ACTIVITY GUIDE

Creating Community Through People, Parks, and Programs



Pictured: Senior Hub Friendship Quilting Group

Parks & Recreation

FALL 2026

PROGRAMS, CLASSES, EVENTS

SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER

@smparksandrec | cityofsanmateo.org | (650) 522-7400

Fall 2026 Special Events

MOVIES in the PARK

Bring a blanket, chair, friends and family and enjoy a free movie every Friday in September! Activities start at 6:30pm, movie starts at dusk (~7:30pm).

FALL 2026 SCHEDULE

Friday, September 4
Central Park

Friday, September 11
Shoreview Park

Friday, September 18
Laurie Meadows Park

Friday, September 25
Beresford Park



Join us this September downtown!

Live Music • Dancing
Entertainment for the Whole Family!

Located on the Pedestrian Mall in downtown San Mateo. Learn more at
cityofsanmateo.org/SeptemberNights



Día de Los Muertos Celebration

Saturday, October 10, 2026
12:00 – 3:00pm
Dr. Martin Luther King Jr. Community Center



BOOS & BREWS ON B STREET

Saturday, October 24, 2026
3:00 – 5:00pm
Pedestrian Mall, Downtown San Mateo
(B Street between 1st & 3rd Avenue)

Registration Information

Registration Dates

Residents ..... Tue. August 11 at 9am
Non-residents ..... Thu. August 13 at 9am

Registration can be done online at www.sanmateorec.org

Need a physical registration form?

Please visit any of our recreation/community centers for a hard copy of registration forms or download a copy online at https://www.cityofsanmateo.org/1430/Activity-Guide

Holidays/Closures

- **Labor Day** ..... Monday, September 7
- **Veterans Day** ..... Wednesday, November 11
- **Thanksgiving** ..... Thursday, November 26-27
- **Christmas Day** ..... Friday, December 25
- **New Years Day** ..... Friday, January 1

Need help in another language?

We have bilingual staff available to help you with the activity guide and registration process. Contact us for more information! **(650) 522-7400**

Contamos con personal bilingüe disponible para ayudarle con la guía de actividades y el proceso de inscripción. ¡Comuníquese con nosotros para más información! **(650) 522-7400**

我们有双语工作人员可以协助您了解活动指南和办理注册手续。 联系我们了解更多信息!

¿Sabías que puedes traducir nuestro sitio web? Es fácil con el traductor de Google, ubicado en la esquina superior derecha de cada página

您知道我们的网站可以翻译吗? 使用谷歌翻译非常简单, 它位于每个页面的右上角。

Have Questions?

Parks & Recreation

Contact Us

parksandrecreation@cityofsanmateo.org
(650) 522-7400

Follow us to stay up to date:

@smparksandrec

Table of Contents

Registration & General Information 2
Registro e información general 3

San Mateo Police Activities League /Liga de Actividades Policiales de San Mateo 4

Preschool Building Blocks 5
Preschool Activities 6
Afterschool Care 8

School Break Camps 8

Youth Sports & Fitness 11
Youth Dance 16
Youth Arts & Crafts 21
Youth Music 21
Youth Adventures & Learning 22

Golf 23

Adult Sports 24
Adult Fitness 28
Adult Movement & Awareness 30
Adult Dance 32
Adult Arts & Crafts and Cooking 35
Adult Music 37

Adult Lifelong Learning 38
Age-Friendly Resources 44

Partner Agencies 46

City of San Mateo Contacts 47

City of San Mateo Parks 48

We do our best to make our guides perfect, but with so much planning and reviewing we sometimes make mistakes. Occasionally class details such as locations, times, dates, and fees are changed after the release of the guide and, of course, we have typos. Please be sure to read your receipts carefully for any updates. We will correct all changes/errors and alert you to any additional items and/ or fees necessary before the first day of class.

Registration & General Information

Registration Dates

Residents ..... Tue. August 11 at 9 am
Non-residents ..... Thu. August 13 at 9 am
Season Begin/End ..... Tuesday, September 8 to Saturday, December 19

Holidays/Closures

- **Labor Day** ..... Monday, September 7
- **Veterans Day** ..... Wednesday, November 11
- **Thanksgiving** ..... Thursday, November 26-27
- **Christmas Day** ..... Friday, December 25
- **New Years Day** ..... Friday, January 1

Registration Options

ONLINE REGISTRATION
The fastest, most convenient way to register! Register online at www.sanmateorec.org. You can register for most classes online using a credit card or e-check. Please note, some classes may not be available online due to special enrollment or fee requirements.

MAIL-IN REGISTRATION
Mail your registration form to: San Mateo Parks & Recreation Department, 330 W. 20th Ave, San Mateo, CA 94403.

WALK-IN REGISTRATION
You may register in person at Beresford Recreation Center, Dr. Martin Luther King Jr. Community Center, Senior Center, and City Hall.

Verification of Residency

Residents must live or own property in the City of San Mateo. The City of San Mateo defines residents as those who live within the boundaries of the City of San Mateo and the jurisdiction of its municipal corporation. There are unincorporated parts of San Mateo, which are under the jurisdiction of the County of San Mateo and residents of that area are County residents. Staff may require proof of residency at any time. Acceptable proof of residency could be a current property tax document, utility bill or voter registration issued by local county elections officer.

Refund Policy

Class withdrawals for a prorated refund or credit (minus the non-refundable administrative fee) must be processed by the end of the 3rd class/course gathering. No refunds or credits will be issued beginning the day after the 3rd class/course meeting.

CAMPS: Participants may withdraw from a camp up to 7 calendar days prior to the camp start date for a refund or credit (minus the non-refundable administrative fee). No refunds or credits will be issued beginning within a week of the camp start date.

Convenience Fee Reminder

Customers who use a credit or debit card to make payments with the City of San Mateo will be subject to service fees. Companies that process credit or debit card transactions typically charge 3.25% of the billed amount. The fee is paid directly to the company processing the transaction and is not charged by the City. Customers can avoid these fees by paying with alternate methods such as cash, check, or e-check.

Household Credit Balances

Any household credit balances left on accounts for a period of six (6) months will be automatically refunded to the primary account holder as a check mailed to the home address on file. Please update your account in a timely manner to avoid returned checks. If you have paid with a credit card and would pre-fer a refund back to the card used, please call (650) 522-7400 before the six (6) month period.

Waitlist

Some enrollments may be placed on a waitlist if a class reaches its maximum capacity. If you are placed on a waitlist for a class, you will not be required to pay the registration fees unless a spot becomes available and you are selected for enrollment. Please note that placement on a waitlist does not guarantee enrollment. A staff person will contact you if a spot becomes available. If you do not hear from us you should assume enrollment is not available.

Recreation Fee Assistance Program

The Recreation Fee Assistance Program is designed to allow access to our programs for all City of San Mateo residents experiencing financial hardships – assistance is available to help offset the costs of camps. Qualifying applicants are currently eligible for either 30% or 60% fee waivers depending upon their reported income. A current application, accompanied by required income documentation (noted on the application), is needed for program enrollment. Interested city residents are encouraged to complete the Recreation Fee Assistance Enrollment Application which is available at all community centers and City Hall. It can also be downloaded at www.cityofsanmateo.org/1430/Activity-Guide. Applications must be submitted at least 10 business days before registration.

Americans with Disabilities Act

The City of San Mateo does not discriminate on the basis of disability in its programs, services, activities, and employment practices. If you need auxiliary aids and services for effective communication (such as a sign language interpreter, an assistive listening device or print material in digital format) or reasonable modification to programs, services or activities contact (650) 522-7400 or email parksandrecreation@cityofsanmateo.org as soon as possible, but no later than 10 business days before the start of the activity or program. A grievance procedure is available to resolve complaints. Upon request, this notice is available in alternative formats such as large print or Braille.

Satisfaction Guarantee

We constantly strive to provide you with the highest quality recreation programs. If, for any reason you are not completely satisfied with a class or activity, please tell us so we can respond to your concerns. In addition to using your feedback to help us improve, for nearly all our programs, we will arrange one of the following upon your request: 1. Transfer to another time or activity. 2. A full credit for future use for any activity we offer. 3. A full refund. Some of our programs, for example, Facility Rentals, Admissions, Adult Sports Leagues, Summer Camps, on-going/multi-session programs, and performance activities have different, specific policies which apply. Your complete satisfaction with these programs is equally valued, and we will work with you to resolve your concerns and satisfaction in these activities as well. Please contact us in writing, by phone or in person at any of our recreation centers. Requests must be made within 10 business days after the end of the session to receive a refund or credit.

Fechas de inscripción

Residentes ..... martes 11 de agosto a las 9 am
Non-residents..... jueves 13 de agosto a las 9 am
Temporada.... del martes 8 de septiembre al sábado 19 de diciembre

Días festivos/cierres

- **Día del Trabajo** ..... lunes 7 de septiembre
- **Día de los Veteranos**..... miércoles 11 de noviembre
- **Día de Acción de Gracias** .....jueves 26 y sábado 27 de noviembre
- **Día de Navidad**.....viernes 25 de diciembre
- **Día de Año Nuevo (invierno)** .....viernes 1 de enero.

Opciones de inscripción

INSCRIPCIÓN EN LÍNEA
¡La forma más rápida y conveniente de inscribirse! Regístrese en línea en www.sanmateorec.org. Puede inscribirse en la mayoría de las clases en línea con tarjeta de crédito o cheque electrónico. Tenga en cuenta que algunas clases estaran disponibles en línea debido a requisitos especiales de inscripción o pago.

INSCRIPCIÓN POR CORREO
Envíe su formulario de inscripción por correo a: Departamento de Parques y Recreación de San Mateo, 330 W. 20th Ave, San Mateo, CA 94403.

