yrs  
Wed 9/16-11/4 10-11am  
Residents \$102 All Others \$120

## 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

230963-01 15+yrs  
Sat 9/19-11/7 10-11am  
Residents \$102 All Others \$120

### Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230963-02 15+yrs  
Wed 9/16-11/4 11am-12pm  
Residents \$102 All Others \$120

## Adult Intermediate Tennis

For players (National Tennis Rating Program/ NTRP 2.5-3.0) who are consistent on slow to medium paced shots but need 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 Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230949-01 15+yrs  
Tue/Thu 9/15-10/8 7-8pm  
Residents \$102 All Others \$120

### Marymeade Tennis Courts 2/3 Whitlinger/Sarsfield Tennis Staff

230949-02 15+yrs  
Tue/Thu 10/20-11/5 7-8pm  
230949-03 15+yrs  
Tue/Thu 11/17-12/3 6:30-8pm  
No class 11/24, 11/26  
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 by check only; payable to Tom Sarsfield.

Visit [whitlingersarsfieldtennis.com](http://whitlingersarsfieldtennis.com) for more information.





## TRIPS

### ADVENTURE TRIPS WITH GREG MEYER

gregmeyernaturalist@gmail.com  
(831)345-1973

Greg Meyer has been a professional naturalist since 1985 and has visited all seven continents! He has a Master's degree in Environmental Studies and teaches Outdoor Education courses at California State University, Monterey Bay. His expertise and humor will ensure that you have an interesting and informative day outside!

*Note: 1. Youth ages 12-17 are welcome to register for trips when accompanied by a paying adult. 2. Greg will contact all participants prior to trip regarding location to meet on day of trip.*

### 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.

### Elkhorn Kayak

Elkhorn Slough is one of the best places on the West Coast to paddle and watch wildlife. Otters, seals, sea lions and many species of birds live here and allow close approach by kayak without being disturbed. The calm waters of this protected inlet make for a perfect fall outing.

*Equipment Note: Please bring 1. poly or nylon pants and shirt, 2. lightweight shoes that can get wet, 3. windbreaker or lightweight parka, 4. hat, sunscreen and sunglasses, 5. binoculars and camera, 6. picnic lunch and water, 7. spare warm clothes and towel for the car.*

*Note: This is a relaxed kayak trip on flat water and no prior experience is necessary but participants should be fit. Instruction will be given before starting and we will be using stable double sea kayaks for beginning paddlers. Single kayaks are available for participants that have taken prior classes.*

<b>Watsonville*</b>	<b>Meyer</b>
230827-01	18+yrs
Sun 10/25	9:30am-2pm
Residents \$44**	All Others \$50**

*\*Greg will contact all participants prior to trip regarding location to meet on day of trip.*

*\*\*A kayak equipment fee of \$50 per person for boat rental, safety equipment and paddling gear is required for this course.*

### Birdwatching Fundamentals

This class will introduce you to the exciting hobby of birding. Our evening class will discuss optics, field guides, and the classification of major bird groups. We will follow that with two field trips to watch land birds and waterfowl.

**Class** Thu, Nov 12, 7-9:30pm  
at Los Gatos Recreation Dept

**Field Trip 1** Sun, Nov 15, 9am-4pm  
location TBD

**Field Trip 2** Sat, Nov 21, 8am-4pm  
location TBD

<b>Los Gatos Recreation Dept</b>	<b>Meyer</b>
230829-01	18+yrs
Thu,11/12; Sun,11/15; Sat,11/21	8am-4pm
Residents \$29	All Others \$32

### Fall Winery Hike

Our 5 miles round-trip hike will climb up to the Picchetti Preserve, with great views of the South Bay and the historic old ranch. At noon we will stop for lunch and participants can pay to have a small tasting before we walk back downhill.

*Equipment Note: Please bring 1. comfortable shoes, 2. hat, sunglasses, and sunscreen, 3. lunch and water bottle, 4. binoculars, 5. warm outdoor clothes in layers, 6. cash for wine tasting and purchases.*

*Note: Rain will NOT cancel our hike.*

<b>Stephens Canyon Rd Trailhead*</b>	<b>Meyer</b>
230847-01	21+yrs
Sun 11/1	9am-3pm
Residents \$29	All Others \$32

*\*Greg will contact all participants prior to trip regarding location to meet on day of trip.*

### Chalk Mountain Hike

Overlooking the coast above Año Nuevo, this hike is a steep but short workout with rare plants, quiet trails and scenic vistas featured. We will hike 5.5 miles in the northwestern corner of Big Basin State Park, talking about the interesting natural history of the area and recent changes on the landscape.

*Equipment Note: Please bring 1. comfortable shoes for walking, 2. hat, sunglasses and sunscreen, 3. lunch and water bottle, 4. binoculars, 5. warm outdoor clothing in layers.*

*Note: Rain will NOT cancel our hike.*

<b>Hwy 1 at Whitehouse Canyon Rd, North of Santa Cruz*</b>	<b>Meyer</b>
230848-01	18+yrs
Sat 11/14	9am-3pm
Residents \$29	All Others \$32

*\*Greg will contact all participants prior to trip regarding location to meet on day of trip.*

# YOUTH Classes

## ACADEMIC FUN

### ECONOMIC DRIVING SCHOOL

#### Economic Driving School

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

251802-01	15+yrs
Sat/Sun 10/3,4,10,11	8:30am-4pm
251802-02	15+yrs
Mon/Tue 12/21,22,28,29	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](http://economicdrivingschool.com/online). Complete the question "How did you hear about us?" by choosing activity code 2790. Residents & All Others \$68.50

## 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.

<b>Hillview Rm 17</b>	<b>Nixon</b>
210850-01	9-11yrs
Wed 9/9-11/25	5-6pm
Residents \$261*	All Others \$311*
*Materials fee of \$20 due first day.	

### StartupK12: Intro Web Design – HTML, CSS

This is the first class in the web design series: it demystifies web pages and shows how to design them with an introduction to CSS and HTML. Learn to create webpages and how to make them look cool!

*Equipment Note: One computer provided for every two students.*

<b>Hillview Rm 18</b>	<b>YouthStartup Staff</b>
250852-01	10-17yrs
Wed 9/16-11/25	3:45-4:45pm
No class 11/11	
Residents \$257	All Others \$306

### StartupK12: SAT+ACT Boot Camp

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.

<b>Hillview Rm 18</b>	<b>Henderson</b>
220851-01	13-18yrs
Sat/Sun 10/3-10/4	9am-1pm
Residents \$225*	All Others \$268*
*Materials fee of \$20 due first day.	

### BAY AREA DEBATE CLUB

[bayareadebateclub.com](http://bayareadebateclub.com)

### Public Speaking: Building Confidence

Students learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to start developing more confidence and skill in expressing themselves to a group.

<b>Hillview Rm 18</b>	<b>BADC Staff</b>
211814-01	6-9yrs
Wed 9/16-12/2	4:30-5:30pm
No class 11/11, 11/25	
Residents \$211	All Others \$251

### Debate and Public Speaking: Level 1

This class focuses on delivery and presentation skills, but also provides a foundation of critical thinking and essentials of debating. Through writing and speaking activities, students learn how to improve their confidence and communication skills, and manage public-speaking anxiety.

<b>Hillview Rm 18</b>	<b>BADC Staff</b>
221813-01	10-14yrs
Wed 9/16-12/2	5:30-6:30pm
No class 11/11, 11/25	
Residents \$211	All Others \$251



## 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.

*Required: Parent must accompany child.*

*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

261808-01		2-6yrs
Tue	9/8-10/13	9:30-11am
261808-02		2-6yrs
Wed	9/9-10/14	9:30-11am
261808-03		2-6yrs
Tue	10/20-12/1	9:30-11am
No class 11/24		
261808-04		2-6yrs
Wed	10/21-12/2	9:30-11am
No class 11/25		

Residents \$152\* All Others \$180\*

\*Materials fee of \$15 due first day.



