



**CITY OF LOS ALTOS**  
**RECREATION DEPARTMENT**  
*CREATING COMMUNITY THROUGH PEOPLE, PARKS, AND PROGRAMS!*

**RECREATION GUIDE**  
2014 WINTER CAMPS AND CLASSES



**NEW YEAR'S  
RESOLUTION SOLUTIONS  
INSIDE!**

# SPECIAL EVENTS

## Special Events At-A-Glance

**NOW THROUGH MARCH 2**

Project Los Altos:  
SFMOMA in Silicon Valley  
[sfmoma.org/losaltos](http://sfmoma.org/losaltos)



## ADULT SPRING BASKETBALL LEAGUE

Blach Gym  
Beginning March 10  
See Page 27 for full details

## ACTERRA'S WINTER WORK DAYS AT REDWOOD GROVE

9:30am-12:30pm  
January 11 & 25  
February 8 & 22  
March 8 & 12  
Info/registration: [acterra.org](http://acterra.org)

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

## LAYC Dances

at Los Altos Youth Center  
7:30-10pm

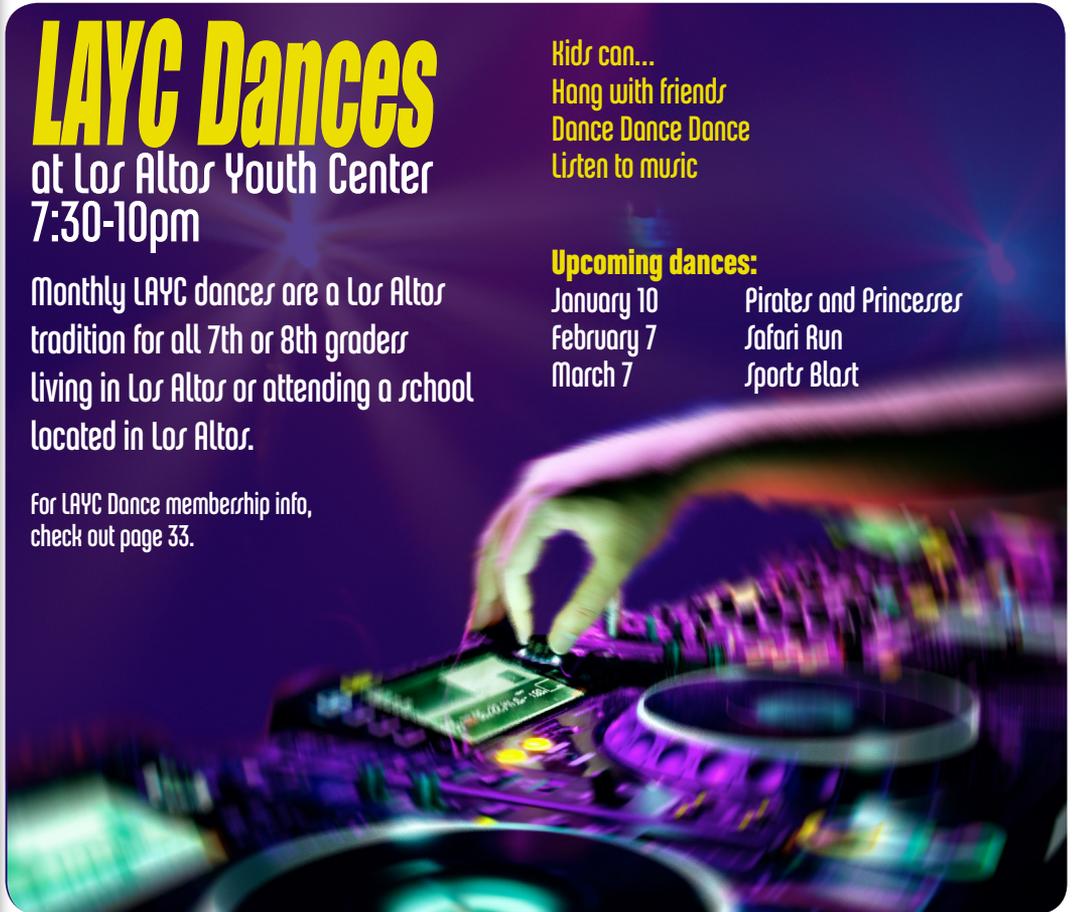
Monthly LAYC dances are a Los Altos tradition for all 7th or 8th graders living in Los Altos or attending a school located in Los Altos.

For LAYC Dance membership info, check out page 33.

Kids can...  
Hang with friends  
Dance Dance Dance  
Listen to music

### Upcoming dances:

January 10	Pirates and Princesses
February 7	Safari Run
March 7	Sports Blast



## ADULT Basketball

### Monday Night League at Blach Gym

Begins March 10  
10 weeks of play + playoffs  
Evening game times: 7:30/8:20/9:10pm  
Cost: \$565/team + \$12 for each non-Los Altos resident player  
Registration: Contact Recreation Coordinator Tamara Oskoui  
([toskoui@losaltosca.gov](mailto:toskoui@losaltosca.gov) or 947-2727)

Registration Deadline: March 3

**Volunteer, vol·un·teer** (vā-lən-tīr') verb - To choose to act in recognition of a need, with an attitude of social responsibility and without concern for monetary profit, going beyond one's basic obligations.

Energize, Inc

To check out current volunteer recruitment, or for more info, turn to page 34.

# Tiny Tots Preschool and Kinder Prep Programs



## Programs Offered:

### Terrific 3s

9:30 am - 12 noon  
Tuesday, Thursday

### Fabulous 4s

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

### Kinder Prep

8:45 - 11:45 am  
Monday - Friday

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

### Terrific 3s & Fabulous 4s

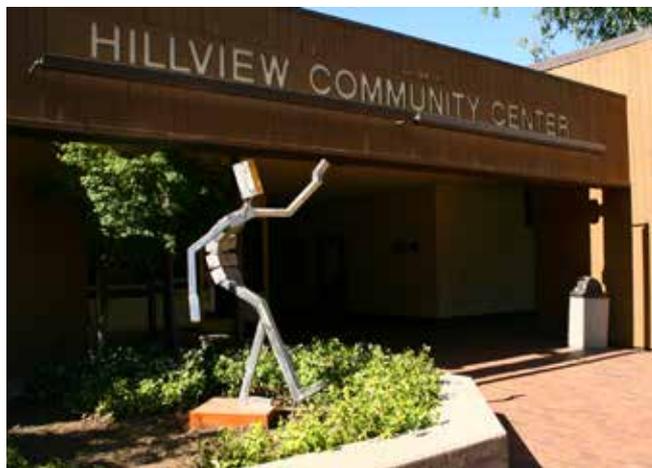
647 N San Antonio Rd  
Los Altos  
949-2203

### Kinder Prep Program

97 Hillview Ave Rm 14  
Los Altos  
947-2885



# WELCOME



## Los Altos Recreation Department

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

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

### Recreation Commissions

#### Parks & Recreation

Lynette Lee Eng  
*Chair*

Jamie Lucia  
*Vice Chair*

Larry Baron

David Beggs

William James

Pradeep Parmar

Jack Tooley

#### Library

Cindy Hill  
*Chair*

Darwin Poulos  
*Vice Chair*

Carol Kavanagh Clarke

Enid Davis

Cathie Perga

David Struthers

Judie Suelzle

#### Senior

Anabel Pelham  
*Chair*

Kathy Seddiqui  
*Vice Chair*

Karen Jenney

Ashish Mathur

Linda Smith

Ginger Summit

#### Youth

Paige Casas  
*Chair*

Kavi Mehta  
*Vice Chair*

Megha Agarwal

Cole Brinsfield

Ryan Chandra

Elaine Cole

Wyatt Eng

Annie Iverson

Jake Klepper

Rohith Kudutipudi

Devika Kumar

*Commissions serve as advisory bodies to the Los Altos City Council. Find more information about these commissions at [losaltosca.gov/cc](http://losaltosca.gov/cc)*

## Look Inside For...

<i>Section</i>	<i>Beginning Page</i>
<b>SPECIAL EVENTS</b> .....	Inside Front Cover
<b>TINY TOT PROGRAMS</b> .....	1
<b>YOUTH CLASSES</b>	
Academic Fun .....	3
Arts & Crafts .....	4
Cooking .....	5
Dance & Performing Arts .....	6
Martial Arts .....	7
Music .....	8
Sports .....	10
<b>WINTER BREAK CAMPS</b> .....	18
<b>ADULT CLASSES</b>	
Art .....	20
Dance & Fitness .....	21
Martial Arts .....	24
Special Interest .....	24
Sports .....	27
Trips .....	29
SENIOR CENTER .....	30
TEEN PROGRAMS .....	32
VOLUNTEER OPPORTUNITIES .....	34
REDWOOD GROVE PROGRAMS .....	34
PARTY PACKAGES .....	35
SERVICES & ORGANIZATIONS .....	36
YOUTH THEATRE .....	36
HISTORY MUSEUM .....	37
LIBRARY .....	37
REGISTRATION FORM AND INFO .....	38
MAP .....	40
FACILITY & PARK RENTALS .....	Inside Back Cover

### ABOUT THE COVER...

As the cover photo shows, Jazzercise is alive and well in Los Altos! Pictured on the cover is our enthusiastic Grant Park class.

For info on all our Jazzercise classes, see pages 21-22.

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

# YOUTH Classes

## ACADEMIC FUN

### FLEX COLLEGE PREP

#### SAT Bootcamp

Join our SAT Bootcamp 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 3 full length diagnostic SAT exams.

*Note: Please contact FLEX directly at (650) 947-7742 to schedule the three included full-length diagnostic exams.*

FLEX Los Altos	FLEX Staff
320817-01	14-18yrs
Tue/Thu 2/4-3/6	6-8pm
Residents \$552*	All Others \$570*

\*Materials fee of \$35 due first day.



### ECONOMIC DRIVING SCHOOL

#### Online Driver's Ed Class

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](http://economicdrivingschool.com) online. To complete the question "How did you hear about us?" choose activity code 2790.  
Residents & All Others \$68.50

### GREEN BEAN KIDZ

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

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

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

361808-01	2-5yrs
Tue 2/11-3/18	9:30-11am
361808-02	2-5yrs
Wed 2/12-3/19	9:30-11am
361808-03	5-10yrs
Tue 2/11-3/18	3:30-5pm
361808-04	5-10yrs
Wed 2/12-3/19	3:30-5pm

Residents \$152 All Others \$170

### MAD SCIENCE

#### Earth Works

Discover the earth in this series of super-fun workshops! We'll learn about worms, water, bubbles (yes, BUBBLES!), animals, dinosaurs, and even magnets! It's going to be awesome!

Grant Park Rm 1	Mad Science Staff
311262-01	3.5-5yrs
Sat 2/1-3/8	9:30-10:15am
Residents \$98	All Others \$116

#### Light, Sight & Sound

Mad Science doesn't get much better than this series of eight scientifically spectacular sessions! Light, heat, electricity, magnets, sound, optics; everything a Junior Mad Scientist wants!