INSCRIPCIÓN SIN CITA PREVIA
Puede inscribirse en persona en el Centro Recreativo de Beresford, el Centro Comunitario Dr. Martin Luther King Jr., el Centro para Personas Mayores y el Ayuntamiento.

Verificación de residencia

Los residentes de la Ciudad de San Mateo deben vivir o ser dueños de propiedad en la ciudad de San Mateo. La ciudad de San Mateo define a los residentes como aquellos que viven dentro de los límites de la ciudad de San Mateo y la jurisdicción de su corporación municipal. Hay partes no incorporadas de San Mateo, que están bajo la jurisdicción del condado de San Mateo y los residentes de esa área son residentes del condado. El personal puede solicitar prueba de residencia en cualquier momento. Una prueba aceptable de residencia podría ser un documento actual de impuestos sobre la propiedad, una factura de servicios públicos o un registro de votante emitido por el funcionario electoral del condado local.

Política de reembolso

El retiro de una clase para obtener un reembolso o crédito prorrateado (menos la tarifa administrativa no reembolsable) debe procesarse antes del final de la tercera reunión de la clase/curso. No se emitirán reembolsos ni créditos a partir del día siguiente de la tercera reunión de la clase/curso.

CAMPAMENTOS: Los participantes pueden retirarse de un campamento hasta 7 días antes de la fecha de inicio del campamento para obtener un reembolso o crédito (menos la tarifa administrativa no reembolsable). No se emitirán reembolsos ni créditos dentro de una semana antes de la fecha de inicio del campamento.

Recordatorio de tarifa de conveniencia

Los clientes que utilicen una tarjeta de crédito o débito para realizar pagos con la ciudad de San Mateo estarán sujetos a tarifas de servicio. Las empresas que procesan transacciones con tarjeta de crédito o débito suelen cobrar el 3.25% del importe facturado. La tarifa se paga directamente a la compañía que procesa la transacción y no es cobrada por la ciudad. La clientela puede evitar estos cargos pagando con métodos alternativos como efectivo, cheque o cheque electrónico.

Créditos de cuenta

Cualquier saldo de crédito que quede en su cuenta durante un periodo de seis (6) meses, se reembolsará automáticamente al titular principal de la cuenta, en forma de cheque enviado por correo a la dirección residencial registrada. Actualice su cuenta de manera oportuna para evitar cheques devueltos. Si pagó con una tarjeta de crédito y prefiere un reembolso a la tarjeta utilizada, llame al (650) 522-7400 antes del periodo de seis (6) meses.

Listas de espera

Es posible que algunas solicitudes de inscripción pasen a una lista de espera si la clase alcanza su cupo máximo. Si el participante es colocado en una lista de espera para una clase, no tendrá que pagar las cuotas de inscripción a menos que quede un espacio libre y sea seleccionado para inscribirse. Tenga en cuenta que estar en una lista de espera no garantiza la inscripción. Un miembro del personal se pondrá en contacto con usted si queda un espacio disponible. Si no recibe noticias nuestras, debe asumir que no hay espacios disponibles para la inscripción.

Programa de asistencia con cuotas de recreación

El programa de asistencia con las cuotas de recreación está diseñado para que nuestros programas sean accesibles para todos los residentes de la ciudad de San Mateo. Los residentes que cumplan los requisitos de sus ingresos son elegibles para recibir del 30 al 60% de descuento en las cuotas. Para inscribirse en el programa, necesita llenar la solicitud de inscripción de asistencia de cuotas (Recreation Fee Assistance Enrollment Application), acompañada de documentación de sus ingresos. Esta solicitud está disponible en todos los centros comunitarios de la ciudad. También se puede descargar desde www.cityofsanmateo.org/1430/ActivityGuide. Las solicitudes deben ser entregadas por lo menos 10 días antes de la inscripción.

Ley de estadounidenses con discapacidades

La ciudad de San Mateo no discrimina por motivos de discapacidad en sus programas, servicios, actividades y prácticas de empleo. Si necesita ayuda y servicios auxiliares para una comunicación efectiva (como un intérprete de lenguaje de señas, un dispositivo de asistencia auditiva o material impreso en formato digital), o una modificación razonable a los programas, servicios o actividades, comuníquese (650) 522-7400 o por correo electrónico a parksandrecreation@cityofsanmateo.org tan pronto como sea posible, pero a más tardar 10 días hábiles antes de la actividad o programa. Existe un procedimiento para resolver las quejas. Este aviso está disponible en formatos alternativos, como letra grande o Braille, bajo solicitud.

Garantía de satisfacción

Nos esforzamos constantemente para ofrecerle programas de recreación de la más alta calidad. Si por alguna razón no está completamente satisfecho con una clase o actividad, por favor comuníquese con nosotros para poder responder a sus inquietudes. Además de usar sus comentarios para mejorar nuestros programas, podemos hacer los siguientes cambios bajo pedido: 1. Traslado a otro tiempo o actividad. 2. Un crédito completo para uso futuro para cualquier actividad que ofrecemos. 3. Un reembolso completo. Algunos de nuestros programas, como, por ejemplo: alquiler de instalaciones, admisiones, ligas deportivas para adultos, campamentos de verano, programas contínuos o de sesiones múltiples, y las actividades con presentación, tienen políticas diferentes y específicas que se aplican. Su satisfacción completa con estos programas es igualmente valorada, y trabajaremos con usted para resolver sus inquietudes. Por favor póngase en contacto con nosotros por escrito, por teléfono o en persona en cualquiera de nuestros centros de recreación. Las solicitudes deben hacerse dentro de 10 días hábiles después de la final de la sesión para recibir un reembolso o crédito.

San Mateo Police Activities League / Liga de Actividades Policiales de San Mateo

Building the Bond Between Cops and Kids. Established in 1997, San Mateo Police Activities League (PAL) provides recreational, educational, and leisure activities at little or no cost to thousands of San Mateo and neighboring city youth – bringing youth under the supervision and positive influence of our city's police officers and other positive role models. Supported by a volunteer board of directors and staff consisting of San Mateo Police officers and Parks and Recreation staff, San Mateo PAL is building a stronger and safer community through kids. Our goal is to provide everyone with an opportunity to participate in our activities, regardless of financial hardships.

Construyendo el vínculo entre policías y niños. Establecida en 1997, la Liga de Actividades Policiales de San Mateo (PAL) ofrece actividades recreativas, educativas, y de ocio a bajo costo o sin costo para miles de jóvenes de San Mateo y ciudades vecinas, poniendo a los jóvenes bajo la supervisión y la influencia positiva de los agentes de policía de nuestra ciudad y otros modelos positivos. Con el apoyo de una junta directiva voluntaria y personal compuesto por agentes de policía de San Mateo y personal de Parques y Recreación, San Mateo PAL está construyendo una comunidad más fuerte y segura a través de los niños. Nuestro objetivo es brindarles a todos la oportunidad de participar en nuestras actividades, independientemente de las dificultades financieras.

Benefits of Being a PAL Member

San Mateo PAL memberships are FREE and open to youth ages 5-18 years old. PAL members are eligible to register for a variety of activities at nominal rates. Members will receive regular emails detailing upcoming activities including hockey, martial arts, soccer, dance, cooking, arts and crafts, family nights and more.

Membership and Registration

To become a member, visit our website at www.sanmateopal.org or fill out a PAL membership form at any City of San Mateo Recreation Center.

All PAL activities and programs are available for registration online through www.sanmateorec.org and in-person at Dr. Martin Luther King Jr. Community Center: 725 Monte Diablo Ave. PAL staff is on-site Monday, Tuesday and Thursday from 4-8 p.m.

Please Note: Due to limited space and to ensure that all members have an equal opportunity to participate in our programs, enrollment may sometimes be subject to a lottery system. How does the lottery system work? All patrons interested in a program will be placed on an interest list upon registration, and then using a random generator, individuals will randomly be selected and notified with further instructions.

@SanMateoPAL

200 Franklin Parkway - San Mateo, CA 94403
Telephone: (650) 522-7725
Web: www.sanmateopal.org
smpal@cityofsanmateo.org

Beneficios de ser miembro de PAL

Las membresías de San Mateo PAL son GRATUITAS y están abiertas a jóvenes de 5 a 18 años. Los miembros de PAL son elegibles para registrarse para una variedad de actividades a tarifas nominales. Los miembros recibirán correos electrónicos periodicamente detallando las próximas actividades incluyendo hockey, artes marciales, fútbol, danza, cocina, arte, noches familiares y mucho más.

Membresía y registro

Para convertirse en miembro, visite nuestro sitio web www.sanmateopal.org o complete el formulario de membresía de PAL en cualquier Centro Recreativo de la Ciudad de San Mateo.

Todas las actividades y los programas de PAL están disponibles para registrarse en línea a través de www.sanmateorec.org y en persona en el Centro Comunitario Dr. Martin Luther King Jr.: 725 Monte Diablo Ave. El personal de PAL está disponible los lunes, martes y jueves de 4 a 8 p.m.

Tenga en cuenta: Debido al cupo limitado y para garantizar que todos los miembros tengan las mismas oportunidades de participar en nuestros programas, la inscripción puede quedar sujeta a un sistema de sorteo. ¿Cómo funciona el sistema de sorteo? Todos los que estén interesados en un programa se incluirán en una lista al registrarse y, mediante un generador aleatorio, se seleccionarán al azar y recibirán instrucciones adicionales.