## PLAY-WELL TEKNOLOGIES

*Required for ALL Play-Well TEK classes:  
Please bring a nut-free snack daily.*

### Pre-Engineering Minecraft®

This project-based class combines the basic format of our core engineering-themed programs with the world of Minecraft. Students will explore real-world concepts of physics, engineering and architecture while building their favorite Minecraft objects. Students will have a blast!

#### Hillview MPR

211230-01		5-8yrs
Sat	12/12	9:30am-12:30pm
Residents \$45		All Others \$52

#### Play-Well Staff

### Jedi® Engineering

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create fun motorized and architectural projects.

#### Hillview MPR

211286-01		5-8yrs
Sat	12/19	9:30am-12:30pm
Residents \$45		All Others \$52

#### Play-Well Staff

## STEM-CAMP

### Electronics with Minecraft®

Greetings, Minecraft engineers and Redstone® enthusiasts. Over the coming weeks, we will learn basic electronics skills using Minecraft. Students will learn how to make logic gates, timers, sensors and memory devices – and use these skills to build fantastic machines!

*NOTE: Minecraft and Redstone are trademarks of Mojang AB; this camp is not affiliated with or endorsed by Mojang AB.*

#### Hillview Rm 2

210825-01		6-10yrs
Thu	9/17-11/5	3:30-5pm
Residents \$239		All Others \$284

#### Stem-Camp Staff

# ARTS & CRAFTS

## CHINESE CALLIGRAPHY

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

### Hillview Rm 13

Los Altos Chinese School Staff

210529-01 6-12yrs  
 Thu 9/24-10/29 4:30-5:30pm  
 Residents \$102\* All Others \$120\*  
 \*Materials fee of \$15 due first day.

## COMMUNITY SCHOOL OF MUSIC & ARTS (CSMA)

230 San Antonio Cir, MV

**NEW!**

### Little Artists 1

This process-oriented, fun family program is designed as a first classroom experience in a nurturing and creative environment. Children will explore colors, shapes and textures while using paint, glue, clay, and other fun, messy materials. Classes consist of 4-5 different hands-on activities.

Required: Parent/caregiver attendance is required.

<b>CSMA</b>	<b>Lugo</b>
250531-01	1.5-3yrs
Mon 9/14-11/30	9:15-10am
Residents \$227	All Others \$270

<b>CSMA</b>	<b>Steinmann</b>
250531-02	1.5-3yrs
Wed 9/16-12/16	11:30am-12:15pm
No class 11/11, 11/25	
Residents \$227	All Others \$270

**NEW!**

### Little Artists 2

This interactive art program is designed for children who enjoy exploring, can follow directions, and are ready for an art challenge. Students will explore mixing colors, geometric/natural shapes, line, form, space, and texture while using colored pencils, watercolors, clay/glaze, etc.

Required: Parent/caregiver attendance is required.

<b>CSMA</b>	<b>Steinmann</b>
250532-01	3-4yrs
Wed 9/16-12/16	10:30-11:15am
No class 11/11, 11/25	
Residents \$227	All Others \$270

<b>CSMA</b>	<b>Lugo</b>
250532-02	3-4yrs
Mon 9/14-11/30	1-1:45pm
Residents \$227	All Others \$270



### KIDS' CARPENTRY

Kids learn to safely use hand woodworking tools to build an ever-increasing range of projects as their skills increase. Instructor will show kids how to build an age-appropriate project, then let them do it, helping as necessary.

<b>Hillview Rm 16</b>	<b>Tust</b>
211293-01	5-12yrs
Sat 9/12-11/7	10am-12pm
Residents \$152*	All Others \$180*
*Materials fee of \$40 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.

<b>Hillview Rm 15</b>	<b>My First Art Staff</b>
250501-01	1.5-3yrs
Wed 9/23-11/18	9:30-10:30am
No class 11/11	
250501-02	2-4yrs
Wed 9/23-11/18	10:45-11:45am
No class 11/11	
Residents \$117*	All Others \$138*
*Materials fee of \$15 due first day.	

<b>Hillview Rm 15</b>	<b>My First Art Staff</b>
250501-03	1.5-3yrs
Wed 12/1-12/15	9:30-10:30am
250501-04	2-4yrs
Wed 12/1-12/15	10:45-11:45am
Residents \$52*	All Others \$60*
*Materials fee of \$6 due first day.	





# COOKING

## YOUNG CHEFS ACADEMY

Note for ALL Young Chefs Academy classes: Vegetarians and special diets are welcome. Please inform Young Chefs' staff before first day of class.

### Big Chef Lil Chef

Learn to cook delicious and simple recipes with Mom, Dad, Grandpa, or Grandma! This class incorporates monthly-themed recipes, age-appropriate culinary skills, basic nutrition, story time, and circle time. At the end of each class, everyone gets to eat what they cook!

Young Chefs Academy		YCA Staff
260706-01		2.5-4.5yrs
Wed	9/9-12/16	6-7pm
No class 11/25		
260706-02		2.5-4.5yrs
Thu	9/10-12/17	9:30-10:30am
No class 11/26		
260706-03		2.5-4.5yrs
Fri	9/11-12/18	10:30-11:30am
No class 11/27		
260706-04		2.5-4.5yrs
Sat	9/12-12/19	9-10am
No class 11/28		
260706-05		2.5-4.5yrs
Sun	9/13-12/20	9:30-10:30am
No class 11/29		
Residents \$185*		All Others \$220*
*Materials fee of \$90 due first day.		

## MACHINE SEWING

### 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 supplies everything, including computerized machines.

Contact for details: [dnelson6@gmail.com](mailto:dnelson6@gmail.com)

Hillview Rm 2	Nelson
250604-01	8+yrs
Wed	9/23-11/18 4:30-6:30pm
No class 11/11	
250605-01	12+yrs
Wed	9/23-11/18 6:45-8:45pm
No class 11/11	
Residents \$211* All Others \$251*	
*Materials fee of \$25 due first day.	

### Machine Sewing: Holiday Projects for Kids & Adults

Learn machine sewing while making fun holiday projects like placemats, napkins, zipper bags, ornaments, and... Students choose projects at first class. Instructor brings everything, including computerized machines. Contact Certified Sewing Instructor Debbie Nelson for details: [dnelson6@gmail.com](mailto:dnelson6@gmail.com)

Hillview Rm 2	Nelson
250604-02	8+yrs
Wed	12/2-12/16 4:30-6:30pm
250606-01	12+yrs
Wed	12/2-12/16 6:45-8:45pm
Residents \$111* All Others \$131*	
*Materials fee of \$25 due first day.	

### Kinder Chefs

In this class, your little Kinder Chef will cook up their very own kind of fun, with curriculum and recipes geared for Pre-K and K students. Participants will make two recipes, eat what they've made, read a story, and play a cooking-related game.

Young Chefs Academy		YCA Staff
210706-01		4.5-6yrs
Wed	9/9-12/16	4-5:30pm
No class 11/25		
210706-02		4.5-6yrs
Thu	9/10-12/17	4-5:30pm
No class 11/26		
210706-03		4.5-6yrs
Fri	9/11-12/18	4-5:30pm
No class 11/27		
Residents \$240		All Others \$286
*Materials fee of \$115 due first day.		
Young Chefs Academy		YCA Staff
210706-04		4.5-5yrs
Sun	9/13-12/20	9-10:30am
No class 11/29		
Residents \$220*		All Others \$262*
*Materials fee of \$115 due first day.		