Grant Park Rm 1	Mad Science Staff
311258-01	5-12yrs
Sat 2/1-3/22	10:30-11:30am
Residents \$128	All Others \$146

### STEM CAMP *new!*

#### Engineering with Stem Camp

In this class children will have fun while building projects. Projects will include building Seismometers, batteries, arduino projects, a treaded robot, and a rideable hovercraft! Children will take some projects home!

Hillview Rm 16	Stem Camp Staff
311812-01	8-14yrs
Fri 1/31-2/21	3:30-5pm
Residents \$250	All Others \$268



## ARTS & CRAFTS

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

230 San Antonio Circle, Mtn View

#### Young Masterpieces

Meet the masters in this exploratory, parent-participation class. Each week learn about a different artist. Hands-on process-oriented projects introduce children to a variety of media. Make a masterpiece!

<b>CSMA</b>	<b>Lugo</b>
360518-06	2-5yrs
Fri 1/17-3/21	10-10:45am
Residents \$175	All Others \$193

#### Animals and Nature Art

Have fun making masks, building with clay and using materials from nature to explore the great outdoors. Animals, bugs, flowers, leaves and trees are all part of the inspiration for this creative class.

<b>CSMA</b>	<b>Couch</b>
360518-05	2-5yrs
Wed 1/15-3/19	10-10:45am
Residents \$175	All Others \$193

#### Stories & Adventures Art

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

<b>CSMA</b>	<b>Lugo</b>
360518-10	2-5yrs
Tue 1/14-3/18	11-11:45am
Residents \$175	All Others \$193

#### Young Art & Science Explorers

See how science and art overlap. Work with the mixing of materials to make clay, sun prints, water and oil marbling projects and more. Science exploration with light, natural materials and color mixing are all part of this fun class.

<b>CSMA</b>	<b>Lugo</b>
360518-09	2-5yrs
Tue 1/14-3/18	10-10:45am
Residents \$175	All Others \$193

#### Art 4 Families

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.

<b>CSMA</b>	<b>Lugo</b>
360518-01	2-5yrs
Fri 1/17-3/21	9-9:45am
Residents \$175	All Others \$193

#### Creative Art Makers

In this class, there is no "wrong" way to do things and the mess stays here. Children develop creativity and fine motor skills as they are introduced to a variety of media including pastels, watercolors, finger painting, clay and more.

<b>CSMA</b>	<b>Couch</b>
360518-02	3-5yrs
Wed 1/15-3/19	11-11:45am
Residents \$175	All Others \$193

## WOODWORKING WITH MR. CHIP

### Mr. Chip's Woodworkers

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

Hillview Rm 16	McCarthy
310602-01	5-12yrs
Tue 1/21-2/18	2-3:15pm
310602-02	5-12yrs
Tue 1/21-2/18	3:20-4:35pm
310602-03	5-12yrs
Tue 1/21-2/18	4:45-6pm
310602-04	5-12yrs
Tue 2/25-3/25	2-3:15pm
310602-05	5-12yrs
Tue 2/25-3/25	3:20-4:35pm
310602-06	5-12yrs
Tue 2/25-3/25	4:45-6pm
Residents \$140* All Others \$158*	
*Materials fee of \$35 due first day.	

### Family Woodworking

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
350603-01	5+yrs
Sat 2/8	1-5pm
350603-02	5+yrs
Sat 3/8	1-5pm
Residents \$122* ** All Others \$140* **	
*Fee is per person	
**Materials fee of \$20 due first day.	

### MY FIRST ART CLASS

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

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

Hillview Rm 15	My First Art Staff
350501-01	1.5-3yrs
Wed 1/29-3/19	9:30-10:30am
350501-02	1.5-3yrs
Thu 1/30-3/20	9:30-10:30am
350501-03	2-5yrs
Wed 1/29-3/19	10:45-11:45am
350501-04	2-5yrs
Thu 1/30-3/20	10:45-11:45am
Residents \$117* All Others \$135*	
*Materials fee of \$15 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
360706-01	2.5-4.5yrs
Tue 1/28-3/25	10:30-11:30am
No class 2/18	
360706-02	2.5-4.5yrs
Wed 1/29-3/26	6-7pm
No class 2/19	
360706-03	2.5-4.5yrs
Thu 1/30-3/27	9:30-10:30am
No class 2/20	
360706-04	2.5-4.5yrs
Fri 1/31-3/28	10:30-11:30am
No class 2/21	
360706-06	2.5-4.5yrs
Sat 2/1-3/29	9-10am
No class 2/22	
360706-07	2.5-4.5yrs
Sun 2/2-3/23	9:30-10:30am
No class 2/23	
Residents \$122* All Others \$140*	
*Materials fee of \$50 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
310706-01	4.5-6.5yrs
Wed 1/29-3/26	4-5:30pm
No class 2/19	
310706-02	4.5-6.5yrs
Thu 1/30-3/27	4-5:30pm
No class 2/20	
310706-03	4.5-6.5yrs
Fri 1/31-3/28	4-5:30pm
No class 2/21	
310706-04	4.5-6.5yrs
Sun 2/2-3/23	9-10:30am
No class 2/23	
Residents \$122* All Others \$140*	
*Materials fee of \$80 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 310706-05	YCA Staff 7-11yrs
Wed 1/29-3/26	4-5:30pm
No class 2/19	
310706-06	7-11yrs
Thu 1/30-3/27	4-5:30pm
No class 2/20	
310706-07	7-11yrs
Fri 1/31-3/28	4-5:30pm
No class 2/21	
310706-08	7-11yrs
Sun 2/2-3/23	9-10:30am
No class 2/23	
Residents \$122*	All Others \$140*
*Materials fee of \$80 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 310706-09	YCA Staff 11-15yrs
Thu 1/30-3/27	6-7:30pm
No class 2/20	
Residents \$122*	All Others \$140*
*Materials fee of \$80 due first day.	

### 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 310706-10	YCA Staff 4.5-6.5yrs
Tue 1/28-3/25	4-5:30pm
No class 2/18	
310706-11	7-11yrs
Tue 1/28-3/25	4-5:30pm
No class 2/18	
Residents \$122*	All Others \$140*
*Materials fee of \$80 due first day.	

# DANCE & PERFORMING ARTS

### BASIC BALLROOM DANCE NEW!

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

Shoup Park Garden House 310202-01	Minev 6-12yrs
Thu 2/6-3/27	5:30-6:30pm
Residents \$92	All Others \$110

### DRAMA FOR KIDS *New!*

This class is for kids with different learning styles, whether visual, auditory or kinesthetic, children will experience movement, improv, theater games, and even some yoga. They will learn to express emotions and ideas and open up from inside.

Hillview Rm 17 310235-01	Kapoor 7-8yrs
Tue 1/28-3/25	4:30-5:30pm
No class 2/18	
310235-02	9-10yrs
Tue 1/28-3/25	5:30-6:30pm
No class 2/18	
Residents \$155	All Others \$173

### 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 310213-01	Lee 4.5-7yrs
Thu 1/16-3/27	3:45-4:30pm
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 310214-01	Lee 6-8yrs
Wed 1/15-3/26	3:45-4:30pm
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**  
310215-01 6-12yrs  
Wed 1/15-3/26 4:30-5:30pm  
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**  
310204-01 8-16yrs  
Wed 1/15-3/26 5:30-6:30pm  
Residents \$180 All Others \$198

## FIVE AND 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**  
360209-01 2.5-3.5yrs  
Wed 1/29-3/26 9:50-10:20am  
360209-02 2.5-3.5yrs  
Thu 1/30-3/27 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**  
360203-02 3.5-5yrs  
Thu 1/30-3/27 10:30-11am  
Residents \$127 All Others \$145



## Tap/Ballet

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

*Equipment Note: Ballet and tap shoes required.*

**Hillview Rm 4** **Vaillancourt**  
360205-01 3.5-5yrs  
Wed 1/29-3/26 12:30-1:15pm  
360205-02 3.5-5yrs  
Thu 1/30-3/27 12:30-1:15pm  
Residents \$136 All Others \$154

### Tap

This is a beginning dance class that introduces your child to the world of 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**  
360205-03 3.5-5yrs  
Wed 1/29-3/26 10:30-11am  
Residents \$127 All Others \$145

## MARTIAL ARTS

### CHANG TAI DO KARATE & FITNESS

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

*Equipment note for ALL Chang Tai 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**  
311104-01 4-7yrs  
Thu 1/23-3/20 5-6pm  
Residents \$179\* All Others \$197\*  
*\*Materials fee of \$70 due first day for first-time participants.*

## Chang Tai Do Karate Beginning/Intermediate

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

<b>Hillview Social Hall</b>	<b>Chang/Huey</b>
311102-01	8+yrs**
Tue/Thu	1/21-3/20
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.	

## 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.

<b>Grant Park MPR</b>	<b>Gearhart</b>
311101-01	7-16yrs
Mon/Thu	1/27-4/3
No class 2/17	
Residents \$149	All Others \$167

## TAEKWONDO BY ROH

### Taekwondo For Tots

This class gives 2 and 3 year olds early athletic, listening, and learning skills through a wide variety of activities, games, and movement experiences. Tots will tumble, jump, stretch, kick, run, throw, and have fun as they learn Taekwondo skills.

<b>Hillview Rm 4</b>	<b>Roh</b>
361105-01	2-3yrs
Tue	1/28-3/25
No class 2/18	10-11am
Residents \$147	All Others \$165



### 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.

<b>LAYC</b>	<b>Roh</b>
311105-01	4-6yrs
Wed	1/29-3/26
No class 2/19	3:45-4:45pm
311105-02	7-11yrs
Wed	1/29-3/26
No class 2/19	4:50-5:50pm
Residents \$147	All Others \$165

## MUSIC

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

230 San Antonio Circle, Mtn View

### Classics Fun & Fantasy

Exposure to music by Beethoven, Mozart, Copland and other composers introduce students to concepts of melody, rhythm, notation, dynamics and tempos. Develop a rich awareness of sound and the emotional musical landscape that you and your child will appreciate for years!

<b>CSMA</b>	<b>May</b>
360518-08	2-5yrs
Wed	1/15-3/19
Residents \$180	All Others \$198

### Musical Stepping Stones

Children have fun learning basic music skills through listening, singing and playing percussion instruments. Intro to music concepts including fast and slow, loud and soft, and more. Children are encouraged to become more independent singers and participants in music activities.

<b>CSMA</b>	<b>May</b>
360518-03	3-5yrs
Wed	1/15-3/19
Residents \$180	All Others \$198

### 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.

<b>CSMA</b>	<b>Stein</b>
360518-04	1.5-4yrs
Fri	1/17-3/21
Residents \$180	All Others \$198

## Musical Stories & Adventures

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

<b>CSMA</b>		<b>Stein</b>
360518-07		2-5yrs
Tue	1/14-3/18	10-10:45am
Residents \$180		All Others \$198

## 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

310104-01		4-5yrs
Sat	2/1-3/8	10-10:45am
310104-02		4-5yrs
Tue	2/18-3/25	3:15-4pm
Residents \$170*		All Others \$188*
*Materials fee of \$45 due first day and includes a full-sized digital keyboard rental.		

