



# *CITY OF LOS ALTOS* **RECREATION DEPARTMENT**

*CREATING COMMUNITY THROUGH PEOPLE, PARKS, AND PROGRAMS!*

## RECREATION GUIDE 2014 FALL CLASSES AND ACTIVITIES



# SPECIAL EVENTS

## Special Events At-A-Glance

### 51ST ANNUAL HALLOWEEN WINDOW PAINTING CONTEST

October 23-25  
Downtown Los Altos

Info? 947-2790

### FALL PLANT EXCHANGE



September 27  
10am-12pm  
Hillview Parking Lot  
FREE! (Rain or Shine!)  
Must bring plants  
to exchange!

Info? 947-2790

### ACTERRA'S FALL WORK DAYS AT REDWOOD GROVE

September 13  
9:30am-12:30pm

October 5  
1pm-4pm

October 18  
9:30am-12:30pm

November 15  
9:30am-12:30pm

December 7  
1pm-4pm

Info/registration: [acterra.org](http://acterra.org)

Los Altos Recreation Dept  
[LosAltosRecreation.org](http://LosAltosRecreation.org)  
947-2790

## LAYC DANCES

at Los Altos  
Youth Center

Fridays  
7:30-10pm  
Starting in October

Monthly LAYC dances are  
a Los Altos tradition for all  
7th or 8th graders living  
in Los Altos or attending a  
school located in Los Altos.

*Kids can dance, hang with friends,  
dance, listen to music, dance...*

Check out all the info on the dances on page 40.



**Q:** Where oh where oh  
where...to hold your holiday  
gathering?

**A:** Right here in the City of  
Los Altos! Check out our Facility  
& Park Rentals info on the inside  
back cover. We have:

Garden House at Shoup Park  
San Antonio Club  
Hillview Social Hall  
Multi-Purpose Rooms  
(with kitchen facilities)  
Plus more!

**"Volunteers do not necessarily have the time;  
they just have the heart." -E. Andrew**

Consider volunteering with the City of Los Altos! A sample of our current  
recruitments is listed inside. Or let us know if you have something specific  
in mind. Info on page 42.





51<sup>ST</sup> ANNUAL

# HALLOWEEN WINDOW PAINTING CONTEST

**Free!**

Join us for the 51st year of this beloved Los Altos tradition!



## OCTOBER 23-25

**Sign up to paint a store window  
in the downtown village triangle!**

- Open to all 4th - 12th grade students in the Los Altos area. Spaces are limited - so **REGISTER NOW**
- Register on-line OR come to the recreation office
- Limited windows available! Registration must be completed on or before Thursday, 10/16, at 5pm
- Window assignments are made by the Recreation Dept and will be posted online at [losaltosrecreation.org](http://losaltosrecreation.org) and emailed to contestants on or before Tuesday, 10/21
- \*Painting times are Th/F: 2-5pm; Sat: 8am-5pm
- Full set of painting times, rules & regulations available online. For special requests, email [gmlano@losaltosca.gov](mailto:gmlano@losaltosca.gov)

### Downtown Los Altos

210810-04		4th graders
Thu-Sat	10/23-10/25	Times vary*
210810-05		5th graders
Thu-Sat	10/23-10/25	Times vary*
210810-06		6th graders
Thu-Sat	10/23-10/25	Times vary*
210810-07		7th graders
Thu-Sat	10/23-10/25	Times vary*
210810-08		8th graders
Thu-Sat	10/23-10/25	Times vary*
210810-09		high school
Thu-Sat	10/23-10/25	Times vary*

*Residents & All Others FREE!*

### Window TBA



# WELCOME



## Los Altos Recreation Department

97 Hillview Avenue  
Los Altos, California 94022  
Tel: 947-2790 Fax: 947-2738  
[losaltosrecreation.org](http://losaltosrecreation.org)

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

## Recreation Commissions

### Parks & Recreation

Jamie Lucia  
*Chair*  
Jack Tooley  
*Vice Chair*  
Larry Baron  
David Beggs  
William James  
Lynette Lee Eng  
Pradeep Parmar

### Senior

Anabel Pelham  
*Chair*  
Kathy Seddiqui  
*Vice Chair*  
Paul Gonella  
Ashish Mathur  
George Prodan  
Ginger Summit

### Library

Darwin Poulos  
*Chair*  
David Struthers  
*Vice Chair*  
Kishen Bhagavan  
Enid Davis  
Cindy Hill  
Cathie Perga  
Judie Suelzle

### Youth

Jake Klepper  
*Chair*  
Devika Kumar  
*Vice Chair*  
Cole Brinsfield  
Ryan Chandra  
Wyatt Eng  
Diego Ibarra  
Annie Iverson  
Drishaan Jain  
Rohith Kuditipudi  
Elizabeth Small  
Vignesh Suresh

## Look Inside For...

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## ABOUT THE COVER...

Instructor Eddie Gearhart is one of our longest running instructors here at the Los Altos Recreation Department. Today his Judo Jujitsu classes (both adult and youth) have quite a loyal following. If you've ever thought about looking into the martial arts--or continuing your education--classes with this experienced instructor would be a great place to start.

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

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)



# Tiny Tots Preschool and Kinder Prep Programs



## Programs Offered:

### Terrific 3s

9:30 am - 12 noon  
Tuesday, Thursday

### Fabulous 4s

9:30 am - 12 noon  
Monday, Wednesday, Friday

### Kinder Prep

8:45 - 11:45 am  
Monday - Friday

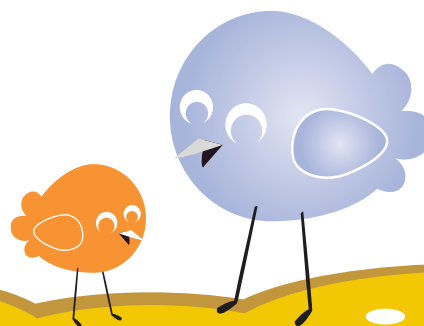
For more information, visit [losaltostinytots.org](http://losaltostinytots.org)  
or call 947-2890 to schedule your tour today!

### Terrific 3s & Fabulous 4s

647 N San Antonio Rd  
Los Altos  
949-2203

### Kinder Prep Program

97 Hillview Ave Rm 14  
Los Altos  
947-2885



# ADULT Classes

## ART

### Art Studio

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 accepted: \$1 for Senior Program members; \$3 for all others.*

*Required Materials: Pick up an Art Studio flyer found at the Los Altos Senior Center, or call us at 947-2797 for the details and materials required for each week's class.*

Hillview Rm 12	Various
645514-04	50+yrs
Wed 9/10-12/17	9:30am-12pm
Senior Program Members \$15 All Others \$45*	
*For Senior Program membership info, plus all our Senior Program offerings, please see pg 38.	

### Watercolor Basics

This class will cover the basics of watercolor painting and is appropriate for beginners and anyone who would like a review of basic techniques. We will learn how to choose the right materials, how to use color, and effective brush handling.

Hillview Rm 13	Bieber
230155-01	18+yrs
Wed 10/22-12/17	9am-12pm
No class 11/26	
Residents \$96 All Others \$114	

### Watercolor for All Levels

This class is suitable for individuals interested in furthering their skills in watercolor. Some basic watercolor experience is desirable prior to attending class. All levels of students will be challenged to take their skills to a new level of confidence.

Hillview Rm 13	Bieber
230514-01	18+yrs
Fri 10/24-12/19	9am-12pm
No class 11/28	
230514-02	18+yrs
Fri 10/24-12/19	1-4pm
No class 11/28	
Residents \$96 All Others \$114	

**NEW!**

### Collage & Mixed Media

In this workshop, we will learn a variety of collage techniques. The use of acrylic paint, gel mediums, colorful paper, creating texture and stenciling will all be included. The instructor will spend some time demonstrating with plenty of time for the student to create their unique work of art. Come for a fun afternoon of art making. No art experience necessary; artists of all levels are welcome.

Hillview Rm 13	Foster
230523-01	18+yrs
Tue 10/28	6-8:30pm
230523-02	18+yrs
Sat 11/8	1:30-4pm
Residents \$57* All Others \$75*	
*Materials fee of \$20 due first day.	

Hillview Rm 13	Foster
230523-03	50+yrs
Thu 11/6	1:30-4pm
Residents \$47* All Others \$65*	
*Materials fee of \$20 due first day.	

**NEW!**

### Collaging & Decorating

Get ready for the holidays in this fun & creative workshop! We will decorate gift boxes with colorful papers, ribbons, and various objects. This is a great way to make gifts for others or for yourself. Materials, including boxes, are supplied.

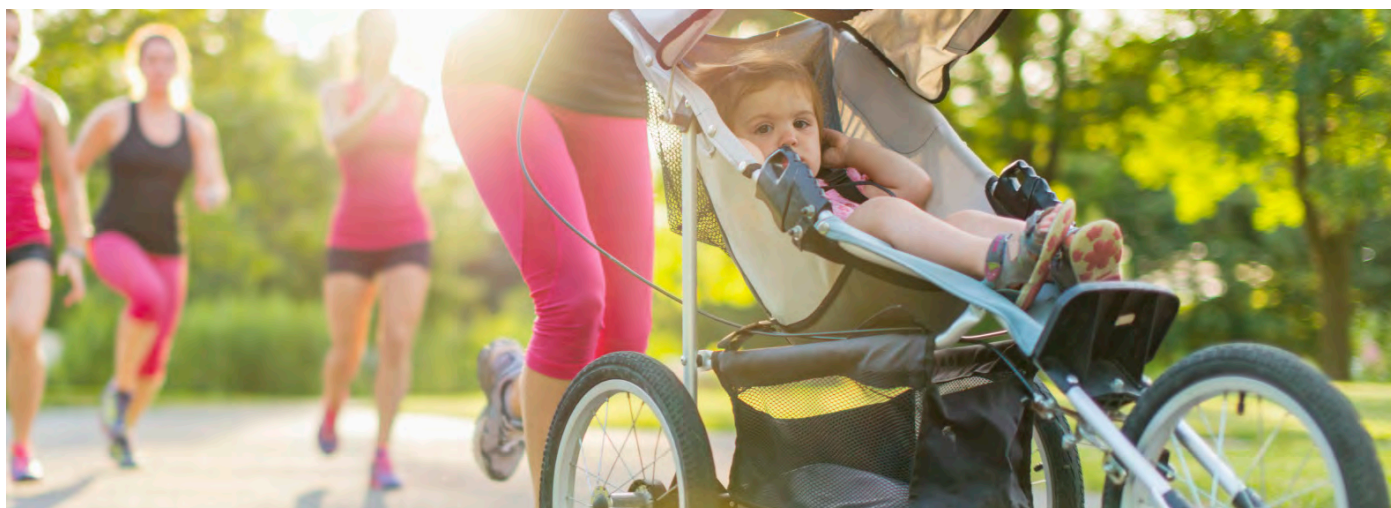
*Optional: Bring a special box of your choice if you'd like.*

Hillview Rm 13	Foster
230524-01	18+yrs
Tue 12/2	6:30-8:30pm
Residents \$52* All Others \$70*	
*Materials fee of \$20 due first day.	

Hillview Rm 13	Foster
230524-02	50+yrs
Thu 11/13	1:30-3:30pm
Residents \$42* All Others \$60*	
*Materials fee of \$20 due first day.	







## NEW! 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.*

<b>Hillview Rm 18</b>	<b>Mustard</b>
230525-01	18+yrs
Thu 9/18-10/23	10-11:30am
Residents \$102	All Others \$120

<b>Hillview Rm 18</b>	<b>Mustard</b>
230525-02	18+yrs
Thu 10/30-12/4	10-11:30am
No class 11/27	
Residents \$92	All Others \$110

## Photo Album Workshop

Learn to organize your photos and protect them in albums in a snap with the help of experienced consultants. Workshop for beginners and seasoned scrap bookers! Tools and albums will be available. Materials fee TBD by your individual album order.

*Note: Bring whatever project you are working on or need help with.*

<b>Hillview Rm 13</b>	<b>Bird/Longo</b>
230601-05	18+yrs
Th 10/9	6:30-10pm
Residents & All Others \$12*	
*Materials fee TBD due day of class. See above.	

## DANCE & FITNESS

### Baby Boot Camp

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

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

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

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

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

*Registration Note: Register at class. Classes range from \$10-\$13 depending on number of classes purchased.*

*In case of rain, please contact the instructor at (408)412-1080.*

<b>Rancho San Antonio Open Space</b>	<b>Luft</b>
<b>Preserve*</b>	
251016-01	18+yrs
M/W/F on-going	9:30-10:45am
No class 9/10, 9/12, 11/28	
*Meet at the information booth near restrooms.	

