

FALL '13

City of Los Altos Recreation Department



Creating community through people, parks and programs!

Recreation Guide

FALL CLASSES

FALL CLASSES

FALL CLASSES



SPECIAL EVENTS

Special Events At-A-Glance

50TH ANNIVERSARY HALLOWEEN WINDOW PAINTING CONTEST

October 24-26
Downtown Los Altos
Info? 947-2790

ADULT BASKETBALL LEAGUE & OPEN GYM

Begins week of September 9th
See page 29 for full details.

FALL PLANT EXCHANGE



10am-12pm
September 28
Hillview Parking Lot
FREE! (Rain or Shine!)
Must bring plants to exchange!
Info? 947-2790

ACTERRA'S FALL WORK DAYS AT REDWOOD GROVE

9:30am-12:30pm
September 14
October 5 & 19
November 16
December 7
Info/registration: acterra.org

ADULT Basketball League & Open Gym

Monday Night League at Blach Gym
Begins September 9
8 games + playoffs
Game times: 8:20 and 9:10pm

Adult Basketball Open Gym Wednesday Nights at Blach Gym
Begins Sept 29 (runs for 8 weeks)
8-10:30pm

See pg 29 for more info.



The Gathering Place

The City of Los Altos has a host of spaces for rent...one just right for your holiday gathering.

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

See our Facility & Park Rentals page on the back inside cover.

"Those who can, do. Those who can do more, volunteer."

-Anon

Volunteers help the City of Los Altos in a myriad of ways. What do you like to do? Chances are, we have a need for that! To check out current volunteer recruitment, or for more info, turn to page 34.



Los Altos Recreation Dept
LosAltosRecreation.org
947-2790

SPECIAL Event

50TH ANNUAL

HALLOWEEN WINDOW PAINTING CONTEST

Free!



Join us for the
50th year of this
 beloved Los Altos tradition!

OCTOBER 24-26

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, 10/17, at 5pm
- Window assignments are made by the Recreation Dept and will be posted online at losaltosrecreation.org and emailed to contestants on or before Tuesday, 10/22
- *Painting times are Th/F: 2-5pm; Sat: 8am-5pm
- Full set of painting times, rules & regulations available online. For special requests, email g milano@losaltosca.gov

Sponsored by the Los Altos Recreation Department in cooperation with the Los Altos Village Association.

Downtown Los Altos		Window TBA
210810-04		4th graders
Thu-Sat	10/24-10/26	Times vary*
210810-05		5th graders
Thu-Sat	10/24-10/26	Times vary*
210810-06		6th graders
Thu-Sat	10/24-10/26	Times vary*
210810-07		7th graders
Thu-Sat	10/24-10/26	Times vary*
210810-08		8th graders
Thu-Sat	10/24-10/26	Times vary*
210810-09		high school
Thu-Sat	10/24-10/26	Times vary*
FREE!		

SPECIAL Event

WELCOME



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

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

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.

PARKS & RECREATION COMMISSION

Chair
Lynette Lee Eng

Vice Chair
Jamie Lucia

Commissioners
Larry Baron
David Beggs
Bill James
Pradeep Parmar
Jack Tooley

Staff Liaison
Beverly Tucker

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ABOUT THE COVER...

The Hillview Community Center boasts two fine oyster-shell Bocce Ball courts...and they are available for rent!

For rental info, call 947-2790 or email info@losaltosrecreation.org

Unless otherwise stated, all telephone numbers herein are area code (650).

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
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



YOUTH Classes



ACADEMIC FUN

MAD SCIENCE

Science Rocks!

Discover some "fun"-damentals of science in this series of workshops! Learn about chemistry by mixing stuff together! Be an astronaut in training and learn about space! Get blown away by the power of air! All this and more!

Grant Park Rm 1	Mad Science Staff
261807-01	3.5-5yrs
Sat	10/5-11/9 9:30-10:15am
Residents \$98	All Others \$116

Crazy Chemistry

Hop on board the chemistry express for this high-speed series of classes where we will learn about what happens in the lab!

Grant Park Rm 1	Mad Science Staff
211807-01	5-12yrs
Sat	10/5-11/23 10:30-11:30am
Residents \$127	All Others \$145

Spy Academy Holiday Camp **new!**

Look out 007 - Mad Science Spy Academy is in session! We will learn all about spy gear, what it takes to be a detective and what forensic science is! You're not going to want to miss this one!

Grant Park Rm 1	Mad Science Staff
211807-02	5-12yrs
M-W	11/25-11/27 9am-3pm
Residents \$184	All Others \$202

FLEX COLLEGE PREP

Middle School Grammar **new!**

Perfect for students who need extra practice in predicates and pronouns, this class covers parts of speech, clauses, agreement, tense, vocabulary, and assorted other aspects of grammar! Sentence diagrams are used to reinforce the context and application of grammar rules.

FLEX Los Altos	FLEX Staff
220817-02	11-14yrs
Sat	9/21-12/14 10am-12pm
No class 11/30	
Residents \$552*	All Others \$570*
*Materials fee of \$25 due first day.	

Middle School Essay Writing: Personal Narrative **new!**

From studying different concepts and rhetorical techniques, students will learn to develop a unique "voice" in self-expressive writing. Brainstorming and organization are also emphasized, and upon completion of the course, students will have written a unique five chapter memoir.

FLEX Los Altos	FLEX Staff
220817-03	11-14yrs
Sat	9/21-12/14 12-2pm
No class 11/30	
Residents \$552*	All Others \$570*
*Materials fee of \$25 due first day.	

SAT Boot Camp **new!**

Join our SAT Boot Camp to prepare for the November 2nd SAT! This intensive course will cover critical reading, math, and writing (including the essay) components of the exam. Included in the course are three full-length diagnostic SAT exams.

Note: Please contact FLEX directly at 947-7742 to schedule the three included full-length diagnostic exams.

FLEX Los Altos	FLEX Staff
220817-01	14-18yrs
Sat	9/14-10/26 12-4pm
Residents \$702*	All Others \$720*
*Materials fee of \$35 due first day.	

ACT Boot Camp **new!**

Join our ACT Boot Camp to prepare for the December 14th ACT! This intensive course will cover all five components of the ACT: English, Math, Reading, Science, and Writing. Included in the course are three full-length diagnostic ACT exams.

Equipment Note: Must purchase Peterson's Ultimate ACT Tool Kit, 2nd Edition, prior to class. (Not included in materials fee.)

Note: Please contact FLEX directly at 947-7742 to schedule the three included full-length diagnostic exams.

FLEX Los Altos	FLEX Staff
220817-04	14-18yrs
Thu	10/24-12/12 6-8pm
No class 11/28	
Residents \$397*	All Others \$415*
*Materials fee of \$35 due first day.	

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. 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	9/10-10/15	9:30-11am
261808-02		2-5yrs
Wed	9/11-10/16	9:30-11am
211808-01		5-10yrs
Tue	9/10-10/15	3:30-5pm
211808-02		5-10yrs
Wed	9/11-10/16	3:30-5pm
261808-03		2-5yrs
Tue	10/29-12/10	9:30-11am
No class 11/26		
261808-04		2-5yrs
Wed	10/30-12/11	9:30-11am
No class 11/27		
211808-03		5-10yrs
Tue	10/29-12/10	3:30-5pm
No class 11/26		
211808-04		5-10yrs
Wed	10/30-12/11	3:30-5pm
No class 11/27		
Residents \$152		All Others \$170

ARTS & CRAFTS

COMMUNITY SCHOOL OF MUSIC & ARTS (CSMA) 230 San Antonio Circle, Mtn View

Young Art Makers

Designed as a first classroom art experience for the young child, this fun class explores colors, shapes and textures in a nurturing creative environment. Children experience clay, pastels, glue, sand, paint, and more.

Note: Children ages 18-23 months may be permitted with permission. Call 917-6800, x312 to inquire.

CSMA		Lugo
260518-09		2-4yrs
Tue	9/10-12/3	11-11:45am
No class 11/26		
Residents \$210		All Others \$228

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, trying several different projects in each class. Parents can join in and work side-by-side with their children.

CSMA		Lugo
260518-01		2-5yrs
Fri	9/13-12/6	11-11:45am
No class 11/29		
Residents \$210		All Others \$228

3-D Explorers

Build 3-D creations using wood, recycled objects, found objects, clay, paper mache, and more. Create free-standing masterpieces with a wide variety of materials. The sky's the limit for your child making 3-D creations in this fun class!

CSMA		Couch
260518-02		2-5yrs
Sun	9/15-12/8	10-10:45am
No class 12/1		
Residents \$210		All Others \$228

Art Around The World

It's a world of fun in this parent-participation, process-oriented class that lets little hands explore through art styles from many countries! Projects include painting with tea bags, potato prints from Ireland, African rock painting, and more. Enjoy art from near and far.

CSMA		Lugo
260518-05		2-5yrs
Fri	9/13-12/6	10-10:45am
No class 11/29		
Residents \$210		All Others \$228

Stories & Adventures Art

Children's stories provide a foundation for art expression in this fun, hands-on class. Well known children's book authors Eric Carle, Dr. Seuss and more inspire this fun class. Characters will come to life with pastels, paints, sand clay, plus more in this wonderful class.

CSMA		Couch
260518-07		2-5yrs
Wed	9/11-12/4	11-11:45am
No class 11/27		
Residents \$210		All Others \$228

Nature Art

Get ready to explore art and nature! Paint with natural materials from the environment, plus build 3D animals and flowers. Use sticks, twine and rocks to make mobiles and more. We'll explore the great outdoors and its wonderful connections to art.

CSMA		Lugo
260518-10		2-5yrs
Tue	9/10-12/3	10-10:45am
No class 11/26		
Residents \$210		All Others \$228

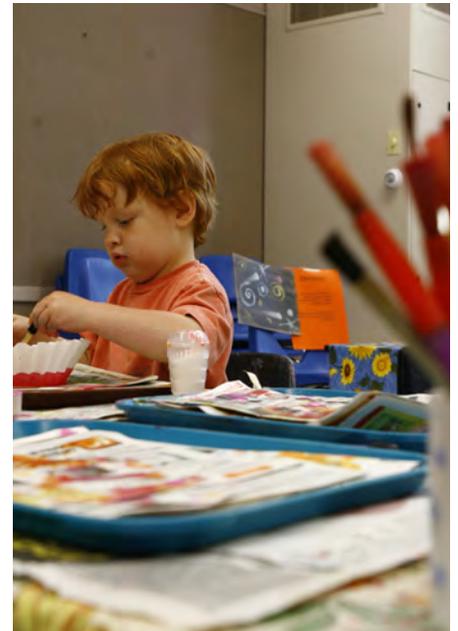
MY FIRST ART CLASS

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 stay in class with child. 2. Wear your grubbies! 3. Aprons provided.

Hillview Rm 15		Stanley
250501-01		1.5-3yrs
Wed	9/25-11/13	9:30-10:30am
250501-02		1.5-3yrs
Thu	9/26-11/14	9:30-10:30am
250501-03		2-5yrs
Wed	9/25-11/13	10:45-11:45am
250501-04		2-5yrs
Thu	9/26-11/14	10:45-11:45am
Residents \$117*		All Others \$135*
<i>*Materials fee of \$10 due first day.</i>		

Hillview Rm 15		Stanley
250501-05		1.5-3yrs
Wed	11/20-12/18	9:30-10:30am
No class 11/27		
250501-06		2-5yrs
Wed	11/20-12/18	10:45-11:45am
No class 11/27		
Residents \$68*		All Others \$86*
<i>*Materials fee of \$5 due first day.</i>		



WOODWORKING WITH MR. CHIP

Mr. Chip's Woodworking

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

Hillview Rm 16	McCarthy
210602-01 Tue 9/10-10/15	5-12yrs 2-3:15pm
210602-02 Tue 9/10-10/15	5-12yrs 3:20-4:35pm
210602-03 Tue 9/10-10/15	5-12yrs 4:45-6pm
210602-04 Tue 10/22-12/3	5-12yrs 2-3:15pm
No class 11/26	
210602-05 Tue 10/22-12/3	5-12yrs 3:20-4:35pm
No class 11/26	
210602-06 Tue 10/22-12/3	5-12yrs 4:45-6pm
No class 11/26	
Residents \$122* All Others \$140*	
*Materials fee of \$35 due first day.	

Family Woodworking **NEW!**

Kids and parents learn to safely use woodworking tools. Students of all ages learn the basic woodworking skills that they can continue at home. In each class, students will build different projects.