## Young Chefs

Calling all budding chefs! Learn to cook recipes based on a different theme each week. Principles of kitchen safety, proper food handling, basic cooking and baking techniques, food presentation, table setting, and table manners will be included.

Young Chefs Academy	YCA Staff
260701-01	7-10yrs
Wed 9/9-12/16	4-5:30pm
No class 11/25	
260701-02	7-10yrs
Thu 9/10-12/17	4-5:30pm
No class 11/26	
260701-03	7-10yrs
Fri 9/11-12/18	4-5:30pm
No class 11/27	
Residents \$240* All Others \$286*	
*Materials fee of \$115 due first day.	

Young Chefs Academy	YCA Staff
260701-04	8-11yrs
Sat 9/12-12/19	9-10:30am
No class 11/28	
Residents \$220* All Others \$262*	
*Materials fee of \$115 due first day.	

## Tween Chefs

Calling all budding tween chefs! Our experienced chef instructors will inspire our tween chefs to master the fundamentals and key techniques of cooking and baking skills.

Young Chefs Academy	YCA Staff
260702-01	11-14yrs
Thu 9/10-12/17	6-7:30pm
No class 11/26	
Residents \$240* All Others \$286*	
*Materials fee of \$115 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 in this dance class!

*Equipment note: Please wear non-stick shoes.*

Shoup Park Garden House	Minev
210202-01	7-13yrs
Thu 9/10-12/10	6-7pm
No class 11/12, 11/26	
Residents \$192 All Others \$228	

## CONTEMPORARY CREATIVE DANCE

This is an all-inclusive course exploring the artistic mind and movement through a series of inquiry-based creative workshops, developing contemporary techniques and ideas, by London-based dance artist Rachel Silveria.

*Required: Dancers are required to be barefoot and wear comfortable clothing.*

Shoup Park Garden House	Silveria
220313-01	13+yrs
Mon 9/21-10/26	5-6pm
220313-02	13+yrs
Mon 11/2-12/14	5-6pm
No class 11/23	
Residents \$68 All Others \$79	

## JEAN LEE 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
210213-01	5-7yrs
Thu 9/17-12/10	3:45-4:30pm
No class 11/26	
Residents \$178 All Others \$211	

## 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
210214-01	6-8yrs
Wed 9/16-12/9	3:45-4:30pm
No class 11/25	
Residents \$178 All Others \$211	

## 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
210204-01	8-16yrs
Wed 9/16-12/9	5:30-6:30pm
No class 11/25	
Residents \$178 All Others \$211	

## 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
210215-01	6-12yrs
Wed 9/16-12/9	4:30-5:30pm
No class 11/25	
210215-02	6-12yrs
Thu 9/17-12/10	4:30-5:30pm
No class 11/26	
Residents \$178 All Others \$211	



## FIVE & UNDER DANCE

### Tiny Tutus

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
260209-01	2.5-3.5yrs
Wed 10/7-12/16	10-10:30am
No class 11/11, 11/25	
260209-02	2.5-3.5yrs
Thu 10/8-12/17	10-10:30am
No class 11/12, 11/26	
Residents \$111	All Others \$131

### 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
260203-01	3.5-5yrs
Wed 10/7-12/16	10:45-11:15am
No class 11/11, 11/25	
260203-02	3.5-5yrs
Thu 10/8-12/17	10:45-11:15am
No class 11/12, 11/26	
Residents \$111	All Others \$131

### 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
260205-01	3.5-5yrs
Wed 10/7-12/16	12:30-1:15pm
No class 11/11, 11/25	
260205-02	3.5-5yrs
Thu 10/8-12/17	12:30-1:15pm
No class 11/12, 11/26	
Residents \$129	All Others \$152

## MARTIAL ARTS

### 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
211101-01	7-16yrs
Mon/Thu 9/10-12/17	6-7pm
No class 11/26	
Residents \$158	All Others \$187

### CHANG TAI DO KARATE & FITNESS

[changtaido.com](http://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.*

### CTD 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
211104-01	4-7yrs
Thu 10/8-12/17	5-6pm
No class 11/26	
Residents \$160*	All Others \$190*
*Materials fee of \$75 due first day for first-time participants.	

### CTD Karate for Families

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.

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

Hillview Social Hall	Chang/Huey/Do
211102-01	8+yrs
Tue/Thu 10/6-12/17	6-7pm
No class 11/26	
Residents \$179*	All Others \$212*
*Materials fee of \$245 due first day for first-time participants.	





# 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.

### Todd-O-Piano Basic

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 a fun story-telling 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

260114-01	3-4yrs
Tue 10/6-11/10	10:30-11:15am
260114-02	3-4yrs
Fri 11/6-12/11	10:30-11:15am
260114-03	3-4yrs
Mon 9/14-10/19	10:30-11:15am
260114-04	3-4yrs
Wed 10/28-12/9	10:30-11:15am
Residents \$168*	All Others \$199*
<i>*Materials fee of \$45 due first day.</i>	

### Melody's Piano: 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; no need to bring own keyboard.*

*Required: Parents must attend with their children.*

#### Melody Academy of Music MAM Staff

210104-01	4-5yrs
Sun 9/13-10/18	11-11:45am
210104-02	4-5yrs
Tue 10/6-11/10	4-4:45pm
210104-03	4-5yrs
Fri 11/6-12/11	5:30-6:15pm
210104-04	4-5yrs
Sat 12/5-1/9	11-11:45am
Residents \$168*	All Others \$199*
<i>*Materials fee of \$45 due first day.</i>	

### Melody's Piano: 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; no need to bring own keyboard.*  
*Required: Parents must attend with their children.*

#### Melody Academy of Music MAM Staff

210115-01	5-7yrs
Sun 9/13-10/18	10-10:45am
210115-02	5-7yrs
Tue 10/6-11/10	5-5:45pm
210115-03	5-7yrs
Fri 11/6-12/11	6:30-7:15pm
210115-04	5-7yrs
Sat 12/5-1/9	12-12:45pm
Residents \$168*	All Others \$199*
<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

210110-01	7-12yrs
Tue 10/6-11/10	3-3:45pm
210110-02	7-12yrs
Thu 11/5-12/10	3-3:45pm
Residents \$168*	All Others \$199*
<i>*Materials fee of \$25 due first day and does not include flute rental.</i>	

## 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

210105-01	6-10yrs
Sun 9/13-10/18	12-12:45pm
210105-02	6-10yrs
Tue 10/6-11/10	6-6:45pm
Residents \$168*	All Others \$199*
<i>*Materials fee of \$45 due first day and includes 6-week violin rental OR \$25 if student has own violin.</i>	





## MUSIC AROUND THE WORLD

joyfulnoise@aya.yale.edu  
(415) 242-1956

### Music Around the World: Free Preview

Take a sample class! No previous target language experience necessary – learn along with your child! Can't make the preview date? Contact Julie Wong (above) to arrange a free preview class.

**CANCELED**

Note: A \$10 credit on the materials fee for new students who register for the preview!

Hillview Rm 4	Wong
260109-01	0-4yrs
Thu 9/17	9:30-10:20am
260109-02	0-4yrs
Thu 9/17	10:30-11:20am

Residents & All Others FREE!

### Music Around the World: Multicultural English

This unique 50-minute, parent-child immersion language and music class is taught in English but includes songs from around the world! Rhythmic, cultural play with age-appropriate instruments, physical movement, and imaginative improvisation provide a wonderful foundation for musical, linguistic and intellectual growth!