## BELLY DANCE WITH LUCEEN

### Beginning Belly Dance

This is an introduction to the art of Middle Eastern belly dance. Learn basic steps, movements, rhythm, and beginning coordination of finger cymbals (zills) which is the elegant art of belly dancing.

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

<b>Hillview Rm 4</b>	<b>Luceen</b>
230208-01	12+yrs
Wed 9/17-10/22	7-8pm
Residents \$57	All Others \$75

### Belly Dance Intermediate/Advanced

Learn enhanced steps and combinations of this elegant art form. Concentration will be on technique and precision for dramatic effect to enhance performance skills and develop confidence. Last class is performance night - a treat for all!

*Prerequisite: Beginning Belly Dance or teacher approval.*

<b>Hillview Rm 4</b>	<b>Luceen</b>
230236-01	12+yrs
Wed 9/17-10/22	8-9pm
Residents \$57	All Others \$75

### Social Ballroom Dance

You've been watching Dancing with the Stars! Now learn the basics of ballroom dancing. Don't miss out on the fun of being on the dance floor.

<b>Shoup Park Garden House</b>	<b>Minev</b>
230202-01	18+yrs
Thu 10/2-11/20	7-8pm
Residents \$109*	All Others \$127*
*Fee is per person.	



## HALPER'S FITNESS

fitnesshalpers.com  
479-5955

### Senior Fit-Fun-Friends

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. For more information contact Adam Halper at info above.

*Equipment Notes: Bring resistance band, 9" mini ball, and your choice of dumbbell weight between 1-10lbs.*

#### Town of Los Altos Hills Council Chambers Halper

645104-02	50+yrs
Mon/Wed 9/8-10/1	11:45am-12:45pm
645104-03	50+yrs
Mon/Wed 10/6-10/29	11:45am-12:45pm
645104-04	50+yrs
Mon/Wed 11/3-11/26	11:45am-12:45pm
645104-05	50+yrs
Mon/Wed 12/1-12/29	11:45am-12:45pm
No class 12/24	

Senior Program Members \$150\*

All Others \$160\* \*\*

\*Materials fee of \$5 due first day.

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

**NEW!**

### Bodyweight Bootcamp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends because our Bodyweight Boot Camps are perfect for you. For more information contact Adam Halper at info above.

*Equipment Note: Please bring yoga mat.*

#### Town of Los Altos Hills Council Chambers Halper

645105-01	18+yrs
Mon/Wed 9/8-10/1	6-7am
645105-02	18+yrs
Mon/Wed 10/6-10/29	6-7am
645105-03	18+yrs
Mon/Wed 11/3-11/26	6-7am
645105-04	18+yrs
Mon/Wed 12/1-12/29	6-7am

Senior Program Members \$150

All Others \$160\*

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

### YMCA Low-Impact Aerobics

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

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

#### Hillview Social Hall Phillips

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

## 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. Note for new students: 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

No code required	18+yrs
M/W/F on-going	9:15-10:15am

#### Brekke

#### LAYC

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

#### Flowers

#### Blach Gym

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

#### Shea

#### Grant Park MPR

No code required	18+yrs
M/Tu/Th on-going	9-10am
No code required	18+yrs
Sun on-going	8:30-9:30am

#### Leone





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

### Hillview Rm 4

### Campbell

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

### Hillview Rm 4

### Campbell

645511-10 50+yrs  
Tue 10/7-10/28 1-2pm  
 Senior Center Members \$24 All Others \$32\*

### Hillview Rm 4

### Campbell

645511-11 50+yrs  
Tue 11/4-11/25 1-2pm  
 No class 11/11  
 Senior Center Members \$18 All Others \$24\*

### Hillview Rm 4

### Campbell

645511-12 50+yrs  
Tue 12/2-12/23 1-2pm  
 Senior Program Members \$24 All Others \$32\*

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

## Jacki Sorensen's Strongstep

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

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

### Hillview Social Hall

### Franich

No code required 18+yrs  
Mon/Wed on-going 8:30-9:30am  
 Register at class; first week free!

## TEAM FITNESS

teamfitness.com

## Personal Training by Team Fitness

With over 40 years of collective coaching, our Los Altos coaches will help you succeed at fitness, whether you're just getting started or have been working out for some time. Share the fun and form a small personal training group of two to three friends.

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

### By Appointment Only

### Team Fit Staff

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

## Cross Training with Team Fitness

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

*New Student Note: For new members, 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.*

### Blach Gym

### Team Fit Staff

No code required	coed class	18+yrs
<u>M/W/F</u>	on-going	6-7am
No code required	coed class	18+yrs
<u>Tue/Thu</u>	on-going	6-7am
No code required	men's basketball	18+yrs
<u>Sat</u>	on-going	6-7am
No code required	coed class	18+yrs
<u>Sat</u>	on-going	7-8am

### Egan Gym

### Team Fit Staff

No code required	coed class	18+yrs
<u>M/W/F</u>	on-going	6-7am

## Yoga for Adults

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

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

Hillview Rm 4		Graul
231702-01	Beg	18+yrs
Thu	9/11-12/18	6-7:15pm
No class 11/27		
Residents \$180		All Others \$198

Hillview Rm 4		Graul
231702-02	Int	18+yrs
Mon	9/8-12/15	6-7:30pm
Residents \$192		All Others \$210

## YOGA BY MIKI

Certified Yoga Therapist  
yogawithmiki.co.nf

## Gentle Yoga for a Healthy Spine

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

*Equipment Notes: Yoga mat, loose clothing, and towel.*

Shoup Park Garden House		Bousso
231707-01		18+yrs
Mon	9/15-12/15	9:15-10:15am
231707-02		18+yrs
Wed	9/17-12/17	9:30-10:30am
Residents \$157		All Others \$175

## 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, loose clothing.*

Shoup Park Garden House		Bousso
231706-01		18+yrs
Wed	9/17-12/17	10:45am-12pm
Residents \$157		All Others \$175

**NEW!**

## Yoga-Pilates-Dance

Enjoy a fun, total body workout: A 20 minute gentle aerobic low impact dance based on yoga, tai-chi, taekwondo, and ethnic dance, followed by yoga-pilates poses for toning the core, improving flexibility and posture, stretching & strengthening the spine. No dance experience necessary.

*Equipment Notes: Please bring yoga mat and towel.*

Shoup Park Garden House		Bousso
231715-01		18+yrs
Fri	9/19-12/19	9:15-10:30am
No class 11/28		
Residents \$147		All Others \$165

**NEW!**

## Dance like NIA

Enjoy a fun total body dance workout to a variety of music, providing an hour of gentle aerobic cardio, with non-impact dance moves based on Jazz, Modern and Ethnic Dance, Yoga, Tai Chi and Martial Arts. No dance experience necessary.

*Equipment Notes: Please bring yoga mat and towel.*

Shoup Park Garden House		Bousso
231716-01		18+yrs
Fri	9/19-12/19	12:30-1:30pm
No class 11/28		
Residents \$147		All Others \$165

## Zumba with Ale

Zumba exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Hillview MPR		Piccolo
231015-01		18+yrs
Wed	9/17-10/22	6:15-7:15pm
Residents \$79		All Others \$97

Hillview Social Hall		Piccolo
231015-02		18+yrs
Wed	10/29-12/10	6:15-7:15pm
No class 11/27		
Residents \$79		All Others \$97





# 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.

### Grant Park MPR

231101-01

Mon/Thu 9/8-12/18

No class 11/10, 11/27

Residents \$158

### Gearhart

16+yrs

7:30-9pm

All Others \$176

## CHANG TAI DO KARATE

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

## Chang Tai Do Karate for Adults

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

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

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

### Hillview Social Hall

231102-01

Tue/Thu 10/7-12/18

No class 11/11, 11/27

Residents \$179\*

### Chang/Huey/Do

18+yrs

7-8pm

All Others \$197\*

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



## Tai Chi for Life!

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

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

### Hillview MPR

645534-04

Tue 9/16-12/9 12:45-1:45pm

No class 9/23, 10/21, 11/25

Senior Program Members \$77 All Others \$86\*

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

### Scheer

18+yrs

## SPECIAL INTEREST

### FAMILY FRIENDS

## Dog Grooming 101

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

### Hillview Rm 17

230809-01

Thu 10/9

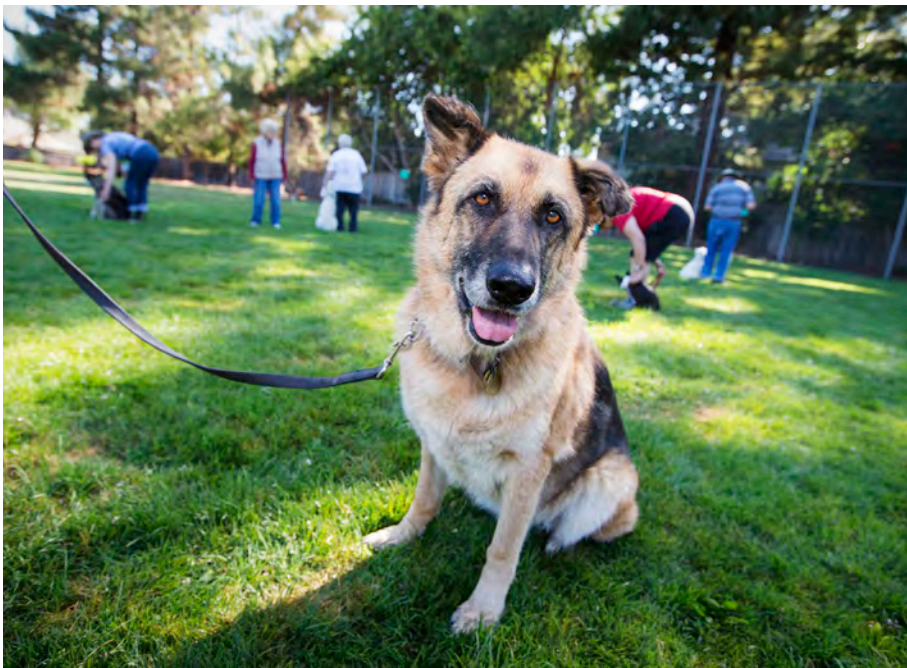
Residents \$38

### Petersen

18+yrs

6:30-8:30pm

All Others \$56



## Dog Obedience

For dogs over five months of age. Introduces basic and intermediate obedience skills. Content will also include discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval received from the trainer to work without a leash.

*Equipment Notes: 1. Choke chain collar which is 3 inches longer than the dog's neck circumference and of medium link size. (Other collar choices are permitted with trainer's approval.) 2. Six-foot leash/lead of leather or fabric. (Leather leads are highly recommended for medium to large dogs.)*

### Hillview Baseball Field Alvarez

230801-01	18+yrs
Wed 9/24-10/29	9-10am
230801-02	18+yrs
Thu 9/25-10/30	8-9am
230801-03	18+yrs
Wed 11/5-12/10	9-10am
230801-04	18+yrs
Thu 11/6-12/11	8-9am

Residents \$60 All Others \$78\*

\*Note: Los Altos Hills residents please register through Los Altos Hills Parks & Recreation Department for this class only.

## 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

231801-01	40+yrs
Tue 9/16-9/30	6:30-9pm
231801-02	40+yrs
Thu 9/25-10/9	6:30-9pm
Residents \$63*	All Others \$81*

\*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

230824-01	60+yrs
Wed 10/8-10/15	1-3:30pm
230824-02	60+yrs
Mon 10/13-10/20	10am-12:30pm
Residents \$42*	All Others \$60*

\*Spouse/guest may attend at no charge.

## How to Make the Most of Your 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 18

230823-01	18+yrs
Wed 11/5	7-9pm
Residents \$32*	All Others \$50*

\*Spouse/guest may attend for free.