Hillview Rm 16	McCarthy
250603-01 Sat 9/14	5+yrs & Adult 1-5pm
250603-02 Sat 10/12	5+yrs & Adult 1-5pm
250603-03 Sat 11/9	5+yrs & Adult 1-5pm
250603-04 Sat 12/14	5+yrs & Adult 1-5pm
Residents \$65* ** All Others \$83* **	
*Fee is per person.	
**Materials fee of \$15 due first day.	

YOUNG REMBRANDTS

Holiday Drawing & Greeting Card Thanksgiving Week Camp **NEW!**

Cartoon drawing with a holiday theme. Children will draw characters like turkeys, reindeer, elves, and Santa Claus to create the covers of their own personal greeting cards for the holiday season.

Hillview MPR	YR Staff
210517-01 Mon-Wed 11/25-11/27	6-12yrs 9am-12pm
Residents \$117* All Others \$135*	
*Materials fee of \$10 due first day.	



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 Tue 9/3-12/10	2.5-4.5yrs 10:30-11:30am
No class 11/26	
260706-02 Wed 9/4-12/11	2.5-4.5yrs 6-7pm
No class 11/27	
260706-03 Thu 9/5-12/12	2.5-4.5yrs 9:30-10:30am
No class 11/28	
260706-04 Fri 9/6-12/13	2.5-4.5yrs 10:30-11:30am
No class 11/29	
260706-05 Fri 9/6-12/13	2.5-4.5yrs 1:30-2:30pm
No class 11/29	
260706-06 Sat 9/7-12/14	2.5-4.5yrs 9-10am
No class 11/30	
260706-07 Sun 9/8-12/15	2.5-4.5yrs 9:30-10:30am
No class 12/1	
Residents \$150* All Others \$168*	
*Materials fee of \$100 due first day.	

Kinder Chef

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 Tue 9/3-12/10	4.5-5.5yrs 2:30-4pm
No class 11/26	
210706-02 Wed 9/4-12/11	4.5-5.5yrs 4-5:30pm
No class 11/27	
210706-03 Thu 9/5-12/12	4.5-5.5yrs 4-5:30pm
No class 11/28	
210706-04 Fri 9/6-12/13	4.5-5.5yrs 4-5:30pm
No class 11/29	
210706-05 Sun 9/8-12/15	4.5-5.5yrs 9-10:30am
No class 12/1	
Residents \$250* All Others \$268*	
*Materials fee of \$100 due first day.	

Kinder Chefs' Vegan Cooking **NEW!**

Get cooking with more seasonal vegetables and fruits. Learn how to substitute for eggs and dairy, and experiment with our plant-based recipes. We will introduce you to new tastes and change our favorite recipes to vegan.

Young Chefs Academy	YCA Staff
210706-12 Tue 9/3-12/10	4.5-6.5yrs 4-5:30pm
No class 11/26	
210706-13 Tue 9/3-12/10	7-11yrs 4-5:30pm
No class 11/26	
Residents \$250 All Others \$268	

Fridays' Creative Cooking **NEW!**

Don't spend Fridays bored at home! Come join us for three hours of fun and creative cooking nights and start the weekend with a blast! Each session will focus on a different theme (Halloween party, holiday baking, gingerbread house decoration, and much more).

Young Chefs Academy	YCA Staff
210706-14	5-11yrs
Fri 10/25, 11/22, 12/13	6-9pm
Residents \$100*	All Others \$118*
*Materials fee of \$50 due first day.	

Young Chefs

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

Young Chefs Academy	YCA Staff
210706-06	7-11yrs
Tue 9/3-12/10	2:30-4pm
No class 11/26	
210706-07	7-11yrs
Wed 9/4-12/11	4-5:30pm
No class 11/27	
210706-08	7-11yrs
Thu 9/5-12/12	4-5:30pm
No class 11/28	
210706-09	7-11yrs
Fri 9/6-12/13	4-5:30pm
No class 11/29	
210706-10	7-11yrs
Sun 9/8-12/15	9-10:30am
No class 12/1	
Residents \$250*	All Others \$268*
*Materials fee of \$100 due first day.	

Tween Chefs

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

Young Chefs Academy	YCA Staff
210706-11	11-15yrs
Thu 9/5-12/12	6-7:30pm
No class 11/28	
Residents \$250*	All Others \$268*
*Materials fee of \$100 due first day.	

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 9/11-11/6	9:50-10:20am
260209-02	2.5-3.5yrs
Thu 9/12-11/7	9:50-10:20am
Residents \$127	All Others \$145

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
260203-02	3.5-5yrs
Thu 9/12-11/7	10:30-11am
Residents \$127	All Others \$145

Ballet/Tap

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 9/11-11/6	12:30-1:15pm
260205-02	3.5-5yrs
Thu 9/12-11/7	12:30-1:15pm
Residents \$136	All Others \$154

Tap

This is a beginning class that introduces your child to tap. Students will learn the basics of tap through warm ups, across-the-floor exercises, and combinations. A fun and creative environment to help nourish your child's love of dancing.

Equipment Note: Tap shoes required.

Hillview Rm 4	Vaillancourt
260205-03	3.5-5yrs
Wed 9/11-11/6	10:30-11am
Residents \$127	All Others \$145



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 2014 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	4.5-7yrs
Thu 9/19-12/12	3:45-4:30pm
<u>No class 11/28</u>	
Residents \$180	All Others \$198

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 9/18-12/11	3:45-4:30pm
<u>No class 11/27</u>	
Residents \$180	All Others \$198

Classical Ballet Intermediate/Advanced

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

Hillview Rm 4	Lee
210215-01	6-12yrs
Wed 9/18-12/11	4:30-5:30pm
<u>No class 11/27</u>	
210215-02	6-12yrs
Thu 9/19-12/12	4:30-5:30pm
<u>No class 11/28</u>	
Residents \$180	All Others \$198

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 9/18-12/11	5:30-6:30pm
<u>No class 11/27</u>	
Residents \$180	All Others \$198

THE LATIMERLO STUDIO

Kids Sing!

Does your little one love singing? This is a fun age to begin learning the very basics of singing technique. Students will work on kid-friendly songs together in preparation for a performance at the end.

Hillview Social Hall	Latimerlo Staff
210113-01	5-9yrs
Thu 9/12-10/10	3:30-4:30pm
210113-02	5-9yrs
Thu 10/17-11/14	3:30-4:30pm
Residents \$88*	All Others \$106*
<i>*Materials fee of \$10 due first day.</i>	

Private Singing Lessons

Private lessons are the key to singing with a beautiful, powerful voice. Let the staff at The Latimerlo Studio take you to the next level. Be sure to impress at your next audition, performance, or karaoke night!

Note: The Latimerlo Studio will contact all participants to set up an appointment, but participants must first register for a session through the Los Altos Recreation Department.

Hillview Rm 12	Latimerlo Staff
250113-01	9+yrs
Thu 9/12-10/3	TBA
250113-02	9+yrs
Thu 10/10-10/31	TBA
250113-03	9+yrs
Thu 11/7-12/5	TBA
<u>No class 11/28</u>	
Residents \$185*	All Others \$203*
<i>*Materials fee of \$20 due first day.</i>	

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
211104-01	4-7yrs
Thu 10/3-12/12	5-6pm
Residents \$179*	All Others \$197*
<i>*Materials fee of \$70 due first day for first-time participants.</i>	



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**
211102-01 8+yrs**
Tue/Thu 10/1-12/12 6-7pm
Residents \$179* All Others \$197*
*Materials fee of \$70 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/Huey**
211102-02 11+yrs
Tue/Thu 10/1-12/12 7-8pm
Residents \$179* All Others \$197*
*Materials fee of \$70 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 **Gearhart**
211101-01 7-16yrs
Mon/Thu 9/9-12/19 6-7pm
No class 11/11, 11/28
Residents \$149 All Others \$167

TAEKWONDO FOR KIDS

This martial art and competitive Olympic sport is a great way for kids to motivate themselves toward exceptional overall athleticism. Kids will get highly attentive and motivating instruction from a former Korean National Taekwondo Team competitor.

LAYC **Roh**
211105-01 4-7yrs
Wed 9/11-12/18 3:30-4:30pm
No class 11/27
Residents \$237 All Others \$255



MUSIC

COMMUNITY SCHOOL OF MUSIC & ARTS (CSMA)

230 San Antonio Circle, Mtn View

Circle of Music 4 Families

Enjoy singing, creative movement and musical games that you can experience as a family. Have fun building skills and playing rhythm instruments. Learn beginning music skills that you and your children can share throughout your daily activities.

CSMA **Saab**
260518-04 1.5-4yrs
Fri 9/13-12/6 10-10:45am
No class 11/29
Residents \$210 All Others \$228

Musical Stories & Adventures

Learn about music that tells stories and travel to different musical places in this fun, interactive class. Children learn concepts through singing, rhythm, percussion instrument exploration, and more.

CSMA **Stein**
260518-08 2-5yrs
Tue 9/10-12/3 10-10:45am
No class 11/26
Residents \$210 All Others \$228

Musical Stepping Stones

Children have fun learning basic music skills through listening, singing and playing percussion instruments. Intro to reading basic music symbols and rhythmic patterns are part of this fun class.

CSMA **Stein**
260518-03 3-5yrs
Tue 9/10-12/3 11-11:45am
No class 11/26
Residents \$210 All Others \$228

MELODY'S ACADEMY OF MUSIC

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

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

Melody's Piano Beginners: 4-5yrs

This course will enrich children who have never studied music through a variety of fun activities. It provides students with the opportunity to learn the 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
Thu 10/10-11/14 3:30-4:15pm
210104-02 4-5yrs
Mon 10/7-11/11 3:30-4:15pm
210104-03 4-5yrs
Sat 9/14-10/19 12-12:45pm
210104-04 4-5yrs
Sun 9/22-10/20 9-9:45am
Residents \$168* All Others \$186*
*Materials fee of \$45 due first day.

Melody's Piano Beginners: 5-7yrs

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

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

Required: Parents must attend with their children.

Melody Academy of Music **MAM Staff**
210104-05 5-7yrs
Sat 9/14-10/19 1-1:45pm
210104-06 5-7yrs
Sun 9/22-10/20 10-10:45am
210104-07 5-7yrs
Mon 10/7-11/11 4:30-5:15pm
210104-08 5-7yrs
Thu 10/10-11/14 4:30-5:15pm
Residents \$168* All Others \$186*
*Materials fee of \$45 due first day.

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.

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

210105-01		6-10yrs
Sat	9/14-10/19	2-2:45pm
210105-02		6-10yrs
Sun	9/22-10/20	11-11:45am
210105-03		6-10yrs
Mon	10/7-11/11	5:30-6:15pm

Residents \$168* All Others \$186*

*Materials fee of \$45 due first day and includes 6-week violin rental.

Group Flute Lessons

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

Equipment Note: Must bring own flute.

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

210110-01		7-12yrs
Thu	9/5-10/10	6:30-7:15pm
210110-02		7-12yrs
Thu	10/3-11/7	7:30-8:15pm

Residents \$168* All Others \$186*

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

Group Guitar Beginners: 7-10yrs

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

Required: Parents must attend with their children.

Melody Academy of Music MAM Staff

210112-01		7-10yrs
Sat	9/14-10/19	2:45-3:30pm
210112-02		7-10yrs
Sun	9/22-10/20	3-3:45pm
210112-03		7-10yrs
Thu	10/10-11/14	3:30-4:15pm

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. Please bring your own guitar.

Melody Academy of Music MAM Staff

220112-01		10-13yrs
Sat	9/14-10/19	3:30-4:15pm
220112-02		10-13yrs
Sun	9/22-10/20	4-4:45pm
220112-03		10-13yrs
Thu	10/10-11/14	4:30-5:15pm

Residents \$168* All Others \$186*

*Materials fee of \$25 due first day and does not include guitar 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 register for the preview!