### 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

310104-06		5-7yrs
Sat	2/1-3/8	11-11:45am
310104-05		5-7yrs
Tue	2/18-3/25	4:15-5pm
Residents \$170*		All Others \$188*
*Materials fee of \$45 due first day and includes a full-sized digital keyboard 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

310110-01		7-12yrs
Thu	1/30-3/6	6:15-7pm
310110-02		7-12yrs
Thu	3/6-4/10	6:15-7pm
RResidents \$170*		All Others \$188*
*Materials fee of \$25 due first day and does not include flute rental.		

## Group Violin Lessons

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

Required: Parent must attend with their children.

### Melody Academy of Music MAM Staff

310105-02		6-10yrs
Sat	2/1-3/8	1-1:45pm
Residents \$170*		All Others \$188*
*Materials fee of \$45 due first day and includes 6-week violin rental.		

## Group Guitar Beginners: 7-10yrs

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

Required: Parents must attend with their children.

*Equipment Note: Must bring own guitar.*

### Melody Academy of Music MAM Staff

310112-01		7-10yrs
Tue	2/18-3/25	3:30-4:15pm
Residents \$170*		All Others \$188*
*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.

*Equipment Note: Must bring own guitar.*

### Melody Academy of Music MAM Staff

320112-01		10-13yrs
Tue	2/18-3/25	5:30-6:15pm
Residents \$170*		All Others \$188*
*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  
 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!

<b>Hillview Rm 4</b>	<b>Wong</b>
360101-01	0-4yrs
Fri 1/10-3/14	9-9:50am
360101-02	0-4yrs
Fri 1/10-3/14	10-10:50am
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 language experience is necessary! Take advantage of your child's amazing ability to absorb music and language!

<b>Hillview Rm 4</b>	<b>Wong</b>
360102-02	0-4yrs
Fri 1/10-3/14	11-11:50am
Residents \$161*	All Others \$179*
*Materials fee of \$25 due first day.	



**SPORTS  
 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**

350401-01	2.5-5yrs
Tue 1/14-1/28	10-11:30am
Residents \$237*	All Others \$255*
*Fee includes child and accompanying adult.	

**Crazy About Horses Day**

Spend a day with horses, see a live demonstration, and learn to tack up your own horse and ride! 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**

350401-02	6+yrs
Sat 3/15	10am-2pm
Residents \$137	All Others \$155

## ARCHERY

### THE ART & ENJOYMENT OF ARCHERY

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

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

#### Archery 1

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

<b>Redwood Grove</b>	<b>Roan</b>
310918-01	7-17yrs
Thu 1/30-3/13	4-5pm
<hr/>	
No class 2/20	
Residents \$251	All Others \$269

#### Archery 2 & 3

This class is a continuation for those who are ready to move on to the next level or for those who have been shooting archery for at least one year. The focus of this class will be to refine shooting form.

*Prerequisite: Contact instructor via the recreation office if you have questions about your readiness for this class.*

<b>Redwood Grove</b>	<b>Roan</b>
310918-02	9-17yrs
Fri 1/31-3/14	4-5pm
<hr/>	
No class 2/21	
Residents \$251	All Others \$269

## FENCING

### THE CUTTING EDGE

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

<b>Grant Park MP</b>	<b>Cutting Edge Staff</b>
352001-01	7-17yrs
Sat 2/1-3/29	12:30-1:15pm
<hr/>	
Residents \$112*	All Others \$130*
<i>*Materials fee of \$15 due first day. (If students have their own appropriate gear, they need not pay materials fee. Go to <a href="http://thecuttingedge.s5.com">thecuttingedge.s5.com</a> for more info.)</i>	

#### 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.*

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
352004-01	7-17yrs
Sat 2/1-3/29	11am-12:15pm
<hr/>	
Residents \$137*	All Others \$155*
<i>*Materials fee of \$20 due first day. (If students have their own appropriate gear, they need not pay materials fee. Go to <a href="http://thecuttingedge.s5.com">thecuttingedge.s5.com</a> for more info.)</i>	

#### 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.*

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
352003-01	7-13yrs
Wed 1/29-3/26	5-6pm
<hr/>	
352003-02	7-13yrs
Sat 2/1-3/29	1:30-2:30pm
<hr/>	
Residents \$137*	All Others \$155*
<i>*Materials fee of \$10 due first day.</i>	





## 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
350914-02	7+yrs & Adult
Sat 2/15-3/8	8:30-10am
Residents \$141*	All Others \$159*
*Fee is per person.	

Deep Cliff Golf Course	Deep Cliff Staff
350914-03	7+yrs & Adult
Sat 3/22-4/12	8:30-10am
Residents \$107*	All Others \$125*
*Fee is per person.	

### Junior Golf

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
310914-02	7-17yrs
Sat 2/15-3/8	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; then we take it all onto the course to play!

*Prerequisite: Junior Golf or Golf Camp 1*

Deep Cliff Golf Course	Deep Cliff Staff
310914-04	7-17yrs
Sat 1/18-2/8	1:30-4:30pm
310914-05	7-17yrs
Sat 3/1-3/22	1:30-4:30pm
Residents \$207	All Others \$225

### The Player's Academy

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

*Prerequisite: Previous experience is required. If you haven't been in the class before, you must have instructor approval to enter. Call (408)253-5357, ext. 36.*

Deep Cliff Golf Course	Deep Cliff Staff
310914-08	10-17yrs
Thu/Sat 2/15-3/8	2:30-5:30pm
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
352101-01	1.5-3yrs
Tue 1/28-4/1	10-10:45am
No class 2/18	
352101-02	1.5-3yrs
Sat 2/1-4/5	8:30-9:15am
No class 2/22	
Residents \$152	All Others \$170

## 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

362102-01

Mon 1/27-3/31

No class 2/17

Residents \$142

### Twisters Staff

3-4yrs

12-12:45pm

All Others \$160

## 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

362103-01

Mon 1/27-3/31

No class 2/17

Residents \$142

### Twisters Staff

4-5yrs

12:45-1:30pm

All Others \$160

## 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

312104-01

Mon 1/27-3/31

No class 2/17

Residents \$142

### Twisters Staff

5-6yrs

3:15-4pm

All Others \$160

## 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

312105-01

Mon 1/27-3/31

No class 2/17

Residents \$142

### Twisters Staff

6-12yrs

4:45-5:40pm

All Others \$160



## 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.

*Note: 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

350903-01

Sat 3/1-3/29 11:45am-12:15pm

Residents \$82

#### NIO Staff

2.5-5yrs

All Others \$100

#### Ice Skating - Tot & Youth

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

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

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

#### Nazareth Ice Oasis

360903-01

Sat 3/1-3/29 11:45am-12:15pm

310903-01

Sat 3/1-3/29 12:30-1pm

310903-02

Sun 3/2-3/30 12:30-1pm

Residents \$82

#### NIO Staff

3-5yrs

6-12yrs

6-12yrs

All Others \$100

## 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).*

### Mini-Hawk Soccer & Basketball

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

#### Whisman Sports Center

##### Skyhawks Staff

310907-01

4-7yrs

Sat 2/1-3/22 11:30am-12:30pm

Residents \$149

All Others \$167

### Skyhawks Basketball

Focus on the development of fundamental skills through a variety of fun, creative drills, exercises and scrimmages. Positive instruction in proper technique, form and discipline contribute to the overall success of players at all levels.

#### Whisman Sports Center

##### Skyhawks Staff

310906-01

6-12yrs

Sat 2/1-3/22 1-2:30pm

Residents \$159

All Others \$177

### Skyhawks Volleyball

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner-to-intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship.

#### Whisman Sports Center

##### Skyhawks Staff

310911-01

9-14yrs

Sat 2/1-3/22 3-4:30pm

Residents \$169

All Others \$187

## SKATEBOARDING

### SKATEWORKS

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

#### 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 Basketball Ct Skateworks Staff

350815-01		6-12yrs
Tue/Thu	3/11-3/27	4-5pm
Residents \$180		All Others \$198

#### Intro to Skateboarding Half-Pipe

This class will introduce skaters to "transition" skateboarding on the Skateworks half-pipe. Participants will learn how to "pump," "kick turn," and more, from our expert instructors, and be taught proper technique, safety and etiquette. Some skateboard experience recommended but not mandatory.

Skateworks	Skateworks Staff
350817-01	6-12yrs
Tue/Thu	1/14-1/30
Residents \$180	All Others \$198

#### Intermediate Skateboarding Half-Pipe New!

Taking skaters to the "next level" in ramp skating, this class focuses on reaching the lip of the ramp, and learning to grind and slide. We recommend that skaters are comfortable on a 4' ramp, and are able to "drop-in" and "kick-turn."

Skateworks	Skateworks Staff
350818-01	9-15yrs
Tue/Thu	2/11-2/27
Residents \$180	All Others \$198

## SOCCER

### KIDZ LOVE SOCCER

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

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!

McKenzie Park	KLS Staff
350916-01	2-3.5yrs
Tue	1/28-3/18
350916-02	2-3.5yrs
Wed	1/29-3/19
350916-03	2-3.5yrs
Sat	2/1-3/22
350916-04	2-3.5yrs
Sat	2/1-3/22
Residents \$104	All Others \$122





### 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!

McKenzie Park		KLS Staff	
360904-01		3.5-4yrs	
Tue	1/28-3/18	10:55-11:30am	
360904-02		3.5-4yrs	
Tue	1/28-3/18	4:05-4:40pm	
360904-03		3.5-4yrs	
Wed	1/29-3/19	10:10-10:45am	
360904-04		3.5-4yrs	
Thu	1/30-3/20	4:10-4:45pm	
360904-05		3.5-4yrs	
Sat	2/1-3/22	9-9:35am	
Residents \$104		All Others \$122	

### 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.

McKenzie Park		KLS Staff	
310904-01		4-5yrs	
Tue	1/28-3/18	10:15-10:55am	
310904-02		4-5yrs	
Tue	1/28-3/18	2:40-3:20pm	
310904-03		4-5yrs	
Wed	1/29-3/19	10:45-11:25am	
310904-04		4-5yrs	
Thu	1/30-3/20	3:30-4:10pm	
310904-05		4-5yrs	
Sat	2/1-3/22	9:35-10:15am	
Residents \$104		All Others \$122	

### Level 1: 5-6yrs

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.

McKenzie Park		KLS Staff	
310904-06		5-6yrs	
Tue	1/28-3/18	3:20-4:05pm	
310904-07		5-6yrs	
Thu	1/30-3/20	4:45-5:30pm	
310904-08		5-6yrs	
Sat	2/1-3/22	10:15-11am	
Residents \$104		All Others \$122	

### 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.

McKenzie Park		KLS Staff	
310904-09		7-10yrs	
Tue	1/28-3/18	4:40-5:25pm	
Residents \$104		All Others \$122	

### Coach Ken's Soccer Academy

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

*Equipment Note for ALL Coach Ken's classes: Shin guards and water bottle are mandatory; 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. Teams created by the coaches to ensure parity. This program gives your child a chance to experience real team soccer and prepare for club soccer.