Preschool Building Blocks

Registration for the 2026-2027 School Year is Open

For over 20 years, the Building Blocks Preschool Programs have been dedicated to providing a safe environment for each child to grow emotionally, physically, socially, and intellectually. Our teachers make a commitment to support families and children by following Developmentally Appropriate Practices. In our programs, each child is recognized and respected as an individual, and each is nurtured and cherished. We strive to embrace your child's strengths while helping them build self-confidence and self-esteem. Through this process, our hope is that your child will leave our programs feeling accomplished and ready to move on to the next level of learning.

For more information, visit **www.cityofsanmateo.org/preschool** or contact Beresford Recreation Center (650) 522-7440.

Building Blocks Explorers

AGES 2-3

Is your child ready for independence at school, but not yet fully toilet trained? This class offers an opportunity for your child to learn independence, participate in social activities, movement and explore with our trained Building Blocks teachers. **A $60 non-refundable registration processing fee is due at the time of registration.**

Beresford Recreation Center				**10 payments of**
610102-B1	Mon, Wed, Fri	9:15-11:45am	$360	8/17-6/2
610102-B3	Tue & Thu	9:15-11:45am	$260	8/18-6/1
Shoreview Recreation Center				**10 payments of**
610102-B5	Mon, Wed, Fri	9:15-11:45am	$360	8/17-6/2
610102-B7	Tue & Thu	9:15-11:45am	$260	8/18-6/1

Building Blocks Discoverers

AGES 3-5

It's never too early to get your child excited about learning! Children in our Discoverers program will be exposed to social, cognitive, and physical activities that promote lifelong exploration and learning. Curriculum will include hands-on learning activities, early literacy and math skills, and group play opportunities. Your child will graduate from this foundational program well-adjusted and ready for Transitional Kindergarten. **A $60 non-refundable registration processing fee is due at the time of registration.**

Shoreview Recreation Center				**10 payments of**
610103-C3	Mon, Wed, Fri	9:00am-12:00pm	$430	8/17-6/2
610103-C4	Tue & Thu	9:00am-12:00pm	$310	8/18-6/1

Building Blocks Lunch Buddies

AGES 3-5

Join your favorite Building Blocks teachers for this one-hour program, where your child will enjoy lunch from home in a calm, social setting. Children will practice independence, table manners, and positive peer interactions while engaging in quiet, developmentally appropriate activities. **A $10 non-refundable registration processing fee is due at the time of registration.**

Shoreview Recreation Center				**10 payments of**
610106-D1	Mon, Wed, Fri	12:00-1:00pm	$145	8/17-6/2
610106-D3	Tue & Thu	12:00-1:00pm	$103	8/18-6/1



Preschool and Youth Dance

Zumbini

AGES 0-3

We grow up together! The ultimate bonding experience designed for kids and caregivers. We move, sing, play instruments, dance, and learn together! Our program uses music and movement to promote cognitive, social, emotional, and motor development. Come join the fun with us!

Instructor: Kalina Kotseva

Beresford Recreation Center

530800-A1	Thu	10:00-10:50am	$273	9/10-10/22
530800-A2	Thu	10:00-10:50am	$273	10/29-12/17

Ballet Baby & Me

AGES 1.5-3

Toddlers and their grown-ups are introduced to ballet through creative movement and imaginative play. Enjoy a delightful bonding experience as your little one twirls, leaps, and giggles into the enchanting world of dance!

Instructor: Broadway Babies and Kids Staff

Broadway Babies and Kids, 1463 Beach Park Blvd., Foster City

530801-A1	Tue	9:15-10:00am	$345	9/8-12/1
530801-A2	Sat	10:00-10:45am	$317	9/12-12/5
530801-A3	Sat	11:00-11:45am	$317	9/12-12/5

Creative Movement

AGES 1-3

It's never too early to get excited about dance, movement, and music! Students will explore and develop creative artistic spontaneity using props, musical instruments, and their own imaginations. Caregivers are welcome to participate.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530809-A1	Thu	9:30-10:15am	$447	9/10-12/17
530809-A2	Sat	9:00-9:45am	$447	9/12-12/19

Tiny Dancer

AGE 3

Tiny Dancer is a dance class for students who will be 3 years old by August 1st. This class offers an introduction to dance in the styles of Tap and Ballet. Our goal is to build a love of dance as we explore music, rhythm, and body movement.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530810-A1	Thu	3:15-4:00pm	$447	9/10-12/17
530810-A2	Fri	9:30-10:15am	$447	9/11-12/18
530810-A3	Sat	9:00-9:45am	$447	9/12-12/19
530810-A4	Sat	10:00-10:45am	$447	9/12-12/19

Pre Ballet/Tap

AGE 4

Pre Ballet/Tap is a dance class specifically for 4-year-olds. This class offers an introduction to dance in the styles of Tap and Ballet. Our goal is to build a love of dance as we explore music, rhythm, and body movement.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530803-A1	Thu	3:15-4:00pm	$447	9/10-12/17
530803-A2	Fri	10:15-11:00am	$447	9/11-12/18
530803-A3	Sat	11:00am-12:00pm	$540	9/12-12/19



Tiny Tumbler

AGES 3-4

Our tumbling class will develop overall strength, flexibility, balance, right/left integration, and spatial awareness all while having with mat work and obstacle courses. Students will be introduced to forward and backward rolls, cartwheels, handstands, and much more!

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530817-A1	Thu	10:15-11:00am	$447	9/10-12/17

Sports

Preschool Tennis

AGES 3-5

Preschool Tennis is a fun introduction to movement and exercise specifically designed for you and your child. Together you will run, jump, hop, twist, bend, and swing while you keep your eye on the ball. Meet other people, have fun, and find out why tennis has never been easier to play and learn. This is a parent participation class. All equipment will be provided.

Instructor: Todd Dissly Athletics Staff

Central Park Tennis Courts

530540-C1	Sat	9:20-9:55am	$215	9/12-10/24
530540-C2	Sat	9:20-9:55am	$215	10/31-12/19

SKYHAWKS

Skyhawks Soccer Tots

AGES 2-3.5

Our Soccer Tots program introduces young players to the world's most popular sport through age-appropriate games and activities. Kids develop coordination, balance, and basic soccer skills while having a blast with their peers.

Instructor: Skyhawks Staff

Beresford Park

530505-A	Sat	3:00-3:45pm	$200	9/26-10/31
530505-B	Sat	4:00-4:45pm	$200	9/26-10/31
530505-C	Sat	3:00-3:45pm	$200	11/7-12/12
530505-D	Sat	4:00-4:45pm	$200	11/7-12/12

Skyhawks Multi-Sport Tots

AGESS 2-3.5

This program gives your little athlete a positive first step into athletics. Our multi-sport approach introduces tots to soccer, baseball, and basketball in a fun, engaging format that emphasizes movement and skill development through play.

Instructor: Skyhawks Staff

Casanova Park

530509-A	Sun	3:30-4:15pm	$200	9/27-11/1
530509-B	Sun	4:30-5:15pm	$200	9/27-11/1
530509-C	Sun	3:30-4:15pm	$200	11/8-12/13
530509-D	Sun	4:30-5:15pm	$200	11/8-12/13

REBOUND BASKETBALL

The following basketball classes are offered by Rebound Basketball. For additional information, contact Manuel Minzer at manuelminzer@yahoo.com or (408) 499-6707.

Rebound Basketball: Parent/Tot

AGES 2-3

This is a parent-child class focused on developing gross motor skills and coordination pertinent to the game of basketball. Activities include organized games that help children develop skills and learn to follow directions. A ribbon award is included at the end of the program. Parent participation is required.

Instructor: Manuel Minzer

Beresford Park

530516-A2	Sun	9:35-10:00am	$108	9/13-10/18
530516-A3	Sun	9:35-10:00am	$91	11/1-12/6
530516-B1	Sat	9:35-10:00am	$125	9/12-10/24
530516-B2	Sat	9:35-10:00am	$91	11/7-12/12

Rebound Basketball: Pre-K

AGES 3-5

Learn the fundamentals of basketball in a fun recreational environment. Preschool classes include age-appropriate activities and emphasize basketball skills such as shooting, dribbling, and passing. Fun games will be played in each class. The registration fee includes a ribbon award presented at the end of the season. Participants should wear appropriate athletic attire and bring a water bottle to each class.

Instructor: Manuel Minzer

Beresford Park

530537-B2	Sun	10:05-10:35am	$125	9/13-10/18
530537-B3	Sun	10:05-10:35am	$99	11/1-12/6
530537-B4	Sat	10:05-10:35am	$145	9/12-10/24
530537-B5	Sat	10:05-10:35am	$99	11/7-12/12

TAEKWONDO OLYMPIC SPARRING/SELF-DEFENSE

The following Olympic Taekwondo classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. See receipt confirmation for uniform and belt-level test fees. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com

Beginner

AGES 3-6

High-energy class designed for beginners that includes structured games, Olympic drills to improve overall acuity, develops motor and self-defense skills, and builds confidence and respect, all while having a blast! Parent remains in class to manage bathroom breaks and help with focus.