**CANCELED**

Hillview Rm 4	Wong
260101-01	0-4yrs
Tue 9/22-12/1	9:30-10:20am
No class 11/24	
260101-02	0-4yrs
Tue 9/22-12/1	11:30am-12:20pm
No class 11/24	
Residents \$162*	All Others \$192*

\*Materials fee of \$25 first day of class.

### Music Around the World: Spanish

Introduce your child to another language and culture through the language of music! Taught exclusively in the target language using traditional Spanish children's songs; no previous language experience is necessary. Take advantage of your child's amazing ability to absorb music and language!

**CANCELED**

Hillview Rm 4	Wong
260102-01	0-4yrs
Tue 9/22-12/1	10:30-11:20am
No class 11/24	
Residents \$162*	All Others \$192*

\*Materials fee of \$25 due first day.

### 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
210112-01	7-10yrs
Sun 11/8-12/13	4-4:45pm
Residents \$168*	All Others \$199*

\*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
220113-01	8-12yrs
Sun 11/8-12/13	6-6:45pm
Residents \$168*	All Others \$199*

\*Materials fee of \$25 due first day and does not include ukulele 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
220112-01	10-13yrs
Sun 11/8-12/13	5-5:45pm
Residents \$168*	All Others \$199*

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

# SPECIAL INTEREST

**NEW!**  
**HIDDEN VILLA FARM TOURS**

Awaken your senses with a hands-on exploration of our working farm! Children meet farm animals face-to-face and experience the flavors, scents and colors of the organic Edible Garden. Here children appreciate the importance of the farm and garden in their daily lives.

*Note: Parents welcome to explore Hidden Villa's trails on their own while class is in progress.*

Hidden Villa	Hidden Villa Staff
210845-01	6-8yrs
Thu 10/8	4-5:30pm
210845-02	8-10yrs
Thu 10/15	4-5:30pm
Residents \$36	All Others \$42



**NEW!**  
**CAMP SHOUP: THANKSGIVING BREAK**

The popular Los Altos Recreation camp debuts its fall session! Camp will be filled with Thanksgiving-themed crafts and games, as well as the summer favorites. All supplies and snacks provided, and all activities are tailored for the appropriate age groups.

**San Antonio Club**  
**Los Altos Recreation Staff**

211301-01	5-6yrs
Mon-Wed 11/23-11/25	9am-2pm
211301-02	7-9yrs
Mon-Wed 11/23-11/25	9am-2pm
Residents \$159	All Others \$177

# 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
210918-01	7-18yrs
Thu 9/17-11/5	3:30-4:30pm
210918-02	7-18yrs
Fri 9/18-11/6	3:30-4:30pm
Residents \$251	All Others \$299

#### Archery 2

This class is a continuation for those who are ready to move on to the next level (contact Ray Roan via the Recreation & Community Services 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
210938-01	8+yrs
Thu 9/17-11/5	4:30-5:30pm
Residents \$251	All Others \$299

#### Archery 3

This class is for those who have been taking archery classes for at least four years and want to further refine their shooting skills.

RWG Field	Roan
210939-01	9+yrs
Fri 9/18-11/6	4:30-5:30pm
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. Please bring your racket and birdies.

#### Egan Gym

No code required  
Wed 9/2-12/16  
Residents & All Others \$5

#### Huyhn

12-17yrs  
6-8pm

## EQUESTRIAN

### SPRINGDOWN EQUESTRIAN CENTER

[springdown.com](http://springdown.com)

Required: 1. Must download the liability form at [springdown.com](http://springdown.com) prior to class. 2. Due to the physical limitations of our horses, riders' weight should not exceed 225 pounds.

### Horseback Riding: Mommy & Me

Designed to introduce child and parent on how to "be" around horses. You'll be introduced to safety, ground manners and become comfortable around horses. Learn about special equipment, grooming, tack, and ride as your favorite parent tags along!

#### Spring Down Equestrian Center SDEC Staff

250401-01 2.5-5yrs  
Tue 11/3-11/17 10-11:30am  
Residents \$237\* All Others \$282\*  
\*Fee includes child and accompanying adult.

## Crazy About Horses

Spend a day with horses, see a live demonstration, and learn to tack up your own horse and ride! You will learn safety, horse handling and care through grooming and experience on the ground and on the horse. The perfect introduction to horses!

#### Spring Down Equestrian Center SDEC Staff

250403-01 6+yrs  
Sat 10/17 10am-2pm  
Residents \$137 All Others \$162

## ZURAEK STABLES

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

### Western Horseback Riding Lessons

These lessons are also appropriate for youth ages 10+ years. Look in our Adult Classes section for all the details. Or call instructor Kristen Zuraek at (408) 460-7226 for more info.

## FENCING

### SABERCOMBAT.COM

Equipment Notes for ALL SaberCombat.com classes: 1. All equipment provided by instructor. You need not purchase ANYTHING to begin! 2. Please wear athletic clothing and non-skid, white-soled shoes. 3. Bring a water bottle.

### LED Light SaberCombat Heroes

Ever wanted to TRULY learn to be a "Jedi"? Or a "Sith"? NOW IS YOUR CHANCE!! Learn the ways of ancient heroes! Come learn how to wield a light saber in the true spirit of a knight! Join the new training classes, presented by SaberCombat.com.

#### Grant Park MPR SaberCombat.com Staff

250940-01 9+yrs  
Thu 9/10-10/29 6-7:15pm  
250940-02 9+yrs  
Thu 11/5-12/17 6-7:15pm  
Residents \$162\* All Others \$192\*  
\*Materials fee of \$15 due first day.





## 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

250914-01	7+yrs
Sat 9/12-10/3	8:30-10am
250914-02	7+yrs
Sat 10/10-10/31	8:30-10am
250914-03	7+yrs
Sat 11/7-12/5	8:30-10am
No class 11/28	
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

210936-01	7-17yrs
Sat 9/12-10/3	10:30am-12pm
210936-02	7-17yrs
Sat 10/10-10/31	10:30am-12pm
210936-03	7-17yrs
Sat 11/7-12/5	10:30am-12pm
No class 11/28	
Residents \$145	All Others \$172

### Intermediate Junior 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. Then, we take it all onto the course and play!

*Prerequisite: Junior Golf or Golf Camp 1*

#### Deep Cliff Golf Course Deep Cliff Staff

210934-01	7-17yrs
Sat 9/12-10/10	2:30-5:30pm
No class 10/3	
210934-02	7-17yrs
Sat 10/24-11/14	2:30-5:30pm
210934-03	7-17yrs
Sat 11/21-12/19	2-5pm
No class 11/28	
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

210914-01	10-17yrs
Thu/Sat 9/10-10/3	4:30-6:30pm
210914-02	10-17yrs
Thu/Sat 10/8-10/31	4-6pm
210914-03	10-17yrs
Sat 11/7-12/5	1-5pm
No class 11/28	
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 Sports	Twisters Staff
252101-01 Tue 9/15-12/15	1.5-3yrs 10-10:45am
No class 11/24	
252101-02 Sat 9/12-12/19	1.5-3yrs 9-9:45am
No class 11/28	
Residents \$255	All Others \$304

#### 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 Sports	Twisters Staff
262102-01 Mon 9/14-12/14	3-4yrs 10:30-11:15am
No class 11/23	
Residents \$255	All Others \$304

### 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.

Required: Parent participation is required.

Twisters Sports	Twisters Staff
262103-01 Mon 9/14-12/14	4-5yrs 11:15am-12pm
No class 11/23	
Residents \$255	All Others \$304

### 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 Sports	Twisters Staff
212104-01 Mon 9/14-12/14	5-6yrs 3:30-4:15pm
No class 11/23	
Residents \$255	All Others \$304

## 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 Sports	Twisters Staff
212105-01 Mon 9/14-12/14	6-12yrs 4:45-5:40pm
No class 11/23	
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
250903-01 Sat 9/12-10/17	2.5-5yrs 11:45am-12:15pm
Residents \$99*	All Others \$116*
*Fee includes both parent and child.	