Hillview Rm 4 Wong

No code needed 0-4yrs

Fri 9/27 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 Wong

260101-01 0-4yrs

Fri 10/4-12/13 9-9:50am

No class 11/29

260101-02 0-4yrs

Fri 10/4-12/13 10-10:50am

No class 11/29

Residents \$161* All Others \$179*

*Materials fee of \$25 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 Wong

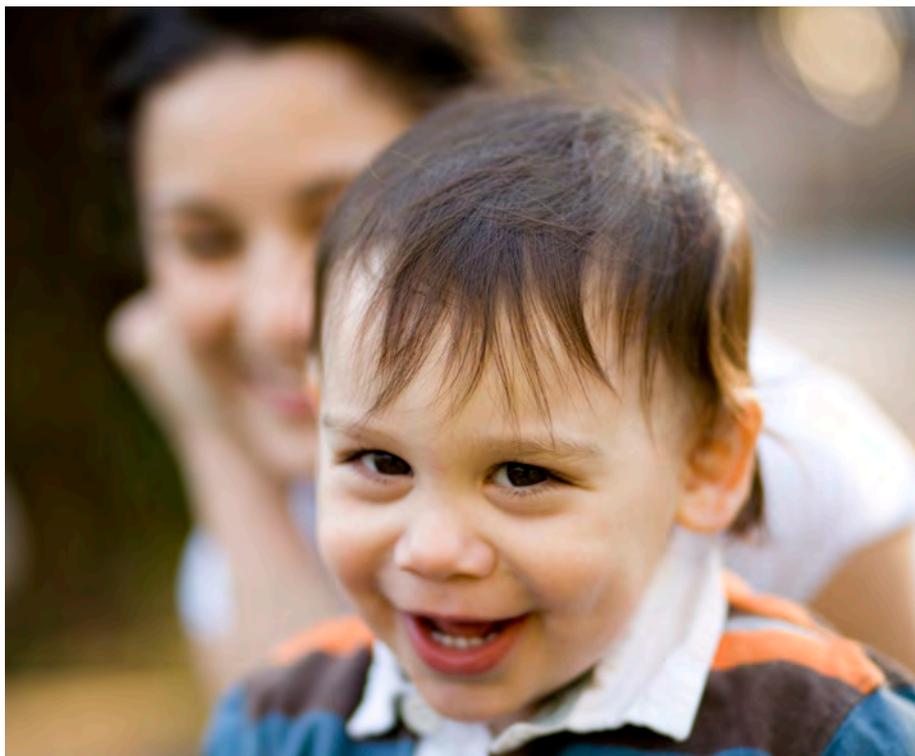
260102-02 0-4yrs

Fri 10/4-12/13 11-11:50am

No class 11/29

Residents \$161* All Others \$179*

*Materials fee of \$25 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
Fri 9/20-11/8	3:30-4:30pm
210918-09	7-17yrs
Thu 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
210918-02	9-17yrs
Thu 9/19-11/7	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
210918-03	11-17yrs
Fri 9/20-11/8	4:30-5:30pm
Residents \$251	All Others \$269

EQUESTRIAN

SPRING DOWN EQUESTRIAN CENTER

springdown.com

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

Mommy & Me Horsemanship

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

Spring Down Equestrian Ctr SDEC Staff

250403-01	2.5-5yrs
Tue 9/10-9/24	10-11:30am
Residents \$237*	All Others \$255*
<i>*Fee includes child and accompanying adult.</i>	



Crazy About Horses Day

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

Spring Down Equestrian Ctr SDEC Staff

250403-02	6+yrs
Sat 10/19	10am-2pm
Residents \$137	All Others \$155

FENCING

THE CUTTING EDGE

thecuttingedge.s5.com

Basic Saber Fencing

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

Equipment Note: All equipment provided.

Grant Park MPR Cutting Edge Staff

252001-01	7+yrs
Sat 9/14-10/26	12:30-1:15pm
252001-02	7+yrs
Sat 11/2-12/14	12:30-1:15pm
Residents \$112*	All Others \$130*

**Materials fee of \$15 due first day. (If students have their own appropriate gear, they need not pay materials fee. Go to thecuttingedge.s5.com for more info.)*

Advanced Saber 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 Saber Fencing or instructor approval.

Equipment Note: All equipment provided.

Grant Park MPR	Cutting Edge Staff
252004-01	7+yrs
Sat 9/14-10/26	11am-12:15pm
252004-02	7+yrs
Sat 11/2-12/14	11am-12:15pm
Residents \$137*	All Others \$155*

**Materials fee of \$20 due first day. (If students have their own appropriate gear, they need not pay materials fee. Go to thecuttingedge.s5.com for more info.)*

Light Saber Combat

Learn the ways of the Jedi, become a saber hero and create your own saber fight with a friend! Choose your destiny and learn about attacks, defenses, saber spins, kicks, choreography, drama and story in this awesome class!

Equipment Note: All sabers provided.

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

Grant Park MPR	Cutting Edge Staff
252003-01	7-13yrs
Wed 9/11-10/30	5-6pm
252003-02	7-13yrs
Sat 9/14-10/26	1:30-2:30pm
252003-03	7-13yrs
Sat 11/2-12/14	1:30-2:30pm
252003-04	7-13yrs
Wed 11/6-12/11	5-6pm
252003-05	14+yrs
Wed 9/11-10/30	6-7:30pm
252003-06	14+yrs
Sat 9/14-10/26	2:30-3:30pm
252003-07	14+yrs
Sat 11/2-12/14	2:30-3:30pm
252003-08	14+yrs
Wed 11/6-12/11	6-7:30pm
Residents \$137*	All Others \$155*

**Materials fee of \$10 due first day.*

GOLF

DEEP CLIFF GOLF

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

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

Parent/Child Golf

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

Deep Cliff Golf Course	Deep Cliff Staff
250914-01	7+yrs & Adult
Sat 9/7-9/28	8:30-10am
Residents \$107*	All Others \$125*

**Fee is per person.*

Deep Cliff Golf Course	Deep Cliff Staff
250914-02	7+yrs & Adult
Sat 10/5-10/26	8:30-10am
Residents \$141*	All Others \$159*

**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
210914-01	7-17yrs
Sat 9/7-9/28	10:30am-12pm
210914-02	7-17yrs
Sat 10/5-10/26	10:30am-12pm
Residents \$141	All Others \$159

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 to play!

Prerequisite: Junior Golf or Golf Camp 1

Deep Cliff Golf Course	Deep Cliff Staff
210914-03	7-17yrs
Sat 9/7-9/28	2:30-5:30pm
210914-04	7-17yrs
Sat 10/12-11/2	2:30-5:30pm
210914-05	7-17yrs
Sat 11/16-12/7	1:30-4:30pm
Residents \$207	All Others \$225

The Players 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, ext. 36.

Deep Cliff Golf Course	Deep Cliff Staff
210914-06	10-17yrs
Thu/Sat 9/5-9/21	4:30-6:30pm
210914-07	10-17yrs
Thu/Sat 9/26-10/12	4:30-6:30pm
210914-08	10-17yrs
Thu/Sat 10/17-11/2	4-6pm
210914-09	10-17yrs
Sat 11/9-12/7	1:30-4:30pm
No class 11/30	
Residents \$207	All Others \$225



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 Staff
252101-01	1.5-3yrs
Tue 9/17-12/17	10-10:45am
252101-02	1.5-3yrs
Sat 9/21-12/21	8:30-9:15am
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 Staff
262102-01	3-4yrs
Mon 9/16-12/16	12-12:45pm
Residents \$152	All Others \$170

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	4-5yrs
Mon 9/16-12/16	12:45-1:30pm
Residents \$152	All Others \$170

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	5-6yrs
Mon 9/16-12/16	3:15-4pm
Residents \$152	All Others \$170

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	6-12yrs
Mon 9/16-12/16	4:45-5:40pm
Residents \$162	All Others \$180

ICE SKATING & ICE HOCKEY

NAZARETH ICE OASIS

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. 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.

Nazareth Ice Oasis	NIO Staff
250903-01	2.5-5yrs
Sat 9/7-10/12	11:45am-12:15pm
250903-02	2.5-5yrs
Sat 10/19-11/23	11:45am-12:15pm
Residents \$96	All Others \$114

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. 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
260903-01	3-5yrs
Sat 9/7-10/12	11:45am-12:15pm
Residents \$96	All Others \$114

Nazareth Ice Oasis	NIO Staff
260903-02	3-5yrs
Wed 9/11-10/16	5:20-5:50pm
No class 10/2	
Residents \$82	All Others \$100

Nazareth Ice Oasis	NIO Staff
260903-03	3-5yrs
Tue 9/17-10/22	3:30-4pm
260903-04	3-5yrs
Sat 10/19-11/23	11:45am-12:15pm
260903-05	3-5yrs
Wed 10/23-12/4	5:20-5:50pm
No class 11/27	
260903-06	3-5yrs
Tue 10/29-12/10	3:30-4pm
No class 11/26	
Residents \$96	All Others \$114

Nazareth Ice Oasis	NIO Staff
210903-02	6-12yrs
Wed 9/11-10/16	5:20-5:50pm
No class 10/2	
Residents \$82	All Others \$100

Nazareth Ice Oasis	NIO Staff
210903-01	6-12yrs
Sat 9/7-10/12	11:45am 12:15pm
210903-03	6-12yrs
Tue 9/17-10/22	4-4:30pm
210903-04	6-12yrs
Sat 10/19-11/23	11:45am-12:15pm
210903-05	6-12yrs
Wed 10/23-12/4	5:20-5:50pm
No class 11/27	
210903-06	6-12yrs
Tue 10/29-12/10	4-4:30pm
No class 11/26	
Residents \$96	All Others \$114

MULTI-SPORT

SKYHAWKS

Required for ALL Skyhawks classes:

1. Appropriate clothing, running or gym shoes and sunscreen. 2. Two snacks and water bottle (for programs four hours or less).

Tiny-Hawk **NEW!**

In Tiny-Hawk, the essentials of sports are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans.

Required: Children must be toilet trained in order to participate.

Heritage Oaks Park	Skyhawks Staff
261221-01	3-4yrs
Sat 9/14-11/2	10-10:45am
261221-02	Soccer 3-4yrs
Wed 9/18-11/6	10-10:45am
261221-03	T-Ball 3-4yr
Wed 9/18-11/6	11-11:45am
Residents \$129	All Others \$147

Mini-Hawk Baseball & Soccer **NEW!**

This multi-sport program was developed to give 4- to 7-year-olds a positive first step into athletics. Soccer and baseball are taught in a safe, structured environment filled with encouragement and fun. Mini-hawkers explore balance, hand/eye coordination and skill development at their own pace.

Heritage Oaks Park	Skyhawks Staff
261222-01	4-7yrs
Sat 9/14-11/2	11am-12:15pm
Residents \$149	All Others \$167

Skyhawks Baseball Game Play **NEW!**

Skyhawks baseball progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting, and base running all in a fun, positive environment coached by local Skyhawks staff. Each session includes practice and game play where participants can show off their big league skills!

Heritage Oaks Park	Skyhawks Staff
211223-01	7-12yrs
Sat 9/14-11/2	1-2:30pm
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.

Egan Gym	Skyhawks Staff
211273-01	6-9yrs
Tue 9/17-11/5	5-6pm
Residents \$149	All Others \$167

Egan Gym	Skyhawks Staff
211273-02	10-13yrs
Tue 9/17-11/5	6-7:30pm
Residents \$169	All Others \$187

SKATEBOARDING

SKATEWORKS

Equipment Note for ALL Skateworks classes: Skateboard, knee, elbow and wrist guards, helmet, and water bottle required.

NEW! Skateboarding 101

This class will serve as a great first step into the wonderful world of skateboarding. Participants will learn skateboarding basics from an expert instructor, with a focus on balance, technique, safety, and etiquette.

Grant Park	Skateworks Staff
250815-01	6-12yrs
Tue/Thu 10/8-10/2	4-5pm
Residents \$180	All Others \$198

Skateboarding Intermediate

This is a class that is designed to introduce skaters to various obstacles that are typically found at most public skateboard parks. There will be a combination of transition features, as well as "street" obstacles. We recommend that skaters have previous experience.

Grant Park	Skateworks Staff
250816-01	7-14yrs
Tue/Thu 9/10-9/26	4-5pm
250816-02	7-14yrs
Tue/Thu 11/5-11/21	4-5pm
Residents \$180	All Others \$198

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 are mandatory; water and sunscreen recommended.

Coach Ken's Intro to Team Soccer

Along with soccer skills, kids learn teamwork, communication, real game smarts, and the rules of the game; then they apply these skills in a real game on a real team. Teams will be made on day one by the coaches to ensure parity, and team jerseys will be provided for kids to bring every Saturday. This program will give your kid a chance to experience real team soccer and prepare the aspiring player for club soccer.

Heritage Oaks Park	Ken's Soccer Staff
210935-01	4-5yrs
Sat 9/14-12/7	9-10am
No class 11/30	
210935-02	5-6yrs
Sat 9/14-12/7	10-11am
No class 11/30	
210935-03	6-7yrs
Sat 9/14-12/7	11am-12:30pm
No class 11/30	
210935-04	8-12yrs
Sat 9/14-12/7	11am-1pm
No class 11/30	
Residents \$172	All Others \$190

Coach Ken's Soccer: 4-5yrs

The youngest, newest kids are introduced to the game of soccer in a fun, positive environment. They learn and play the real game and are sure to learn a variety of simple soccer moves.