## GAMES WE PLAY

### BRIDGE

### 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

645510-01	18+yrs
Mon 9/22-11/24	9-11am
Senior Program Members \$90	All Others \$95*

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

### Ten Weeks to Play Better Bridge

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

*Prerequisites: Students should have either completed our first ten-week class or have some playing experience.*

#### Hillview Rm 12

645541-01	18+yrs
Mon 12/1/14-3/2/15	9-11am
No class 12/22, 12/29, 1/19, 2/16	
Senior Program Members \$90	All Others \$95*

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



## Intermediate Bridge

This 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 month (outlined below) or drop ins are welcome: \$5 for Senior Program members; \$7 for all others. Register for drop ins before each class at the Senior Center.*

**Hillview Rm 12** **Plutynski**  
645530-09 18+yrs  
Thu 9/4-9/25 9:15am-12pm  
Senior Center Members \$20 All Others \$28\*

**Hillview Rm 12** **Plutynski**  
645530-10 18+yrs  
Thu 10/2-10/30 9:15am-12pm  
Senior Center Members \$25 All Others \$35\*

**Hillview Rm 12** **Plutynski**  
645530-11 18+yrs  
Thu 11/6-11/20 9:15am-12pm  
Senior Center Members \$15 All Others \$21

**Hillview Rm 12** **Plutynski**  
645530-12 18+yrs  
Thu 12/4-12/18 9:15am-12pm  
Senior Program Members \$15 All Others \$21\*

\*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 and play Mah-Jongg, please join us!

*Registration Note: Register by month (outlined below) or drop ins 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**  
645515-09 50+yrs  
Thu 9/4-9/25 1-3:30pm  
Senior Center Members \$4 All Others \$12\*

**Hillview Rm 12** **Metz**  
645515-10 50+yrs  
Thu 10/2-10/30 1-3:30pm  
Senior Center Members \$5 All Others \$15\*

**Hillview Rm 12** **Metz**  
645515-11 50+yrs  
Thu 11/6-11/20 1-3:30pm  
Senior Center Members \$3 All Others \$9

**Hillview Rm 12** **Metz**  
645515-12 50+yrs  
Thu 12/4-12/18 1-3:30pm  
Senior Program Members \$3 All Others \$9\*

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

## HEALTH

### Mindfulness Meditation

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

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

**Hillview Rm 2** **Welaratna**  
250822-01 18+yrs  
Mon 9/8-10/27 9-11am  
Residents \$164 All Others \$182\*

**Hillview Rm 13** **Welaratna**  
250822-02 18+yrs  
Tue 9/9-10/28 6-8pm  
Residents \$164 All Others \$182\*

\*Materials fee of \$30 due first class.

**NEW!**

### 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 well-being.

*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.*

**Hillview Rm 13** **Welaratna**  
230826-01 18+yrs  
Thu 10/2-11/6 6-8pm  
Residents \$162 All Others \$180



## 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.

<b>Hillview Rm 16</b>		<b>Hurst</b>
210813-01		18+yrs
Wed	9/10	6-9pm
210813-02		18+yrs
Wed	10/15	6-9pm
210813-03		18+yrs
Mon	11/10	6-9pm
<i>Residents &amp; All Others FREE!</i>		

<b>Grant Park Rm 1</b>		<b>Hurst</b>
210813-04		18+yrs
Mon	12/1	6-9pm
<i>Residents &amp; All Others FREE!</i>		

**NEW!**

## EL CAMINO HOSPITAL'S ACTIVE ZONES WORKSHOP SERIES

### Keys to Successful Aging

This interactive workshop is based on the latest healthy aging research. Nine evidence-based factors are presented that will inspire participants to adopt a lifestyle of purpose-driven wellness.

<b>Hillview Rm 12</b>		<b>McClure</b>
645314-01		55+yrs
Wed	9/24	1-2pm
<i>Residents &amp; All Others FREE!</i>		

### Nutrition Tips for Life

With so much conflicting information about what to eat and what not to eat, this workshop breaks through the nutrition myths and provides practical tips that will impact the health of every cell in the body.

<b>Hillview Rm 12</b>		<b>McClure</b>
645312-01		55+yrs
Wed	9/10	1-2pm
<i>Residents &amp; All Others FREE!</i>		

### Good Stress vs. Bad Stress

Most people may not realize that stress, in the proper dosage is good for your health. Unfortunately, in today's fast-paced culture, people are overdosing on stress. This workshop teaches practical techniques to manage the good and bad life stressors.

<b>Hillview Rm 12</b>		<b>McClure</b>
645313-01		55+yrs
Wed	9/17	1-2pm
<i>Residents &amp; All Others FREE!</i>		



## Hypnotize Yourself Slim™

### FREE PREVIEW

Surely, you've wondered what it would be like to be hypnotized, and let your unconscious slim you down, easily. Come relax with hypnosis and discover 19 reasons why you'll succeed when you take Hypnotize Yourself Slim. Register or just show up.

<b>Hillview Rm 18</b>		<b>Rosen, CHT</b>
230119-01		18+yrs
Thu	9/18	7-8:15pm
<i>Residents &amp; All Others FREE!</i>		

### CLASS

Imagine you reprogrammed your mind so emotional eating, portions, food prep, exercise or whatever else held you back no longer did. It's a lot easier than you've been led to believe. Includes Bust Your Cravings™ session. Jumpstart hypnosis audio available for purchase.

<b>Hillview Rm 18</b>		<b>Rosen, CHT</b>
230118-01		18+yrs
Thu	10/2-10/23	7-8:30pm
<i>Residents \$79</i>		<i>All Others \$97</i>

## VARIOUS

### TACO

(TERRIBLE ADULT CHAMBER ORCHESTRA)

TACO 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).*

<b>Hillview Social Hall Humphers/McNulty</b>		
230111-01		18+yrs
Sun	9/28	2-5pm
230111-02		18+yrs
Sun	10/26	2-5pm
230111-03		18+yrs
Sun	11/23	2-5pm
<i>Residents &amp; All Others \$10</i>		

<b>Hillview Social Hall Humphers/McNulty</b>		
230111-04		18+yrs
Sun	9/28-11/23	2-5pm
<i>Residents &amp; All Others \$25</i>		

## A Night in Italy-Let's Cook!

Andiamo a mangiare! Chef Berna has some secret family recipes she's willing to share! You'll make Italian appetizers and treats direct from Naples, Italy!

<b>Hillview MPR</b>		<b>Reed</b>
<b>240710-01</b>		<b>18+yrs</b>
Wed	11/5	6:30-8pm
<i>Residents \$50*</i>		<i>All Others \$68*</i>
<i>*Materials fee of \$25 due first day.</i>		



# SPORTS

## BADMINTON

**NEW!**

### Badminton Drop In

We love badminton and want you to join us! Come in for up to two hours of recreational play. All levels welcome. Please bring your racket and birdies.

*Registration Note: Register at class.*

Egan Gym		Huyhn
No code needed		10-18yrs
Wed	9/10-10/22	6-8pm
No code needed		10-18yrs
Wed	10/29-12/17	6-8pm
Residents & All Others \$10 per session		

## EQUESTRIAN

**NEW!**

### Western Horseback Riding Lessons

Zuraek Stables in Los Altos Hills offers Western Horseback Riding lessons for students 10 years through adult. Look in the Youth Sports section for all the details.

## FENCING

### THE CUTTING EDGE

[thecuttingedge.s5.com](http://thecuttingedge.s5.com)

### LED Light Sabre

Learn the ways of LED (Light Emitting Diode) sabre combat! Train in the foundational basics of staged combat, targeting techniques, fancy "sabre spins," and more. Fight, brawl, roll, and jump into the art of staged combat!

*Note: All Star Wars concepts property of Lucasfilm/Lucasarts. The Cutting Edge is not affiliated with Lucasfilm. LED sabre props built and designed by The Cutting Edge.*

Grant Park Rm 1		Cutting Edge Staff
250940-01		13+yrs
Thu	9/11-10/30	6:30-7:45pm
250940-02		13+yrs
Thu	11/6-12/18	6:30-7:45pm
Residents \$152*		All Others \$170*
*There is a one-time \$15 sabre gear fee per student, due first day of class. If a student provides their own sabre for the duration of the class, they do not need to pay the \$15.		

## GOLF

### DEEP CLIFF GOLF COURSE

*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

230935-01		18+yrs
Sat	9/20-10/11	1-2:30pm
230935-02		18+yrs
Sat	10/18-11/8	12:30-2pm
Residents \$124		All Others \$142

## SOCCER

### Coach Ken's Women's Soccer

Women learn and play soccer while achieving their fitness goals in a fun, social environment. Beginners and former players welcome. Women get a chance to learn and share the beautiful game with friends and family, whether new to the sport, or looking to rejoin, learn new skills and enjoy playing.

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

*Notes: Childcare provided for kids 3+yrs.*

Heritage Oaks Park		Mburu
230929-01		18+yrs
Thu	9/18-11/20	9:15-10:30am
230929-02		18+yrs
Fri	9/19-12/5	9:15-10:30am
No class 10/30, 11/28		
230929-03		18+yrs
Sat	9/20-11/22	8-9:15am
Residents \$172		All Others \$190





## ICE SKATING

### ICE SKATING AT THE NAZARETH ICE OASIS

#### Ice Skating - Adult

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	9/10-10/15	6:20-6:50pm
230903-02		15+yrs
Wed	10/29-12/10	6:20-6:50pm
No class 11/26		
230903-03		15+yrs
Sat	10/18-11/22	10:45-11:15am
Residents \$96		All Others \$114

## TENNIS

### WHITLINGER/SARSFIELD TENNIS

[whitlingersarsfielddennis.com](http://whitlingersarsfielddennis.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 will be converted into four one hour lessons. Terrific Tiny Tennis classes will consist of eight 40-minute lessons.

*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 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 DEPARTMENT.*

#### Adult Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction. Lessons will also incorporate basic strategy and tactics.

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

230948-01		15+yrs
Sat	9/13-11/1	9-10am
Residents \$99		All Others \$117

## Adult Intermediate Tennis

For players (National Tennis Rating Program/NTSP 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 Park Courts 2/3 Whitlinger/Sarsfield Staff

230949-02		15+yrs
Tue/Thu	9/9-10/2	7-8pm
230949-01		15+yrs
Tue/Thu	10/14-11/6	7-8pm
Residents \$99		All Others \$117

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

230949-03		15+yrs
Tue/Thu	11/18-12/4	7:30-9pm
No class 11/25, 11/27		
Residents \$81		All Others \$99

## 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 [whitlingersarsfielddennis.com](http://whitlingersarsfielddennis.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: Youth ages 12-17 are welcome to attend trips when accompanied by a paying adult.*

### 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.

*Note: Please bring windbreaker or light parka, hat, sunscreen and sunglasses, binoculars and camera, water, picnic lunch or snacks, and spare warm clothes for the car.*

*Our trip will go rain or shine. Please dress accordingly. Fleece, polyester or other synthetic clothes are the best for paddling, with a windbreaker on top. It can be cool and foggy. Lightweight shoes work best for your feet (no large boots please.)*

*Equipment Note: A kayak equipment fee of \$50 per person for boat rental, safety equipment and paddling gear is required for this course. 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. If you have questions about this trip, please contact Greg Meyer for more details: gregmeyernaturalist@gmail.com.*

### Kirby Park Boat Ramp @ Elkhorn Slough Meyer

230827-01 18+yrs  
Sat 10/4 9am-3pm  
Residents \$44 All Others \$62



**NEW!**

### Bair Island Paddle San Francisco Bay

Fall is a wonderful season to kayak this protected coastal wetland and wildlife refuge. We will paddle about 5 miles working our way through the marsh to pull ashore at an oyster covered beach for a quick lunch. Discover a whole new way to see our inland sea.

*Note: Please bring windbreaker or light parka, hat, sunscreen and sunglasses, binoculars and camera, water, picnic lunch or snacks, and spare warm clothes for the car.*

*Our trip will go rain or shine. Please dress accordingly. Fleece, polyester or other synthetic clothes are the best for paddling, with a windbreaker on top. It can be cool and foggy. Lightweight shoes work best for your feet (no large boots please.)*

*Equipment Note: A kayak equipment fee of \$50 per person for boat rental, safety equipment and paddling gear is required for this course. 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. Students, age 12 and above, may sign-up with a parent. If you have questions about this trip, please contact Greg Meyer for more details: gregmeyernaturalist@gmail.com.*

### Boat Ramp on Chesapeake Drive Meyer

230828-01 18+yrs  
Sat 11/8 9:30am-2:30pm  
Residents \$44 All Others \$62

### Bird Watching Fundamentals

Birds are all around us and 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 a field trip to watch land birds and waterfowl. We will also learn about great places to go, the natural history of birds, tips on attracting birds to your yard and how to pursue the feather quest here and abroad

#### PRE-TRIP MEETING

#### Los Gatos Recreation Dept, Rm C

Thu 11/13 7-9:30pm

#### TRIP

#### Trip starting location to be announced Meyer

230829-01 18+yrs  
Sun 11/16 9am-4pm  
Residents \$44 All Others \$62

**NEW!**

## Henry Cowell Hike

This is a great hike and fun workout into a wild corner of the Santa Cruz Mountains. We will hike down into the San Lorenzo River gorge and pass giant redwoods, towering fir trees and peaceful pools. After lunch next to the river, we walk uphill slowly and talk about the unique natural history of these local mountains. The hike is moderately strenuous and about 4.5 miles long.