530571-A1	Mon	5:30-6:00pm	$185	9/14-10/26
530571-B1	Mon	5:30-6:00pm	$185	11/2-12/14
530571-A2	Wed	5:30-6:00pm	$211	9/9-10/28
530571-B2	Wed	5:30-6:00pm	$159	11/4-12/16
530571-A3	Fri	5:30-6:00pm	$211	9/11-10/30
530571-B3	Fri	5:30-6:00pm	$134	11/6-12/18
530571-A4	Mon & Wed	5:30-6:00pm	$339	9/9-10/28
530571-B4	Mon & Wed	5:30-6:00pm	$288	11/2-12/16
530571-A5	Mon & Fri	5:30-6:00pm	$339	9/11-10/30
530571-B5	Mon & Fri	5:30-6:00pm	$262	11/2-12/18
530571-A6	Wed & Fri	5:30-6:00pm	$365	9/9-10/30
530571-B6	Wed & Fri	5:30-6:00pm	$236	11/4-12/18
530571-A7	Mon,Wed,Fri	5:30-6:00pm	$494	9/9-10/30
530571-B7	Mon,Wed,Fri	5:30-6:00pm	$365	11/2-12/18

Afterschool Care

Beresford Kids Club 2026/27

AGES 4-11

Beresford Kinder Kids and Kids Club are licensed programs for children in grades TK-5. Daily, our trained staff pick up children from Beresford and Meadow Heights Elementary Schools and bring them to Beresford Recreation Center. **A $60 non-refundable registration processing fee is required.**

Beresford Recreation Center				10 payments of
Kinder Kids				
610201-A2	Mon-Fri	12:30-6:00pm	$787	8/17-6/4
School Age				
610201-B2	Mon-Fri	2:30-6:00pm	$596	8/17-6/4

MLK Kids Club 2026/27

AGES 6-11

Exciting News for the 2026-2027 school year! The MLK Kids Club continues at the Dr. Martin Luther King Jr. Community Center, offering a dynamic and engaging afterschool experience. Our caring staff will provide safe and reliable school pick-up for children enrolled at Fiesta Garden's International School, followed by a healthy and delicious snack to fuel the fun ahead. Kids will get homework help to stay on top of their studies, plus enjoy an exciting mix of games, arts and crafts, and hands-on activities that inspire creativity and teamwork. MLK Kids Club is the perfect place for your child to learn, play, and thrive in a welcoming and supportive environment. **A $60.00 non-refundable registration processing fee is re-quired.**

Dr. Martin Luther King Jr. Community Center				10 payments of
610202-A2	Mon,Wed,Fri	2:30-6:00pm	$250	8/17-6/4
610202-B1	Tue & Thu	2:30-6:00pm	$128	8/18-6/3



PAL's Place 2026/27

AGES 11-16

Looking for a fun and supportive afterschool program for your teen? PAL's Place welcomes teens who are in **6th-10th grade** to enjoy a safe space to engage with friends through gaming, art activities, sports and more! Connect with San Mateo police officers, enjoy a healthy snack, and relax with friends. Computers and homework support will be provided on site. Our awesome staff can provide reliable school pick-up for teens enrolled at Fiesta Garden's International school.

Dr. Martin Luther King Jr. Community Center				
610203-A2	Mon-Fri	2:30-6:00pm	Free	8/17-6/4

School Break Camps

No School – Kids Day

AGES 5-11

Join your friends for a day of FUN! Kids will participate in games, arts and crafts, cooking, and sports. Spaces are limited, so early registration is recommended. Children must currently be enrolled in K through 5th grade to join this camp.

Instructor: City Staff

Dr. Martin Luther King Jr. Community Center				
510205-A1	Thu	8:30am-5:30pm	$75	12/17
510205-A2	Fri	8:30am-5:30pm	$75	12/18
510205-A3	Fri	8:30am-5:30pm	$75	10/2

Fall Camp

AGES 5-11

Celebrate the season at Fall Camp! From colorful autumn-inspired crafts to outdoor games, creative art projects, science experiments, and group activities, every day is packed with fun and adventure. Campers will enjoy a full week of hands-on learning, new friendships, and unforgettable experiences while school is out. Children must be currently enrolled in kindergarten through 5th grade.

Instructor: City Staff

Beresford Recreation Center				
510206-A	Mon-Fri	8:30-5:30pm	$375	10/5-10/9

Thanksgiving Break Camp

AGES 5-11

Looking for flexible childcare during Thanksgiving Break? Our Thanksgiving Break Camp is the perfect place for children to stay active, creative, and engaged while school is out. Each day features hands-on crafts, exciting games, STEM activities, art projects, and plenty of opportunities to make new friends. Register for the days you need or join us for the entire break. Children must be currently enrolled in kindergarten through 5th grade.

Instructor: City Staff

Beresford Recreation Center				
510207-A1	Mon	8:30am-5:30pm	$75	11/23
510207-A4	Tue	8:30am-5:30pm	$75	11/24
510207-A5	Wed	8:30am-5:30pm	$75	11/25

Winter Camp

AGES 5-11

Make winter break unforgettable at Winter Camp! Each day is filled with festive fun, including seasonal crafts, interactive games, winter-themed science activities, creative art projects, and camp traditions that keep campers smiling all day long. Spend the week making memories, building friendships, and enjoying a winter break filled with fun and adventure. Children must be currently enrolled in kindergarten through 5th grade.

Instructor: City Staff

Dr.Martin Luther King Jr. Community Center				
510208-A1	Mon-Wed	8:30am-5:30pm	$225	12/21-12/23
510208-A3	Mon-Thu	8:30am-5:30pm	$225	12/28-12/30

Rebound Basketball Camp AGES 5-8 & 8-14

Through fun games and positive encouragement, Rebound Basketball Academy coaches create an engaging and supportive learning environment. The program focuses on building each participant's confidence, developing fundamental basketball skills, and fostering a lifelong love of the game. The registration fee includes a ribbon award presented at the end of the season. Participants should wear appropriate athletic attire and bring a water bottle to each class.

Instructor: Manuel Minzer

Beresford Park

AGES 5-8

520215-B1	Mon-Fri	9:00am-12:00pm	$237	10/5-10/9
520215-B2	Mon-Wed	9:00am-12:00pm	$143	11/23-11/25
520215-B3	Mon-Wed	9:00am-12:00pm	$143	12/21-12/23
520215-B4	Mon-Wed	9:00am-12:00pm	$143	12/28-12/30

AGES 8-14

520215-C1	Mon-Fri	9:00am-12:00pm	$237	10/5-10/9
520215-C2	Mon-Wed	9:00am-12:00pm	$143	11/23-11/25
520215-C3	Mon-Wed	9:00am-12:00pm	$143	12/21-12/23
520215-C4	Mon-Wed	9:00am-12:00pm	$143	12/28-12/30

NAOA: All Sports Thanksgiving Camp AGES 6-12

Get your child moving and having fun while discovering the world of sports! Each day is packed with exciting games like whiffle ball, basketball, soccer, flag football, capture the flag, relay races, obstacle courses, and plenty of surprises along the way.

Instructor: National Academy of Athletics Staff

Beresford Park

520567-A2	Mon-Wed	9:00am-3:00pm	$160	11/23-11/25



JUNIOR CHEF STARS

Instructor: Junior Chef Star Staff

Dr. Martin Luther King Jr. Community Center

NEW Little Farmers Market Camp AGES 7-10

Welcome to Little Farmer's Market, a camp all about discovering the amazing variety of fresh foods you'd find at a real farmer's market – and how to use them!

520202-A1	Mon-Fri	9:00am-4:00pm	$650	10/5-10/9

NEW Cornucopia of Flavors Camp AGES 7-10

Step into a kitchen filled with colors, scents, and tastes of autumn! At Cornucopia of Flavors, junior chefs will explore the season's richest ingredients while whisking, chopping, and sauteing their way through a hands-on culinary adventure!

521122-A1	Mon-Wed	9:00am-4:00pm	$394	11/23-11/25

BRICK TECH

Instructor: Brick Tech Staff

NEW Engineering and Design: City Creator with LEGO® Materials Camp AGES 5-10

Your child will become a city architect in our LEGO® Engineering and Design camp! Campers will plan, build, and connect buildings, bridges, and parks while learning real-world design skills. Through hands-on teamwork and creativity, they'll turn blank spaces into bustling brick cities. No experience required – just imagination and curiosity!

Beresford Recreation Center

531101-A1	Mon-Fri	9:00am-12:00pm	$468	10/5-10/9

NEW Minecraft Masters with LEGO® Materials Camp AGES 5-10

Campers will build their own Minecraft world this fall – no screen required! In this hands-on LEGO® camp, students will craft blocky biomes, mobs, and shelters, while exploring creativity, design, and storytelling. Perfect for young builders who love Minecraft and want to bring the game to life, brick by brick!

Dr. Martin Luther King Jr. Community Center

531102-A1	Mon-Wed	9:00am-12:00pm	$375	11/23-11/25

COMMUNICATION ACADEMY

Instructor: Communication Academy Staff

Beresford Recreation Center

Public Speaking: Spontaneous Speakers Camp

AGES 8-11

Campers will gain experience with the most versatile speech type, learn to be prepared for questions, and create excellent presentations, whether it's on-the-spot or they have time to research their answers.

531192-A1	Mon-Wed	9:00-11:30am	$290	11/23-11/25

Confident Debate: Mock Trial Camp

AGES 8-11

Campers master civics, debate, and explore the law! Using age-appropriate mock trials, they will learn to create speeches, analyze evidence, work together on teams, and simulate a trial together.

531191-A1	Mon-Wed	12:30-3:00pm	$290	11/23-11/25

Public Speaking & Confident Debate Camp

AGES 8-11

Campers master speaking, debate, critical thinking, and gain confidence in this combo camp! Get two courses at an automatic discount!

531180-A1	Mon-Wed	9:00am-3:00pm	$540	11/23-11/25

A-Z CREATIVITY

Instructor: A-Z Creativity Staff

Beresford Recreation Center

Art Extravaganza Camp

AGES 5-10

Each day, young artists will explore new art forms, including drawing, painting, collaging, and sculpture. They will experiment with materials, learn new techniques, and create meaningful artwork! Creativity and imagination will flourish all week long!

520211-A1	Mon-Fri	9:00am-3:00pm	$580	10/5-10/9

Build It! Art Studio Camp

AGES 5-10

In this dynamic sculpture camp, young artists will dive into wire, cardboard, dry air clay, and mixed media! They'll explore techniques, experiment with materials, and create meaningful artwork while building creativity, problem-solving, and imagination.