Heritage Oaks Park	Ken's Soccer Staff
210923-01	4-5yrs
Tue 9/10-12/3	12:45-1:30pm
No class 11/26	
210923-02	4-5yrs
Tue 9/10-12/3	4:30-5:15pm
No class 11/26	
210923-03	4-5yrs
Wed 9/11-12/4	12:45-1:30pm
No class 11/27	
210923-04	4-5yrs
Wed 9/11-12/4	4:30-5:15pm
No class 11/27	
210923-05	4-5yrs
Thu 9/12-12/5	10:30-11:15am
No class 11/28	
210923-06	4-5yrs
Thu 9/12-12/5	12:45-1:30pm
No class 11/28	
210923-07	4-5yrs
Fri 9/13-12/6	10:30-11:15am
No class 11/29	
210923-08	4-5yrs
Fri 9/13-12/6	12:45-1:30pm
No class 11/29	
Residents \$172	All Others \$190

Coach Ken's Soccer: 6-7yrs

The focus for this level is achieving ball control and speed. Players learn to use all foot surfaces, utilize fakes and moves, and develop good shooting, passing and one vs one defending techniques. Scrimmages and one-vs-one at the end of each session reinforce these skills.

Heritage Oaks Park	Ken's Soccer Staff
210923-09	6-7yrs
Tue 9/10-12/3	3:30-4:30pm
No class 11/26	
210923-10	6-7yrs
Wed 9/11-12/4	3:30-4:30pm
No class 11/27	
Residents \$172	All Others \$190

Coach Ken's Soccer: 8-10yrs

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	Ken's Soccer Staff
210923-11	8-10yrs
Tue 9/10-12/3	3:30-4:30pm
No class 11/26	
210923-12	8-10yrs
Wed 9/11-12/4	3:30-4:30pm
No class 11/27	
Residents \$172	All Others \$190

KIDZ LOVE SOCCER

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

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!

Hillview Soccer Field	KLS Staff
250916-01	2-3.5yrs
Tue 9/10-11/5	11:40am-12:10pm
250916-02	2-3.5yrs
Wed 9/11-11/6	9:30-10am
Residents \$114	All Others \$132

McKenzie Park	KLS Staff
250916-03	2-3.5yrs
Sat 9/21-11/16	11:45am-12:15pm
250916-04	2-3.5yrs
Sat 9/21-11/16	12:20-12:50pm
Residents \$114	All Others \$132

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 9/10-11/5	10:55-11:30am
260904-02	3.5-4yrs
Tue 9/10-11/5	3:55-4:30pm
260904-03	3.5-4yrs
Wed 9/11-11/6	10:10-10:45am
260904-05	3.5-4yrs
Sat 9/21-11/16	9-9:35am
Residents \$114	All Others \$132

McKenzie Park	KLS Staff
260904-04	3.5-4yrs
Thu 9/12-11/7	3:55-4:30pm
Residents \$114	All Others \$132

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 9/10-11/5	10:15-10:55am
210904-02	4-5yrs
Tue 9/10-11/5	2:30-3:10pm
210904-03	4-5yrs
Tue 9/10-10/15	5:15-5:55pm
210904-04	4-5yrs
Wed 9/11-11/6	10:45-11:25am
210904-07	4-5yrs
Sat 9/21-11/16	10:15-10:55am
Residents \$114	All Others \$132

McKenzie Park	KLS Staff
210904-05	4-5yrs
Thu 9/12-11/7	3:15-3:55pm
210904-06	4-5yrs
Sat 9/21-11/16	9:35-10:15am
Residents \$114	All Others \$132



Level 1: 5-6 yrs

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
210904-08	5-6yrs
Tue 9/10-11/5	3:10-3:55pm
210904-10	5-6yrs
Sat 9/21-11/16	10:55-11:40am
Residents \$114	All Others \$132

McKenzie Park	KLS Staff
210904-09	5-6yrs
Thu 9/12-11/7	4:30-5:15pm
Residents \$114	All Others \$132

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
210904-11	7-10yrs
Tue 9/10-11/5	4:30-5:15pm
Residents \$114	All Others \$132



WHITLINGER/SARFIELD TENNIS

whitlingersarsfield.com

Enjoy top-flight instruction from the staff of Stanford University Tennis Coach John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Youth (9-14 yrs) classes of 3-8 students will consist of eight hours of instruction. Classes of two students will be converted into four lessons. Terrific Tiny Tennis (5-8yrs) classes will consist of six 40-minute lessons.

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

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

Rain Policy: In case of rain, contact the Recreation Department at 947-2790, Monday - Friday, 8am-5pm, within an hour before scheduled starting time for class status. For evening or weekend classes, check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date. NO POSTPONEMENT ANNOUNCEMENT WILL BE INITIATED BY THE INSTRUCTOR OR THE RECREATION 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	4-5yrs
Sat 9/14-11/2	11-11:40am
210902-02	6-7yrs
Sat 9/14-11/2	11:40am-12:20pm
Residents \$96	All Others \$114

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

210902-03	5-7yrs
Mon/Wed 9/9-10/2	6:20-7pm
210902-04	5-7yrs
Mon/Wed 10/14-11/6	6:20-7pm
Residents \$96	All Others \$114

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 9/14-11/2	10-11am
Residents \$96	All Others \$114

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220902-02	8-10yrs
Mon/Wed 9/9-10/2	3:30-4:30pm
220902-03	8-10yrs
Mon/Wed 10/14-11/6	3:30-4:30pm
Residents \$96	All Others \$114

Quickstart Advantage Tennis

For kids, 8-10 years old, who are fairly consistent on maintaining a slow-paced rally on the "60-foot court." Players should have prior Quickstart experience or instructor's approval.

Rosita Park Courts 1/2 Whitlinger/Sarsfield Tennis Staff

220902-08	8-10yrs
Sat 9/14-11/2	1:30-2:30pm
Residents \$96	All Others \$114

Novice Tennis

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

Rosita Park Courts 1/2 Whitlinger/Sarsfield Tennis Staff

220902-04	11-14yrs
Sat 9/14-11/2	2:30-3:30pm
Residents \$96	All Others \$114

Marymeade Park Courts 2/3 Whitlinger/Sarsfield Tennis Staff

220902-05	11-14yrs
Mon/Wed 9/9-10/2	4:30-5:30pm
220902-06	11-14yrs
Mon/Wed 10/14-11/6	4:30-5:30pm
Residents \$96	All Others \$114

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.

Rosita Park Courts 1/2 Whitlinger/Sarsfield Tennis Staff

220902-09	11-14yrs
Sat 9/14-11/2	3:30-4:30pm
Residents \$96	All Others \$114

Individual Tennis Lessons

Learn new strokes or improve your old ones through individualized lessons based on your needs. For all ages, beginners to advanced.

For lessons at Marymeade Park, Courts 2/3:
Francois Chan 345-8786
James Knofler (408) 410-0434

For lessons at Rosita & McKenzie Parks, Court 1:
David Panconi (408) 893-1405

For lessons at Monteclair Park, Court 1:
Joe Bassi 576-0988

Visit whitlingersarsfieldtennis.com for more information. All checks payable to John Whitlinger.

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.

Note: Extended care available. Call 965-7474 for details.

Intro to Stand-Up Paddle Boarding **NEW!**

Unlike surfing, you don't need waves to be able to stand-up paddle. You will learn techniques to be able to stand up on the board and paddle with correct technique, all in the safe and calm waters at Shoreline Lake.

Shoreline Aquatic Center	SAC Staff
210821-01	8+yrs
Sat 9/14	11:15am-12:45pm
210821-02	8+yrs
Sat 9/28	11:15am-12:45pm
210821-03	8+yrs
Sat 10/12	11:15am-12:45pm
Residents \$71	All Others \$89

Introductory Kayaking **NEW!**

Dream of exploring pristine rivers or shooting thrilling rapids? 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
220821-05	13+yrs
Sat 9/7	9am-12pm
220821-06	13+yrs
Sun 9/22	9am-12pm
220821-07	13+yrs
Sun 10/6	9am-12pm
Residents \$107	All Others \$125



Enclosed Sea Kayaking **NEW!**

You will review your basic strokes and rescues, as well as learn more advanced control techniques such as ruddering, bracing and edging. The skills you learn will prepare you for exploring the open ocean with better control of your kayak and paddling technique.

Prerequisites: Introductory Kayaking or similar class.

Shoreline Aquatic Center	SAC Staff
220821-08	13+yrs
Sat 9/7	12:30-4:30pm
220821-09	13+yrs
Sun 9/22	12:30-4:30pm
220821-10	13+yrs
Sun 10/6	12:30-4:30pm
Residents \$137	All Others \$155

Basic Windsurfing: Level 1

Learn to windsurf in a weekend! With an outstanding curriculum and the use of land simulators, students will be up and sailing in a matter of hours! Tacking (turning), rigging, nomenclature, self-rescue, water safety, and a myriad of other topics will be covered!

Prerequisite: Students must be comfortable swimming and treading water.

Equipment Notes: In addition to the Equipment Notes listed above, must bring a bathing suit to wear under the wetsuit we provide.

Shoreline Aquatic Center	SAC Staff
220821-11	14+yrs
Sat/Sun 9/7-9/8	9am-1pm
220821-12	14+yrs
Sat/Sun 9/14-9/15	9am-1pm
220821-13	14+yrs
Sat/Sun 9/21-9/22	9am-1pm
220821-14	14+yrs
Sat/Sun 10/5-10/6	9am-1pm
Residents \$207	All Others \$225

Basic Sailing

Learn all the basics to get you out on the water, safely maneuvering your sailboat around the lake in a 14' Capri dinghy. Tacking and jibbing (turning), sail trim, nomenclature, knots, and water safety are among the myriad of subjects covered in this course.

Shoreline Aquatic Center	SAC Staff
220821-15	14+yrs
Sat/Sun 9/14-9/15	9am-1pm
220821-16	14+yrs
Sat/Sun 9/21-9/22	9am-1pm
220821-17	14+yrs
Sat/Sun 9/28-9/29	9am-1pm
220821-18	14+yrs
Sat/Sun 10/5-10/6	9am-1pm
Residents \$217	All Others \$235

Stand-Up Paddle Boarding Yoga **NEW!**

Take your yoga practice outside and on the water. Your mat is a stand up paddleboard; the world is your studio. Enjoy learning while adapting to the motion of the board, the challenge to balance, and the focus required to ground while afloat.

Equipment Notes: In addition to the Equipment Notes listed above, please dress in layers as you would to any yoga class (no cotton). Wear swimsuit if you don't want clothes to get wet.

Shoreline Aquatic Center	SAC Staff
220821-01	14+yrs
Sat 9/14	9:45-11am
220821-02	14+yrs
Sat 10/5	9:45-11am
220821-03	14+yrs
Sat 11/2	9:45-11am
220821-04	14+yrs
Sat 12/7	9:45-11am
Residents \$37	All Others \$55

TEEN PROGRAMS

Turn to pages 32-33 for the latest info on all our activities for local teens including the remaining LAYC dances, teen trips, The Underground Teen Center, and the Los Altos Youth Commission.

Thank you to our Sponsors for the Best Summer Concert Series ever!



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



ADULT Classes

ART

ART STUDIO

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

Registration Note: Register for the full session (outlined below) or drop ins welcome: \$1 for Senior Center members; \$3 for all others. Register for drop ins before each class at the Senior Center.

Hillview Rm 12	Various
645514-05	18+yrs
Wed 9/4-12/18	9:30am-12pm
<i>Senior Center Members \$16 All Others \$48*</i>	
<i>*For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.</i>	

SCRAPBOOKING WITH MERI-BETH BIRD & LORI

School Days Organizer **NEW!**

Create a keepsake file for kid's school years. Keep all art work, certificates, awards, class pictures, report cards, etc. organized in a file you will create during this class. File holds 14 years of school memorabilia. Bring school papers and artwork to class, or just create the file. Order multiple files for all your kids.

Registration Note: Registration deadline 9/12/13. If deadline has passed, contact meribethbird@gmail.com.

Hillview Rm 13	Bird
230601-06	12+yrs
Thu 9/26	7-9pm
<i>Residents & All Others \$10*</i>	
<i>*Materials fee of \$22 due first day.</i>	

Photo Solutions Workshop

Imagine uninterrupted hours to work on your print or digital photos: organize, sort, scrapbook. Not even sure where to start? Just bring photos or your current photo album project. Use the instructor's tools, get ideas, encouragement and help with your project. For beginners and experienced scrapbookers.

Hillview Rm 13	Bird
230601-05	12+yrs
Thu 11/14	6-10pm
<i>Residents & All Others \$15</i>	

WATERCOLOR FOR ALL LEVELS

This class is suitable for all levels of individuals interested in developing skills in watercolor. Beginning students will learn basic watercolor and design techniques. More advanced students will be challenged to take their skills to a new level of confidence.