### Trip starting location to be announced Meyer

230830-01		18+yrs
Sat	11/15	9am-3pm
Residents \$34		All Others \$52

## SENIOR CENTER DAY TRIPS

**NEW!**

### Levi Stadium Tour

The new Levi's Stadium will be home to the 49ers for the next generation of tradition and glory. Be one of the first to go behind the scenes of the new state-of-the-art venue and restaurant that has created the ultimate fan-experience through innovation, technology and an environmental focus. Stadium tours feature the Suite Tower, Premium Club Spaces, Field Level, Locker Room, Press Level, NRG Solar Terrace, 49ers Team Store and Museum.

*Notes: 1. Fee includes guided stadium tour, museum and gift shop entrance, lunch at Michael Mina's TailGate, chartered bus, and bus driver gratuity. 2. Trip departs and returns to the Los Altos Senior Center.*

### Hillview Rm 10

#### Los Altos Senior Program Staff

645302-01		18+yrs
Sat	9/6	10:30am-4:30pm
Senior Program Member \$70		All Others \$80*

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

**NEW!**

## Pippin!

Join us for a matinee showing of PIPPIN! PIPPIN tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory?

*Note: 1. Fee includes Prime Orchestra seat at the Golden Gate Theater in San Francisco, chartered bus and bus driver gratuity. 2. Trip departs and returns to the Los Altos Senior Center.*

### Hillview Rm 10

#### Los Altos Senior Program Staff

645303-01		18+yrs
Wed	10/15	11:30am-6:30pm
Senior Program Member \$142		All Others \$147*

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



# YOUTH CLASSES

## ACADEMIC FUN

### ECONOMIC DRIVING SCHOOL

#### In-Class Driver's Ed

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

*Required: Please bring a lunch!*

#### Sunnyvale Community Center Economic Driving School Staff

251802-01	15+yrs
Mon/Tue 12/22,23,29,30	8:30am-4pm
Residents \$129	All Others \$147

#### 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). To complete the question "How did you hear about us?" choose activity code 2790.

*Residents & All Others \$68.50*

#### Green Bean Kidz

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

*Notes: Program takes place at various local parks in Los Altos. First class meets at Redwood Grove. (Must park on University Ave and walk into park.)*

#### Various Los Altos Parks Green Bean Kidz Staff

261808-01	2-5yrs*
Tue 9/9-10/14	9:30-11am
261808-02	2-5yrs*
Wed 9/10-10/15	9:30-11am
261808-03	2-5yrs*
Tue 10/21-12/2	9:30-11am
<u>No class 11/25</u>	
261808-04	2-5yrs*
Wed 10/22-12/3	9:30-11am
<u>No class 11/26</u>	

*Residents \$152\*\* All Others \$170\*\**

*\*Parent must accompany child.*

*\*\*Materials fee of \$15 due first day for all ages.*

#### NEW!

#### Intro to Number Theory

Topics we will cover include the theory of prime numbers, arithmetic and geometric sequences, modular arithmetic, applications to cryptography, golden ratio, and Fibonacci sequences. Along the way, we will learn about great mathematicians like Pythagoras, Euclid, Eratosthenes, Leonardo of Pisa, and others.

*Prerequisites: Grades 6-10*

<b>Hillview Rm 18</b>	<b>Deshpande, Kaul</b>
250826-01	10-13yrs
Tue 9/16-10/14	4:30-5:30pm
250826-02	10-13yrs
Tue 10/21-11/18	4:30-5:30pm
Residents \$180	All Others \$198





**NEW!**  
**Story of Numbers**

We will learn about the origin and evolution of numbers in prehistoric and ancient times. Topics include pebble counting, body-parts counting and tallying, Egyptian, Babylonian, Greek, Roman, Chinese, Indian, and Mayan number systems and arithmetic, Hindu-Arabic numerals, and the number 0.

<b>Hillview Rm 18</b>		<b>Deshpande, Kaul</b>
250827-01		10-13yrs
Tue	9/16-10/14	5:30-6:30pm
250827-02		10-13yrs
Tue	10/21-11/18	5:30-6:30pm
Residents \$180		All Others \$198

**NEW!**  
**Electronics with Minecraft**

Minecraft Engineers get ready! Over the coming weeks we will learn basic electronics skills within the wonderful world of Minecraft. Students will learn how to make logic gates, timers, sensors, memory devices, and use these skills to build fantastic machines.

<b>Hillview Rm 2</b>		<b>Stem-Camp Staff</b>
210825-01		6-10yrs
Thu	9/11-10/30	3-4:30pm
Residents \$239		All Others \$257

## ARTS & CRAFTS

### COMMUNITY SCHOOL OF MUSIC & ARTS (CSMA)

230 San Antonio Circle, Mtn View

#### Art 4 Families

This class is full of wonderful hands-on projects. The whole family will enjoy using paint, glue, pastels, clay, and other fun materials. Guided exploration allows children to work at their own pace. Parents can join in on the fun with their child!

*Required: Parent/Caregiver attendance is required.*

<b>CSMA</b>		<b>Couch</b>
260518-01		2-4yrs
Wed	9/17-12/10	11-11:45am
No class 11/26		
Residents \$215		All Others \$233

#### Sticky & Squishy

Little ones: Here is your chance to get down and dirty with all sorts of gooey, foamy, squishy and sticky materials! Have fun building, creating, pushing and pulling while making beautiful works of art.

*Required: Parent/Caregiver must attend class with child.*

<b>CSMA</b>		<b>Lugo</b>
260520-01		1.5-3yrs
Fri	9/19-12/12	10-10:45am
No class 11/28		
Residents \$215		All Others \$233

**NEW!**  
**3D Explorers**

Build 3D art using wood, found objects, clay, paper mache and more. Children use diverse materials to make free standing masterpieces in this hands-on class.

*Requirement: Parent attendance is optional for children over 4 years of age.*

<b>CSMA</b>		<b>Marin</b>
260521-01		3-5yrs
Thu	9/18-12/11	11-11:45am
No class 11/25		
Residents \$215		All Others \$233

#### Masterpieces in Art Meet the Masters!

Each week a different artist is featured and children are introduced to a variety of inspiring materials. Have fun learning how to paint like Van Gogh and sculpt like Rodin!

*Required: Parent attendance is optional for children over 4 years of age.*

<b>CSMA</b>		<b>Couch</b>
260522-01		3-5yrs
Wed	9/17-12/10	10-10:45am
No class 11/26		
Residents \$215		All Others \$233



## My First Art Class

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

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

### Hillview Rm 15 My First Art Staff

250501-01	1.5-3yrs
Wed 9/24-11/12	9:30-10:30am
250501-03	1.5-3yrs
Thu 9/25-11/13	9:30-10:30am
<i>Residents \$117* All Others \$135*</i>	
<i>*Materials fee of \$15 due first day.</i>	

### Hillview Rm 15 My First Art Staff

250501-02	2-4yrs
Wed 9/24-11/12	10:45-11:45am
250501-04	2-4yrs
Thu 9/25-11/13	10:45-11:45am
<i>Residents \$117* All Others \$135*</i>	
<i>*Materials fee of \$15 due first day.</i>	

**NEW!**

## 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.*

### Hillview Rm 18 Mustard

220525-01	11-18yrs
Thu 9/18-12/18	4-5pm
<i>No class 11/27</i>	
<i>Residents \$182 All Others \$200</i>	

## 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.

### Hillview Rm 16 Tust

211293-01	5-12yrs
Sat 10/4-11/22	10am-12pm
<i>Residents \$152* All Others \$170*</i>	
<i>*Materials fee of \$40 due first day.</i>	

# COOKING

## YOUNG CHEFS ACADEMY

*Note: 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	2.5-4yrs
Wed 9/3-12/10	6-7pm
<i>No class 11/26</i>	
260706-02	2.5-4yrs
Thu 9/4-12/11	9:30-10:30am
<i>No class 11/27</i>	
260706-03	2.5-4yrs
Fri 9/5-12/12	10:30-11:30am
<i>No class 11/28</i>	
260706-04	2.5-4yrs
Sat 9/6-12/13	9-10am
<i>No class 11/29</i>	
260706-05	2.5-4yrs
Sun 9/7-12/14	9:30-10:30am
<i>No class 11/30</i>	
<i>Residents \$150* All Others \$168*</i>	
<i>*Materials fee of \$100 due first day.</i>	



## 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	4.5-6.5yrs
Wed 9/3-12/10	4-5:30pm
<i>No class 11/26</i>	
210706-02	4.5-6.5yrs
Thu 9/4-12/11	4-5:30pm
<i>No class 11/27</i>	
210706-03	4.5-6.5yrs
Fri 9/5-12/12	4-5:30pm
<i>No class 11/28</i>	
<i>Residents \$250* All Others \$268*</i>	
<i>*Materials fee of \$100 due first day.</i>	

## 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 9/3-12/10	4-5:30pm
<i>No class 11/26</i>	
260701-02	7-10yrs
Thu 9/4-12/11	4-5:30pm
<i>No class 11/27</i>	
260701-03	7-10yrs
Fri 9/5-12/12	4-5:30pm
<i>No class 11/28</i>	
<i>Residents \$250* All Others \$268*</i>	
<i>*Materials fee of \$100 due first day.</i>	

## 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	10-13yrs
Thu 9/4-12/11	6-7:30pm
<i>No class 11/27</i>	
260702-02	10-13yrs
Sun 9/7-12/14	9-10:30am
<i>No class 11/30</i>	
<i>Residents \$250* All Others \$268*</i>	
<i>*Materials fee of \$100 due first day.</i>	

# DANCE & PERFORMING ARTS

## FIVE & UNDER DANCE

### Tiny Tutu

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

*Equipment Note: Leotards and soft ballet shoes required.*

Hillview Rm 4		Vaillancourt	
260209-01	2.5-3.5yrs		
Wed	9/10-11/12	10-10:30am	
260209-02	2.5-3.5yrs		
Thu	9/11-11/13	10-10:30am	
Residents \$140		All Others \$158	

### 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	
260203-01	3.5-5yrs		
Wed	9/10-11/12	10:35-11:05am	
260203-02	3.5-5yrs		
Thu	9/11-11/13	10:35-11:05am	
Residents \$140		All Others \$158	

### 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	
260205-01	3.5-5yrs		
Wed	9/10-11/12	12:30-1:15pm	
260205-02	3.5-5yrs		
Thu	9/11-11/13	12:30-1:15pm	
Residents \$159		All Others \$177	

## JEAN LEE'S BALLET CLASSES

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

*Note: All of Jean Lee's students will be eligible to participate in the spring 2015 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	9/18-12/11	3:45-4:30pm	
No class 11/27			
Residents \$178		All Others \$196	

## 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	9/17-12/10	3:45-4:30pm	
No class 11/26			
Residents \$178		All Others \$196	

## Classical Ballet Intermedite/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		
Thu	9/18-12/11	4:30-5:30pm	
No class 11/27			
210215-02	6-12yrs		
Wed	9/17-12/10	4:30-5:30pm	
No class 11/26			
Residents \$178		All Others \$196	







### 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	9/17-12/10	5:30-6:30pm
<u>No class 11/26</u>		
Residents \$178		All Others \$196

### Ballroom Dance

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

Equipment note: Please wear non-stick shoes.

Shoup Park Garden House		Minev
210202-01		6-12yrs
Thu	10/2-11/20	5:30-6:30pm
<u>Residents \$109*</u>		
		All Others \$127*
*Fee is per person.		

## MARTIAL ARTS

### CHANG TAI DO KARATE & FITNESS

changtaido.com

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

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

### Chang Tai Do Karate for Tots

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

Hillview Social Hall	Chang/Huey/Do
211104-01	4-7yrs
Thu	10/9-12/18
<u>No class 11/27</u>	
<u>Residents \$160*</u>	
<u>All Others \$178*</u>	
*Materials fee of \$75 due first day for first time participants.	