520212-A1	Mon-Wed	9:00am-3:00pm	$353	11/23-11/25

DRAGONFLY DESIGNS

Instructor: Dragonfly Designs Staff

Beresford Recreation Center

Sparkle & Create: Art & Jewelry Camp

AGES 6-10

Kids will celebrate the season at our Sparkle & Create: Art & Jewelry Camp! They will create handmade gifts and wearable treasures using jewelry-making, painting, clay, and textiles while exploring creativity, artistic techniques, and festive holiday fun.

521027-A1	Mon-Wed	9:00am-3:00pm	$406	11/23-11/25

NEW Fall Fairy Garden: Woodland Wonders Camp

AGES 6-10

Your child will step into an enchanted autumn world! Campers will create magical fall fairy gardens with pumpkins, mushrooms, woodland creatures, clay, moss, pinecones, leaves, and sparkling seasonal treasures while exploring creativity and imagination.

521054-A1	Mon-Fri	9:00am-3:00pm	$589	10/5-10/9

CREATE MIX AND MINGLE

Instructor: Create Mix and Mingle Staff

Create Mix & Mingle, 25 N Kingston St, San Mateo

Artistic Medley Camp

AGES 6-12

We will keep your child engaged and challenge them with new artistic mediums daily through projects that stimulate their minds using sculpture, painting, and drawing while combining them in creative ways!

531047-A1	Mon-Fri	9:00am-3:00pm	$545	10/5-10/9
531047-A2	Thu & Fri	9:00am-3:00pm	$265	12/17-12/18
531047-A3	Mon-Wed	9:00am-3:00pm	$385	12/21-12/23

Acrylic Painting Camp

AGES 6-12

Your child will develop creativity while working on their own masterpieces! They'll learn the fundamentals of acrylic painting, such as color theory, form, and composition. These skills will be fine-tuned by painting on canvas paper, rocks, and other materials.

532540-A1	Mon	9:00am-3:00pm	$145	9/21
532540-A2	Mon-Wed	9:00am-3:00pm	$385	11/23-11/25

Martial Arts

Kendo

AGES 9+

Kendo, Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through demanding exercises. In addition to the registration fee, San Mateo Kendo Dojo will collect required membership fees that vary depending on the type of membership. Please visit www.sanmateokendo.org for current member fees and details.

Instructor: San Mateo Kendo Dojo Staff

Dr. Martin Luther King Jr. Community Center

Beginner				
530553-A1	Tue	6:00-7:00pm	$35	9/8-10/27
530553-A2	Tue	6:00-7:00pm	$35	11/3-12/15
Advanced				
530553-B1	Tue	7:00-8:00pm	$40	9/8-10/27
530553-B2	Tue	7:00-8:00pm	$40	11/3-12/15

KARATE

The following Karate classes are taught by Sensei Bernard Edwards and are held at the San Mateo Senior Center. For additional information, please call (650) 207-3550.

Karate 1: Intro/Beginner

AGES 5-7

Karate helps build confidence and increase concentration. This class will emphasize hand-eye coordination, body awareness, and Karate concepts including blocking, kicking, punching, and striking. Karate Gi (uniform) is required.

Instructor: Bernard Edwards

Senior Center

530510-A1	Tue	5:45-6:30pm	$208	9/22-11/17

Karate 2: Advanced Beginner

AGES 8-13

This advanced beginner level course will stress the more advanced basics of Karate. Students must have completed Karate 1 and have the instructor's approval to join this class.

Instructor: Bernard Edwards

Senior Center

530532-A1	Thu	5:45-6:30pm	$208	9/24-11/19

Karate 3: Intermediate/Advanced

AGES 8-17

Our intermediate/advanced level class will help experienced students master their Karate skills. |Students must have completed three consecutive sessions of Karate 2 and have the instructor's approval to join this class.

Instructor: Bernard Edwards

Senior Center

530531-A1	Tue & Thu	6:30-7:30pm	$419	9/22-11/19

MU SOOL

The following Mu Sool classes are taught by Tim Sheehan and are held at the Central Park Recreation Center. For additional information, please email kuksoolmastertimsheehan@gmail.com or call (650) 570-5991

Beginner/Intermediate

AGES 6-12

Discover the dynamic world of Mu Sool, a comprehensive Korean martial arts system that combines kicking, striking, joint locks, throws, and traditional forms. This beginner-friendly class focuses on building discipline, coordination, self-confidence, and respect, all while getting a fun and challenging workout. No experience necessary!

530576-A1	Tue	5:15-5:50pm	$410	9/8-12/15
530576-A2	Thu	5:15-5:50pm	$383	9/10-12/17
530576-A3	Tue & Thu	5:15-5:50pm	$701	9/8-12/17

Intermediate/Advanced

AGES 10-17

Designed for students with prior experience in Mu Sool or a similar martial art, this class builds on foundational techniques and emphasizes discipline, fitness, self-defense, and continued personal growth in a structured, supportive environment. Whether training for the next belt or sharpening skills, this class is the next step in a student's martial arts journey. Prerequisite: Prior Mu Sool experience to the rank of Blue Belt or above or instructor approval.

530535-A1	Tue	6:00-6:55pm	$410	9/8-12/15
530535-A2	Thu	6:00-6:55pm	$383	9/10-12/17
530535-A3	Tue & Thu	6:00-6:55pm	$701	9/8-12/17

TAEKWONDO OLYMPIC SPARRING/SELF-DEFENSE

The following Olympic Taekwondo classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. See receipt confirmation for uniform and belt-level test fees. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com.

Students will have fun and improve strength, speed, agility, overall acuity, and fitness while developing self-defense skills. We use Kukkiwon, World Taekwondo/ Olympic training drills and techniques, including flag-tag, SAQ, Mad Dog Visual Acuity, and BlazePod Reaction training. Classes are adapted to meet the needs of every level. See Preschool section for Beginner, age 3-6 yrs, class description and details.

Junior

AGES 5-11

532810-A1	Mon	6:00-7:00pm	$221	9/14-10/26
532810-B1	Mon	6:00-7:00pm	$221	11/2-12/14
532810-A2	Wed	6:00-7:00pm	$251	9/9-10/28
532810-B2	Wed	6:00-7:00pm	$189	11/4-12/16
532810-A3	Fri	6:00-7:00pm	$251	9/11-10/30
532810-B3	Fri	6:00-7:00pm	$159	11/6-12/18
532810-A4	Mon & Wed	6:00-7:00pm	$405	9/9-10/28
532810-B4	Mon & Wed	6:00-7:00pm	$344	11/2-12/16
532810-A5	Mon & Fri	6:00-7:00pm	$405	9/11-10/30
532810-B5	Mon & Fri	6:00-7:00pm	$312	11/2-12/18
532810-A6	Wed & Fri	6:00-7:00pm	$435	9/9-10/30
532810-B6	Wed & Fri	6:00-7:00pm	$279	11/4-12/18
532810-A7	Mon,Wed,Fri	6:00-7:00pm	$589	9/9-10/30
532810-B7	Mon,Wed,Fri	6:00-7:00pm	$435	11/2-12/18

Advanced

AGES 10-17

532811-A1	Mon	7:00-8:00pm	$221	9/14-10/26
532811-B1	Mon	7:00-8:00pm	$221	11/2-12/14
532811-A2	Wed	7:00-8:00pm	$251	9/9-10/28
532811-B2	Wed	7:00-8:00pm	$189	11/4-12/16
532811-A3	Fri	7:00-8:00pm	$251	9/11-10/30
532811-B3	Fri	7:00-8:00pm	$159	11/6-12/18
532811-A4	Mon & Wed	7:00-8:00pm	$405	9/9-10/28
532811-B4	Mon & Wed	7:00-8:00pm	$344	11/2-12/16
532811-A5	Mon & Fri	7:00-8:00pm	$405	9/11-10/30
532811-B5	Mon & Fri	7:00-8:00pm	$312	11/2-12/18
532811-A6	Wed & Fri	7:00-8:00pm	$435	9/9-10/30
532811-B6	Wed & Fri	7:00-8:00pm	$279	11/4-12/18
532811-A7	Mon,Wed,Fri	7:00-8:00pm	$589	9/9-10/30
532811-B7	Mon,Wed,Fri	7:00-8:00pm	$435	11/2-12/18

MAD DOG SPORT VISION ACUITY

The following Mad Dog Sport Vision Acuity classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com.

Develop reflexes like the PROS! You will see sooner, your hands, body, and mind will respond quicker, you'll process options faster and reduce your overall reaction time for that winning edge! Whether you participate in baseball, basketball, football, tennis, MMA, martial arts, or boxing, you'll react like a Mad Dog!