#### 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.

Nazareth Ice Oasis	NIO Staff
260903-01 Wed 9/9-10/14	3-5yrs 5:20-5:50pm
260903-02 Sat 9/12-10/17	3-5yrs 11:45am-12:15pm
260903-03 Tue 9/15-10/20	3-5yrs 3:30-4pm
210903-01 Wed 9/9-10/14	6-12yrs 5:20-5:50pm
210903-02 Sat 9/12-10/17	6-12yrs 11:45am-12:15pm
210903-03 Tue 9/15-10/20	6-12yrs 4-4:30pm
Residents \$99	All Others \$116

## 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 Indoor Gym Skyhawks Staff

210907-01		4-6yrs
Sat	10/3-11/21	11:30am-12:30pm
Residents	\$154	All Others \$194

**NEW!**

#### Skyhawks Flag Football Instructional League

First week is skill evaluation; following weeks are practice and games. Teams have 60-75 minute time slots, depending on age groups, that include practice, followed by a game. Specific game times decided once teams are formed, but will take place between 12 and 4pm.

Sylvan Park	Skyhawks Staff
210970-01	5-6yrs
Sun	11/1-12/13
210970-02	7-8yrs
Sun	11/1-12/13
210970-03	9-12yrs
Sun	11/1-12/13
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

210933-01	6-12yrs
Fri	10/2-11/20
Residents	\$174
	All Others \$206

#### 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

210906-01	6-12yrs
Sat	10/3-11/21
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

210911-01	8-14yrs
Sat	10/3-11/21
Residents	\$174
	All Others \$206



# SOCCER

## 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!

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

*Required: Parent participation is required.*

Hillview Soccer Field	KLS Staff
250916-01	2-3.5yrs
Tue 9/15-11/10	9:30-10am
250916-02	2-3.5yrs
Wed 9/16-11/11	9:30-10am
Residents \$118	All Others \$139

McKenzie Park	KLS Staff
250916-03	2-3.5yrs
Sat 9/26-11/21	11:35am-12:05pm
250916-04	2-3.5yrs
Sat 9/26-11/21	12:10-12:40pm
Residents \$118	All Others \$139

## 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!

Hillview Soccer Field	KLS Staff
260904-01	3.5-4yrs
Tue 9/15-11/10	10:10-10:40am
260904-02	3.5-4yrs
Tue 9/15-11/10	4:30-5:05pm
260904-03	3.5-4yrs
Wed 9/16-11/11	10:10-10:40am
260904-04	3.5-4yrs
Thu 9/17-11/12	3:45-4:20pm
Residents \$118	All Others \$139

McKenzie Park	KLS Staff
260904-05	3.5-4yrs
Sat 9/26-11/21	10:55-11:25am
Residents \$118	All Others \$139

## 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.

*Equipment Note: Shin guards are required after first class.*

Hillview Soccer Field	KLS Staff
210904-01	4-5yrs
Tue 9/15-11/10	10:40-11:15am
210904-02	4-5yrs
Tue 9/15-11/10	4:30-5:05pm
210904-03	4-5yrs
Wed 9/16-11/11	10:40-11:15am
210904-04	4-5yrs
Thu 9/17-11/12	3:45-4:20pm
Residents \$118	All Others \$139

McKenzie Park	KLS Staff
210904-05	4-5yrs
Sat 9/26-11/21	9:45-10:20am
210904-06	4-5yrs
Sat 9/26-11/21	10:20-10:55am
Residents \$118	All Others \$139



## KLS: Soccer 1 Techniques & Teamwork

Teaches the basic techniques of soccer for beginning players including dribbling, passing and recovering, shooting, defense, etc. Every participant will have a ball at their feet! Fun skill games will be played at every session.

Hillview Soccer Field	KLS Staff
210967-01	5-6yrs
Tue 9/15-11/10	3:45-4:30pm
210967-02	5-6yrs
Wed 9/16-11/11	11:15am-12pm
210967-03	5-6yrs
Thu 9/17-11/12	4:20-5:05pm
Residents \$118	All Others \$139

McKenzie Park	KLS Staff
210967-04	5-6yrs
Sat 9/26-11/21	9-9:45am
Residents \$118	All Others \$139

## KLS: Soccer 2 Skillz & Scrimmages

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team-play format. All levels are welcome to come enjoy the world's most popular game!

Hillview Soccer Field	KLS Staff
210968-01	7-10yrs
Tue 9/15-10/13	5:05-5:50pm
Residents \$77	All Others \$90



## 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: 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
210923-01	4-5yrs
Tue 9/8-12/1	12:30-1:30pm
No class 11/24	
210923-02	4-5yrs
Tue 9/8-12/1	4:30-5:30pm
No class 11/24	
210923-03	4-5yrs
Wed 9/9-12/9	4:30-5:30pm
No class 11/11, 11/25	
210923-04	4-5yrs
Thu 9/10-12/3	10:30-11:30am
No class 11/26	
210923-05	4-5yrs
Fri 9/11-12/4	12:30-1:30pm
No class 11/27	
210923-06	4-5yrs
Fri 9/11-12/4	4:30-5:30pm
No class 11/27	
<i>Residents \$192 All Others \$228</i>	

### 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
210942-01	6-7yrs
Tue 9/8-12/1	3:30-4:30pm
No class 11/24	
210942-02	6-7yrs
Wed 9/9-12/9	3:30-4:30pm
No class 11/11, 11/25	
210942-03	6-7yrs
Fri 9/11-12/4	3:30-4:30pm
No class 11/27	
<i>Residents \$192 All Others \$228</i>	



### 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
210943-01	8-11yrs
Tue 9/8-12/1	3:30-4:45pm
No class 11/24	
210943-02	8-11yrs
Wed 9/9-12/9	3:30-4:30pm
No class 11/11, 11/25	
210943-03	8-11yrs
Fri 9/11-12/4	3:30-4:30pm
No class 11/27	
<i>Residents \$192 All Others \$228</i>	

### Coach Ken's Soccer: Intro to Team Soccer

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
210935-01	4-5yrs
Sat 9/12-12/5	9:15-10:30am
No class 11/28	
210935-02	6-7yrs
Sat 9/12-12/5	10:30-11:45am
No class 11/28	
210935-03	8-12yrs
Sat 9/20-11/22	11:45am-1:15pm
No class 11/28	
<i>Residents \$192 All Others \$228</i>	



## TENNIS

### WHITLINGER/SARFIELD TENNIS

[whitlingersarfieldtennis.com](http://whitlingersarfieldtennis.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-to-eight hours of instruction. Classes of two students and Terrific Tiny Tennis classes will consist of eight 40-minute lessons or 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 makeup 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

210902-01	4-6yrs
Sat 9/19-11/7	1:30-2:10pm
210902-02	5-7yrs
Sat 9/19-11/7	2:10-2:50pm
210902-03	5-7yrs
Sat 9/19-11/7	2:50-3:30pm
Residents \$102 All Others \$120	

#### Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

210902-04	5-7yrs
Tue/Thu 9/15-10/8	3:50-4:30pm
Residents \$102 All Others \$120	

#### Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

210902-05	5-7yrs
Tue/Thu 10/20-11/5	3:50-4:30pm
210902-06	5-7yrs
Tue/Thu 11/17-12/3	3-4pm
No class 11/24, 11/26	
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

220902-01	8-10yrs
Sat 9/19-11/7	11am-12pm
Residents \$102 All Others \$120	

#### Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220902-02	8-10yrs
Tue/Thu 9/15-10/8	4:30-5:30pm
Residents \$102 All Others \$120	

#### Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220902-03	8-10yrs
Tue/Thu 10/20-11/5	4:30-5:30pm
220902-04	8-10yrs
Tue/Thu 11/17-12/3	4-5:30pm
No class 11/24, 11/26	
Residents \$83 All Others \$97	

## Youth Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction on the "78-foot 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

220946-01	11-14yrs
Sat 9/19-11/7	3:30-4:30pm
Residents \$102	All Others \$120

## 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 Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220947-01	11-14yrs
Tue/Thu 9/15-10/8	6-7pm
Residents \$102	All Others \$120

### Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220947-02	11-14yrs
Tue/Thu 10/20-11/5	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\*

\*Possible \$5 discount per hour for group of four people at instructor's discretion.  
 Payment by check only; payable to Tom Sarsfield.