### Chang Tai Do Karate Beginning/Intermediate

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

Hillview Social Hall	Chang/Huey/Do
211102-01	8+yrs**
Tue/Thu	10/7-12/18
<u>No class 11/11, 11/27</u>	
<u>Residents \$179*</u>	
<u>All Others \$197*</u>	
*Materials fee of \$245 due first day for first time participants.	
**Returning students younger than 8 can register with instructor approval.	

### Chang Tai Do Karate Advanced

Advanced Karate class for Green Belts and more advanced students.

Hillview Social Hall	Chang
211103-01	10+yrs
Tue/Thu	10/7-12/18
<u>No class 11/11, 11/27</u>	
<u>Residents \$179*</u>	
<u>All Others \$197*</u>	
*Materials fee of \$110 due first day for first-time participants.	



## 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

211101-01  
Mon/Thu 9/8-12/18  
No class 11/10, 11/27

Residents \$138

### Gearhart

7-16yrs  
6-7pm

All Others \$156

# MUSIC

## MELODY'S ACADEMY OF MUSIC

4151 Middlefield Rd, Ste 105, Palo Alto  
(in the Global Fluency Building)

**NEW!**

## 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 storytelling method. The class prepares students for future piano lessons by helping students develop musical character.

*Note: Parent participation is required.*

### Melody Academy of Music MAM Staff

260114-01	3-4yrs
Tue 9/9-10/14	10:30-11:15am
260114-02	3-4yrs
Fri 9/12-10/17	10:30-11:15am
260114-03	3-4yrs
Mon 10/6-11/10	10:30-11:15am
260114-04	3-4yrs
Thu 10/9-11/13	10:30-11:15am
Residents \$168	All Others \$186

## 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.*

*Required: Parents must attend with their children.*

### Melody Academy of Music MAM Staff

210104-01	4-5yrs
Sat 9/6-10/11	1-1:45pm
210104-02	4-5yrs
Wed 9/17-10/22	4-4:45pm
210104-03	4-5yrs
Sun 9/28-11/2	2-2:45pm
210104-04	4-5yrs
Sat 10/11-11/15	11-11:45am
Residents \$168*	All Others \$186*

*\*Materials fee of \$45 due first day.*

## 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.*

*Required: Parents must attend with their children.*

### Melody Academy of Music MAM Staff

210115-01	5-7yrs
Sat 9/6-10/11	9-9:45am
210115-02	5-7yrs
Wed 9/17-10/22	7-7:45pm
210115-03	5-7yrs
Sun 9/28-11/2	11-11:45am
210115-04	5-7yrs
Sat 10/11-11/15	5-5:45pm
Residents \$168*	All Others \$186*

*\*Materials fee of \$45 due first day.*

## Yamaha Piano /Keyboard Beginner

MAM is now offering Yamaha certified Piano/Keyboard classes!! Over 600,000 students around the world have studied Yamaha music curriculum. It is proven that group lessons are an effective way to achieve comprehensive musical training.

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

*Requirement: Parent must attend with child.*

### Melody Academy of Music MAM Staff

220104-01	5-6yrs
Sun 9/21-10/26	1-1:45pm
Residents \$168*	All Others \$186*

*\*Materials fee of \$45 due first day.*







## 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
Thu	9/11-10/16	7-7:45pm
210110-02		7-12yrs
Thu	10/23-12/4	7-7:45pm

Residents \$168\* All Others \$186\*

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

## Group Violin Lessons

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

### Melody Academy of Music MAM Staff

210105-01		6-10yrs
Sat	9/6-10/11	5-5:45pm
210105-02		6-10yrs
Wed	9/17-10/22	6-6:45pm

Residents \$168\* All Others \$186\*

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

## Group Guitar Beginners: 7-10yrs

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

*Equipment Note: Please bring your own guitar.*

### Melody Academy of Music MAM Staff

210112-01		7-10yrs
Sun	9/28-11/2	4-4:45pm

Residents \$168\* All Others \$186\*

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

## Group Guitar Beginners: 10-13yrs

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

*Equipment Note: Please bring your own guitar.*

### Melody Academy of Music MAM Staff

220112-01		10-13yrs
Sun	9/28-11/2	5-5:45pm

Residents \$168\* All Others \$186\*

\*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.*

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

### Melody Academy of Music MAM Staff

220113-01		8-12yrs
Sun	9/28-11/2	6-6:45pm

Residents \$168\* All Others \$186\*

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

## MUSIC AROUND THE WORLD

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

### Music Around the World Free Preview

Through a sample class, visit all four corners of the world through the language of music! No previous target language experience necessary – learn along with your child! Can't make the free preview date? Contact Julie Wong (contact info above) to arrange a free preview.

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

Hillview Rm 4	Wong
No code required	0-4yrs
Fri 9/19	10-10:50am
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 and tonal play with age appropriate instruments, physical movement and imaginative improvisation provide a wonderful foundation for musical, linguistic and intellectual growth!

Hillview Rm 4	Flores
260101-01	0-4yrs
Tue 9/30-12/9	10:30-11:20am
No class 11/27	
Residents \$161*	All Others \$179*

Hillview Rm 4	Wong
260101-02	0-4yrs
Fri 9/26-12/5	9-9:50am
No class 11/28	
260101-03	0-4yrs
Fri 9/26-12/5	10-10:50am
No class 11/28	
Residents \$161*	All Others \$179*
*Materials fee of \$25 for CD/songbook due first day.	

## 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 target language experience is necessary! Take advantage of your child's amazing ability to absorb music and language!

Hillview Rm 4	Flores
260102-02	0-4yrs
Tue 9/30-12/9	9:30-10:20am
No class 11/27	
Residents \$161*	All Others \$179*

Hillview Rm 4	Wong
260102-03	0-4yrs
Fri 9/26-12/5	11-11:50am
No class 11/28	
Residents \$161*	All Others \$179*
*Materials fee of \$25 for CD/songbook due first day.	







# SPORTS

## ARCHERY

### THE ART AND 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.

Redwood Grove		Roan	
210918-01	7-17yrs	210938-01	9-17yrs
Thu 9/18-11/6	3:30-4:30pm	Thu 9/18-11/6	4:30-5:30pm
210918-02	7-17yrs		
Fri 9/19-11/7	3:30-4:30pm		
Residents \$251	All Others \$269		

#### 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 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.

Redwood Grove		Roan	
210938-01	9-17yrs	210938-01	9-17yrs
Thu 9/18-11/6	4:30-5:30pm	Thu 9/18-11/6	4:30-5:30pm
Residents \$251	All Others \$269		

#### 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.

Redwood Grove		Roan	
210939-01	11-17yrs	210939-01	11-17yrs
Fri 9/19-11/7	4:30-5:30pm	Fri 9/19-11/7	4:30-5:30pm
Residents \$251	All Others \$269		

## EQUESTRIAN

### NEW! 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 visit, call instructor Kristen Zuraek at (408)460-7226.

Location of Zuraek Stables:  
11854 Page Mill Rd, Los Altos Hills

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

Zuraek Stables	Zuraek
No code needed	10+yrs
By appointment only: call to set up	
Residents \$81	All Others \$99

## FENCING

### THE CUTTING EDGE

[thecuttingedge.s5.com](http://thecuttingedge.s5.com)

*Equipment Note for All Fencing 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.*

### Basic Sabre Fencing

En garde! Learn the lightning-quick sport of sabre fencing! Train, drill and team up with professional, licensed and insured fencing instructors from The Cutting Edge. Participate in games, bouting with classmates and get a great athletic workout!

#### Grant Park MPR      Cutting Edge Staff

250941-01      7+yrs

Sat      9/13-10/25      12:30-1:30pm

250941-02      7+yrs

Sat      11/1-12/20      12:30-1:30pm

Residents \$152\*      All Others \$170\*

\*There is a one-time \$15 fencing gear fee per student due first day.

### Advanced Sabre Fencing

Tactics, timing, traps via footwork, and blade work invitations abound in this higher-level fencing class. Assessing opponents' strengths and weaknesses along with in-house tournaments are part of the goals of this class, focusing on refining technique and developing "personal style"!

*Prerequisite: Basic Sabre Fencing or instructor approval.*

#### Grant Park MPR      Cutting Edge Staff

250942-01      7+yrs

Sat      9/13-10/25      11am-12:15pm

250942-02      7+yrs

Sat      11/1-12/20      11am-12:15pm

Residents \$152\*      All Others \$170\*

\*There is a one-time \$15 fencing gear fee per student due at the first class.



### LED Light Sabre

Open to teens as well as adults, this class trains students in the foundational basics of staged combat, targeting techniques, fancy "sabre spins," and more. Fight, brawl, roll, and jump into the art of staged combat!

*Note: All Star Wars concepts property of Lucasfilm/Lucasarts. The Cutting Edge is not affiliated with Lucasfilm. LED sabre props built and designed by The Cutting Edge.*

#### Grant Park Rm 1      Cutting Edge Staff

250940-01      13+yrs

Thu      9/11-10/30      6:30-7:45pm

250940-02      13+yrs

Thu      11/6-12/18      6:30-7:45pm

Residents \$152\*      All Others \$170\*

\*There is a one-time \$15 sabre gear fee per student, due first day of class. If a student provides their own sabre for the duration of the class, they do not need to pay the \$15

## 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

250937-01      7+yrs

Sat      9/20-10/11      8:30-10am

250937-02      7+yrs

Sat      10/18-11/8      8:30-10am

Residents \$100\*      All Others \$118 \*

\*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 9/20-10/11	10:30am-12pm
210936-02	7-17yrs
Sat 10/18-11/8	10:30am-12pm
Residents \$124	All Others \$142

## 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 so we take it all onto the course and play!

*Prerequisite: Junior Golf or Golf Camp*

### Deep Cliff Golf Course Deep Cliff Staff

210934-01	7-17yrs
Sat 9/6-9/27	2:30-5:30pm
210934-02	7-17yrs
Sat 10/11-11/1	2:30-5:30pm
Residents \$209	All Others \$227

## 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

210914-06	10-17yrs
Thu/Sat 9/4-9/27	4:30-6:30pm
210914-07	10-17yrs
Thu/Sat 10/2-10/25	4:30-6:30pm
Residents \$261	All Others \$279

### Deep Cliff Golf Course Deep Cliff Staff

210914-08	10-17yrs
Sat 11/1-11/22	2-5pm
Residents \$199	All Others \$217

## GYMNASTICS

## TWISTERS SPORTS

### Walking Wonders

Children are assisted by their parents and a certified Twisters instructor. Help your child develop muscle coordination, body control, and social interaction in an educational environment.

### Twisters Sports

Twisters Sports	Twisters Staff
252101-01	1.5-3yrs
Tue 9/16-12/9	10-10:45am
No class 11/11, 11/25	
252101-02	1.5-3yrs
Sat 9/20-12/13	8:30-9:15am
No class 11/29	
Residents \$162	All Others \$180

### Preschool Players

Preschoolers improve listening skills and focus on strength and coordination. Children will safely learn to climb, jump, swing, and roll on all introductory gymnastics equipment.

### Twisters Sports

Twisters Sports	Twisters Staff
262102-01	3-4yrs
Mon 9/15-12/8	12-12:45pm
No class 11/24	
Residents \$162	All Others \$180





## Cartwheel Kinders

This class further enhances children's physical, mental, and social development. Kids are introduced to basic gymnastics terminology, positions and skills. Children are carefully spotted until they can complete the skill(s) successfully.

Twisters Sports	Twisters Staff
262103-01 Mon 9/15-12/8 No class 11/24 Residents \$162	4-5yrs 12:45-1:30pm  All Others \$180

## Dyno Tumblers

This class offers children a fun and safe environment where they are challenged with fundamental gymnastics skills. They will master basic terminology and skills, and develop flexibility that will enhance overall fitness for any sport.

Twisters Sports	Twisters Staff
212104-01 Mon 9/15-12/8 No class 11/24 Residents \$162	5-6yrs 3:30-4:15pm  All Others \$180

## Gymnastics for Girls

This class is designed for comprehensive body development of girls 6-12 years of age. Five core areas are covered: balance, coordination, agility, body strength, and fine and gross motor skills.