Junior

AGES 5-11

530579-A1	Mon	6:00-6:30pm	$185	9/14-10/26
530579-B1	Mon	6:00-6:30pm	$185	11/2-12/14
530579-A2	Wed	6:00-6:30pm	$211	9/9-10/28
530579-B2	Wed	6:00-6:30pm	$159	11/4-12/16
530579-A3	Fri	6:00-6:30pm	$211	9/11-10/30
530579-B3	Fri	6:00-6:30pm	$134	11/6-12/18
530579-A4	Mon & Wed	6:00-6:30pm	$365	9/9-10/28
530579-B4	Mon & Wed	6:00-6:30pm	$314	11/2-12/16
530579-A5	Mon & Fri	6:00-6:30pm	$365	9/11-10/30
530579-B5	Mon & Fri	6:00-6:30pm	$288	11/2-12/18
530579-A6	Wed & Fri	6:00-6:30pm	$391	9/9-10/30
530579-B6	Wed & Fri	6:00-6:30pm	$262	11/4-12/18
530579-A7	Mon,Wed,Fri	6:00-6:30pm	$545	9/9-10/30
530579-B7	Mon,Wed,Fri	6:00-6:30pm	$416	11/2-12/18

Advanced

AGES 10-17

530580-A1	Mon	6:30-7:00pm	$185	9/14-10/26
530580-B1	Mon	6:30-7:00pm	$185	11/2-12/14
530580-A2	Wed	6:30-7:00pm	$211	9/9-10/28
530580-B2	Wed	6:30-7:00pm	$159	11/4-12/16
530580-A3	Fri	6:30-7:00pm	$211	9/11-10/30
530580-B3	Fri	6:30-7:00pm	$134	11/6-12/18
530580-A4	Mon & Wed	6:30-7:00pm	$365	9/9-10/28
530580-B4	Mon & Wed	6:30-7:00pm	$314	11/2-12/16
530580-A5	Mon & Fri	6:30-7:00pm	$365	9/11-10/30
530580-B5	Mon & Fri	6:30-7:00pm	$288	11/2-12/18
530580-A6	Wed & Fri	6:30-7:00pm	$391	9/9-10/30
530580-B6	Wed & Fri	6:30-7:00pm	$262	11/4-12/18
530580-A7	Mon,Wed,Fri	6:30-7:00pm	$545	9/9-10/30
530580-B7	Mon,Wed,Fri	6:30-7:00pm	$416	11/2-12/18

REBOUND BASKETBALL

The following basketball classes are offered by Rebound Basketball. For additional information, contact Manuel Minzer at manuelminzer@yahoo.com or (408) 499-6707.

Rebound Basketball Academy AGES 5-7

Participants will learn and practice fundamental basketball skills, including dribbling, passing, and shooting, through fun and age-appropriate activities in each class. The program emphasizes skill development, teamwork, and sportsmanship, with engaging games incorporated throughout the season. The registration fee includes a ribbon award presented at the end of the season. Participants should wear appropriate athletic attire and bring a water bottle to each class.

Instructor: Manuel Minzer

Beresford Park – Basketball Court

530538-C2	Mon	3:15-4:00pm	$116	9/14-10/19
530538-C3	Mon	3:15-4:00pm	$116	11/2-12/7
530538-B2	Fri	3:15-4:00pm	$142	9/11-10/23
530538-C1	Fri	3:15-4:00pm	$116	11/6-12/11
530538-B1	Sat	10:45-11:30am	$165	9/12-10/24
530538-B3	Sat	10:45-11:30am	$116	11/7-12/12
530538-B5	Sun	10:45-11:30am	$142	9/13-10/18
530538-B6	Sun	10:45-11:30am	$116	11/1-12/6

Rebound Basketball Academy AGES 8-14

This class emphasizes the basic basketball skills in offense and defense through fun exercises. Team concepts are presented in games and scrimmages to give participants a strong foundation while moving to the next game level. The registration fee includes a ribbon award presented at the end of the season. Participants should wear appropriate athletic attire and bring a water bottle to each class.

Instructor: Manuel Minzer

Beresford Park – Basketball Court

530539-D6	Mon	4:05-5:00pm	$125	9/14-10/19
530539-D7	Mon	4:05-5:00pm	$125	11/2-12/7
530539-D4	Fri	4:05-5:00pm	$151	9/11-10/23
530539-D2	Fri	4:05-5:00pm	$125	11/6-12/11
530539-D5	Sat	11:35am-12:30pm	$175	9/12-10/24
530539-D3	Sat	11:35am-12:30pm	$125	11/7-12/12
530539-D8	Sun	11:35am-12:30pm	$151	9/13-10/18
530539-D9	Sun	11:35am-12:30pm	$125	11/1-12/6

Tennis

The following tennis programs are offered by Todd Dissly Athletics. For additional information, contact Tennis Director Paul Lin, paul@sanmateotennis.net or (650) 743-1382. Please check Threads for weather updates: www.threads.net/@sanmateotp.

Pre-Rallyball Tennis AGES 5-6

Pre-Rallyball Tennis is the preparation stage for students ages 5-6 years old for the San Mateo pathway. Early skill acquisition depends on parent participation. To progress to Rallyball 1, students must demonstrate proper grip and focused ball tracking.

Beresford Park Tennis Courts

530541-B1	Mon	4:15-4:55pm	$209	9/14-10/19
530541-B2	Mon	4:15-4:55pm	$277	10/26-12/14
Central Park Tennis Courts				
530541-B3	Sat	10:15-10:55am	$243	9/12-10/24
530541-B4	Sat	10:15-10:55am	$243	10/31-12/19

Jr. Rallyball Tennis 1 AGES 7-10

Jr. Rallyball Tennis 1 is designed to engage young children in learning tennis as a team sport while having fun with their friends. To progress to Rallyball 2, students must demonstrate multiple touch rallies on a 36-foot court.

Beresford Park Tennis Courts

530542-B1	Mon	5:00-5:55pm	$191	9/14-10/19
530542-B2	Mon	5:00-5:55pm	$253	10/26-12/14
Central Park Tennis Courts				
530542-C1	Fri	4:00-4:55pm	$222	9/11-10/23
530542-C2	Fri	4:00-4:55pm	$222	10/30-12/18
530542-C3	Sat	11:00-11:55am	$222	9/12-10/24
530542-C4	Sat	11:00-11:55am	$222	10/31-12/19



Jr. Rallyball Tennis 2

AGES 7-10

Prerequisite: Rallyball 1 and instructor's approval. Jr. Rallyball Tennis 2 helps children improve their rally skills with better control of ball direction and depth. Overhead serving will also be polished for point play during this class. To progress to Rallyball 3, students must be able to serve and rally consistently on a 36-foot court.

Central Park Tennis Courts

530543-C1	Fri	5:00-5:55pm	$222	9/11-10/23
530543-C2	Fri	5:00-5:55pm	$222	10/30-12/18
530543-C3	Sat	10:00-10:55am	$222	9/12-10/24
530543-C4	Sat	10:00-10:55am	$222	10/31-12/19



Jr. Rallyball Tennis 3

AGES 7-10

In Jr. Rallyball Tennis 3, students start to play with orange balls on a 60-foot court which requires more efficient footwork to navigate. Leg drive and weight transfer are also introduced to aid groundstroke depth in this course. Prerequisite: Rallyball 2 and instructor's approval. To progress, students must demonstrate solid techniques and control.

Central Park Tennis Courts

530558-C1	Mon	4:00-4:55pm	$191	9/14-10/19
530558-C2	Mon	4:00-4:55pm	$253	10/26-12/14
530558-C3	Sat	9:00-9:55am	$222	9/12-10/24
530558-C4	Sat	9:00-9:55am	$222	10/31-12/19

Jr. Beginning Tennis

AGES 11-17

Jr. Beginning Tennis is ideal for teenagers who have never learned to play tennis. To progress to Intermediate, students must be able to serve and rally consistently on a 60-foot court.

Central Park Tennis Courts

530544-C1	Fri	4:00-4:55pm	$222	9/11-10/23
530544-C2	Fri	4:00-4:55pm	$222	10/30-12/18

Jr. Intermediate Tennis

AGES 11-17

Jr. Intermediate Tennis is perfect for students who are ready to play with green balls on a full 78-foot court. All basic strokes will be revisited with an emphasis on match play strategies during this class. Prerequisite: Jr. Beginning and instructor approval.

Central Park Tennis Courts

530545-C1	Mon	5:00-5:55pm	$191	9/14-10/19
530545-C2	Mon	5:00-5:55pm	$253	10/26-12/14
530545-C3	Fri	5:00-5:55pm	$222	9/11-10/23
530545-C4	Fri	5:00-5:55pm	$222	10/30-12/18

Jr. Pickleball – Beginner/Intermediate

AGES 10-17

Calling all teenagers who are new to Pickleball! Join your peers to learn the fundamentals of the fastest growing sport in the U.S. and start playing the game from the first lesson! You may borrow paddles and balls will be provided during class.

Central Park Tennis Courts

530640-C1	Wed	5:00-5:55pm	$222	9/9-10/21
530640-C2	Wed	5:00-5:55pm	$222	10/28-12/16

Jr. Pickleball: Intermediate

AGES 10-17

For experienced young players, this class will polish your fundamentals while helping strategize for your game. Coach approval required if you have not attended the Beginner class.

Central Park Tennis Courts

530641-C1	Wed	4:00-4:55pm	$222	9/9-10/21
530641-C2	Wed	4:00-4:55pm	$222	10/28-12/16

SKYHAWKS

Skyhawks: Beginning Golf

AGES 5-7

This class is designed to teach the basics of putting, driving, and golf etiquette. Using kid-friendly equipment, we make learning fun with engaging drills, providing a great way for young golfers of all levels to improve!

Instructor: SkyHawks Instructor

Cassanova Park

520551-B1	Thu	3:45-4:45pm	$181	9/24-10/29
520551-B2	Thu	3:45-4:45pm	$181	11/5-12/17



Skyhawks: Cheerleading

AGESS 6-9

Get ready to Cheer! This high-energy class teaches jumps, cheers, chats, and basic stunts while building confidence, coordination, and teamwork. Perfect for beginners who want to learn the fundamentals of cheerleading in a fun, supportive setting.

Instructor: SkyHawks Instructor

Beresford Park

520553-A1	Mon	3:45-4:45pm	$185	9/28-11/2
520553-A2	Mon	3:45-4:45pm	$185	11/9-12/14

Skyhawks: Beginning Baseball

AGES 6-8 & 9-12

Step up to the plate! This baseball program teaches throwing, catching, hitting, and base running through fun drills and games. Players build fundamentals while learning teamwork and sportsmanship in a positive, encouraging environment.