Visit [whitlingersarsfieldtennis.com](http://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.*

### Kayaking: Level 1

Our knowledgeable and experienced staff of instructors will introduce you to this lifetime sport in a matter of hours! Learn stroke techniques, launching and landing, nomenclature, self-rescue, water safety, and equipment tuning.

*Equipment Notes: Bring bathing suit, towel, sun protection, water, and shoes that can be worn in the water.*

Shoreline Aquatic Center		SAC Staff
220943-01		13+yrs
Sun	9/20	9am-12pm
220943-02		13+yrs
Sat	10/3	9am-12pm
220943-03		13+yrs
Sun	10/18	9am-12pm
220943-04		13+yrs
Sat	10/31	9am-12pm
220943-05		13+yrs
Sun	11/15	9am-12pm
Residents \$107		All Others \$126

### 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
220944-01		14+yrs
Sat/Sun	9/12-9/13	9am-1pm
220944-02		14+yrs
Sat/Sun	9/26-9/27	9am-1pm
220944-03		14+yrs
Sat/Sun	10/10-10/11	9am-1pm
220944-04		14+yrs
Sat/Sun	10/24-10/25	9am-1pm
220944-05		14+yrs
Sat/Sun	11/7-11/8	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, student will be up and sailing in a matter of hours regardless of age, strength and size!

*Required: Student must be comfortable swimming and treading water.*

Shoreline Aquatic Center		SAC Staff
220821-01		14+yrs
Sat/Sun	9/12-9/13	9am-1pm
220821-02		14+yrs
Sat/Sun	9/26-9/27	9am-1pm
220821-03		14+yrs
Sat/Sun	10/10-10/11	9am-1pm
220821-04		14+yrs
Sat/Sun	10/24-10/25	9am-1pm
220821-05		14+yrs
Sat/Sun	11/7-11/8	9am-1pm
Residents \$207		All Others \$246



## Stand-Up Paddle Boarding Yoga

Take your yoga practice outside and onto the water. Your mat is a stand up paddleboard; the world is your studio and all the elements have been invited - sun, wind, water and earth.

*Equipment Notes: Dress in layers as you would come to any yoga class. No cotton. Sunglasses recommended. Swimsuit if you don't want to get clothes wet.*

Shoreline Aquatic Center	SAC Staff
220945-01	8+yrs
Sat 9/12	9-10:15am
220945-02	8+yrs
Sat 9/26	9-10:15am
220945-03	8+yrs
Sat 10/10	9-10:15am
220945-04	8+yrs
Sat 10/24	9-10:15am
220945-05	8+yrs
Sat 11/7	9-10:15am
220945-06	8+yrs
Sat 11/21	9-10:15am
Residents \$37	All Others \$42

## Intro Stand-Up Paddle Boarding

Improve and increase your balance and core muscles, while having a great time on the water! Unlike surfing, you don't need waves to be able to stand up paddle. Learn to stand up on the board, and paddle with correct technique.

*Equipment Notes: Bring a bathing suit, towel, sun protection, water and shoes that can be worn in the water.*

Shoreline Aquatic Center	SAC Staff
210821-01	8+yrs
Sat 9/19	10:30am-12pm
210821-02	8+yrs
Sun 10/4	10:30am-12pm
210821-03	8+yrs
Sat 10/17	10:30am-12pm
210821-04	8+yrs
Sun 11/1	10:30am-12pm
210821-05	8+yrs
Sat 11/14	10:30am-12pm
Residents \$81	All Others \$95



**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](http://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 \$5 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](http://LosAltosRecreation.org).

## GOOD TO KNOW...

### CSA SENIOR SERVICES PROGRAM

Community Services Agency's (CSA's) Senior Services Program is committed to helping local seniors live happy, healthy and independent lives. Case managers provide referrals to community resources, make arrangements for in-home services and work cooperatively with care providers. Contact CSA at 968-0836, x131, for more information about case management or pick up their newsletter at the Senior Center.



## 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.

## VOLUNTEER

The Senior Program thrives because of our volunteers! JOIN US! We are looking for those with reception desk skills, event helpers, gardeners, movie selectors, and new program hosts. Opportunities can be found on page 58. Call 947-2897 TODAY for details!

# 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!  
 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

<b>Monday</b> <b>Monkey Toy Project</b> 9:30-11:30am / Rm 11  <b>Poker</b> 12-3:30pm / Rm 11  <b>Advanced Bocce Ball</b> 10am-12pm Bocce Courts	<b>Tuesday</b> <b>PC Computer Tutor</b> 1-3pm / Rm 10 <i>By appointment</i>  <b>Bridge</b> 8:30am-3:30pm Rm 11  <b>Ping Pong</b> 2pm / Rm 12  <b>Beginning Bocce Ball</b> 10-11:30am Bocce Courts	<b>Wednesday</b> <b>Bridge</b> 8:30am-12pm / Rm 11  <b>Mah-Jongg</b> Intermediate 1-3:30pm / Rm 11 <i>Free Play</i>  <b>Art Studio</b> 9:30am-12pm / Rm 12  <b>Advanced Bocce Ball</b> 10am-12pm Bocce Courts	<b>Thursday</b> <b>iPad &amp; Mac Tutor</b> 1-3pm / Rm 10 <i>By appointment</i>  <b>Pinochle</b> 12-3:30pm / Rm 11  <b>Beginning Bocce Ball</b> 10-11:30am Bocce Courts	<b>FUN Friday</b> 1st Friday <b>Movie Day</b> 1pm / Rm 12 Fee: Members Free All Others \$1  2nd Friday <b>Friday Lunch</b> 12pm / Rm 11 Fee: Members \$4 All Others \$6  3rd Friday <b>Birthday Party</b> 12pm / Rm 11 Fee: Members \$4* All Others \$6 *Birthday month? Free lunch during your birth month if you are a Senior Program Member!
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# MONTHLY ACTIVITIES @ HILLVIEW

<b>Monday</b> 1st Monday <b>Senior Commission Meeting</b> 4:30pm / Rm 11	<b>Tuesday</b> 1st Tuesday <b>Visions Unlimited Television Production</b> 10:15am / Rm 10  2nd Tuesday <b>Fuschia Society</b> 7:30pm / Rm 17  3rd Tuesday <b>HICAP</b> 1-3pm / Conf Rm 3 <i>By appointment</i>  4th Tuesday <b>Real Estate Corner</b> 9am / Conf Rm 3 <i>By appointment</i>	<b>Wednesday</b> 2nd Wednesday <b>Legacies Board Meeting</b> 10am / Conf Rm 3 <i>(Meets quarterly; call Senior Center for date.)</i>  3rd Wednesday <b>Women's Group</b> 11am / Rm 10  <b>Rhododendron Society</b> 7:30pm / Rm 12	<b>Thursday</b> 1st Thursday <b>Men's Group</b> 10-11:30am / Rm 10  2nd Thursday <b>Book Club</b> 1-2pm / Rm 18  3rd Thursday <b>Camera Club</b> 7pm / Rm 12	4th Friday <b>Friday Lunch</b> 12pm / Rm 11 Fee: Members \$6 All Others \$8  5th Friday <b>Bingo</b> 1pm / Rm 11 Fee: Members Free All Others \$3  Various Fridays <b>Smart Driver Safety Class</b> 1-5:30pm / Rm 12 Fee: AARP Members \$15 All Others \$20
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**NOTE:**  
 All activities are FREE with Senior Program membership, unless otherwise noted.