*Equipment Note: Must wear provided team jerseys every Saturday.*

### Heritage Oaks Park Coach Ken's Soccer Staff

310935-01		4-5yrs	
Sat	2/1-3/29	9-10am	
No class 2/22			
310935-02		5-6yrs	
Sat	2/1-3/29	10-11am	
No class 2/22			
Residents \$132		All Others \$150	

### Heritage Oaks Park Coach Ken's Soccer Staff

310935-03		6-7yrs	
Sat	2/1-3/29	11am-12:30pm	
No class 2/22			
Residents \$157		All Others \$175	

### Heritage Oaks Park Coach Ken's Soccer Staff

310935-04		8-12yrs	
Sat	2/1-3/29	11am-1pm	
No class 2/22			
Residents \$182		All Others \$200	



### **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 Coach Ken's Soccer Staff**

310923-01		4-5yrs
Tue	1/28-3/25	12:45-1:30pm
<u>No class 2/18</u>		
310923-02		4-5yrs
Tue	1/28-3/25	4:30-5:15pm
<u>No class 2/18</u>		
310923-03		4-5yrs
Wed	1/29-3/26	12:45-1:30pm
<u>No class 2/19</u>		
310923-04		4-5yrs
Wed	1/29-3/26	4:30-5:15pm
<u>No class 2/19</u>		
310923-05		4-5yrs
Thu	1/30-3/27	10:30-11:15am
<u>No class 2/20</u>		
310923-06		4-5yrs
Thu	1/30-3/27	12:45-1:30pm
<u>No class 2/20</u>		
310923-07		4-5yrs
Fri	1/31-3/28	10:30-11:15am
<u>No class 2/21</u>		
310923-08		4-5yrs
Fri	1/31-3/28	12:45-1:30pm
<u>No class 2/21</u>		
Residents \$124		All Others \$142

### **Coach Ken's Soccer: 6-7yrs**

Focus is on 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. Drills and scrimmage at the end of each session reinforce these skills.

#### **Heritage Oaks Park Coach Ken's Soccer Staff**

310923-09		6-7yrs
Tue	1/28-3/25	3:30-4:30pm
<u>No class 2/18</u>		
310923-10		6-7yrs
Wed	1/29-3/26	3:30-4:30pm
<u>No class 2/19</u>		
Residents \$124		All Others \$142

### **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 Coach Ken's Soccer Staff**

310923-13		8-10yrs
Tue	1/28-3/25	3:30-4:30pm
<u>No class 2/18</u>		
310923-14		8-10yrs
Wed	1/29-3/26	3:30-4:30pm
<u>No class 2/19</u>		
Residents \$124		All Others \$142

## **TENNIS**

### **WHITLINGER/SARSFIELD TENNIS** *whitlingersarsfield.com*

Enjoy top-flight instruction from the staff of Stanford University Tennis Coach John Whitlinger and Stanford/USPTA Professional Tom Sarsfield. Youth (9-14yrs) classes of 3-8 students will consist of six 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**

310902-01		4-5yrs
Sat	1/25-3/1	11-11:40am
310902-02		6-7yrs
Sat	1/25-3/1	11:40am-12:20pm
Residents \$78		All Others \$96

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

310902-03		5-7yrs
Mon/Wed	1/27-2/12	6:20-7pm
310902-04		5-7yrs
Mon/Wed	3/3-3/19	6:20-7pm
Residents \$78		All Others \$96

## Quickstart Tennis

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

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

320902-01

8-10yrs

Sat 1/25-3/1 10-11am  
Residents \$78 All Others \$96

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

320902-02

8-10yrs

Mon/Wed 1/27-2/12 3:30-4:30pm  
320902-03

8-10yrs

Mon/Wed 3/3-3/19 3:30-4:30pm  
Residents \$78 All Others \$96

## 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

320902-08

8-10 yrs

Sat 1/25-3/1 1:30-2:30pm  
Residents \$78 All Others \$96

## 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

320902-04

11-14yrs

Sat 1/25-3/1 2:30-3:30pm  
Residents \$78 All Others \$96

### Marymeade Park Courts 2/3

#### Whitlinger/Sarsfield Tennis Staff

320902-05

11-14yrs

Mon/Wed 1/27-2/12 4:30-5:30pm

320902-06

11-14yrs

Mon/Wed 3/3-3/19 4:30-5:30pm  
Residents \$78 All Others \$96

## 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

320902-09

11-14yrs

Sat 1/25-3/1 3:30-4:30pm  
Residents \$78 All Others \$96

## 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 345-8768 or 288-5300  
James Knofler (408)410-0434

For lessons at Rosita & McKenzie Parks,  
Court 1/2:

David Panconi (408)893-1405  
Sharon Lamond (408)712-7361

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

Visit [whitlingersarsfieldtennis.com](http://whitlingersarsfieldtennis.com) for more information. All checks payable to John Whitlinger.



## TEEN PROGRAMS

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



# WINTER BREAK Camps

## CAMPS

### "FIZZ"ICAL PHENOMENA & CHE-MYSTERY

*Note: Full day campers need to bring a lunch and water, non carbonated beverages will be available through out the day.*

Get ready for a wild ride in this awesome camp! Discover what those crazy chemists are really up to in their laboratories as we whip up potions and experiment with all kinds of chemical reactions! It's going to be awesome!

<b>Grant Park Rm 1</b>	<b>Mad Science Staff</b>
311256-01	5-12yrs
M-F	2/17-2/21 9am-3pm
Residents \$227	All Others \$245



### ALBERT LOVES FRIDA

#### What Are You Made Of?

This class integrates art elements, nutrition and art history in hands-on, interactive exploration. Why do foods naturally contain certain colors and how are these colors used in art both historically and today? Create various art forms using food. Eat your art!

*Note: Natural, nutritious fruits and vegetables will be used in this class. If your child has specific food allergies please notify us at the time of registration. Students should bring a nutritious lunch to camp everyday.*

<b>Hillview Rm 14</b>	<b>Frida Staff</b>
310519-03	8-12yrs
M-F	2/17-2/21 9am-2:30pm
Residents \$411*	All Others \$429*
<i>*Materials fee of \$35 due first day.</i>	



### YOUNG REMBRANDTS

#### Drawing/Crafting Workshop

Students will spend time completing YR drawings and various arts and crafts projects using traditional and non-traditional art materials. Students will approach art in a new way with each day featuring a different theme.

*Required: Please bring lunch, snacks and water each day.*

<b>Hillview MPR</b>	<b>Young Rembrandts Staff</b>
310517-03	6-12yrs
M-F	2/17-2/21 9am-4pm
Residents \$337	All Others \$355

#### Favorite Comfort Foods

We've lightened your favorite comfort food recipes to make them a better choice for good health, while keeping the traditional flavors intact.

*Note: Vegetarians and special diets are welcome for all Young Chefs Academy camps. Please inform Young Chef's staff before the first day of camp.*

<b>Young Chefs Academy</b>	<b>YCA Staff</b>
310708-01	5-9yrs
M-F	2/17-2/21 9am-12pm
310708-02	9-13yrs
M-F	2/17-2/21 1:30-4:30pm
Residents \$162*	All Others \$180*
<i>*Materials fee of \$100 due first day.</i>	





## GYMNASTICS

### Gym Camp: Preschool

Children can come and enjoy a fun-filled camp that will include gymnastics, arts and crafts, music, stories, games, and more!

*Required: Please bring a snack.*

#### Twisters Sports

361215-01  
M-F 2/17-2/21

#### Twisters Staff

3-6yrs  
9am-12pm  
All Others \$180

### Gymnastics Camp

Boys and girls are introduced to progressive skills on all Olympic events and trampolines. They'll have fun bouncing, swinging, flipping, and tumbling on all our equipment.

*Required: Please bring a snack and lunch.*

#### Twisters Sports

311216-01  
M-F 2/17-2/21

#### Twisters Staff

6-12yrs  
9am-2pm  
All Others \$245

### Rock Climbing Camp

Campers will cover fundamental climbing techniques, plus build basic motor and problem solving skills, while playing games and having fun!

*Required: Please bring a snack, a water bottle and wear tennis shoes!*

#### Twisters Sports

311217-01  
M-F 2/17-2/21

#### Twisters Staff

7-14yrs  
9am-12pm  
All Others \$190

## Combo Camp

A popular camp combining rock climbing and gymnastics for all-day fun! Campers will spend the morning either climbing or tumbling and then switch during the afternoon.

*Required: Please bring a lunch, a water bottle, and wear comfy clothes and tennis shoes!*

#### Twisters Sports

311218-01  
M-F 2/17-2/21

#### Twisters Staff

7-14yrs  
9am-4pm  
All Others \$280

## ICE SKATING CAMP AT NAZARETH ICE OASIS

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

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

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

#### Nazareth Ice Oasis

310903-03  
Mon-Fri 2/17-2/21

#### NIO Staff

6-12yrs  
10:30-11am  
All Others \$100

## SKYHAWKS BASKETBALL CAMP

This fun, skill-intensive program is designed for the beginning-to-intermediate player. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular camps. Our basketball staff will also focus on respect, teamwork and responsibility.

*Required: 1. Appropriate clothing, running or gym shoes 2. Lunch, two snacks and water bottle*

#### Whisman Sports Center

##### Skyhawks Staff

310917-01 6-12yrs  
Mon-Fri 2/17-2/21 9am-3pm  
Residents \$199 All Others \$217

# 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.*

<b>Hillview Rm 12</b>	<b>Various</b>
645514-01	18+yrs
Wed 1/8-4/2	9:30am-12pm

Senior Center Members \$13 All Others \$39\*  
\*For Senior Center membership info, plus all our Senior Center offerings, please see pg 30.

### SCRAPBOOKING WITH MERI-BETH & LORI

#### School Days Organizer

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 art-work to class, or just create the file.

*Registration Note: Registration deadline 1/22/14. If deadline has passed, contact meribethbird@gmail.com.*

<b>Hillview Rm 13</b>	<b>Bird</b>
330601-06	12+yrs
Thu 2/6	7-9pm

Residents & All Others \$10\*  
\*Materials fee of \$22 due first day.

Los Altos Recreation Department

### Scrapbooking for All Levels

Want to finish a scrapbook quickly? Learn how to organize, crop, layout and mount your photos. Slip-in album is perfect for beginners or experienced scrapbookers. Materials fee includes 13"x9" album (acid free & photo safe) and accent kit.

*Registration Note: Registration deadline 3/6/14. If deadline has passed, please contact instructor at meribethbird@gmail.com. Equipment Note: Please bring 60 photos of an event.*

<b>Hillview Rm 13</b>	<b>Bird</b>
330601-01	12+yrs
Thu 3/27	7-10pm

Residents & All Others \$12\*  
\*Materials fee of \$70 due first day.

### WATERCOLOR FOR ALL LEVELS

#### Watercolor Basics

This class is appropriate for beginners and those who would like a refresher course of watercolor basics.