Hillview Rm 13	Bieber
230514-01	18+yrs
Fri 10/18-12/20	9am-12pm
<i>No class 11/29</i>	
230514-02	18+yrs
Fri 10/18-12/20	1-4pm
<i>No class 11/29</i>	
<i>Residents \$108</i>	<i>All Others \$126</i>

DANCE & FITNESS

BELLY DANCE WITH RAWIYAH

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.

Hillview Rm 4	Rawiyah
230208-01	12+yrs
Wed 9/11-10/23	7-8pm
<i>No class 9/25</i>	
<i>Residents \$57</i>	<i>All Others \$75</i>

Intermediate Belly Dance

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.

Hillview Rm 4	Rawiyah
230208-02	12+yrs
Wed 9/11-10/23	8-9pm
<i>No class 9/25</i>	
<i>Residents \$57</i>	<i>All Others \$75</i>





INDOOR CYCLING

Our WattBike Indoor Cycling classes are the new gold standard. Unlike other classes, we use the variables necessary for you to improve: cadence, wattage, heart rate, speed, distance, and time.

FIT Los Altos		FIT Staff	
231020-01			18+yrs
Mon	9/9-10/21		8-9am
231020-02			18+yrs
Thu	9/12-10/24	9:30-10:30am	
231020-03			18+yrs
Mon	11/4-12/16		8-9am
231020-04			18+yrs
Thu	11/7-12/19	9:30-10:30am	
Residents \$181		All Others \$199	

FIT HEAD TO TOE/ HEALTHY BACKS

Stretch and strengthen your weak areas, prevent injury, and get an energy boost. Our moderate exercises reach every part of the body -- from big muscles to small joints -- and get you feeling refreshed and revived.

Hillview Rm 2		Roh	
231012-01			30+yrs
Mon	9/9-12/16		10-11am
No class 11/25			
Residents \$222		All Others \$240	

JACKI SORENSEN'S FITNESS CLASSES

STRONGSTEP

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

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

Hillview Social Hall		Franich	
No code required		18+yrs	
Mon/Wed	on-going	8:30-9:30am	
<i>Register at class; first week FREE!</i>			

JAZZERCISE

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

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

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

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

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

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

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

Grant Park MPR		Leone	
No code required		18+yrs	
M/Tu/Th	on-going	9-10am	

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 10:15-11:00am
 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.

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

Hillview Rm 4

Campbell

645511-10 18+yrs
Tue 9/3-9/24 1-2pm
 645511-11 18+yrs
Tue 10/1-10/29 1-2pm
 645511-12 18+yrs
Tue 11/5-11/26 1-2pm
 645511-13 18+yrs
Tue 12/3-12/31 1-2pm

Senior Center Members \$24 All Others \$32*
 *For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.

BONESMART

BoneSmart Movement & Beyond **NEW!**

In this class we'll incorporate standing, sitting and mat Pilates exercises that will strengthen your body—including your bones. You'll be guided through stretches, balance exercises, energizing weight-bearing routines and basic alignment motions that will help you move through your daily activities safely. Rather than decline with age, you'll actually improve!

Equipment Note: Please bring your own mat. Resistance bands and 9" miniballs available from instructor (\$20 for both).

LAHS City Council Chamber **Marchok**

645536-01 18+yrs
Wed 9/18-11/13 12:30-1:30pm
 No class 10/9, 11/6

Senior Center Members \$128

All Others \$138*

*For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.

BoneSmart Movement & Beyond: Lecture Demonstration **NEW!**

Are you worried about losing your balance, falling, breaking a bone? Have you been diagnosed with low bone density? Learn simple things you can do, right now, which will dramatically reduce your risk of falling or injuring yourself.

Note: Preregistration is required.

LAHS City Council Chamber **Marchok**

645536-05 18+yrs
Wed 9/11 12:30-1:30pm
 Senior Center Members & All Others FREE!

TEAM FITNESS

teamfitness.com

Cross Training with Team Fitness

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

New Student Note: For new members, June through August: buy one month, get two months free.

Registration Note: To set up your first visit, call Team Fitness staff at (877)751-5100, ext. 3 or email tomgordon@teamfitness.com.

Blach Gym

Team Fit Staff

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

Egan Gym

Team Fit Staff

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

Personal Training by Team Fitness **NEW!**

Superb fitness because it's right for you. With over 40 years of collective coaching, our two Los Altos coaches look forward to working with you whether you're just getting started or have been working out for some time. We also personally train in small groups of 2-3, so bring a friend.

Registration Note: By appointment only. To register, email Tom Gordon at tomgordon@teamfitness.com or call 877 751-5100, ext 3.

By Appointment Only

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

YMCA LOW-IMPACT AEROBICS

Condition your heart and burn calories with out 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.



EXERCISE PLUS **NEW!**

This exercise class has it ALL! Stretching, toning, balanced workout, and heart conditioning.

Equipment Note: Please bring a mat and water.

Shoup Park Garden House	Mojgani
231026-01	18+yrs
Fri 9/6-12/20	11am-12pm
<u>No class 11/29</u>	
Residents \$62	All Others \$80

YOGA BY MIKI

yogawithmiki@comlu.com

Gentle Yoga for Healthy Spine

This yoga class focuses on increasing flexibility, mobilizing and strengthening the spine, toning the core, and achieving an enhanced sense of well being. You will leave the class feeling both relaxed and energized. Suitable for beginners. Instructor is a Yoga Therapist.

Equipment Note: Yoga mat, towel, loose clothing.

Shoup Park Garden House	Bouso
231707-01	18+yrs
Wed 9/11-12/18	9:30-10:35am
Residents \$162	All Others \$180

Yoga-Pilates Combo

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

Shoup Park Garden House	Bouso
231706-01	18+yrs
Wed 9/11-12/18	10:45-11:50am
Residents \$162	All Others \$180

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 ending with deep relaxation.

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

Hillview Rm 4	Graul
231702-01	18+yrs
Thu 9/12-12/19	6-7:15pm
<u>No class 11/28</u>	
Residents \$180	All Others \$198

Hillview Rm 4	Graul
231702-02	18+yrs
Mon 9/9-12/16	6-7:30pm
Residents \$192	All Others \$210



STEPPING ON **NEW!**

Stepping On is a group program that empowers older adults who have fallen or who have a fear of falling to identify behaviors related to fall risks. The sessions are guided by experienced Stanford Hospital staff and meet once a week for seven weeks.

Hillview Rm 12 Stanford Hospital Staff	
645518-09	65+yrs
Tue 9/10-10/22	10am-12pm
Residents & All Others FREE!	

ZUMBA WITH ALÉ **NEW!**

A super fun dancing cardio workout that ends with 15 minutes of toning then stretching. Come join the Zumba party!

LAYC	Piccolo
231015-01	18+yrs
Wed 9/25-11/20	6:10-7:10pm
Residents \$71	All Others \$89

MARTIAL ARTS

CHANG TAI DO KARATE

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 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.*

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

Hillview Social Hall	Chang/Huey
231102-01	18+yrs
Tue/Thu 10/1-12/12	8-9pm
Residents \$179*	All Others \$197*
*Materials fee of \$70 due first day for first-time participants.	

JUDO JUJITSU

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

Grant Park MPR

231101-01
Mon/Thu 9/9-12/19

No class 11/11, 11/28

Residents \$201

Gearhart

16+yrs
7:30-9pm

All Others \$219

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

Hillview Rm 12

645534-04
Tue 9/17-12/10 12:45-1:45pm

No class 10/15, 10/22, 11/26

Senior Center Members \$85 All Others \$94*

*For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.

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.

Grant Park

230809-01

Tue 10/8

Residents \$37

Petersen

18+yrs

6:30-8:30pm

All Others \$55

ROSALIE ALVAREZ'S DOG OEDIENCE

Dog Obedience Training

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

230801-01 18+yrs

Thu 9/19-10/24 8-9am

230801-02 18+yrs

Thu 10/31-12/5 8-9am

230802-01 18+yrs

Wed 9/18-10/23 9-10am

230802-02 18+yrs

Wed 10/30-12/4 9-10am

Residents \$60 All Others \$78*

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

Alvarez

18+yrs

8-9am

8-9am

9-10am

9-10am



GAMES WE PLAY

TEN WEEKS TO PLAY BRIDGE

In ten weeks we will learn to play bridge in a pleasant social setting. We will learn how to communicate with our partner, develop our playing skills and, most importantly, have fun. This is a class for beginning bridge players.

Hillview Rm 12		Robinson
645510-01		18+yrs
Mon	9/9-11/18	9-11am
645510-03		18+yrs
Mon	11/25-12/16	9-11am
<i>Residents \$90</i>		<i>All Others \$95</i>

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 Center 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	9/5-9/26	9:15am-12pm
<i>Residents \$20</i>		<i>All Others \$28*</i>

Hillview Rm 12		Plutynski
645530-10		18+yrs
Thu	10/3-10/31	9:15am-12pm
<i>Residents \$25</i>		<i>All Others \$35*</i>

Hillview Rm 12		Plutynski
645530-11		18+yrs
Thu	11/7-11/28	9:15am-12pm
No class 11/28		
<i>Residents \$15</i>		<i>All Others \$21*</i>

Hillview Rm 12		Plutynski
645530-12		18+yrs
Thu	12/5-12/26	9:15am-12pm
No class 12/26		
<i>Senior Center Members \$15</i>		<i>All Others \$21*</i>
<i>*For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.</i>		



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, then join our community.

Registration Note: Register for the quarter (outlined below) or drop ins also available: \$1 for Senior Center members; \$3 for all others. Register for drop ins at the Senior Center prior to class.

Hillview Rm 15		Metz
645515-09		18+yrs
Thu	9/5-9/26	1-3:30pm
<i>Senior Center Members \$4</i>		<i>All Others \$12*</i>

Hillview Rm 15		Metz
645515-10		18+yrs
Thu	10/3-10/31	1-3:30pm
<i>Senior Center Members \$5</i>		<i>All Others \$15*</i>

Hillview Rm 15		Metz
645515-11		18+yrs
Thu	11/7-11/28	1-3:30pm
No class 11/28		
<i>Senior Center Members \$3</i>		<i>All Others \$9*</i>

Hillview Rm 15		Metz
645515-12		18+yrs
Thu	12/5-12/26	1-3:30pm
No class 12/26		
<i>Senior Center Members \$3</i>		<i>All Others \$9*</i>
<i>*For Senior Center membership info, plus all our Senior Center offerings, please see pg 38.</i>		

INDIAN COOKING WITH RASHMI NEW!

Learn how to prepare a full, authentic and easy Indian meal. This hands-on class will give an overview of the unique and remarkable ingredients, recipes and techniques used in outstanding Indian cuisine. The meal we prepare will be consumed together. The class is taught by master Indian chef Rashmi Rustagi.

Hillview MPR		Rustagi
250702-01		18+yrs
Sat	9/28	12-3pm
250702-02		18+yrs
Sat	10/26	4-7pm
<i>Residents \$42*</i>		<i>All Others \$60*</i>
<i>*Materials fee of \$30 due first day.</i>		

PUTI MEDITATION GROUP PRACTICE

For health, for happiness, for life. You can improve your overall health by using visualization and body movement to music. These simple exercises can be learned quickly, regardless of age, gender, language, or cultural background. This class is for the seasoned and the beginner.

Hillview Rm 12		Ma
645527-04		18+yrs
Mon/Fri	9/9-12/20	7:30-9:30pm
<i>Senior Center Members \$40</i>		<i>All Others \$50*</i>
<i>*For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.</i>		

WEIGHT LOSS

HYPNOTIZE YOURSELF SLIM!™

Free Preview

Intrigued by the idea of using hypnosis for weight loss, but have questions about the practice of hypnosis itself? This free preview sheds light on questions/concerns you may have that are potentially keeping you from enjoying this class...skeptics welcome!

Hillview Rm 16	Rosen
No code required	18+yrs
Wed 9/25	12-1pm
<i>Residents & All Others FREE!</i>	

Hypnotize Yourself Slim!™ for the Holidays

Discover how to get the child inside you who makes the eating decisions on your side so you slim without diets or guilt. Class includes email tips, optional personal session and custom audio. Jumpstart CD cultivates selflove, so slimming is fun!