Actual dates may vary; call to verify schedule.

# TEEN Program

## THE UNDERGROUND



### TEEN CENTER

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

### Fall Hours\*

Fridays 3-6pm

Saturdays 2-6pm

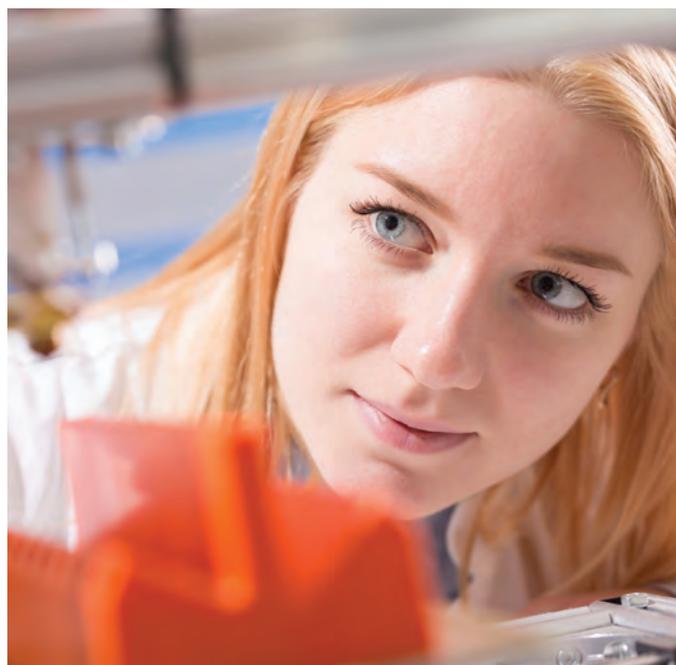
The place to hang out with friends and relax is back for the fall! Teens can hang out playing pool, shuffle board, Playstation 3, and more! The Underground is supervised by Recreation Department staff and is a fun, safe place for teens in Los Altos.

Activities are FREE (unless noted)!

\*The Underground is closed on LAYC Dance dates.



## COOL CLASS!



**NEW!**

### 3D PRINTER WORKSHOP

Learn how to operate a Makerbot 3D printer! You'll learn how to download files, how to preview and edit them in the 3D software, and how to prep and print. A great basics class on how 3D printers work!

#### Los Altos Main Library

#### LA Library Staff

222306-01		13-18yrs
Sat	9/12	2-4pm
222306-02		13-18yrs
Tue	9/29	6:30-8:30pm
222306-03		13-18yrs
Mon	10/19	6:30-8:30pm
Residents & All Others FREE!		

## 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 7pm 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 947-2790 or email him at [zsilva@losaltosca.gov](mailto: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)\*

December 4, 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)

2015

- 10.09 Costume
- 11.06 Western
- 12.04 Movie Night

2016

- 1.08 Black and White
- 2.05 Party Underground Luau
- 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 \$89 for 8 scheduled events.
- LAYC Memberships are offered to 7th and 8th graders who live in Los Altos or attend a Los Altos school.
- LAYC Memberships will be sold on campus at Blach and Egan Middle Schools in September. Dates will be posted online at [losaltosrecreation.org](http://losaltosrecreation.org) beginning August 20.

-- OR --

- Beginning August 20, to purchase a membership, please download an application (which can be found online at [losaltosrecreation.org](http://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

*Fall 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](mailto:bsmith@losaltosca.gov)

[LosAltosRecreation.org](http://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](http://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](mailto:junkob@acterra.org)



ACTION FOR A  
HEALTHY PLANET

[www.acterra.org](http://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 the recreation 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](http://losaltosrecreation.org) or picked up from the recreation 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](mailto: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

Announcing auditions for two upcoming shows!

## "THE LION, THE WITCH AND THE WARDROBE"

Adapted by Joseph Robinette from the story by C.S. Lewis  
Directed by Emily Jordan

### ACTOR INFO

*Casting ages:* 9-20 years  
 *Auditions:* August 25, 4-6:30pm by appointment  
 Audition information is on the LAYT website (losaltosca.gov/recreation/page/los-altos-youth-theatre) or email losaltosyouththeatre@gmail.com.  
 *Callbacks:* August 27, 4pm  
 *Casting announced:* by August 30  
 *Parent Meeting:* Sept 1, 6:30-7:30pm  
 *Rehearsals:* Sept 1-Oct 9  
 Mon, Tue & Thu, 4-7pm  
 Fri, 4-6pm

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

*Performances:* Oct 16-Nov 1, weekends\*

\*No performance Oct 31

*Fees\*:* Residents \$289 All Others \$307

\*Scholarships available

## "A MIDSUMMER NIGHT'S DREAM"

By William Shakespeare

Directed by a Resident Artist of the San Francisco Shakespeare Festival, TBA<sup>+</sup>

### ACTOR INFO

*Casting ages:* 10-20 years  
 *Auditions:* December 7, 4-6:30pm  
 In November, sides to prepare for audition will be available on the LAYT website (losaltosca.gov/recreation/page/los-altos-youth-theatre) or email losaltosyouththeatre@gmail.com.  
 *Callbacks:* Dec 9, 4-7pm  
 *Casting announced:* by August 30  
 *Parent Meeting:* Jan 4, 6:30-7:30pm  
 *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

*Performances:* March 4-20 weekends

*Fees\*:* Residents \$289 All Others \$344

\*Scholarships available

<sup>+</sup>This production is a collaborative effort with The San Francisco Shakespeare Festival. Several members of their creative staff will contribute to this production.



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](http://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 October 4*

## Reflect + Create: Where Art and History Intersect



See what artists, makers and creators from throughout the community have been inspired by objects in the Museum collection to create. Programs include artists' talks, family day activities, music programs and, on Sept. 24 at 7pm, a panel of California artists discusses combining art and history. *(In partnership with the California Historical Society)*

## Save the Dates!

**Sept. 19 & 20: Train Days**

Two days of model railroading for all ages.

**Sept. 26: Historic Bike Tour of Los Altos**

Co-hosted by GreenTown Los Altos; 9:30am-12:30pm

**Sept. 27: MoonFest**

Multi-country celebration of this fun fall holiday.

**Nov. 18: Catch the Spirit!**

Festive holiday boutique and house tours.

## 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](http://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 <span style="float: right;">Zip</span>
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](mailto:info@losaltosrecreation.org). No refunds or transfers will be given after class begins.

PARTICIPANT SIGNATURE (Parent or Guardian if under 18)	Date
--	------

*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](mailto:info@losaltosrecreation.org)*

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

**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](mailto: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

## Fall 2015 Registration Dates

*Los Altos Resident Courtesy Registration Days: August 11-13  
Registration Opens to All: August 14*

### 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](mailto:info@losaltosrecreation.org).
- No refunds or transfers will be given after class begins.