<b>Hillview Rm 13</b>	<b>Bieber</b>
330514-03	18+yrs
Wed 1/29-4/2	9am-12pm

Residents \$108 All Others \$126

### Watercolor for All Levels

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

<b>Hillview Rm 13</b>	<b>Bieber</b>
330514-01	18+yrs
Fri 1/31-4/4	9am-12pm
330514-02	18+yrs
Fri 1/31-4/4	1-4pm

Residents \$108 All Others \$126



# DANCE & FITNESS

## BASIC BALLROOM DANCE *New!*

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

<b>Shoup Park Garden House</b>	<b>Minev</b>
330202-01	18+yrs
Thu 2/6-3/27	7-8pm
Residents \$92	All Others \$110

## BELLY DANCE WITH LUCEEN

### Beginning Belly Dance

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

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

<b>Hillview Rm 4</b>	<b>Luceen</b>
330208-01	12+yrs
Wed 2/5-3/19	7-8pm
No class 2/19	
Residents \$57	All Others \$75

### 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.*

<b>Hillview Rm 4</b>	<b>Luceen</b>
330208-02	12+yrs
Wed 2/5-3/19	8-9pm
No class 2/19	
Residents \$57	All Others \$75

## INDOOR CYCLING

Our 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. This is an ongoing class.

<b>FIT Los Altos</b>	<b>Fit Staff</b>
331020-03	18+yrs
Mon 1/27-3/31	8-9am
331020-02	18+yrs
Wed 1/29-3/26	9:30-10:30am
Residents \$112	All Others \$130

## 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.

*Equipment Note: Exercise or yoga mat recommended.*

<b>Hillview Rm 2</b>	<b>Roh</b>
331012-01	30+yrs
Mon 1/27-3/24	10-11am
Residents \$162	All Others \$180

## JACKI SORENSEN'S

### STRONGSTEP

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

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

<b>Hillview Social Hall</b>	<b>Franich</b>
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.

*Note for new students: Try Jazzercise on us! Come in and receive a free week pass!*

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

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

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

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

<b>Blach Gym</b>	<b>Shea</b>
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

<b>Grant Park MPR</b>	<b>Leone</b>
No code required	18+yrs
M/Tu/Th on-going	9-10am
No code required	18+yrs
Sun on-going	8:30-9:30am



### JAZZERCISE PERSONAL TOUCH

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

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

### LINE DANCING

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music and good workout will keep you high stepping all week.

*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**  
 645511-02 18+yrs  
Tue 2/4-2/25 1-2pm  
 645511-03 18+yrs  
Tue 3/4-3/25 1-2pm

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

### BONESMART

#### BoneSmart™ Movement & Beyond

We incorporate standing, sitting and mat Pilate's 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.

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

#### Los Altos Hills City Council Chambers Marchok

645536-02 18+yrs  
Wed 1/29-3/26 12:30-1:30pm  
 No class 2/19

Senior Center Members \$128  
 All Others \$138\*

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

### TEAM FITNESS

teamfitness.com

#### CROSS TRAINING WITH TEAM FITNESS

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

*New Student Note: For new members, January through March: buy one month, get two months free.*

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

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

<b>EGAN GYM</b>	<b>Team Fit Staff</b>
No code required coed class	18+yrs
<u>M/W/F</u> <u>on-going</u>	<u>6-7am</u>

### Personal Training by Team Fitness

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

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

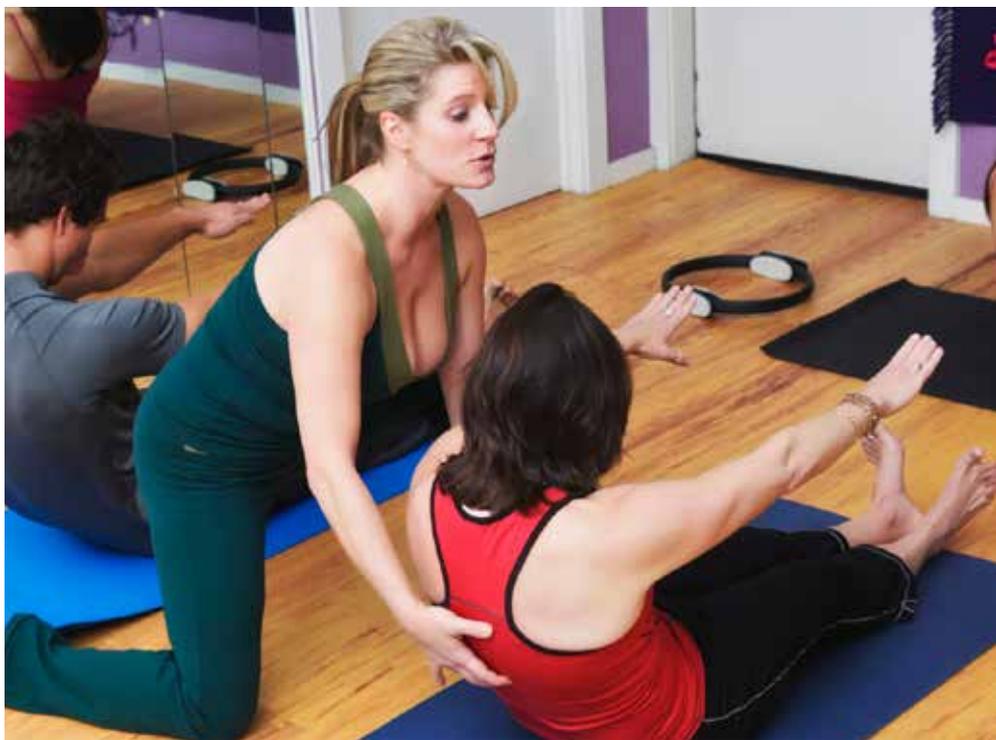
By Appointment Only	Team Fit Staff
\$35 per hour – 3 people	
\$45 per hour – 2 people	
\$75 per hour – Individual	

### EXERCISE PLUS

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

*Equipment Note: Please bring a mat and water.*

<b>Hillview Rm 4</b>	<b>Mojgani</b>
331026-01	50+yrs
<u>Fri</u> <u>1/24-3/28</u>	<u>11am-12pm</u>
Residents \$62	All Others \$80





### YMCA LOW-IMPACT AEROBICS

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

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

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

### YOGA BY MIKI

[yogawithmiki.co.nf](http://yogawithmiki.co.nf)

#### Gentle Yoga for Healthy Spine

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

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

**Shoup Park Garden House** **Bouso**  
 331707-01 18+yrs  
 Wed 1/8-3/26 9:30-10:35am  
 Residents \$132 All Others \$150

### Yoga-Pilates Combo Class

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

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

**Shoup Park Garden House** **Bouso**  
 331706-01 18+yrs  
 Wed 1/8-3/26 10:45-11:50am  
 Residents \$132 All Others \$150

### 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**  
 331702-01 Beg 18+yrs  
 Thu 1/23-4/3 6-7:15pm  
 Residents \$156 All Others \$174

**Hillview Rm 4** **Graul**  
 331702-02 Int 18+yrs  
 Mon 1/20-3/31 6-7:30pm  
 No class 2/17  
 Residents \$144 All Others \$162

### ZUMBA® WITH ALE

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

**LAYC** **Piccolo**  
 331015-01 18+yrs  
 Wed 1/22-3/19 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). 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: 1. Hitting or striking another student is not permitted. 2. Testing and private lessons available for additional fees.*

<b>Hillview Social Hall</b>	<b>Chang/Huey</b>
331102-01	18+yrs
Tue/Thu	1/21-3/20
Residents \$179*	All Others \$197*
<i>*Materials fee of \$70 due first day for first-time participants.</i>	

## JUDO JUJITSU

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

<b>Grant Park MPR</b>	<b>Gearhart</b>
331101-01	16+yrs
Mon/Thu	1/27-4/3
No class 2/17	7:30-9pm
Residents \$201	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 welcome: \$10 for Senior Center members; \$12 for all others. Register for drop ins before each class at the Senior Center.*

<b>Hillview Rm 12</b>	<b>Scheer</b>
645534-01	18+yrs
Tue	1/14-4/1
No class 2/18, 3/18	12:45-1:45pm
Senior Center Members \$85 All Others \$94*	
<i>*For Senior Center membership info, plus all our Senior Center offerings, please see pg. 30.</i>	

## TAI CHI DANCE

Come learn graceful, calming exercises combining both traditional Tai Chi and Chinese classical dance choreographed to tranquil music for enhancing good health. These exercises can help reduce stress, improve body coordination and circulation, balance, flexibility, muscle strength, and toning.

*Equipment Note: Wear comfortable clothes and shoes*

<b>Hillview Rm 4</b>	<b>Liu/Yeh</b>
330310-02	18+yrs
Fri	1/17-3/28
Residents \$60*	All Others \$78*
<i>*Materials fee of \$18 due first day.</i>	

# 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.

<b>Grant Park Rm 1</b>	<b>Petersen</b>
330809-01	18+yrs
Thu	2/20
Residents \$37	All Others \$55



## ROSALIE ALVAREZ DOG OBEDIENCE

### Dog Obedience Training

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

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

Hillview Baseball Field		Alvarez
330801-01		18+yrs
Wed	1/15-2/19	9-10am
330801-02		18+yrs
Thu	1/16-2/20	8-9am
330801-03		18+yrs
Wed	2/26-4/2	9-10am
330801-04		18+yrs
Thu	2/27-4/3	8-9am
Residents - \$60		All Others - \$78*

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

## FINANCIAL

### PASSPORT TO RETIREMENT

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

Hillview Rm 16		Evans
331801-01		40+yrs
Tue	1/28-2/11	6:30-9pm
331801-02		40+yrs
Wed	2/5-2/19	6:30-9pm
Residents \$63*		All Others \$81*

*\*Spouse/guest may attend at no charge.*

### REJUVENATE YOUR RETIREMENT

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

Hillview Rm 16		Evans
331801-03		60+yrs
Mon	2/10-2/17	10am-12:30pm
331801-04		60+yrs
Thu	2/20-2/27	1-3:30pm
Residents \$42*		All Others \$60*

*\*Spouse/guest may attend at no charge.*



## GAMES WE PLAY

### Ten Weeks to Play Better Bridge

This class is for beginners who have learned the basics of contract bridge bidding and play, and who want to improve their skills. In ten weeks we will improve our bidding technique and learn how to better manage our play.

*\*Prerequisite: Students should have either completed our prior ten-week class or have some previous knowledge of basic bridge bidding and play.*

*Note: This is a continuation of our ten-week class which started on November 25, 2013.*

Hillview Rm 12		Robinson
645510-03		18+yrs
Mon	1/27-3/10	9-11am
No class 2/17		
Senior Center Members \$90 All Others \$95*		

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

### Ten Weeks to Play Winning Bridge

This class is for more advanced beginning bridge players who have learned the basics and want to improve their game. In ten weeks we will sharpen our bidding, playing and defensive skills.