Twisters Sports	Twisters Staff
212105-01 Mon 9/15-12/8 No class 11/24 Residents \$172	6-12yrs 4:45-5:40pm  All Others \$190

## ICE SKATING & ICE HOCKEY

### NAZARETH ICE OASIS

*Note for All Nazareth Ice Oasis classes: Skate rental and 30-minute practice time immediately following lesson included in fee. Required: 1. Please arrive 15 minutes before class begins. 2. 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 10/18-11/22 Residents \$96*	2.5-5yrs 11:45am-12:15pm All Others \$114*

\*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 Tue 9/16-10/21 260903-02 Tue 10/28-12/9 No class 11/25 260903-03 Wed 9/10-10/15 260903-04 Wed 10/29-12/10 No class 11/26 260903-05 Sat 10/18-11/22 210903-01 Tue 9/16-10/21 210903-02 Tue 10/28-12/9 No class 11/25 210903-03 Wed 9/10-10/15 210903-04 Wed 10/29-12/10 No class 11/26 210903-05 Sat 10/28-12/9 No class 11/25 Residents \$96	3-5yrs 3:30-4pm 3-5yrs 3:30-4pm 3-5yrs 5:20-5:50pm 3-5yrs 5:20-5:50pm 3-5yrs 11:45am-12:15pm 6-12yrs 4-4:30pm 6-12yrs 4-4:30pm 6-12yrs 5:20-5:50pm 6-12yrs 5:20-5:50pm 6-12yrs 11:45am-12:15pm 6-12yrs All Others \$114

## Youth Beginning Hockey

Will learn hockey skills, but will not use sticks, pucks or wear equipment.

*Prerequisite: Must have taken a beginning ice skating class or be able to skate forward, backward and stop.*

Nazareth Ice Oasis	NIO Staff
210934-01 Wed 9/10-10/15 210934-02 Wed 10/29-12/10 No class 11/26 Residents \$96	6-12yrs 5:20-5:50pm 6-12yrs 5:20-5:50pm All Others \$114



## MULTI-SPORT

### SKYHAWKS

Required for ALL Skyhawks classes: 1. Appropriate clothing, running or gym shoes and sunscreen. 2. Water bottle.

#### Skyhawks Mini-Hawk

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

##### Whisman Sports Center Skyhawks Staff

210907-01	4-6yrs
Sat	10/4-11/22 11am-12pm
Residents \$149	All Others \$167

#### Skyhawks Baseball

Skyhawks baseball progressional curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment coached by local Skyhawks staff.

Equipment Note: Participant should bring baseball glove.

##### Rengstorff Athletic Field Skyhawks Staff

211223-01	6-12yrs
Sat	10/4-11/22 10-11:30am
Residents \$169	All Others \$187

#### 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

211273-01	8-14yrs
Sat	10/4-11/22 2:30-4pm
Residents \$169	All Others \$187

#### 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	10/4-11/22 12:30-2pm
Residents \$169	All Others \$187

#### 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	10/3-11/21 3:30-5pm
Residents \$169	All Others \$187





## SOCCER

### COACH KEN'S SOCCER ACADEMY

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

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

### Coach Ken's 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 team jersey every Saturday.*

Heritage Oak Park	Coach Ken's Staff
210935-01	4-5yrs
Sat 9/20-11/22	9:15-10:15am
210935-02	5-6yrs
Sat 9/20-11/22	10:15-11:30am
210935-03	7-9yrs
Sat 9/20-11/22	11:30am-1pm
210935-04	10-12yrs
Sat 9/20-11/22	11:30am-1pm
Residents \$172 All Others \$190	

### Coach Ken's Soccer: 4-6yrs

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	4-6yrs
Tue 9/16-12/2	12:30-1:30pm
No class 11/11, 11/25	
210923-02	4-6yrs
Tue 9/16-12/2	4:45-5:45pm
No class 11/11, 11/25	
210923-03	4-6yrs
Wed 9/17-11/19	12:30-1:30pm
210923-04	4-6yrs
Wed 9/17-11/19	4:45-5:45pm
210923-05	4-6yrs
Fri 9/19-12/5	12:30-1:30pm
No class 10/31, 11/28	
210923-06	4-6yrs
Thu 9/18-11/20	10:30-11:30am
210923-07	4-6yrs
Fri 9/19-12/5	10:30-11:30am
No class 10/31, 11/28	
Residents \$172 All Others \$190	

### 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 9/16-12/2	3:30-4:45pm
No class 11/11, 11/25	
210942-02	6-7yrs
Wed 9/17-11/19	3:30-4:45pm
Residents \$172 All Others \$190	

### 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 9/16-12/2	3:30-4:45pm
No class 11/11, 11/25	
210943-02	8-11yrs
Wed 9/17-11/19	3:30-4:45pm
No class 11/11, 11/25	
Residents \$172 All Others \$190	





## KIDZ LOVE SOCCER

This soccer "school" is 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!

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

*Equipment note: 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 Mommy/Daddy & Me

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

*Required: Parent participation.*

Hillview Soccer Field	KLS Staff
250916-01	2-3.5yrs
Tue 9/9-11/4	11:30am-12pm
250916-02	2-3.5yrs
Wed 9/10-11/5	9:30-10am
Residents \$115	All Others \$133

McKenzie Park	KLS Staff
250916-03	2-3.5yrs
Sat 9/20-11/15	11:35am-12:05pm
250916-04	2-3.5yrs
Sat 9/20-11/15	12:10-12:40pm
Residents \$115	All Others \$133

## Tot Soccer: 3.5-4yrs

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 9/9-11/4	10:50-11:20am
260904-02	3.5-4yrs
Tue 9/9-11/4	4-4:30pm
260904-03	3.5-4yrs
Wed 9/10-11/5	10:10-10:40am
260904-04	3.5-4yrs
Thu 9/11-11/6	3:45-4:20pm
Residents \$115	All Others \$133

McKenzie Park	KLS Staff
260904-05	3.5-4yrs
Sat 9/20-11/15	9-9:30am
Residents \$115	All Others \$133

## Pre-Soccer: 4-5yrs

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.

Hillview Soccer Field	KLS Staff
210904-01	4-5yrs
Tue 9/9-11/4	10:15-10:50am
210904-03	4-5yrs
Wed 9/10-11/5	10:40-11:15am
Residents \$115	All Others \$133

Hillview Soccer Field	KLS Staff
210904-02	4-5yrs
Tue 9/9-10/14	5:15-5:50pm
210904-04	4-5yrs
Thu 9/11-11/6	3:45-4:20pm
Residents \$86	All Others \$104

McKenzie Park	KLS Staff
210904-05	4-5yrs
Sat 9/20-11/15	9:30-10:05am
210904-06	4-5yrs
Sat 9/20-11/15	10:05-10:40am
Residents \$115	All Others \$133

## Techniques & Teamwork

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

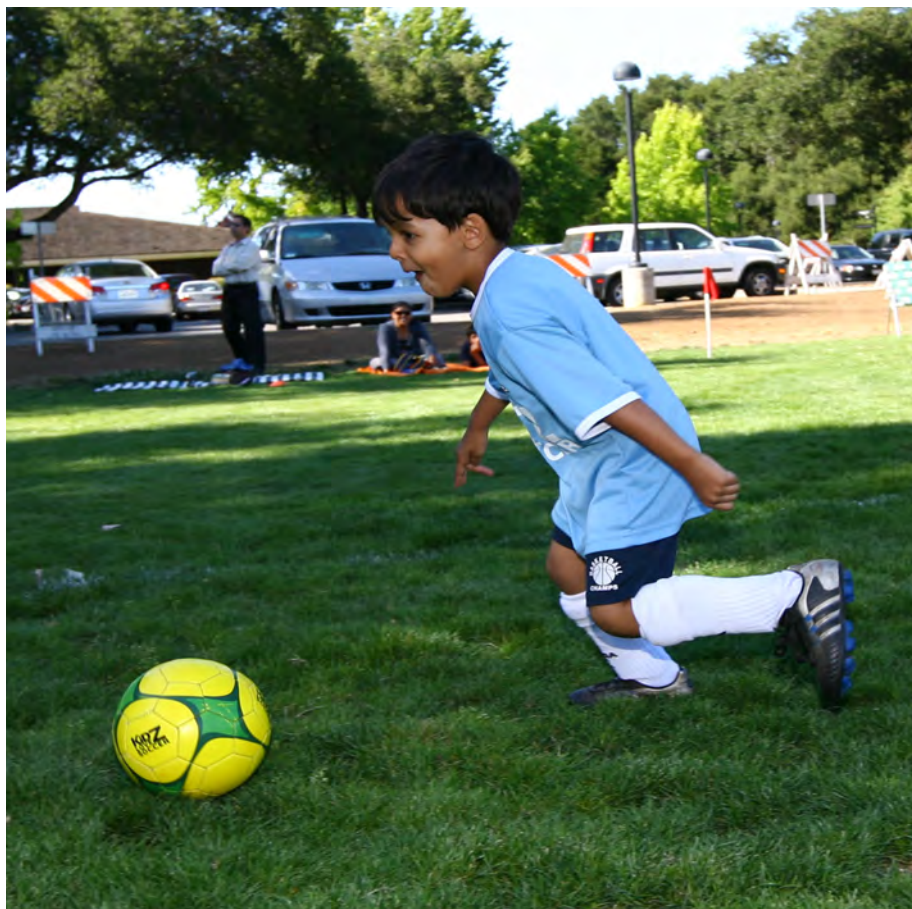
Hillview Soccer Field	KLS Staff
210921-01	5-6yrs
Tue 9/9-11/4	3:15-4pm
210921-02	5-6yrs
Thu 9/11-11/6	4:20-5:05pm
Residents \$115	All Others \$133

McKenzie Park	KLS Staff
210921-03	5-6yrs
Sat 9/20-11/15	10:40-11:25am
Residents \$115	All Others \$133

## Skillz & Scrimmages

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

Hillview Soccer Field	KLS Staff
210922-01	7-10yrs
Tue 9/9-11/4	4:30-5:15pm
Residents \$115	All Others \$133



## TENNIS

### WHITLINGER/SARSFIELD TENNIS

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

Enjoy top-flight instruction from the staff of Stanford University Hall of Famer John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Youth classes of 3-8 students will consist of six to eight hours of instruction. Classes of two students will be converted into four one hour lessons. Terrific Tiny Tennis classes will consist of eight 40-minute lessons.

*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 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 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 9/13-11/1	3:10-3:50pm
210902-02	5-7yrs
Sat 9/13-11/1	2:30-3:10pm
Residents \$99	All Others \$117

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

210902-03	4-6yrs
Tue/Thu 11/18-12/4	3-4pm
No class 11/25, 11/27	
Residents \$81	All Others \$99

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

210902-04	5-7yrs
Tue/Thu 9/9-10/2	3:50-4:30pm
210902-05	5-7yrs
Tue/Thu 10/14-11/6	3:50-4:30pm
Residents \$99	All Others \$117

### 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 9/13-11/1	10-11am
Residents \$99	All Others \$117

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

220902-02	8-10yrs
Tue/Thu 9/9-10/2	4:30-5:30pm
220902-03	8-10yrs
Tue/Thu 10/14-11/6	4:30-5:30pm
Residents \$99	All Others \$117

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

220902-04	8-10yrs
Tue/Thu 11/18-12/4	4-5:30pm
No class 11/25, 11/27	
Residents \$81	All Others \$99





## Youth Novice Tennis

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

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

220946-01	11-14yrs
Sat 9/13-11/1	1:30-2:30pm
Residents \$99	All Others \$117

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

220946-02	11-14yrs
Tue/Thu 9/9-10/2	6-7pm
220946-03	11-14yrs
Tue/Thu 10/14-11/6	6-7pm
Residents \$99	All Others \$117

## Youth Intermediate Tennis

For players who are consistent with 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.