Hillview Rm 16	Rosen
230118-01	18+yrs
Wed 10/9-10/23	3-5:30pm
<i>Residents \$79*</i>	<i>All Others \$97*</i>
<i>*Materials fee of \$39 due first day.</i>	

PERSONAL EMERGENCY PREPAREDNESS

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

Grant Park Rm 4	Hurst
210813-01	18+yrs
Tue 10/8	6-9pm
<i>Residents & All Others FREE!</i>	

Hillview Rm 16	Hurst
210813-02	18+yrs
Mon 11/4	6-9pm
210813-03	18+yrs
Wed 12/4	6-9pm
<i>Residents & All Others FREE!</i>	

THE LATIMERLO STUDIO

Singin' The Classics

Love the music of Frank Sinatra, Nat King Cole, and the rest of the crooners? Come sing those songs with us while learning healthy vocal technique. Our instructor will teach you the basics of good singing while leading you through the hits of the 30s, 40s and 50s.

Hillview Social Hall	Latimerlo Staff
240113-01	60+yrs
Thu 9/12-10/10	2-3pm
240113-02	60+yrs
Thu 10/17-11/14	2-3pm
<i>Residents \$88*</i>	<i>All Others \$106*</i>
<i>*Materials fee of \$20 due first day.</i>	

Holiday Caroling **NEW!**

Join us for a singing class centered on the holiday carols we love! Learn healthy vocal technique from our highly-trained teachers while getting into the spirit of the season. The final class will be at a special location to bring your skills and cheer to the community.

Hillview Rm 12	Latimerlo Staff
230113-01	18+yrs
Thu 11/14-12/19	7-8:30pm
No class 11/28	
<i>Residents \$78</i>	<i>All Others \$96</i>

Private Singing Lessons

Check out this class! All the information is listed in the youth classes section. Although primarily geared for the 9+ set, these private lessons are also available for adults.

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

Hillview Social Hall	Humphers & McNulty
230111-01	18+yrs
Sun 9/29	2-5pm
230111-02	18+yrs
Sun 10/27	2-5pm
230111-03	18+yrs
Sun 11/24	2-5pm
<i>Residents & All Others \$10</i>	

Hillview Social Hall	Humphers & McNulty
230111-04	18+yrs
Sun 9/29, 10/27, 11/24	2-5pm
<i>Residents & All Others \$25</i>	



PASSPORT TO RETIREMENT

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

Hillview Rm 16		Evans
231801-01		40+yrs
Thu	9/19-10/3	6:30-9pm
231801-02		40+yrs
Tue	9/24-10/8	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. Explained in straightforward language are financial strategies such as tax-efficient income planning, lifestyle preservation, inflation protection, and providing a legacy. Includes 143-page workbook.

Hillview Rm 16		Evans
231801-03		60+yrs
Mon	9/16-9/23	10am-12:30pm
231801-04		60+yrs
Wed	9/25-10/2	1-3:30pm
Residents \$42*		All Others \$60*
*Spouse/guest may attend at no charge.		

LEADERSHIP EDUCATION ADVANCEMENT PROGRAM (LEAD)

Interested in learning more about your community? The 2014 LEAD Program might be for you. LEAD 2014 is a series of classes provided by the Los Altos Community Foundation. Community leaders discuss their vision, challenges and community volunteer opportunities. Program applications may be found at: losaltoscf.org/lead. Participants will be notified in mid-December if they have been selected for the 2014 class.

Residents & All Others \$150

FENCING

Check out Light Saber Combat geared for teens 14+ and Adults. Look in the Youth Sports Section under Fencing.

SPORTS

COACH KENS SOCCER

Soccer Mom's FunFitness

This program provides an innovative way for women to learn and play the game of soccer while achieving their fitness goals in a fun, social environment. Moms will be better equipped to teach and play the game of soccer with their kids. All women 18+ (not just moms) welcome!

Equipment Note: Shin guards are mandatory; water is recommended.

Heritage Oaks Park		Mburu
230929-01		18+yrs
Thu	9/12-12/5	9-10am
No class 11/28		
230929-02		18+yrs
Fri	9/13-12/6	9-10am
No class 11/29		
230929-03		18+yrs
Sat	9/14-12/7	8-9am
No class 11/30		
Residents \$172		All Others \$190

ICE SKATING AT THE NAZARETH ICE OASIS

Ice Skating

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

Nazareth Ice Oasis		NIO Staff
230903-01		15+yrs
Sat	9/7-10/12	10:45-11:15am
Residents \$96		All Others \$114
Nazareth Ice Oasis		NIO Staff
230903-02		15+yrs
Wed	9/11-10/16	6:20-6:50pm
No class 10/2		
Residents \$82		All Others \$100
Nazareth Ice Oasis		NIO Staff
230903-03		15+yrs
Sat	10/19-11/23	10:45-11:15am
230903-04		15+yrs
Wed	10/23-12/4	6:20-6:50pm
No class 11/27		
Residents \$96		All Others \$114





WHITLINGER/SARFIELD TENNIS

whitlingersarsfielddennis.com

Enjoy group lessons with top-flight instruction from the staff of Stanford University Tennis Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Adult classes of 3-8 students will consist of eight hours of instruction. Classes of two students will be converted into four 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 make-up date. NO POSTPONEMENT ANNOUNCEMENT WILL BE INITIATED BY THE INSTRUCTOR OR THE RECREATION DEPARTMENT.

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 Tennis Staff

230902-01		18+yrs
Sat	9/14-11/2	9-10am
Residents \$96		All Others \$114

Intermediate Tennis

For players 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 Tennis Staff

230902-03		15+yrs
Mon/Wed	9/9-10/2	7-8pm
230902-02		15+yrs
Mon/Wed	10/14-11/6	7-8pm
Residents \$96		All Others \$114

DEEP CLIFF GOLF COURSE

Equipment Note for ALL 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.

Adult Golf

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

Deep Cliff Golf Course Deep Cliff Staff

230914-01		18+yrs
Sat	9/7-9/28	1-2:30pm
230914-02		18+yrs
Sat	10/5-10/26	1-2:30pm
Residents \$141		All Others \$159

Golf for Women

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

Deep Cliff Golf Course Deep Cliff Staff

230915-01		18+yrs
Sat	9/7-9/28	10-11:30am
230915-02		18+yrs
Sat	10/5-10/26	10-11:30am
Residents \$141		All Others \$159

SHORELINE AQUATIC CENTER

Many of Shoreline Aquatic Center's classes are geared for teens 14+ and adults. The following classes can be found in the Youth Sports Section:

- Intro to Stand-Up Paddle Boarding*
- Stand-Up Paddle Board Yoga*
- Introductory Kayaking*
- Enclosed Sea Kayaking*
- Basic Windsurfing: Level 1*
- Basic Sailing*

TRIPS

ADVENTURE TRIPS WITH GREG MEYER

gregmeyernaturalist@gmail.com
(831) 345-1973

Greg Meyer has worked as a professional naturalist since 1985. He has led expeditions to the fjords of Alaska, the rainforests of Central America and the glaciers of Antarctica. His special interests are the biology of birds, mammals and the natural history of California. Greg is also a nationally certified sea kayak instructor and is a faculty member in the Outdoor Education and Recreation Program at California State University Monterey Bay.

Notes: Youth ages 12-17 are welcome to attend trips when accompanied by a paying adult.

Elkhorn Slough by Sea Kayak

Elkhorn Slough is one of California's largest remaining coastal wetlands. This salt marsh is home to thousands of birds and numerous harbor seals and sea otters. We will spend the day paddling the quiet waterways of the seven mile long slough, getting a unique look at the wildlife and flora of this preserve from the comfort of our double sea kayaks.

Note: Our trip will go rain or shine. Please dress accordingly.

Equipment Notes: Please bring a windbreaker or light parka, hat, sunscreen, sunglasses, binoculars, camera, water, picnic lunch/snacks, and spare warm clothes for the car ride home. 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).

Kirby Park Boat Ramp

230819-01		Meyer
		18+yrs
Sun	9/29	9am-3:30pm
Residents	\$39*	All Others \$57*

**Materials fee of \$50 due first day.*

Winery Hike

The Santa Cruz Mountains have become famous for beautiful parklands and fine wines. This trip combines both into a spring outing that will exercise your body and your palate! Our hike will roll along the moderate trails of Russian Ridge Preserve for about 5 miles round trip, where we will look for great views, and native plants above the meandering Stevens Creek. At noon we will stop at the picnic grounds of the Fogarty Winery where we will eat lunch and participants can pay to have a small tasting before we walk back. Hiking and staying hydrated, what a great day out!

Note: Our hike will go rain or shine. Please dress accordingly.

Equipment Notes: Please wear comfortable shoes for walking, a hat, sunglasses, sunscreen, a lunch, water bottles, binoculars, warm outdoor clothes in layers, and cash for wine tasting.

Stephans Canyon Rd Trail Head Meyer

230819-02		Meyer
		18+yrs
Sat	10/19	10am-3pm
Residents	\$39*	All Others \$57*



City of Los Altos Recreation Department

Adult Basketball League & Open Gym

Adult Basketball League

Monday Night League Begins Monday, September 9

8 games of play top 2 teams advance to the finals

Cost \$565/team +\$12 for each non-Los Altos resident player

Blach Gym

Games start at 8:20 and 9:10pm

RecTrac #230918-01

Teams will play in 8 games with the final teams competing for the championship! Once teams have been registered, game scheduling will be emailed to team captains.

Deadline to register a team is September 2.

Adult Open Gym

Wednesday Night Begins Wednesday, September 11

8 weeks of Open Gym

8-10:30pm

Cost \$10/night in cash or enroll for 8 weeks for \$60

Rec Trac # 230918-02

We will have basketballs available. Participants should pay for the 8 week pass online or bring \$10 in cash to the door.

For questions about Adult Basketball and Open Gym, please contact Tamara Oskoui, League Coordinator, at 947-2727.

SENIOR Center



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

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)
- Indoor Shuffleboard



TRAVEL

The Los Altos Senior Center 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 Center staff at 947-2797.

Los Altos Senior Center
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.*

**Please Note: The Senior Center will be closed Aug 26-Sept 2.*

MEMBERSHIP

Everyone is welcome to enjoy our Senior Center. However, by becoming a Los Altos Senior Center 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). Mail the form, together with a check payable to "City of Los Altos," to:

Los Altos Senior Center
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.*

VOLUNTEER

The Senior Center *thrives* because of volunteers! JOIN US! We are looking for those with reception desk skills, event helpers, gardeners, movie selectors, and new program hosts. Call 947-2897 TODAY for details!

RECREATION CLASSES FOR 50+

Look in the ADULT CLASSES section for classes geared specifically for participants 50+. These classes include:

- Art Studio • Beginning Mah-Jongg • Intermediate Bridge
- Line Dancing • Puti Meditation for Group Practice • Rejuvenate Your Retirement
- Tai Chi • Terrible Adult Chamber Orchestra (TACO)

Plus, there is a host of other classes for adults of all ages. Check them out and sign yourself up TODAY!

DAILY ACTIVITIES All activities are drop-in and free unless otherwise noted. Fees subject to change.

Monday	Tuesday	Wednesday	Thursday	FUN Friday
Room 11 9:30-11:30am Monkey Toy Project 12-3:30pm Poker Bocce Courts 10am-12pm Advanced Bocce Ball	Room 11 8:30am-3:30pm Bridge Room 10 1-3pm PC Computer Tutor By appointment Bocce Courts 10-11:30am Beginning Bocce Ball	Room 11 8:30am-12pm Bridge Room 11 1-3:30pm Mah-Jongg Intermediate Free Play Room 12 9:30am-12pm Art Studio Bocce Courts 10am-12pm Advanced Bocce Ball	Room 10 1-3pm iPad & Mac Tutor By appointment Room 11 12-3:30pm Pinochle Bocce Courts 10-11:30am Beginning Bocce Ball	Room 12 1st Friday 1pm Movie Day Fee: Members Free All Others \$1 2nd Friday 12pm Friday Lunch Fee: Members \$4 All Others \$6 3rd Friday 1pm Birthday Bingo Fee: Members Free All Others \$1 10am CSA Case Management 4th Friday 12pm Friday BBQ Fee: Members \$6 All Others \$8
				Various Fridays 1pm AARP Driver Safety Class Fee: AARP Members \$12 All Others \$14

MONTHLY ACTIVITIES Actual dates may vary; call to verify schedule.

Monday	Tuesday	Wednesday	Thursday	
1st Monday 4:30pm Senior Commission Meeting	1st Tuesday 10:15am Visions Unlimited Television Production 2nd Tuesday 10am Legacies Board Meeting (Meets every other month; call Senior Center for date.) 7:30pm Fuschia Society 3rd Tuesday 1-3pm HICAP By appointment 4th Tuesday 9am Real Estate Corner By appointment	2nd Wednesday Casual Dining No host Reservations required 3rd Wednesday 7:30pm Rhododendron Society	1st Thursday 10-11:30am Men's Group 2nd Thursday 1-2pm Book Club 3rd Thursday 7pm Camera Club	

ARE YOU A SENIOR CENTER MEMBER YET?
 Join us today!