*\*Prerequisite: Students should have either completed our two previous ten-week classes or have some previous knowledge of basic bridge bidding and play.*

*Note: This ten-week class will continue in the spring session, ending on Monday, May 19, 2014.*

Hillview Rm 12		Robinson
645510-05		18+yrs
Mon	3/17-3/31	9-11am
Senior Center Members \$90 All Others \$95*		

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

### Intermediate Bridge

This class teaches only intermediate social (party) bridge. It helps players to advance 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 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
645530-02		18+yrs
Thu	2/6-2/27	9:15am-12pm
645530-03		18+yrs
Thu	3/6-3/27	9:15am-12pm
Senior Center Members \$20 All Others \$28*		

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

**BEGINNING 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 welcome: \$1 for Senior Center members; \$3 for all others. Register for drop ins before each class at the Senior Center.*

<b>Hillview Rm 15</b>	<b>Metz</b>
645515-02	18+yrs
Thu 2/6-2/27	1-3:30pm
645515-03	18+yrs
Thu 3/6-3/27	1-3:30pm
<i>Senior Center Members \$4 All Others \$12*</i>	
<i>*For Senior Center membership info, plus all our Senior Center offerings, please see pg. 30.</i>	

**HEALTH**

**MINDFULNESS MEDITATION *New!***

A living, inherently experiential activity, Mindfulness Meditation gives you the tools to relate to yourself and others in a calm, nonjudgmental, alert manner. The result? Reduced stress and improved mental, emotional, physical health, enhanced productivity and happiness. Come and see!

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

<b>Hillview Rm 2</b>	<b>Welaratha</b>
330822-01	20+yrs
Tue 2/4-3/25	10am-12pm
330822-02	20+yrs
Thu 2/6-3/27	3-5pm
<i>Residents \$135* All Others \$153*</i>	
<i>*Materials fee of \$25 due first day.</i>	

**Hypnotize Yourself Slim!™ Free Preview**

Surely, you've wondered what it would be like to be hypnotized. And let your unconscious mind slim you down, easily. Come experience the comfort and relaxation of hypnosis and get answers to the questions you've had for years. Skeptics welcome.

<b>Hillview Rm 17</b>	<b>Rosen</b>
No code required	18+yrs
Wed 1/22	7-8pm
<i>Residents &amp; All Others FREE!</i>	

**HYPNOTIZE YOURSELF SLIM™**

Willpower is not the answer. Self-love, joy and visualizing the slender you are (as the child in you stops feeling deprived). Includes Bust Your Cravings!™ (gets you off tempting foods, fast, for good).

<b>Hillview Rm 17</b>	<b>Rosen</b>
330118-01	18+yrs
Wed 2/5-2/26	7-8:30pm
<i>Residents \$79 All Others \$97</i>	

**VARIOUS**

**GREEK COOKING 101 *New!***

Join in the fun of learning from an experienced instructor how to work with phyllo, grape leaves, and more. This hands on class includes a feta and olive tasting as well as discussion of the rich culinary history of Greece.

<b>Shoup Park Garden House</b>	<b>Canfield</b>
330712-01	18+yrs
Thu 1/23	6-8:30pm
330712-02	18+yrs
Sat 2/8	10am-12:30pm
<i>Residents \$57* All Others \$75*</i>	
<i>*Materials fee of \$10 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.

<b>Hillview Rm 16</b>	<b>Hurst</b>
330813-01	18+yrs
Tue 2/18	6-9pm
330813-02	18+yrs
Wed 3/12	6-9pm
<i>Residents and All Others FREE!</i>	

**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.

<b>LAYC</b>	<b>Humphers &amp; McNulty</b>
330111-01	18+yrs
Sun 1/26	2-5pm
330111-02	18+yrs
Sun 2/23	2-5pm
330111-03	18+yrs
Sun 3/30	2-5pm
<i>Residents &amp; All Others \$10</i>	

<b>LAYC</b>	<b>Humphers &amp; McNulty</b>
330111-04	18+yrs
Sun 1/26, 2/23, 3/30	2-5pm
<i>Residents &amp; All Others \$25</i>	





# SPORTS

## FENCING

### THE CUTTING EDGE

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

#### 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.*

<b>Grant Park MPR</b>	<b>Cutting Edge Staff</b>
-----------------------	---------------------------

352003-04		14+yrs
Wed	1/29-3/26	6-7:30pm
352003-03		14+yrs
Sat	2/1-3/29	2:30-3:30pm
Residents \$137*		All Others \$155*

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

## 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.

<b>Deep Cliff Golf Course</b>	<b>Deep Cliff Staff</b>
-------------------------------	-------------------------

330914-01		18+yrs
Sat	2/15-3/8	1-2:30pm
Residents \$141		All Others \$159

## Golf for Women

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.

<b>Deep Cliff Golf Course</b>	<b>Deep Cliff Staff</b>
-------------------------------	-------------------------

330915-02		18+yrs
Sat	2/15-3/8	10-11:30am
Residents \$141		All Others \$159

## ADULT BASKETBALL SPRING LEAGUE

Monday night league begins March 10

10 games of play top 2 teams advance to finals

\$565/team (an additional \$12 for each non-Los Altos resident)

Blach Gym; games 7:30/8:20/ 9:10pm  
Registration deadline is March 3

Contact Recreation Coordinator  
Tamara Oskoui 947-2727 or  
[oskoui@losaltosca.gov](mailto:oskoui@losaltosca.gov) or

## 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.

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

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

<b>Nazareth Ice Oasis</b>	<b>NIO Staff</b>
330903-01	15+yrs
Sat 3/1-3/29	10:45-11:45am
Residents \$82	All Others \$100

## COACH KEN'S SOCCER

### Coach Ken's Mom's Soccer

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. Non-moms welcome, too!

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

*Note: Free child care provided for children 3 and older.*

<b>Heritage Oaks Park</b>	<b>Mburu</b>
330929-01	18+yrs
Thu 1/30-3/27	9-10am
No class 2/20	
330929-02	18+yrs
Fri 1/31-3/28	9-10am
No class 2/21	
330929-03	18+yrs
Sat 2/1-3/29	8-9am
No class 2/22	
Residents \$124	All Others \$142

## TENNIS

### WHITLINGER/SARSFIELD TENNIS

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

Enjoy group lessons with top-flight instruction from the staff of Stanford University Tennis Coach John Whitlinger and USPTA Professional Tom Sarsfield. Adult classes of 3-8 students will consist of six 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 makeup 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

<b>Whitlinger/Sarsfield Tennis Staff</b>	15+yrs
330902-01	
Sat 1/25-3/1	9-10am
Residents \$78	All Others \$96

### 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.

#### Marymeade Park Courts 2/3

<b>Whitlinger/Sarsfield Tennis Staff</b>	15+yrs
330902-03	
Mon/Wed 1/27-2/12	7-8pm
330902-02	15+yrs
Mon/Wed 3/3-3/19	7-8pm
Residents \$78	All Others \$96

### 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 345-8768 or 288-5300*

*James Knofler (408)410-0434*

*For lessons at Rosita & McKenzie Parks, Court 1/2:*

*David Panconi (408)893-1405*

*Sharon Lamond (408)712-7361*

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

*Visit [whitlingersarsfielddennis.com](http://whitlingersarsfielddennis.com) for more information. All checks payable to John Whitlinger.*



# 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: 1. All information meeting held at Los Gatos Community Center, 700 W. Parr Ave, Room C, Los Gatos. 2. Youth ages 12-17 are welcome to attend trips when accompanied by a paying adult.*

### Kayak to the Eagles

We have led this trip for many years and it is always a success! About 2 hours south of the Bay Area, Lake San Antonio is a quiet wintering spot for Bald and Golden Eagles. These birds' migrant in and share the lake with large numbers of ducks, White Pelicans, Canada Geese and Western Grebes. The shoreline is covered in a forest of oaks and is perfect for a wintertime picnic. A bit of a drive from the south bay, this trip is a wonderful wildlife adventure off the beaten track. Bring your binoculars and watch the eagles!

<b>Los Gatos Recreation</b>		<b>Meyer</b>
330819-01		18+yrs
Sat	2/8	10am-3:30pm
Residents \$49		All Others \$67

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

### Winter Bird Watching Basics

Birds are all around us and this class will introduce you to the exciting hobby of birding. Learn about great places to go, the natural history of birds, tips on attracting birds to your yard and how to pursue the feather quest here and abroad.

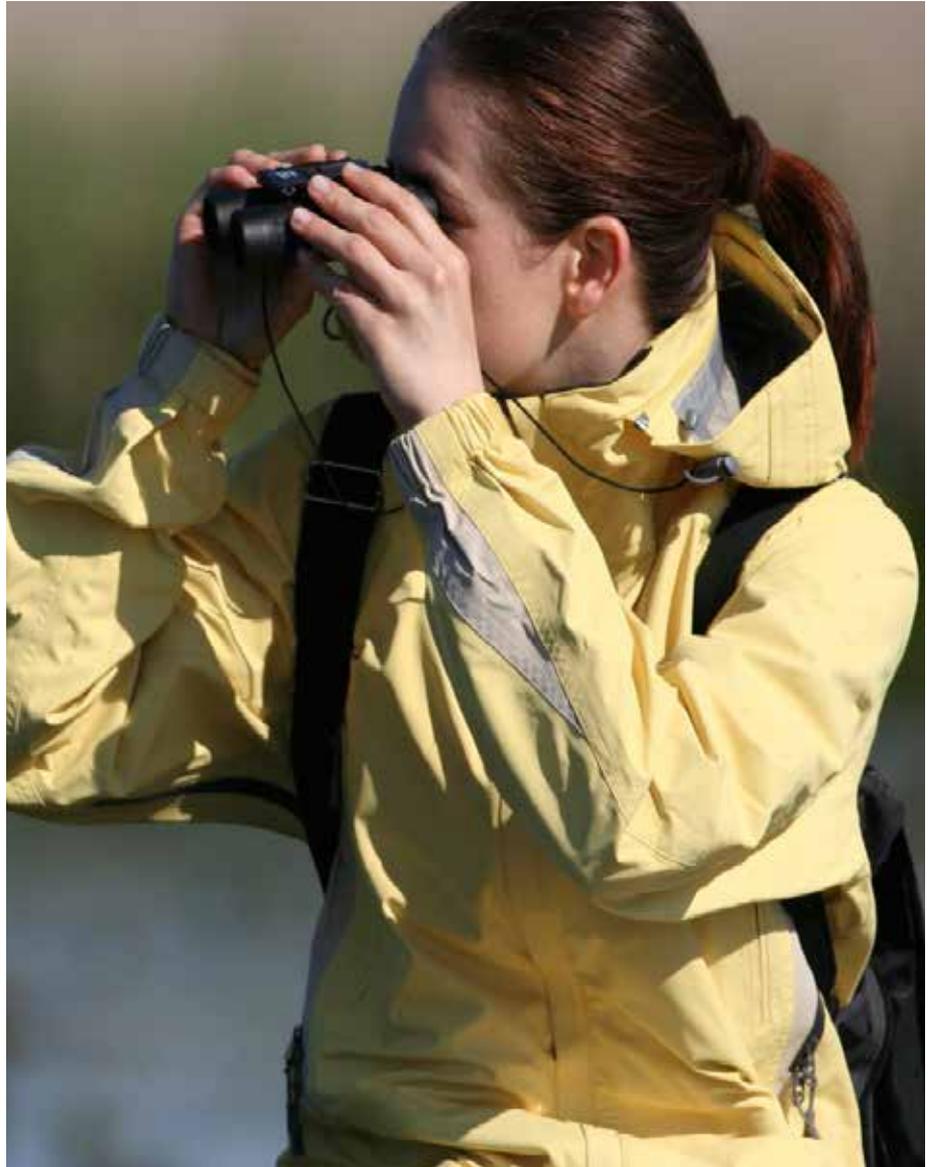
*Requirements: Evening class on 2/20 from 7-9:30pm at the Los Gatos Recreation Dept.*

<b>Ano Nuevo State Reserve</b>		<b>Meyer</b>
330819-02		18+yrs
Sun	2/23	9am-4pm
330819-03		18+yrs
Sun	3/2	8am-3pm
Residents \$49		All Others \$67

### Mission Peak Hike

This prominent South Bay high point makes for a spectacular spring outing. The distance is 6 miles round-trip with a climb of over 1200 feet so it is suitable for fit walkers that want to stretch a bit. Along the way we will look for wildflowers, animal life and talk about the history of the peak.