Instructor: SkyHawks Instructor

Shoreview Park

AGES 6-8				
520555-A1	Fri	3:45-4:45pm	$181	9/25-10/30
520555-B1	Fri	3:45-4:45pm	$181	10/30-12/11
AGES 9-12				
520555-A2	Fri	5:00-6:00pm	$181	9/25-10/30
520555-B2	Fri	5:00-6:00pm	$181	10/30-12/11

Skyhawks: Volleyball

AGES 7-9 & 10-12

Bump, set, spike! Join Skyhawks Peninsula for an exciting and skill-building indoor volleyball class designed specifically for kids. Whether your child is new to the sport or building on existing skills, this program offers a fun, energetic environment that promotes teamwork, confidence, and athletic development.

Led by experienced Skyhawks coaches, participants will learn the fundamentals of volleyball—including passing, setting, hitting, and serving—through engaging drills, age-appropriate instruction, and game-based play. With a focus on positive reinforcement and sportsmanship, kids will gain both skills and confidence on the court.

Instructor: SkyHawks Instructor

Laurelwood Park

AGES 7-9				
530550-A1	Tue	3:45-4:45pm	$181	9/29-11/3
530550-A2	Tue	3:45-4:45pm	$181	11/10-12/15
AGES 10-12				
530550-B1	Tue	5:00-6:00pm	$181	9/29-11/3

Skyhawks: Flag Football

AGES 7-9 & 9-12

Ready, set, hike! Our Flag Football class is all about fun, fast-paced action in a safe, no-contact setting. Kids learn teamwork, passing, and game strategy while staying active and building confidence with a big focus on safety and sportsmanship

Instructor: SkyHawks Instructor

Cassanova Park

AGES 6-8				
530552-A1	Wed	3:45-4:45pm	$181	9/23-10/28
530552-B1	Wed	3:45-4:45pm	$181	11/4-12/16
AGES 9-12				
530552-A2	Wed	5:00-6:00pm	$181	9/23-10/28

Skateboarding: Basic Tricks

AGES 5-14

Take your skills to the next level! This class builds on the fundamentals introduced in the Getting Started program, focusing on developing both basic and intermediate skateboarding tricks. Students will progress in a supportive, safe, and fun environment while gaining confidence and control on their boards.

Instructor: Mike Manidis

Beresford Stake Park

530556-A1	Sat	10:00-11:00am	$134	9/12-10/10
530556-A2	Sat	10:00-11:00am	$134	10/31-12/5

Skateboarding: Getting Started

AGES 5-14

Perfect for first-time riders! This class introduces kids to the fundamentals of skateboarding, emphasizing proper technique, balance, and control. The focus is on creating a fun and safe learning environment that helps students build confidence and stay excited as they progress beyond the basics

Instructor: Mike Manidis

Beresford Stake Park

530557-A1	Sat	9:00-10:00am	$134	9/12-10/10
530557-A2	Sat	9:00-10:00am	$134	10/31-12/5



World Cup Soccer – Skills Clinic

AGES 4-6 & 7-10

World Cup Soccer Skill Clinics focus on a lot of ball touches and core skills like dribbling, passing, and shooting. Small groups ensure personal attention, and each session ends with a fun scrimmage to apply what they've learned.

Instructor: World Cup Soccer Staff

Beresford Park

AGES 4-6				
530525-A2	Sat	4:00-5:00pm	$279	9/19-11/7

Bay Meadows Community Park

AGES 4-6				
530525-A1	Fri	4:00-5:00pm	$279	9/18-11/6
530525-A3	Mon	4:30-5:30pm	$279	9/21-11/9
530525-A4	Wed	4:00-5:00pm	$249	9/23-11/4
AGES 7-10				
530525-B1	Fri	5:00-6:00pm	$279	9/18-11/6
530525-B2	Sat	5:00-6:00pm	$279	9/19-11/7
530525-B3	Mon	5:30-6:30pm	$279	9/21-11/9
530525-B4	Wed	4:00-5:00pm	$249	9/23-11/4

Zumbini

AGES 0-3

We grow up together! The ultimate bonding experience designed for kids and caregivers. We move, sing, play instruments, dance, and learn together! Our program uses music and movement to promote cognitive, social, emotional, and motor development. Come join the fun with us!

Instructor: Kalina Kotseva

Beresford Recreation Center

530800-A1	Thu	10:00-10:50am	$273	9/10-10/22
530800-A2	Thu	10:00-10:50am	$273	10/29-12/17

Kid's Yoga Series

Pod Yoga and Yogalings

AGES 5-12

Children are introduced to yoga through movement, breath-work, mindfulness, games, and relaxation in a way that feels natural, engaging, and age-appropriate. It's not just another physical activity but absorbing a lifelong skillset. The program is designed to help children build strength, balance, focus, and body awareness while also supporting emotional well-being and self-confidence. Each class creates a calm, supportive environment where children are encouraged to move mindfully, express themselves freely, and develop healthy tools for managing stress, emotions, and everyday challenges.

Instructor: Bright Roots Yoga Instructors

Beresford Recreation Center

Pod Yoga: age 5-9 yrs.				
530522-A1	Tue	4:00-5:00pm	$262	9/8-10/20
Yogalings: age 9-12 yrs.				
530523-A1	Tue	4:00-5:00pm	$272	10/27-12/15

Ballet

Ballet Baby & Me

AGES 1.5-3

Toddlers and their grown-ups are introduced to ballet through creative movement and imaginative play. Enjoy a delightful bonding experience as your little one twirls, leaps, and giggles into the enchanting world of dance!

Instructor: Broadway Babies and Kids Staff

Broadway Babies and Kids, 1463 Beach Park Blvd., Foster City

530801-A1	Tue	9:15-10:00am	$345	9/8-12/1
530801-A2	Sat	10:00-10:45am	$317	9/12-12/5
530801-A3	Sat	11:00-11:45am	$317	9/12-12/5

Pre Ballet/Tap

AGES 4

Pre Ballet/Tap is a dance class specifically for 4-year-olds. This class offers an introduction to dance in the styles of Tap and Ballet. Our goal is to build a love of dance as we explore music, rhythm, and body movement.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre, 617 Mountain View Ave, Unit 5, Belmont

530803-A1	Thu	3:15-4:00pm	$447	9/10-12/17
530803-A2	Fri	10:15-11:00am	$447	9/11-12/18
530803-A3	Sat	11:00am-12:00pm	$540	9/12-12/19

Ballet Intro

AGES 7+

Our Ballet Intro class is an introduction to learning our classical ballet program and is built upon The Cecchetti Method, a highly regarded ballet technique devised by the Italian ballet master Enrico Cecchetti (1850-1928). You will develop the essential skills of dance (balance, poise, strength, elevation, flexibility, and artistry).

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre, 617 Mountain View Ave, Unit 5, Belmont

530811-A1	Thu	4:00-5:00pm	$540	9/10-12/17

Creative Ballet

AGES 6-10

Working on lines and movement through space, students will learn dances using creative movement together with ballet steps.

Instructor: Tina Burke

Beresford Recreation Center

530814-B1	Sat	11:30am-12:20pm	$138	9/12-12/12

Ballet Teen/Adult: Mixed Levels

AGES 12+

Designed for beginners through professionals, this traditional ballet experience is taught by a professional dancer with extensive teaching experience at Bay Area dance studios. Technique is emphasized in a welcoming setting that supports all skill levels.

Instructor: Kristine Chambers

Beresford Recreation Center

541701-H2	Fri	6:15-7:30pm	$285	9/11-12/18
Virtual Program (Hosted via Zoom)				
541701-H1	Fri	6:15-7:30pm	$285	9/11-12/18