LOS ALTOS SENIOR COMMISSION

Anabel Pelham (LA), Chair
 Kathy Seddiqui (LA), Vice Chair
 Karen Jenney (LA)
 Ashish Mathur (LA)
 Linda Smith (LAH)
 Ginger Summit (LAH)
 K. Gabrielle Tiemann (LA)

Candace Avina Sarah Gualtieri
 City of Los Altos Liaison Town of Los Altos Hills Liaison

TEEN Programs

SOUNDS LIKE FUN...

Middle School Open Gym!

Bring your friends for a night of fun! We have organized games, down time and prizes for you! Stay tuned to losaltosrecreation.org for more information.

Egan Gym

No code required

Fri 9/20

Residents & All Others FREE

Recreation Staff

Middle Schoolers

7:30-9pm



TRIP: Night Tour at Alcatraz

Its time for a night tour of one of San Francisco's most famous attractions! We'll take a chartered van to San Francisco, have dinner at Pier 39 and then tour Alcatraz at night! Cost includes transportation, supervision, and ticket to Alcatraz.

Registration Note: Due to limited space, we ask that participants register by Monday, October 14 to ensure a place on the trip.

Note: Participants must dress appropriately and bring a suggested \$30 for dinner and souvenirs. Drop off and pick up will take place at the Hillview Community Center and the trip will operate with a 1:10 ratio.

Hillview Community Center drop off/pick up

Recreation Staff

222301-01

Sat 11/2

Residents & All Others \$75

10-14yrs

2-9pm



TEEN CENTER

400 University Ave (at Shoup Park)

A drop-in facility for teens ages 11-17

The Underground

The place to hang out with friends and relax is back for the fall! We have a movie night, a place to surf the internet, and couches to just hang out or play Madden, plus more. Supervised by Recreation Department staff, The Underground is a fun, safe place for teens in Los Altos!

FALL HOURS

Friday 3-6pm

Saturday 2-6pm

**Upcoming Fun
at The Underground**

All activities are offered on a FREE, DROP-IN basis.

Middle School Movie Night

Come join our first teen movie night of the year at The Underground! This is a FREE event and we even provide the drinks and popcorn. Bring your friends! Doors open at 7pm, movie starts at 7:30.

The Underground

No code required

Fri 10/11

Residents & All Others FREE

Recreation Staff

Middle Schoolers

7- 10pm

College Apps & Pizza

Need a place to get your college apps done? How about a big ol' spot to spread out and write that awesome essay? We've got it! The Underground will host College Apps & Pizza for some college app work and, when you need a break, we've got that too. Play air hockey or Wii Dance to get the words flowing. Remember UC applications are due November 30, 2013!

The Underground

No code required

Sat 10/5, 10/19, 11/16, 11/30

Residents & All Others FREE

Recreation Staff

High School Seniors

2-8pm

LAYC DANCES & MEMBERSHIPS

LAYC Dances

"The hottest thing in Los Altos"

2013/2014 LAYC DANCE SCHEDULE

- October 4
- November 1
- December 13
- January 10
- February 7
- March 7
- April 4
- May 9
- June 13

All dances take place on Fridays from 7:30-10:00pm at the LAYC building (1 N San Antonio Rd).

LAYC Dances are offered by the Los Altos Recreation Department in conjunction with the Los Altos Youth Commission.

LAYC Dance Memberships

- Participants must have a LAYC Membership Card in order to participate.
 - Memberships for the 2013-2014 school year are \$79 for the 9 scheduled dances.
 - 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. Exact dates will be posted online at losaltosrecreation.org beginning August 15.
- OR
- Beginning August 15, to purchase a membership, please download an application (which can be found online at 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 prior to your office visit). Office hours are Monday-Friday, from 8am-5pm.

LAYC Dance Q & A for Parents **NEW!**

Want your child to participate in Los Altos' longest standing teen programming but have a few questions? We have the answers. Join us for a roundtable discussion about LAYC dances. This is a free event and no RSVP is needed to attend. Sessions will have light refreshments and will be held in a question and answer format. Parents and participants are welcome to attend. Should you have additional questions, please contact Tamara at toskou@losaltosca.gov or 947-2727.

Neutra House

No code required
Wed

9/18

No code required
Thu

9/26

Residents & All Others FREE

Recreation Staff

LAYC Parents and Participants
7-8pm

LAYC Parents and Participants
9-10am

For more information about The Underground and/or Teen Programs, contact Tamara Oskoui at 947-2727.

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

LOS ALTOS YOUTH COMMISSION



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

2013/2014 LOS ALTOS YOUTH COMMISSION

Megha Agarwal	Saint Francis High	Class of 2014
Cole Brinsfield	Egan Junior High	Class of 2013
Paige Casas	Los Altos High	Class of 2014
Ryan Chandra	Pinewood	Class of 2017
Elaine Cole	Los Altos High	Class of 2014
Wyatt Eng	Homestead High	Class of 2015
Annie Iverson	Mountain View High	Class of 2016
Jake Klepper	Los Altos High	Class of 2015
Rohith Kuditipudi	Harker School	Class of 2015
Devika Kumar	Los Altos High	Class of 2017
Kavi Mehta	Los Altos High	Class of 2014

Los Altos Youth Commission positions will be available for the 2014/2015 term beginning in May 2014. Applications are available beginning in March 2014. Please contact the Los Altos City Clerk, at 947-2611, for more information.



Need a Place to Meet?

The Underground is currently AVAILABLE, on a FREE basis, to groups and organizations affiliated with high schools! The Underground is the BEST place to have team-building activities, organization meetings, teen group fundraisers, or small/private events.

The Underground offers a small gathering area for up to 40 people in a safe, close-to-downtown environment. It features FREE Wi-Fi access, 4 computers, 2 televisions, as well as Play Station, Wii, Blue Ray systems and a video projector.

Subject to approval, groups are given up to 3 hours per month depending on availability and the use of a facility attendant. Please contact Tamara Oskoui at toskou@losaltosca.gov or 947-2727 to inquire about the short application process.

VOLUNTEER Opportunities

REDWOOD GROVE Programs

City of Los Altos Municipal Volunteer Program

MVP



MUNICIPAL VOLUNTEER PROGRAM

*Calling all Senior Center Volunteers!
Is that...YOU?*



Monkey Toy Project

Senior Center members meet weekly to make Sock Monkeys for patients of the Lucile Packard Children's Hospital at Stanford. A truly joy-giving project.



Luncheons

Twice-monthly luncheons are both social and tasty. Volunteers run the show and our seniors reap the (body and soul) nutritious benefits of these meals.



Front Desk Support

A friendly greeting, a special project, answering phones and questions...all in a "typical" day for our front desk volunteers.

Consider joining us!

Contact Jennifer Weiss for more info!
947-2897 or jweiss@losaltosca.gov

losaltosrecreation.org/volunteer

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.



9:30 a.m. - 12:30 p.m.

September 14
October 5 & 19
November 16
December 7

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

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



Acterra ACTION FOR A HEALTHY PLANET

www.acterra.org

PARTY Packages

Booking your next party is as easy as... CUPCAKE!

- 1 Choose your Party Package
- 2 Pick a Date (and a few alternates!)
- 3 Call or drop by the Recreation Office to book it!

All party packages include:

- Four-hour facility rental
- Friendly facility attendant
- Space for up to 30 guests per party

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. Balloon Art available for additional fee

At the San Antonio Club

Residents: \$235 All Others: \$253

SCIENCE EXPLORERS

For Kids 7-12 Years

Party participants will join in the action with one hour of hands-on fun and wacky science experiments, brought to you by Science Explorers.

At Hillview Community Center

Residents: \$245
All Others: \$263

TEEN CENTER@The Underground

For Kids 11-18 Years

The whole teen center will be open to your party-goers. Pool table? Yes. Wii? Sure. 47" flat screen TV? You bet. Ping Pong, foosball and more? Absolutely!

At The Underground, the Teen Center in Shoup Park

Residents: \$225
All Others: \$243

BOCCE BALL + BARBECUE

All Ages
(with kids under 18
accompanied by an adult)

Celebrate your special occasion while enjoying a spirited game of Bocce Ball and a barbecue! We supply the equipment; you supply the food and good times!

At the Hillview Community Center
Bocce Ball Courts

Residents: \$200
All Others: \$218

BOOK NOW:
Call us
at 947-2790

or come to our offices
at 97 Hillview Ave.

Email us at
info@losaltosrecreation.org
with any questions!

Sorry, cupcakes not 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 11	(415)265-6062
Crusaders Lacrosse	crusaderslax.com
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
YMCA Youth Sports969-9622
Acterra	acterra.org

Adults

Los Altos Stage Company	busbarn.org
941-0551
Community Health Awareness Council (CHAC)	chacmv.org
965-2020
Foothill College	foothill.edu
949-7777
Garden Club of Los Altos	gardencluboflosaltos.org
Greentown Los Altos	greentownlosaltos.org
383-7540
Las Madres	lasmadres.org
	(877)527-6237
Leadership Education Advancement (LEAD)	losaltoscf.org
League of Women Voters941-4846
Los Altos Art Club	losaltosartclub.org
Los Altos Chamber of Commerce	losaltoschamber.org
948-1455
Los Altos/Los Altos Hills Newcomers Club	losaltosnewcomers.com
949-4477
Los Altos Mediation Program (LAMP)	949-LAMP(5267)
Mountain View/Los Altos Adult Ed Office	mvlaae.net
940-1333
Midpeninsula Regional Open Space District	info@openspace.org
691-1200
Midpeninsula Widows & Widowers Assn968-7660
Santa Clara County Parks Dept	(408) 355-2200
Ye Olde Town Band	windband.org/oldtowne
Los Altos Mountain View Aquatic Club (LAMVAC)	lamvac.org
	(408)732-3432

Youth

American Red Cross Babysitter Training	1(800)445-8210
Boy Scouts of America Pacific Skyline Council327-5900
Children's Corner Inc.	lamvchildrenscorner.org
948-8950
Music for Minors237-9130

YOUTH Theatre

Now Playing

Arabian Nights

Adapted by Dominic Cooke for the Royal Shakespeare Company.

Performances

October 18-November 3
Bus Barn Theater

Performance Tickets

Please call the Bus Barn Theater Box Office at 941-0551

UPCOMING AUDITIONS

Nicholas Nickleby

Adapted by Tim Kelly

From the novel by Charles Dickens

Directed by Emily Jordan

Come take a part (or two) in a blend of comedy, mystery and melodrama telling the life and adventures of Nicholas Nickleby. Numerous colorful characters make this play terrific fun for the actors and the audience.

Ages

8-20 yrs

Auditions

Monday, December 9 from 4-7pm
Hillview MPR

Please come promptly at 4pm for a group session with the director. Prepare and memorize 8-10 lines of poetry or prose; come prepared to move. Audition forms available by mid-November at losaltosrecreation.org/Programs/LAYT

If you have a conflict and cannot come on the audition day, please contact us to audition before callbacks.

Email us at losaltosyouththeatre@gmail.com.

Callbacks

Saturday, December 14 from 10am-12pm
Hillview MPR

Parent/Cast Meeting & First Rehearsal

Monday, January 6, 6:30pm
Hillview MPR

Rehearsals

January 6-March 6, 4-7pm
(Mon, Tues, Thurs, Fri)*
Hillview Community Center MPR

*Some Wednesday evenings TBA

Performances

March 7-March 23 Weekends
Bus Barn Theater

Fees

Payable at parent meeting

Residents \$265* All Others \$283*

*Includes costume

Scholarships available
(There is no fee to audition!)



CITY & LOS ALTOS
YOUTH
THEATRE

For more information about our programs, call LAYT at 947-2796!

HISTORY Museum



Come visit the Los Altos History Museum and J. Gilbert Smith History House

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

Located between the Main Library and Hillview Community Center
Open Thursday-Sunday, 12-4pm
FREE ADMISSION!

On Exhibit

A Place to Call Home:

Two Centuries of California Living

Through October 6



Houses give us more than shelter. They give us a place to belong.

Since the arrival of the first Spanish settlers, our homes have evolved in style, size and use, reflecting our changing lifestyles and cultural values. Over time, we've developed a unique sense of "California Living," and changed the way people live in other places. This original new exhibition focuses on house architecture of the past 200 years - and beyond, as understanding the past helps us make better choices for the future.

Free Public Programs

For a complete list of free public programs supporting this exhibit, see losaltoshistory.org for all the details.

Special Events

Family Train Days!