<b>Russian Hill Preserve</b>		<b>Meyer</b>
330819-04		18+yrs
Sun	4/6	10am-4pm
Residents \$29		All Others \$47



# 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.

## 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](http://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](http://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. NEW intergenerational opportunities can be found on page 34 Call 947-2897 TODAY for details!

## CSA Case Management

Community Services Agency case managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers. Make an appointment at the Los Altos Senior Center to discuss topics as advertised or discuss items of concern to you.

January 17 – Housing

February 21 – Emergency Assistance

March 21 – Legal/Financial Resources

Check in at Senior Center before class; all classes start at 10am  
Free

## Technology Training Day for Seniors **NEW!**

Bring your devices (tablets, cell phones, laptops, and more), social media, and/or email to meet with a community volunteer to have your questions answered. Registration is required to the Town of Los Altos Hills Recreation Department at 947-2518 or [sgualtieri@losaltoshills.ca.gov](mailto:sgualtieri@losaltoshills.ca.gov). Please provide your name, contact information, device(s) and/or service. This a free service.

Hillview Rm 8

Sat

1/11

1– 4pm

Free

# DAILY ACTIVITIES

Activities free with Senior Center membership unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	FUN Friday
<b>Room 11</b> 9:30-11:30am Monkey Toy Project  12-3:30pm Poker  <b>Bocce Courts</b> 10am-12pm Advanced Bocce Ball	<b>Room 10</b> 1-3pm PC Computer Tutor By appointment  <b>Room 11</b> 8:30am-3:30pm Bridge  <b>Bocce Courts</b> 10-11:30am Beginning Bocce Ball	<b>Room 11</b> 8:30am-12pm Bridge  1-3:30pm Mah-Jongg Intermediate Free Play  <b>Room 12</b> 9:30am-12pm Art Studio  <b>Bocce Courts</b> 10am-12pm Advanced Bocce Ball	<b>Room 10</b> 1-3pm iPad & Mac Tutor By appointment  <b>Room 11</b> 12-3:30pm Pinochle  <b>Bocce Courts</b> 10-11:30am Beginning Bocce Ball	<b>1st Friday</b> <b>Room 12</b> 1pm Movie Day Fee: Members Free All Others \$1  <b>2nd Friday</b> <b>Room 11</b> 12pm Friday Lunch Fee: Members \$4 All Others \$6  <b>3rd Friday</b> <b>Room 10</b> 10am CSA Case Management  <b>Room 11</b> 12pm Birthday Party Fee: Members \$4* *Birthday Month? Free All Others \$6  <b>4th Friday</b> <b>Room 10</b> 10:30am Blood Pressure  <b>Room 11</b> 12pm Friday Lunch Fee: Members \$6 All Others \$8  <b>5th Friday</b> <b>Room 11</b> 1pm Bingo Fee: Members Free All Others \$3  <b>Room 12</b> 1-5:30pm AARP Driver Safety Class Fee: AARP Members \$15 All Others \$20

# MONTHLY ACTIVITIES

Actual dates may vary; call to verify schedule.

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

**NOT A  
 SENIOR  
 CENTER  
 MEMBER  
 YET?  
 Join  
 today!**



Register now for the 1/24 Chinese New Year Luncheon

# TEEN Programs

## SOUNDS LIKE FUN...

### TEEN SNOW TRIP

We've got our boards and skis, do you? Come with us and ride the mountain all day! Fee includes transportation, supervision, breakfast, dinner, and lift ticket. Participants should bring a lunch or money to purchase food on the slopes. All participants must bring their own equipment. Sign up by the Monday before the trip

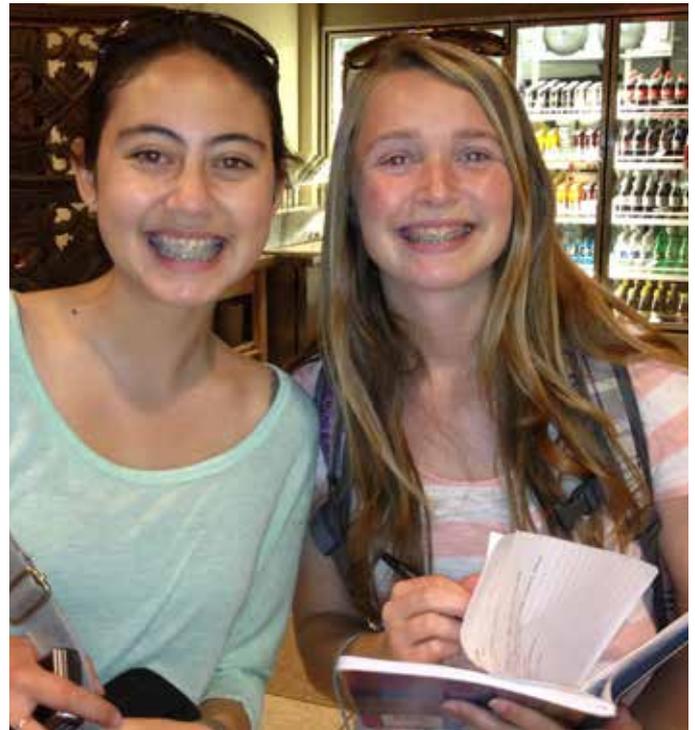
*Requirements & Notes:* 1. Participants must bring all of their own equipment - labeled with name - on the day of the trip. We will not be able to rent any equipment on the mountain. 2. Breakfast, snacks, and a light dinner will be provided. Participants should either bring lunch and dinner or bring money to purchase meals while at the ski resort. 3. All participants will ski with a buddy and will be expected to check in with the Los Altos Recreation Staff during the day. 4. All participants will be required to sign a behavior waiver in order to go on the trip. 5. Fees include transportation, breakfast, light dinner, snacks, supervision, and lift ticket.

Drop off and Pick up, Hillview Community Center.

<b>Kirkwood Ski Resort</b>		<b>Recreation Staff</b>
322301-01	1/25	13-18yrs
Residents & All Others \$110		

<b>Sugar Bowl Resort</b>		<b>Recreation Staff</b>
322301-02	2/8	13-18yrs
Residents & All Others \$140		

<b>Northstar Resort</b>		<b>Recreation Staff</b>
322301-03	3/15	13-18yrs
Residents & All Others \$140		



### NORTHERN CALIFORNIA COLLEGE TOURS

Join us for day trips of NorCal universities! Students (ages 13-18yrs) will travel via chartered van, tour each campus, and meet with admissions officials. Schools will vary-but the fun will be consistent! All participants should bring money for meals and have a behavior form on file prior to attending the trip. Participants must be signed up for the trips by Wednesday, February 12, 2014. Minimum: 6 Participants

*Requirements:* Participants are responsible for their own meals. All trips will depart from the Hillview Community Center, 97 Hillview Ave.

Departure and return times will vary.

Check [losaltosrecreation.org](http://losaltosrecreation.org) for information about schools we will be visiting.

Various Colleges		Recreation Staff
322301-05	2/19/2014	School TBD in January
322301-06	2/20/2014	School TBD in January
322301-07	2/21/2014	School TBD in January
Fees TBD depending on colleges visited; please check website.		



# LAYC DANCES & MEMBERSHIPS

## LAYC Dances

"The hottest thing in Los Altos"

### 2014 LAYC DANCE SCHEDULE

- 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](http://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](http://losaltosrecreation.org)). Then come to the Hillview Community Center Recreation Office (97 Hillview Ave) with a completed application and your child (or email a current photo of your child to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org) prior to your office visit). Office hours are Monday-Friday, from 8am-5pm.



## 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 spring! 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!



## WINTER HOURS

**Friday 3-6pm**

**Saturday 2-6pm**

### 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 [toskoui@losaltosca.gov](mailto:toskoui@losaltosca.gov) or 947-2727 to inquire about the short application process.

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.

# VOLUNTEER Program

City of Los Altos  
Municipal Volunteer Program

# MVP



MUNICIPAL VOLUNTEER PROGRAM

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



### Seamstress Needed!

Los Altos Youth Theatre is in need of a seamstress three times a year to help create and/or prep costumes for the group's theatrical productions.

### Luncheon Chef

How would you like to prepare lunch on the 2nd Friday of each month for a group of friendly and hungry seniors? A good time is always had by all!



### Intergenerational Volunteer

Looking for seniors to interact on a monthly basis via reading and/or cooking with local school kids.



**Consider joining us!**

**Contact Jennifer Weiss for more info!**  
**947-2897 or [jweiss@losaltosca.gov](mailto:jweiss@losaltosca.gov)**

[losaltosrecreation.org/volunteer](http://losaltosrecreation.org/volunteer)

# REDWOOD GROVE Programs

## 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.

January 11 & 25

Feb 8 & 22

Mar 8 & 22

Redwood Grove  
Nature Preserve

482 University Ave.  
Los Altos

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

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

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



Acterra ACTION FOR A HEALTHY PLANET

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

# PARTY Packages

Booking your next party is as easy as...

*Cupcake!*

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

## Bocce Ball & Barbecue

All Ages

(with kids under 18 accompanied by an adult)

Celebrate your special occasion while enjoying a spirited game of bocce ball and a barbecue! We supply the equipment; you supply the food and good times!  
4 hrs/30 guest max

At the Hillview Community Center Bocce Ball Courts \*

Residents: \$200

All Others: \$218

## Murphy Magic

For Kids 4-7 Years

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

Balloon Art available for additional fee

At the San Antonio Club \*

Residents: \$235

All Others: \$253

## Science Explorers

For Kids 7-12 Years

Party goers will join in the action with one hour of hands-on fun and wacky science experiments, brought to you by Science Explorers.  
4 hrs/30 guest max

At the Hillview Community Center \*

Residents: \$245

All Others: \$263

## Archery Party

For 7+ Years

(with kids under 18 accompanied by an adult)

You'll definitely hit a bull's-eye with this party! Archery instructor Ray Roan provides 1.5 hours of instruction (and all equipment) for this fun experience.  
2.5 hrs/20 guest max

At Redwood Grove

Residents: \$200

All Others: \$218

## Teen Center @The Underground

For Kids 11-18 Years

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

At The Underground Teen Center in Shoup Park \*

Residents: \$225

All Others: \$243

## Book Now!

To book your party, please complete the Party Application Form, which can be found online at [losaltosrecreation.org](http://losaltosrecreation.org) or picked up from the recreation office.