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

220947-01	10-14yrs
Sat 9/13-11/1	11am-12pm
Residents \$99	All Others \$117

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

220947-02	10-14yrs
Tue/Thu 11/18-12/4	6-7:30pm
No class 11/25, 11/27	
Residents \$81	All Others \$99

## 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.



## 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, 7. non-skid shoes (water booties, aqua socks or Teva sandals work great). \*Sunglasses and hat recommended.*

### Intro to 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.

Shoreline Aquatic Center	SAC Staff
210821-01	8+yrs
Sun 9/14	10:30am-12pm
210821-02	8+yrs
Sun 9/28	10:30am-12pm
210821-03	8+yrs
Sun 10/12	10:30am-12pm
210821-04	8+yrs
Sun 10/26	10:30am-12pm
210821-05	8+yrs
Sun 11/9	10:30am-12pm
Residents \$81	All Others \$99

### Basic Windsurfing Level 1

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

*Requirements: Students must be comfortable swimming and treading water.*

Shoreline Aquatic Center	SAC Staff
220821-11	14+yrs
Sat/Sun 9/13-9/14	9am-1pm
220821-12	14+yrs
Sat/Sun 9/27-9/28	9am-1pm
220821-13	14+yrs
Sat/Sun 10/11-10/12	9am-1pm
220821-14	14+yrs
Sat/Sun 10/25-10/26	9am-1pm
220821-15	14+yrs
Sat/Sun 11/8-11/9	9am-1pm
Residents \$207	All Others \$225

### 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.

Shoreline Aquatic Center	SAC Staff
220943-01	13+yrs
Sat 9/20	9am-12pm
220943-02	13+yrs
Sat 10/4	9am-12pm
220943-03	13+yrs
Sat 10/18	9am-12pm
220943-04	13+yrs
Sat 11/8	9am-12pm
220943-05	13+yrs
Sat 11/22	9am-12pm
Residents \$107	All Others \$125





## 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 9/13-9/14	9am-1pm
220944-02	14+yrs
Sat/Sun 9/27-9/28	9am-1pm
220944-03	14+yrs
Sat/Sun 10/11-10/12	9am-1pm
220944-04	14+yrs
Sat/Sun 10/25-10/26	9am-1pm
220944-05	14+yrs
Sat/Sun 11/8-11/9	9am-1pm
Residents \$287	All Others \$305

## Stand-Up Paddle Boarding Yoga

Take your yoga practice outside and on 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
Sun 9/14	9-10:15am
220945-02	8+yrs
Sun 9/28	9-10:15am
220945-03	8+yrs
Sun 10/12	9am-10:15am
220945-04	8+yrs
Sun 10/26	9-10:15am
220945-05	8+yrs
Sun 11/9	9-10:15am
Residents \$37	All Others \$55



## THANKSGIVING CAMP

### Pre-Engineering

Let your imagination run wild with over 100,000 pieces of LEGO! Build engineer designed projects such as boats, bridges, mazes, and motorized cars; use special pieces to create your own unique designs! Required: Please bring a snack!

#### Hillview MPR

211208-01

Mon-Wed

Residents \$110

#### Play-Well TEK

5-8yrs

9am-12pm

All Others \$128



## HOLIDAY HAPPENINGS

Look out for our holiday event flyer coming to you in November. You do not want to miss out on all our holiday fun!

GINGERBREAD HOUSE EXHIBIT  
SANTA VISITS  
FUN RUN  
CAMPS



JUST IN TIME FOR YOUR  
NEW YEAR RESOLUTIONS

Winter Activity Guide  
to be delivered to  
your mailbox shortly  
before the New Year.



# 2015





# CITY OF LOS ALTOS *Summer* CONCERT SERIES



## THANK YOU!

The Los Altos Recreation Department would like to thank all of our sponsors for their generous support of this year's summer concert series!

### PLATINUM LEVEL



### GOLD LEVEL



### SILVER LEVEL



### CONCERT SUPPORTER



# SENIOR Program

## Los Altos Senior Program

Hillview Community Center  
97 Hillview Ave  
Rooms 10-12  
947-2797

## Senior Center Hours\*

Monday-Friday  
8:30am-3:30pm

\*Holiday hours vary.  
Call for exact schedule.

Senior Center holiday closure starts Dec 24 at 3pm;  
we will reopen Jan 5, 2015, at 8:30am

*Adults 50+ are welcome and encouraged to join any and all of our programs! Many Senior Programs 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.*

## HOLIDAY LUNCHEONS!

Plans are being set!

Thanksgiving Lunch  
Friday, November 21

Holiday Lunch  
Friday, December 19

Register at the Senior Center for these popular events!



## 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 Department's 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\*

\*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).

## 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 42. Call 947-2897 TODAY for details!

## GOOD TO KNOW...

### CSA SENIOR SERVICES PROGRAM

Community Services Agency (CSA) helps 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.

## SAVE THE DATE!

### TECHNOLOGY DAY FOR OLDER ADULTS

Think you might receive a new technological device for the holidays? Do you need a tutorial on social media, email, or cell phones? Community volunteers are joining forces to answer your questions.

Registration Note: Registration is required; please provide your name, contact information, device(s) and/or service interested in to Vivian Nguyen at 650-625-3815 or email her at [linkagestimebank@gmail.com](mailto:linkagestimebank@gmail.com).

### Town of Los Altos Hills Council Chambers

Sat 1/10/15 1-4pm  
Senior Program Members & All Others FREE



# ON-GOING ACTIVITIES

All activities Monday through Friday, 8:30am-3:30pm

- **Wii Nintendo**  
(drop-in play and lessons by appointment)
- **Jigsaw Puzzle**
- **Desktop Computer**
- **Ping Pong**  
(Reservations required)



# DAILY ACTIVITIES

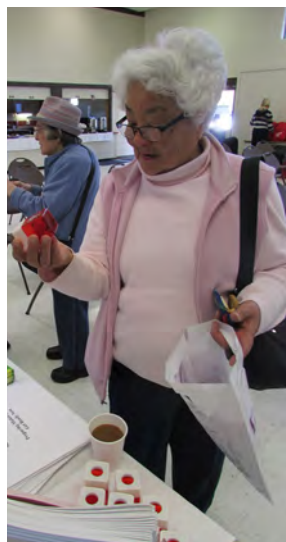
Activities free with Senior Program membership unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	FUN Friday
<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>PC Computer Tutor</b> 1-3pm / Rm 10 By appointment  <b>Bridge</b> 8:30am-3:30pm Rm 11  <b>Beginning Bocce Ball</b> 10-11:30am Bocce Courts	<b>Bridge</b> 8:30am-12pm / Rm 11  <b>Mah-Jongg</b> Intermediate 1-3:30pm / Rm 11 Free Play  <b>Art Studio</b> 9:30am-12pm / Rm 12  <b>Advanced Bocce Ball</b> 10am-12pm Bocce Courts	<b>iPad &amp; Mac Tutor</b> 1-3pm / Rm 10 By appointment  <b>Pinocle</b> 12-3:30pm / Rm 11  <b>Beginning Bocce Ball</b> 10-11:30am Bocce Courts	<b>1st Friday Movie Day</b> 1pm / Rm 12 Fee: Members Free All Others \$1  <b>2nd Friday Friday Lunch</b> 12pm / Rm 11 Fee: Members \$4 All Others \$6  <b>Birthday Party</b> 12pm / Rm 11 Fee: Members \$4* *Birthday Month? Free All Others \$6

# MONTHLY ACTIVITIES

Actual dates may vary; call to verify schedule.

Monday	Tuesday	Wednesday	Thursday	
<b>1st Monday Senior Commission Meeting</b> 4:30pm / Rm 11	<b>1st Tuesday Visions Unlimited Television Production</b> 10:15am / Rm 10  <b>2nd Tuesday Legacies Board Meeting</b> 10am / Conf Rm 3 (Meets every other month; call Senior Center for date.)  <b>Fuschia Society</b> 7:30pm / Rm 12  <b>3rd Tuesday HICAP</b> 1-3pm / Conf Rm 3 By appointment  <b>4th Tuesday Real Estate Corner</b> 9am / Conf Rm 3 By appointment	<b>2nd Wednesday Local Restaurants</b> 5pm Casual Dining No Host Reservations required  <b>3rd Wednesday Rhododendron</b> 7:30pm Society Rm 12	<b>1st Thursday Men's Group</b> Rm 10 10-11:30am  <b>2nd Thursday Book Club</b> 1-2pm / Rm 18  <b>3rd Thursday Camera Club</b> 7pm / Rm 12	<b>Friday Lunch</b> 12pm / Rm 11 Fee: Members \$6 All Others \$8  <b>5th Friday Bingo</b> 1pm / Rm 11 Fee: Members Free All Others \$3  <b>Smart Driver Safety Class</b> 1-5:30pm / Rm 12 Fee: AARP Members \$15 All Others \$20



# TEEN Program

## LAYC DANCES

2014/2015

### LAYC Dance Schedule

October 3   **November 7**   December 12  
**January 9**   February 6   **March 6**  
April 3   **May 1**

All Dances take place on Fridays from  
7:30-10pm at the LAYC Building

#### **May 29 Underground Summer Kickoff**

Takes place on Friday from 7:30-9:30pm  
at the Underground Teen Center

LAYC Dances and Underground Summer Kickoff  
offered by the Los Altos Recreation Department  
in conjunction with the Los Altos Youth  
Commission.

- Participants must have a LAYC Membership Card in order to participate.
  - Membership for the 2014-2015 school year is \$89 for 8 scheduled dances and Underground Summer Kickoff.
  - LAYC Cards are offered to 7th- and 8th-graders who live in Los Altos or attend a Los Altos school.
  - LAYC Cards 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 18.
- OR
- Beginning August 18, to purchase a membership, please download an application (which can be found online at [losaltosrecreation.org](http://losaltosrecreation.org)). Then come to the Hillview Community Center Recreation Office (97 Hillview Ave) with a completed application and your child (or email a current photo of your child to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org) prior to your office visit.) Office hours are Monday-Friday, 8am-5pm.



# 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.

Hours: Friday 3-6pm, Saturday 2-6 pm

Activities are FREE (unless noted)!

For more information about The Underground and/or Teen Programs, call Zack Silva at 947-2790.

For general information about Youth Commission, contact Greg Milano at 947-2848.

# Cool Tour!



## Levi's<sup>®</sup> STADIUM TOUR

### Levi's Stadium Tour

Hey...grab your friends for a private LEVI Stadium Tour before the 49ers take the field. Tour includes VIP sections, press boxes, locker rooms, and plenty of photo opportunities. Cost includes transportation, supervision and the tour. The trip will operate with a 1:10 leader-to participant ratio.

*Registration Note: Register by Sept 1 to ensure a spot on the trip.*

*Transportation Note: Drop off and pick up location is the Mountain View CalTrain station (600 W Evelyn Ave, Mtn View...at the end of Castro St in downtown Mtn View)*

*Note: Bring spending money for food and souvenirs at the stadium.*

Mtn View CalTrain Station	Los Altos Recreation Staff
222301-01	13-17yrs
Sat Sept 20	1-7pm
Residents & All Others \$45	

# VOLUNTEER Program

City of Los Altos  
Municipal Volunteer Program

# MVP



MUNICIPAL VOLUNTEER PROGRAM

## Meet Barbara Smith, our new Volunteer Coordinator!

Barbara is a long-time Bay area resident (20 years +), who recently moved back to the area from Florida. She is happy to be back, and we are lucky to have her join our staff! If you are around the Community Center, stop by and introduce yourself ... and *just perhaps* be ready to talk about volunteer positions that might interest you!



## Now Recruiting...

We are currently recruiting in many vital volunteer areas throughout our city. Perhaps have an idea about an area in which you would like to volunteer. Give Barbara a call or send her an email...let her know what you have in mind!

### CURRENT RECRUITMENT AREAS INCLUDE:

- City Hall Front Reception Lunch Relief
- Senior Center Front Desk Shifts
- Senior Center Luncheon Chefs

### Contact Barbara Smith for more info!

947-2897 or [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov)  
[losaltosrecreation.org/volunteer](http://losaltosrecreation.org/volunteer)

# 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 animals.



September 13 – 9:30 a.m.-12:30 p.m.

October 5 – 1-4 p.m.

October 18 – 9:30 a.m.-12:30 p.m.

November 15 – 9:30 a.m.-12:30 p.m.

December 7 – 1-4 p.m.

Redwood Grove Nature Preserve  
482 University Ave. Los Altos

*Dates subject to change. Please register online for the latest information.*

### Please register online:

[www.acterra.org/stewardship](http://www.acterra.org/stewardship)

For more information or to arrange a separate workday for your group, please contact Junko Bryant:  
[junkob@acterra.org](mailto:junkob@acterra.org) or 650.962.9876 x347



Acterra

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!