Sept 14-15, 10am-4pm, suggested donation

28th Annual California Country & More! Fall Antiques Show

October 20, 10am-4pm, all are welcome (free for museum members)

Catch the Spirit Holiday Boutique & Smith House Tours

12-4pm, free to all!

Enjoy your museum all year round!

Enjoy Interactive displays:

- First Peoples/Ohlone, rancho days, people of note, railroad history-- with a free audio tour
- 1905 Craftsman-style J. Gilbert Smith house, ca. 1930s
- Agricultural exhibits, 1915 tank house, antique farm equipment
- Gardens and picnic benches under the oaks
- Museum Store with unique gifts at terrific prices
- Volunteers always welcome!

Rental Events: Make Your Own History!

Our galleries and grounds are suitable for your special event of up to 200 guests, including anniversary celebrations, luncheons, reunions, weddings and receptions. Call Mark at 948-9427, ext 12, for info.

LIBRARY

KIDS' PROGRAMS (ON GOING)

Main Library (partial listing)

Toddler Storytime (1-2yrs)
Tues, Wed, Thur @ 10:15am

Preschool Storytime (3+yrs)
Tues & Wed @ 11am

Baby Lapsit (non-walkers & adults)
Wed @ 1pm

Family Bedtime Storytime (all ages)
Thur @ 7pm

Reading Buddies (grades K-5)
Second Sat of each month @ 11am

Afternoon Movie (all ages)
Second Sat of each month @ 2pm

Woodland Library

Baby Lapsit (non-walkers & adults)
Mon @ 1:15pm

Toddler Storytime (1-2yrs)
Thur @ 11:15am

Family Storytime (all ages)
Mon @ 7pm

Los Altos Library

13 S. San Antonio Road

Open hours

Mon-Thu 10am-9pm

Fri/Sat. 10am-6pm

Sun. 12-6pm

Woodland Branch Library

1975 Grant Road

Open hours

M/Tu/W 1-8pm

Th/F/Sa. 11am-5pm

Sun. CLOSED

Library telephone numbers

Main. 948-7683

Woodland. 969-6030

Accounts, Billing. 1-800-286-1991

TeleCirc 1-877-471-0991

Library website

Santa Clara County Library Website
sccl.org

BOOK GROUPS FOR ADULTS

The Whodunit? Mystery Readers Group at Los Altos Main Library
Monthly discussion of the best in mystery fiction.
First Wed of each month @ 10:15-11:30am

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

The Great Books Club at the Los Altos Main Library Program Room
A book discussion group that explores the classic books of literature.
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 to discuss a wide variety of fiction and nonfiction books.

YOUR LIBRARY COMMISSION

Cindy Hill (LA)...Chair

Darwin Poulos (LA)...Vice Chair

Carol Clarke (LA) Enid Davis (LA) Cathie Perga (LAH)

David Struthers (LAH) Judie Suelzle (Unincorp. County)

Peggy Ford, Liaison

REGISTRATION Form

City of Los Altos Recreation Department • 97 Hillview Avenue, Los Altos, California 94022

Head of Household Information PLEASE PRINT

HOME PHONE

LAST NAME FIRST NAME

EMAIL ADDRESS CELL PHONE

HOME ADDRESS CITY ZIP

EMERGENCY CONTACT EMERG. 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

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS DESCRIPTION	FEE

TOTAL DUE: _____

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
- 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 Information

EASY 4 WAYS TO REGISTER!

1. **ONLINE**

losaltosrecreation.org

2. **MAIL IN**

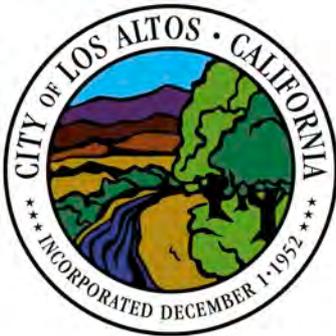
Los Altos Recreation Department
97 Hillview Ave
Los Altos, CA 94022

3. **FAX**

947-2738

4. **WALK IN**

The Los Altos Recreation Department office is located at the 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.
- No refunds or transfers will be given after class begins.

Fall 2013 Registration Dates

Los Altos Residents: begins Tuesday, August 13

All Others: begins Tuesday, August 20



City of Los Altos Recreation Office

97 Hillview Ave
Los Altos, CA 94022

Office Hours

8am – 5pm

Monday – Friday

Phone: 947-2790

Fax: 947-2738

info@losaltosrecreation.org



Volunteers lend helping hands at many City of Los Altos functions.

LOS ALTOS RECREATION LOCATIONS

PARKS, INDOOR FACILITIES & SCHOOLS

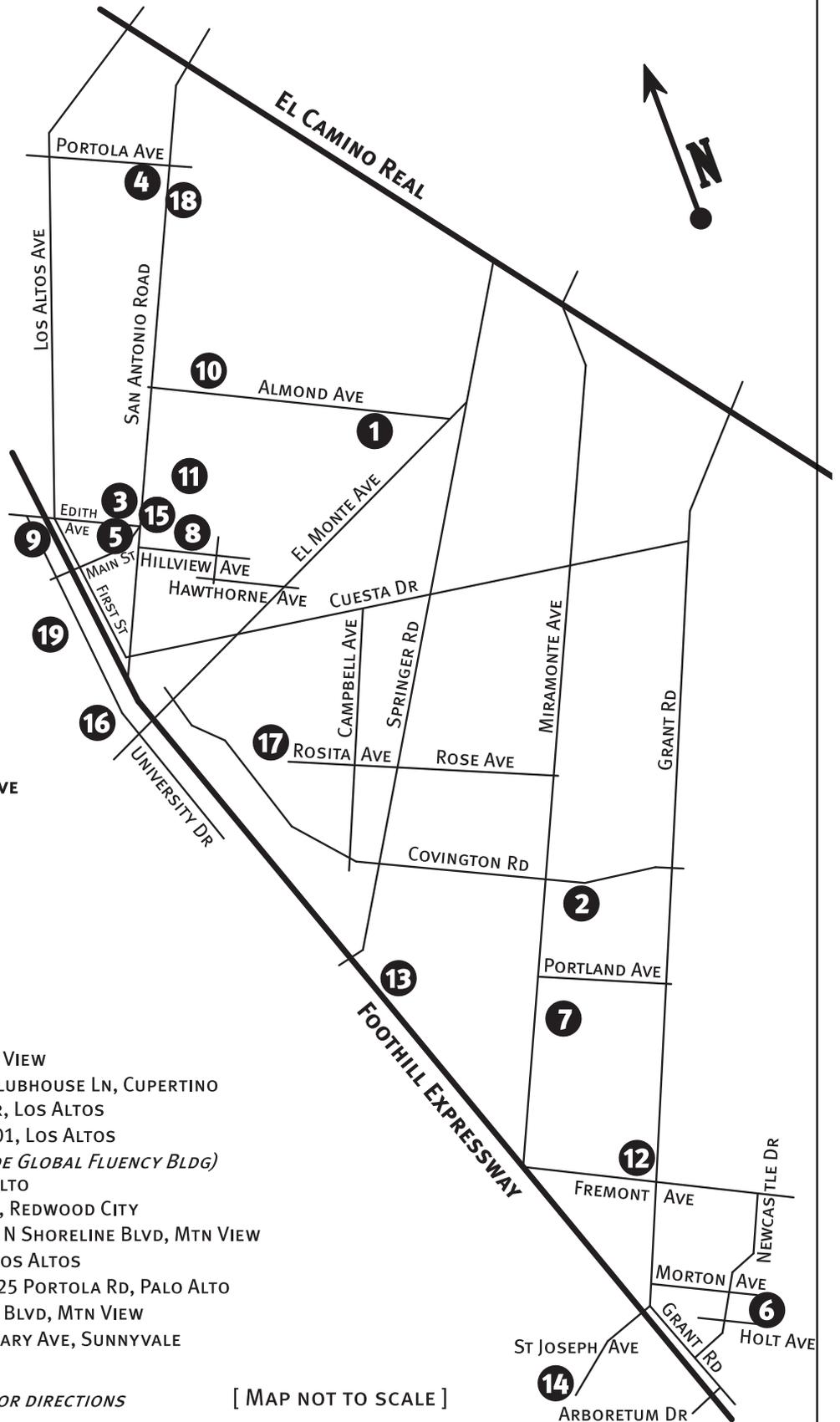
1. **ALMOND SCHOOL**
550 ALMOND AVE
2. **BLACH MIDDLE SCHOOL**
1120 COVINGTON RD
3. **VILLAGE PARK**
EDITH AVE/SAN ANTONIO RD
4. **EGAN MIDDLE SCHOOL**
100 W PORTOLA AVE
5. **COMMUNITY PLAZA**
CORNER OF MAIN & STATE STS
6. **GRANT PARK**
1575 HOLT AVE
7. **HERITAGE OAKS PARK**
PORTLAND/MIRAMONTE AVE
8. **HILLVIEW COMMUNITY CENTER**
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. **MARYMEADE PARK**
FREMONT/GRANT RD
13. **MCKENZIE PARK**
707 FREMONT AVE
14. **MONTCLAIRE PARK**
ST JOSEPH AVE
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
- + **MELODY ACADEMY OF MUSIC (INSIDE GLOBAL FLUENCY BLDG)**
4151 MIDDLEFIELD Rd #105, PALO ALTO
- + **NAZARETH ICE OASIS**, 3140 BAY RD, REDWOOD CITY
- + **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
- + **YOUNG CHEF'S ACADEMY**, 1336 S MARY AVE, SUNNYVALE

+ PLEASE GO TO [MAPS.GOOGLE.COM](https://maps.google.com) FOR DIRECTIONS

[MAP NOT TO SCALE]



FACILITY & PARK RENTALS

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

947-2790

or email

info@losaltosrecreation.org

Enjoy your next occasion at one of our many rental spaces.

PARK/FACILITY	Map Location	Acres	Ballfield	Multi-Use Fields	Basketball	Tennis Courts	Playground	Picnic Tables	BBQ Pits	Restrooms	Rental
Blach Gym	2				✓					✓	✓
Community Plaza (corner of Main & State Sts)	5	.16						✓			✓
Village	3	.78	Features grassy area for picnicking & gardens to enjoy at the entrance to downtown Los Altos. Not reservable.								
Egan Gym	4				✓					✓	✓
Grant Classrooms & Multi-Purpose Room	6	4.5		✓	✓		✓	✓	✓	✓	✓
Heritage Oaks	7	5.3		✓			✓	✓	✓	✓	
Hillview Classrooms, Meeting Room, Computer Lab, Multi-Purpose Room & Bocce Ball Courts	8	8.3	✓	✓			✓	✓	✓	✓	✓
Lincoln	9	4.4		✓							
Los Altos Youth Center (LAYC)	11							✓	✓	✓	✓
Marymeade	12	2.5				✓	✓	✓	✓	✓	
McKenzie	13	4.3		✓		✓	✓	✓	✓	✓	
Montclair	14	1.1				✓	✓	✓	✓		
Redwood Grove	16	5.9	Features include a creekside & redwood trail, picnic tables and rose garden. Not reservable.								
Rosita plus Snack Shack	17	6.4	✓	✓		✓	✓	✓		✓	✓
San Antonio Club	18						✓			✓	✓
Shoup	19	3.9		✓			✓	✓	✓	✓	✓
Garden House & The Underground at Shoup	19									✓	✓

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 Peggy Ford at 947-2887 or email pford@losaltosca.gov.

INDOOR RENTAL FACILITIES

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

WALK-IN RESERVATIONS

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



City of Los Altos Recreation Department

97 Hillview Avenue, Los Altos, CA 94022

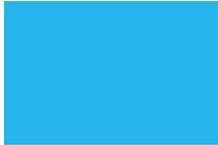
PRSR STD
U.S. POSTAGE
PAID
LOS ALTOS, CA
PERMIT NO. 258

Residential Customer Local

Who we "R"
**WE ARE
KINDER PREP!**



Why we "R"
This program was created for children who are not quite ready for that step up into kindergarten, or whose birthdays fall too close to the school district cut-off date.



What we "R"
• Creative
• Play based, yet academic
• Nurturing
• Small class size
• Readying students for a kindergarten curriculum

How "R" we doing?
Kinder Prep "is a gem and we feel very lucky that our son attended... We loved the balance of play and academics offered... I can't recommend this program highly enough!"
- Kinder Prep parent, 2012/13 school year, YELP! review



Where we "R"
Our classroom is located at the Hillview Community Center, Room 14, 97 Hillview Ave, Los Altos
For more information about Kinder Prep and/or space availability, please contact Leea Guy at 947-2890 or lguy@losaltosca.gov.