Return the completed application to our office in person or via mail (97 Hillview Ave, Los Altos, CA 94022).

Questions? Call us at 947-2790 or email us at [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org)!

\* Friendly facility attendant included

# SERVICES & Organizations

## Sports

A.Y.S.O. Region 43 ..... ayso43.org  
 A.Y.S.O. Region 45 ..... ayso45.org  
 ..... 964-2976  
 C.Y.S.A. District 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 Sports ..... 969-9622  
 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  
 Kiwanis Club of Los Altos ..... losaltoskiwanis.org  
 ..... 735-1552  
 Las Madres ..... lasmadres.org  
 ..... (877)527-6237  
 Leadership Education Advancement (LEAD) ..... losaltoscf.org  
 League of Women Voters ..... 941-4846  
 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 Assn ..... 968-7660  
 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 Council ..... 327-5900  
 Children's Corner Inc. ..... lamvchildrenscorner.org  
 ..... 948-8950  
 Music for Minors ..... 237-9130

Los Altos Recreation Department

# YOUTH Theatre

## Upcoming Play

### Nicholas Nickleby

Adapted by Tim Kelly  
 From the novel by Charles Dickens  
 Directed by Emily Jordan

LAYT blends comedy, mystery and melodrama to tell the life of Nicholas Nickleby. Numerous colorful characters make this play terrific fun for actors and audiences alike.

## Performances

March 7-March 23 Weekends  
 Bus Barn Theater

## Tickets

\$12-17

To purchase, call 941-0551 or  
 email boxoffice@losaltosstage.com

## COMING ATTRACTION

### THE WIZARD OF OZ

By L. Frank Baum

With Music and Lyrics by Harold Arlen and E.Y. Harburg

Directed by  
 Ian Leonard

Choreographed by  
 Jillian Toby Cummings

Auditions  
 May 13 & 14

Performances  
 July 18 to August 3

We are very excited to announce that this summer's production is being co-sponsored by Los Altos Stage Company who will be providing production expertise and educational opportunities for cast members.

LASC will provide 3 theatre professionals to perform with the cast and conduct workshops in musical theatre and in specific skills needed to audition for musicals. Participants will leave prepared with a solid audition song and monologue.



LAYT cast of Hansel & Gretel: stars...every one!



# 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

### Moving Art Forward Through March 23, 2014



A showcase of contemporary works by local artists selected to complement the San Francisco Museum of Modern Art's off-site exhibit, The Los Altos Project: SFMOMA in Silicon Valley throughout downtown. Museum exhibition in conjunction with the Los Altos Public Arts Commission.

*Free Public Programs*  
For a complete list of free public programs supporting this exhibit, see [losaltoshistory.org](http://losaltoshistory.org) for all the details.

## Updated Exhibit

*Crown of the Peninsula*  
Renewed exhibits on the Ohlone, Rancho and Mission days!

## Upcoming Exhibit

*Bicycles!*  
Opens Summer 2014:

## Special Events

*27th Annual Crab Feed & Auction*  
Saturday, February 1, 5:30-10PM  
Hillview Community Center

## 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

## 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  
[scll.org](http://scll.org)



## 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

## 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.

# 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  DATE   
 (Parent or Guardian if under 18)

If you have any special needs requiring specific accommodations for you to fully enjoy a class or facility, please contact us at [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org)

PARTICIPANT NAME (First & Last)	BIRTHDATE	M/F	CLASS CODE	CLASS 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](mailto:info@losaltosrecreation.org)
- Mail form to 97 Hillview Ave, Los Altos, CA 94022
- Fax form to 947-2738
- Walk in to the Recreation Office at 97 Hillview Ave, Los Altos

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

# REGISTRATION Information

## WINTER 2014 Registration Dates

For Los Altos residents,  
registration begins *Tuesday, January 7.*

For all others,  
registration begins *Tuesday, January 14.*

## 4 Easy Ways To Register!

**ONLINE** [losaltosrecreation.org](http://losaltosrecreation.org)

**FAX** 947-2738

**MAIL IN** Los Altos Recreation Department  
97 Hillview Ave  
Los Altos, CA 94022

**WALK IN** Hillview Community Center  
97 Hillview Ave, Los Altos

### Registration Details

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

### Refunds & Transfers

- Refunds and transfers requests must be submitted in writing up to five working days prior to the first day of class.
- All refunds will be charged a \$20 service fee.
- E-mail your refund and transfer requests to [info@losaltosrecreation.org](mailto:info@losaltosrecreation.org).
- No refunds or transfers will be given after class begins.

## City of Los Altos Recreation Office

97 Hillview Ave  
Los Altos, CA 94022

### Office Hours

Monday – Friday  
8am – 5pm

### Contact Info

Phone: 947-2790  
Fax: 947-2738  
[info@losaltosrecreation.org](mailto:info@losaltosrecreation.org)

 Become a fan of  
Los Altos Recreation

 @losaltosrec

### Recreation Department Mission Statement

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



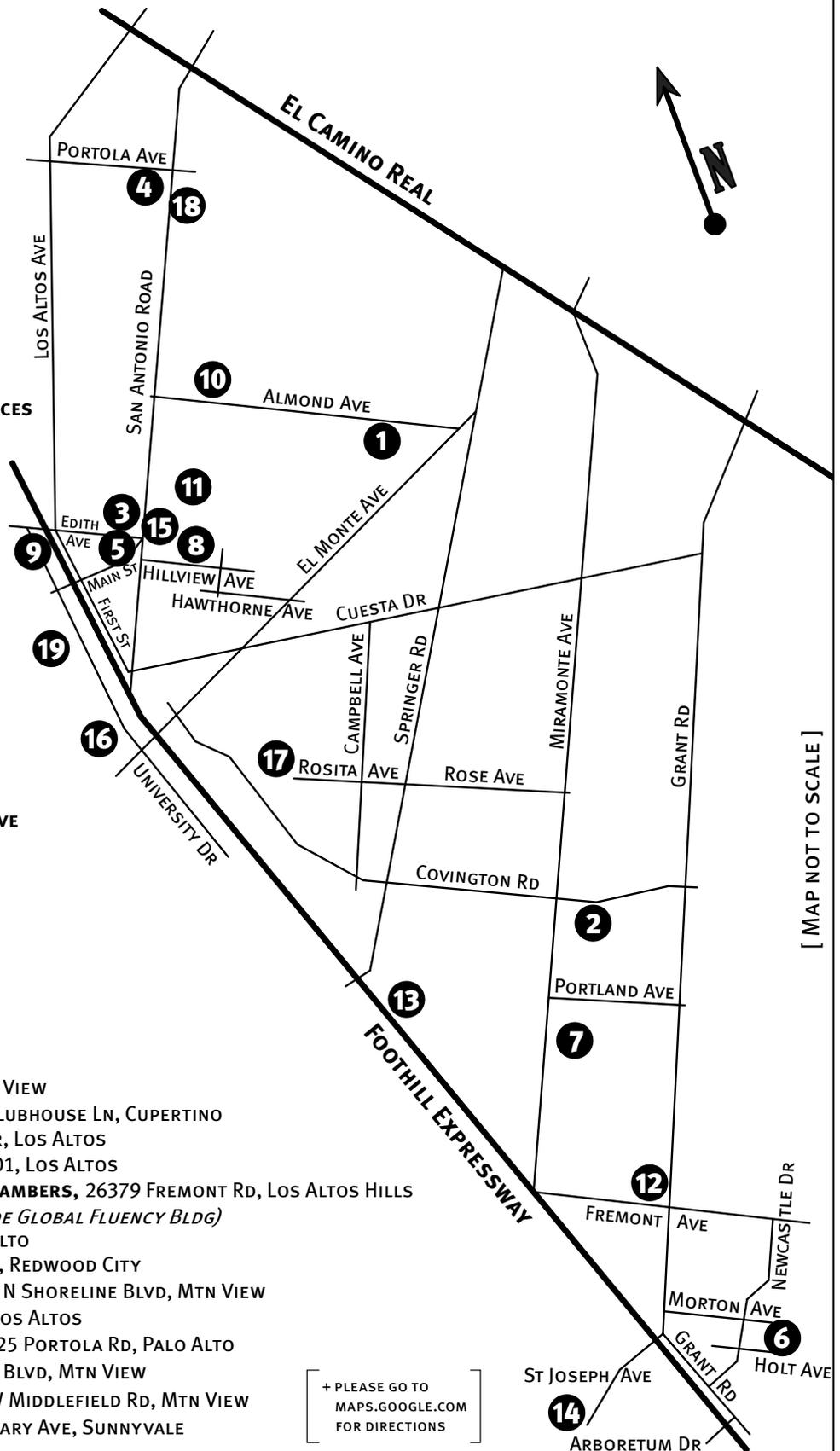
# LOS ALTOS RECREATION LOCATIONS

## 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**  
**LOS ALTOS RECREATION DEPT OFFICES**  
97 HILLVIEW AVE
9. **LINCOLN PARK**  
UNIVERSITY/LINCOLN AVE
10. **LOS ALTOS HIGH SCHOOL**  
201 ALMOND AVE
11. **LOS ALTOS YOUTH CENTER - LAYC**  
1 N SAN ANTONIO RD
12. **MARYMADE PARK**  
FREMONT/GRANT RD
13. **McKENZIE PARK**  
707 FREMONT AVE
14. **MONTCLAIRE PARK**  
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
- + **LOS ALTOS HILLS CITY COUNCIL CHAMBERS**, 26379 FREMONT RD, LOS ALTOS HILLS
- + **MELODY ACADEMY OF MUSIC (INSIDE GLOBAL FLUENCY BLDG)**  
4151 MIDDLEFIELD Rd #105, PALO ALTO
- + **NAZARETH ICE OASIS**, 3140 BAY RD, REDWOOD CITY
- + **SHORELINE AQUATIC CENTER**, 3160 N SHORELINE BLVD, MTN VIEW
- + **SKATEWORKS**, 379 STATE STREET, LOS ALTOS
- + **SPRING DOWN EQUESTRIAN CTR**, 725 PORTOLA RD, PALO ALTO
- + **TWISTERS SPORTS**, 2359 TERMINAL BLVD, MTN VIEW
- + **WHISMAN SPORTS CENTER**, 1500 W MIDDLEFIELD RD, MTN VIEW
- + **YOUNG CHEF'S ACADEMY**, 1336 S MARY AVE, SUNNYVALE



[ + PLEASE GO TO  
MAPS.GOOGLE.COM  
FOR DIRECTIONS ]





**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



join  
a class with a friend



camaraderie  
at the Senior Center



play  
at the park



lend  
a helping  
volunteer  
hand



chill  
at The Underground  
Teen Center

**NEW YEAR'S  
RESOLUTION  
SOLUTIONS:**  
*See all our Activities  
& Classes inside!*  
*Classes start January 27*