## 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

## 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: \$235  
All Others: \$253

## 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

## 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/20 guest max

At Redwood Grove

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

## Sports

A.Y.S.O. Region 43. . . . . ayso43.org  
 A.Y.S.O. Region 45. . . . . ayso45.org / 964-2976  
 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 Girls Softball . . . . . mvlags.org / 964-6489  
 Pop Warner Football . . . . . mvmarauders.com  
 Red Star Soccer . . . . . redstarsoccer.com / 380-0099  
 Tomahawks Lacrosse . . . . . tomahawkslacrosse.org  
 YMCA Youth Sports . . . . . 969-9622

## Adults

Acterra. . . . . acterra.org / 962.9876  
 Community Health Awareness Council (CHAC) . . . . . chacmv.org  
 965-2020  
 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 . . . . . 941-4846  
 Los Altos Art Club . . . . . losaltosartclub.org  
 Los Altos Chamber of Commerce. . . . . losaltoschamber.org/948-1455  
 Los Altos Community Foundation . . . . . losaltoscf.org  
 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  
 Santa Clara County Parks Dept . . . . . (408) 355-2200  
 Ye Olde Town Band . . . . . windband.org/oldtowne

## Youth

American Red Cross Babysitter Training . . . . . 1(800) 445-8210  
 Boy Scouts of America Pacific Skyline Council . . . . . 327-5900  
 Children's Corner Inc. . . . . lamvchildrenscorner.org / 948-8950  
 Music for Minors . . . . . 237-9130

# YOUTH Theater

Los Altos Youth Theatre announces  
**AUDITIONS**  
 for a perfect show for fall!



This new musical version of the classic Washington Irving story, *The Legend of Sleepy Hollow*, is a modern-day spin on a classic tale.

Three modern-day children find themselves transported to the middle of the odd characters, traditions, and ghosts and goblins of *Sleepy Hollow*, meeting the infamous Headless Horseman himself before they can return home.

Book, Music & Lyrics by Janet Yates Vogt & Mark Friedman  
 Directed by Cindy Powell

Vocal Direction by Katie Coleman Choreography by Gay Richard

### AUDITIONS:

**August 26 from 4 to 7pm**

Hillview Community Center MPR  
 97 Hillview Avenue, Los Altos

Casting ages 8 to 22 • Callbacks August 28 •  
 Audition forms and times available at the LAYT  
 website • Prepare one minute of a musical  
 theater song that show personality • Bring  
 sheet music in your key • We will provide an  
 accompanist • Come prepared to move

Rehearsals: Sept 2 to Oct 16  
 Mon through Thurs, 4-6:30pm

Performances: Oct 17-19, 24-26 & Nov 1-2

Fees: Los Altos Residents \$275  
 All others \$293

Scholarships available



[www.losaltosca.gov/recreation/page/los-altos-youth-theatre](http://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

**Santa Clara County Library website:** [sccl.org](http://sccl.org)

## KIDS' PROGRAMS (partial listings)

### Main Library

**Toddler Storytime** (1-2yrs)

Tues, Wed, Thur 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

## Woodland Branch Library

1975 Grant Road

M/Tu/W ..... 1-8pm

Th/F/Sa. .... 11am-5pm

Sun. .... CLOSED

Accounts,

Billing. .... 1-800-286-1991

TeleCirc ..... 1-877-471-0991

**Preschool Storytime** (3+yrs)

Tues & Wed at 11am

**Family Bedtime Storytime**

(all ages)

Thur at 7pm

**Afternoon Movie** (all ages)

2nd Sat of each month at 2pm

**Family Games Afternoon**

(all ages)

2nd Thu of each month from 4-6pm

**Toddler Storytime** (1-2yrs)

Thur at 11:15am

## 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 Thur of each month at 1pm

**The Great Books Club** at the Los Altos Main Library Program Room

Third Tues of each month from 6-8pm

**The Woodland Library Book Club** for Adults at the Woodland

Library Meets the second Tuesday of the month at 2:00pm

## TEEN PROGRAMS

**Video Game Afternoon** at Los Altos Main Library Teen Study Room

Every Wed from 3-4:30pm

# HISTORY Museum



*Now thru October 5!*



## PEDAL POWER

**From Wacky to Workhorse - Experience this eclectic collection of Bay Area Bikes.**

*Opening October 16!*

### SILICON VALLEY: THE LURE & THE LEGENDS

Learn the answers to "Why here?" in this original new exhibition featuring local visionaries and risk-takers.



Sergey Brin  
Co-founder of Google

"We want Google to be the third half of your brain."

*For a full listing of current museum events, check out their website!*

Rental Events: Make your own history!

Now booking events for 2015. Call Mark at

948-9427, ext 12, for info.

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 Department • 97 Hillview Avenue, Los Altos, CA 94022

## Head of Household Information *(Please Print)*

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

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

I hereby give my permission for his/her participation as indicated & in so doing absolve the City of Los Altos, its employees & officers from such liability. In addition, I agree to allow use of my/our photograph for program publicity. I have read & understand the City of Los Altos Recreation 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.

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>

*\*T-shirts for Camp jelly bean, Camp Shoup and Redwood Grove camps only.  
Sizes available: Youth Small, Medium & Large, Adult Small*

### CREDIT CARD PAYMENT (check one)

☐ Visa ☐ MasterCard ☐ Discover



Cardholder Name: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

City of Los Altos Office Use Only:

### 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

All registration receipts will be emailed unless a stamped, self-addressed envelope is included with form.



# REGISTRATION Info

## Fall 2014 Registration Dates

Los Altos Residents' *Courtesy Registration Days* begin **Thursday, August 21**  
For all others, registration begins **Tuesday, August 26**

## 4 Easy Ways To Register

### ONLINE

losaltosrecreation.org

### FAX

947-2738

### MAIL IN

Los Altos Recreation Dept  
97 Hillview Ave  
Los Altos, CA 94022

### WALK

Hillview Community Center  
97 Hillview Ave, Los Altos

## Registration Details

- Any class canceled by the Recreation 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 & Mountain View, etc.) are nonresidents.

## Refunds & Transfers

- Refunds and transfers 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 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 Department Mission Statement

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



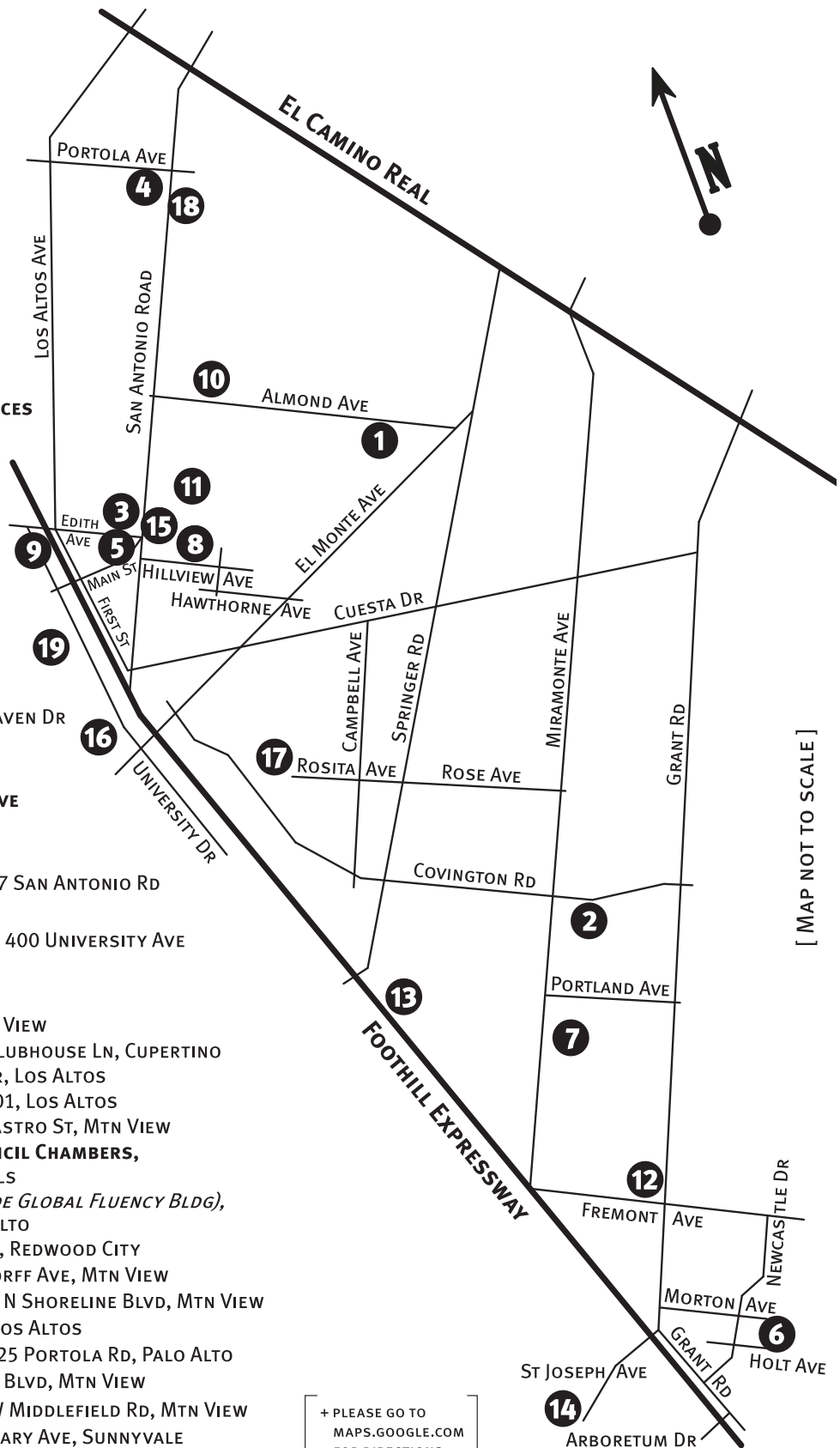
# RECREATION LOCATIONS

## Parks, Indoor Facilities & Schools

1. **ALMOND SCHOOL**  
550 ALMOND 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. **HILLVIEW COMMUNITY CENTER**  
**LOS ALTOS RECREATION DEPT OFFICES**  
97 HILLVIEW AVE
9. **LINCOLN PARK**  
UNIVERSITY/LINCOLN AVE
10. **LOS ALTOS HIGH SCHOOL**  
201 ALMOND AVE
11. **LOS ALTOS YOUTH CENTER-LAYC**  
1 N SAN ANTONIO RD
12. **MARYMADE PARK**  
FREMONT/GRANT RD
13. **McKENZIE PARK**  
707 FREMONT AVE
14. **MONTCLAIRE PARK**, 2068 STONEHAVEN DR
15. **BUS BARN THEATER**  
161 S SAN ANTONIO RD
16. **REDWOOD GROVE NATURE PRESERVE**  
482 UNIVERSITY AVE
17. **ROSITA PARK**, 401 ROSITA AVE
18. **SAN ANTONIO CLUB-TINY TOTS**, 647 SAN ANTONIO RD
19. **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
- + **FIT**, 600 RANCHO SHOPPING CENTER, LOS ALTOS
- + **FLEX**, 4600 EL CAMINO REAL, STE 201, LOS ALTOS
- + **GRAHAM MIDDLE SCHOOL**, 1175 CASTRO ST, MTN VIEW
- + **LOS ALTOS HILLS TOWN HALL COUNCIL CHAMBERS**,  
26379 FREMONT RD, LOS ALTOS HILLS
- + **MELODY ACADEMY OF MUSIC (INSIDE GLOBAL FLUENCY BLDG)**,  
4151 MIDDLEFIELD RD #105, 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
- + **TWISTERS SPORTS**, 2359 TERMINAL BLVD, MTN VIEW
- + **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





# FACILITY & PARK RENTALS

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

**947-2790**

**or email**

**info@losaltosrecreation.org**

## PARK FACILITIES

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

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

## GYMNASIUMS & FIELDS

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

For gym & field reservations, please call Leea Guy at 947-2890 or email [lguy@losaltosca.gov](mailto:lguy@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.

Hold your holiday gathering in one of our facilities or parks!

[illegible]



## CITY OF LOS ALTOS RECREATION DEPARTMENT

97 HILLVIEW AVENUE, LOS ALTOS, CA 94022

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# RESIDENTIAL CUSTOMER LOCAL

Fall into good  
times with your  
*Los Altos Recreation  
Department!*

Learning



Exercising



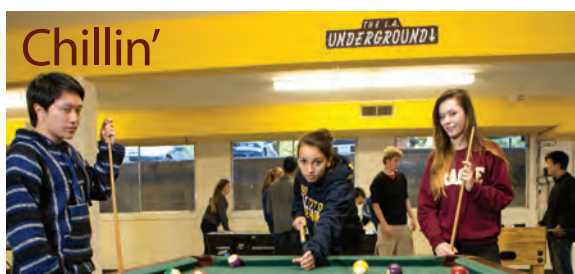
Volunteering



Creating



Chillin'



Take a look and  
register today!