## 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](mailto: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

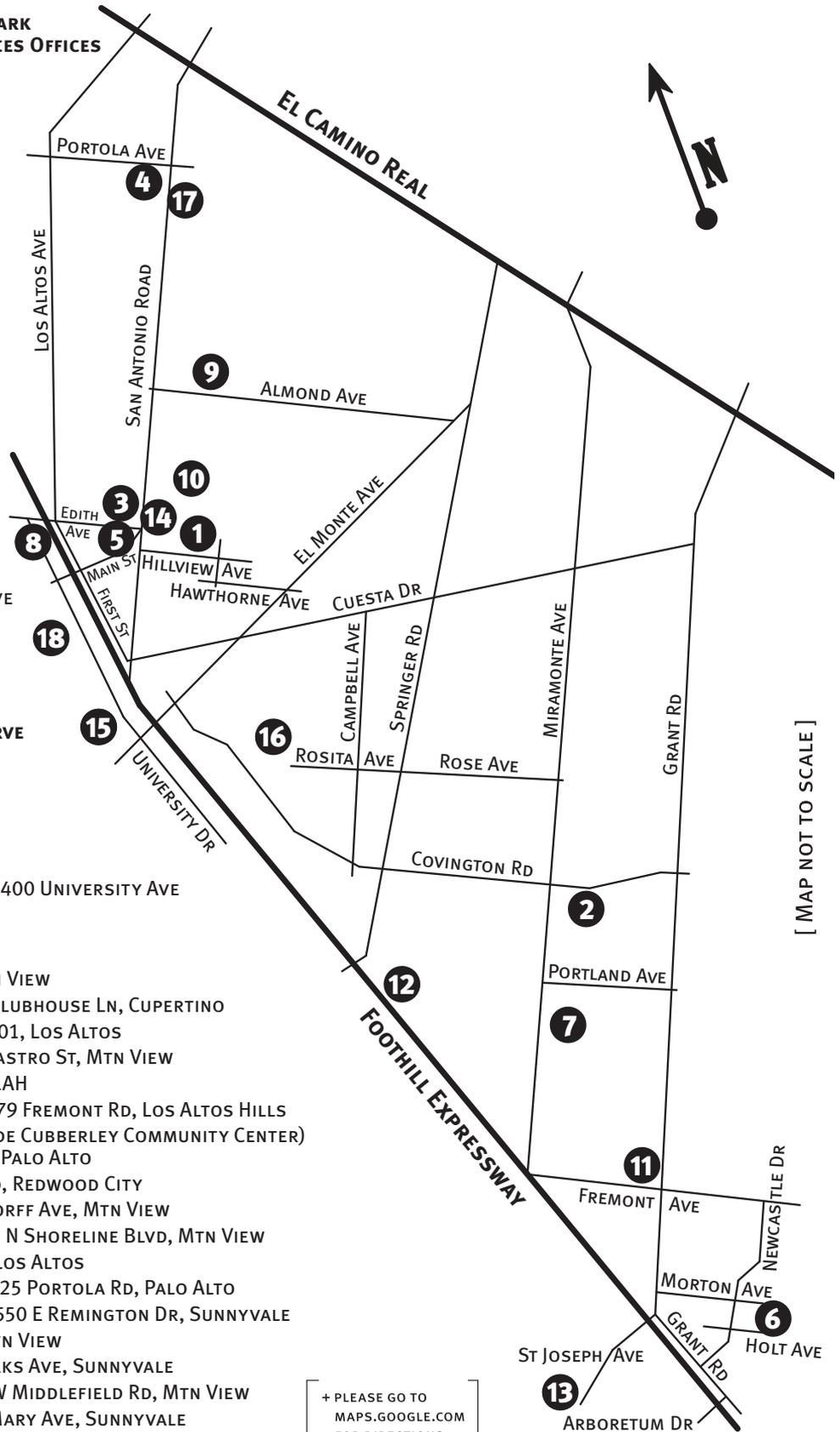
## Parks, Indoor Facilities & Schools

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

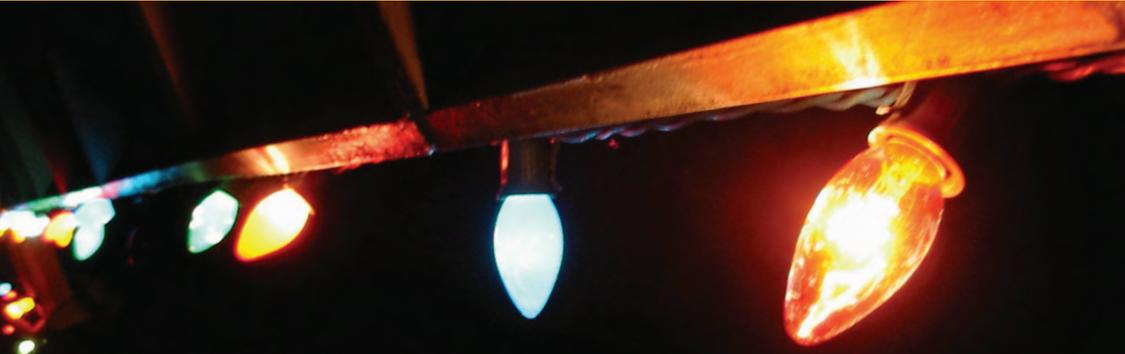
### ADDITIONAL LOCATIONS

- + **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



Check out our rental spaces for your holiday gatherings!

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

**947-2790**

or email

[info@losaltosrecreation.org](mailto: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 and field reservations, please call Greg Milano at 947-2848 or email him at [gmlano@losaltosca.gov](mailto:gmlano@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](http://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
<b>Blach Gym</b>	2				✓					✓	✓	
<b>Community Plaza</b> (corner of Main & State Sts)	5	.16						✓			✓	
<b>Egan Gym</b>	4				✓					✓	✓	
<b>Garden House &amp; The Underground</b> at Shoup	18									✓	✓	✓
<b>Grant</b> Classrooms & Multi-Purpose Room	6	4.5		✓	✓		✓	✓	✓	✓	✓	✓
<b>Heritage Oaks</b>	7	5.3		✓			✓	✓	✓	✓		
<b>Hillview</b> Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room & Bocce Ball Courts	1	8.3	✓	✓			✓		✓	✓	✓	✓
<b>Lincoln</b>	8	4.4		✓								
<b>Los Altos Youth Center</b> (LAYC)	10							✓	✓	✓	✓	✓
<b>Marymeade</b>	11	2.5				✓	✓	✓	✓	✓		
<b>McKenzie</b>	12	4.3		✓		✓	✓	✓	✓	✓		
<b>Montclair</b>	13	1.1				✓	✓	✓	✓			
<b>Redwood Grove</b>	15	5.9	Features include a creekside & redwood trail, picnic tables and rose garden. Not reservable.									
<b>Rosita</b> plus Snack Shack	16	6.4	✓	✓		✓	✓	✓		✓	✓	
<b>San Antonio Club</b>	17						✓			✓	✓	✓
<b>Shoup</b>	18	3.9		✓			✓	✓	✓	✓	✓	
<b>Village</b>	3	.78	Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable.									



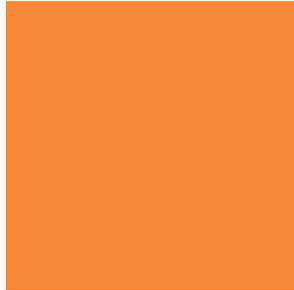
**CITY OF LOS ALTOS**  
**RECREATION & COMMUNITY SERVICES**  
 97 HILLVIEW AVENUE, LOS ALTOS, CA 94022

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*Make Your Fall...*



*Fabulous! Join Us!*