Youth Dance & Fitness Fall Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Street Dance 4:00-4:50pm 7-16 yrs. MLK	**Ballet Baby & Me** 9:15-10:00am 18 mos.-3 yrs. BBK	**Tap Intro** 4:00-5:00pm 7+ yrs. BTDT	**Creative Movement** 9:30-10:15am 1-3 yrs. BTDT	**Creative Movement** 9:00-9:45am 1-3 yrs. BTDT	**Creative Movement** 9:00-9:45am 1-3 yrs. BTDT
Tap, Twirl & Shake 4:00-5:00pm 6-7 yrs. BTDT	**Tumbling** 3:30-4:15pm 5-6 yrs. BTDT	**Performance Acting** 4:00-5:00pm 7-13 yrs. BTDT	**Zumbini®** 10:00-10:50am 0-3 yrs. BRC	**Tiny Dancer** 9:30-10:15am 3 yrs. BTDT	**Tiny Dancer** 9:00-9:45am 3 yrs. BTDT
Mexican Folkloric I 4:10-5:00pm 5-10 yrs. MLK	**Pod Yoga/Yogalings** 4:00-5:00pm 5-12 yrs. BRC	**Jazz Ma Tazz** 4:30-6:00pm 11-18 yrs. BRC	**Tiny Tumbler** 10:15-11:00am 3-4 yrs. BTDT	**Pre Ballet/Tap** 10:15-11:00am 4 yrs. BTDT	**Kinderdance** 9:30-10:15am 4-6 yrs. BRC
K-Pop Beg/Int 4:30-5:30pm 7-17 yrs. BRC	**Acro Intro** 4:15-5:15pm 7+ yrs. BTDT		**Pre Ballet/Tap** 3:15-4:00pm 4 yrs. BTDT	**Dance Party for Teens & Adults with Disabilities** 4:00-5:00pm 12+ yrs. BRC	**Ballet Baby & Me** 10:00-10:45am 18 mos.-3 yrs. BBK
Boys Dance 5:00-5:50pm 7-16 yrs. MLK	**Acro Basics** 5:15-6:15pm 7+ yrs. BTDT		**Tiny Dancer** 3:15-4:00pm 3 yrs. BTDT	**Contemporary/Lyrical** 5:00-6:00pm 7-16 yrs. BRC	**Tap, Twirl & Shake** 10:00-11:00am 6-7 yrs. BTDT
Mexican Folkloric II 5:00-6:00pm 6-12 yrs. MLK	**Beg/Int Jazz** 5:20-6:20pm 8-16 yrs. BRC		**Kinderdancer** 4:00-5:00pm 5-6 yrs. BTDT	**Ballet Teen/Adult** Mixed Levels 6:15-7:30pm 12+ yrs. BRC & ZOOM	**Tiny Dancer** 10:00-10:45am 3 yrs. BTDT
K-Pop Adv 6:10-7:10pm 12-17 yrs. MLK			**Ballet Intro** 4:00-5:00pm 7+ yrs. BTDT		**Creative Dance** 10:30-11:15am 6-9 yrs. BRC
			Irish Dance New Beginner 4:00-4:30pm 4-5 yrs. BRC		**Ballet Baby & Me** 11:00-11:45am 18 mos.-3 yrs. BBK
			Irish Dance New Beginner 4:15-5:00pm 6+ yrs. BRC		**Pre Ballet/Tap** 11:00am-12:00pm 4 yrs. BTDT
			Irish Dance Beg/Novice 4:45-5:30pm 6+ yrs. BRC		**Kinderdancer** 11:00am-12:00pm 5-6 yrs. BTDT
			Jazz Intro 5:00-6:00pm 7+ yrs. BTDT		**Creative Ballet** 11:30am-12:20pm 6-10 yrs. BRC
			Irish Dance Novice/Prize 5:30-6:15pm 8+ yrs. BRC		
			Irish Dance Prize/Prechamp 5:45-6:45pm 8+ yrs. BRC		



Location Key

BBK Broadway Babies & Kids

BRC Beresford Recreation Center

BTDT Better Together Dance Theatre

MLK Dr. Martin Luther King Jr. Community Center

ZOOM Virtual Class Via Zoom

Tap

Tap Intro

AGES 7+

Our Tap Intro class is an introduction to learning hoofing and rhythm tap styles with an emphasis on percussion, syncopations, and lower body movement. We will focus on musicality, strength, tap terminology, and choreography.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530842-A1	Wed	4:00-5:00pm	$540	9/9-12/16

Creative Dance

Kinderdance

AGES 4-6

Children will explore their creativity through dance while being introduced to basic dance technique in our Kinderdance class. Using Modern dance technique as a base, children will explore levels, qualities of movement, and rhythmic structures. They will use these tools to make their own dances, as well as work together to create group dances.

Instructor: Tina Burke

Beresford Recreation Center

530804-B2	Sat	9:30-10:15am	$138	9/12-12/12



Creative Dance

AGES 6-9

This class is the next step after Kinderdance for dancers who have the basics down. Dancers will learn movements, technique, and the fundamentals of creating a dance. Create something special!

Instructor: Tina Burke

Beresford Recreation Center

530805-B1	Sat	10:30-11:15am	$138	9/12-12/12



Contemporary/Lyrical: Mixed Levels

AGES 7-16

Contemporary dance combines the strong, controlled legwork of ballet, the expressive use of the torso from modern dance, and the dynamic lines and quick movements of jazz. Lyrical dance, rooted in jazz, focuses on expressing the emotions of a song's lyrics through movement. In this class, dancers will work on technique, learn floor work, and explore improvisation, interpretive dance, and lyrical styles. Beginners are welcome!

Instructor: Kristine Chambers

Beresford Recreation Center

530807-B2	Fri	5:00-6:00pm	$265	9/11-12/11

Jazz

Jazz Intro

AGES 7+

Our Jazz Intro class is an introduction to learning proper technique, flexibility, and simple to complex combinations and patterns. We teach classic jazz with some elements of commercial jazz. Class includes floor stretching, body isolations, across the floor patterns, and choreography.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530821-A1	Thu	5:00-6:00pm	$540	9/10-12/17

Beginning/Intermediate Jazz

AGES 8-16

Jazz dance involves dynamic movements, performed with a low center of gravity and soft knees to maintain balance and clean transitions from one movement to the next. This series develops students' dance skills while pumping up their energy and confidence. Students will learn technique, basic jazz steps, and fun dance combinations, then continue building on these skills with more challenging steps while focusing on musicality in choreography.

Instructor: Tina Burke

Beresford Recreation Center

530822-B1	Tue	5:20-6:20pm	$138	9/8-12/8

K-Pop

K-Pop: Beginning/Intermediate

AGES 7-17

Learn the basics of K-pop dance in a fun, beginner/intermediate-friendly class! Perfect for young fans ready to groove to their favorite idols' moves.

Instructor: Gyabi Tompkins

Beresford Recreation Center

530827-K1	Mon	4:30-5:30pm	$225	9/14-12/7

K-Pop: Advanced

AGES 12-17

Train like an idol in this advanced class! Master complex choreography, stage presence, and team synchronization. This class is open to students who have completed two sessions of K-pop within the past year.

Instructor: Gyabi Tompkins

Dr. Martin Luther King Jr. Community Center

530828-K1	Mon	6:10-7:10pm	$185	9/14-12/7

Specialty Dance

Tiny Tumbler

AGES 3-4

Our tumbling class will develop overall strength, flexibility, balance, right/left integration, and spatial awareness all while having with mat work and obstacle courses. Students will be introduced to forward and backward rolls, cartwheels, handstands, and much more!

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530817-A1	Thu	10:15-11:00am	$447	9/10-12/17

Tumbling

AGES 5-6

Our Tumbling class will develop overall strength, flexibility, balance, right/left integration, and spatial awareness all while having fun with mat work and obstacle courses. Students will be introduced to forward and backward roles, cartwheels and much more!

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530802-A1	Tue	3:30-4:15pm	$447	9/8-12/15



Kinderdancer

AGES 5-6

A fun introduction to dance through Tap, Ballet, and Tumbling. Dancers will explore music, rhythm, and movement as we nurture a love for dance.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530844-A1	Thu	4:00-5:00pm	$540	9/10-12/17
530844-A2	Sat	11:00am-12:00apm	$540	9/12-12/19

Tap, Twirl & Shake

AGES 6-7

An introduction to dance in the styles of Tap, Ballet, and Jazz. Our goal is to build a love of dance as we explore music, rhythm, and body movement.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530843-A2	Mon	4:00-5:00pm	$540	9/14-12/14
530843-A1	Sat	10:00-11:00am	$540	9/12-12/19



NEW Acro Intro

AGES 7+

Our Acro Intro class is an introduction to learning and building basic skills such as overall strength, flexibility, balance, left right integration, and spatial awareness. We will introduce and build on tumbling skills such as cartwheels, handstands, bridges and much more! Students in this class will also learn sequences and routines set to music!

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530806-A1	Tue	4:15-5:15pm	$540	9/8-12/15

NEW Acro Basics

AGES 8+

Our Acro Basics class is designed for students to continue learning and building upon basic skills such as overall strength, flexibility, balance, left right integration, and spatial awareness. We will begin to introduce more advanced tumbling skills such as round offs, aerials, walkovers and much more! Students in this class will also learn sequences and routines set to music!

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530808-A1	Tue	5:15-6:15pm	$540	9/8-12/15

Boys Dance

AGES 7-16

For all of you out there who want to move, funk it up and dance! Whether you're new to dance or have some dancing chops, join this great program geared toward boys. We focus on athletizing, fun and games, all set to great music.

Instructor: Kevin Stanford

Dr. Martin Luther King Jr. Community Center

530851-K1	Mon	5:00-5:50pm	$135	9/14-12/7

Traditional Irish Dance

AGES 4+

Dancers will learn basic Irish steps while getting a good foundation in dance training. We will build stamina, develop coordination and balance, all while gaining self-confidence and having FUN! The instructor is registered with the Irish Dancing Commission in Dublin, Ireland.

Instructor: Mary-Jo Feeney & Melissa Sheridan

Beresford Recreation Center

New Beginners: age 4-5 yrs.				
530860-B6	Thu	4:00-4:30pm	$355	9/10-12/17
New Beginners: age 6+ yrs.				
530860-B1	Thu	4:15-5:00pm	$355	9/10-12/17
Beginners/Novice: age 6+ yrs.				
530860-B2	Thu	4:45-5:30pm	$355	9/10-12/17
Novice/Prize: age 8+ yrs.				
530860-B5	Thu	5:30-6:15pm	$355	9/10-12/17
Prize/Prechamp: age 8+ yrs.				
530860-B4	Thu	5:45-6:45pm	$355	9/10-12/17



Mexican Folkloric

AGES 5-12

This series of Mexican Folkloric classes provide the San Mateo community with the opportunity to celebrate and explore the rich traditions of Mexican dance, music, and folklore.

Instructor: Karina Vela

Dr. Martin Luther King Jr. Community Center

Level I: age 5-10 yrs.				
530861-K1	Mon	4:10-5:00pm	$205	9/14-12/7
Level II: age 6-12 yrs.				
530861-K2	Mon	5:00-6:00pm	$205	9/14-12/7

Street Dance

AGES 7-16

Get on your feet and out of your seat – we're dancing in the street! This class is packed with dances from hip hop to hop-scotch and ballet to breakdance, plus loads of fun games that are sure to get you movin'!

Instructor: Kevin Stanford

Dr. Martin Luther King Jr. Community Center

530852-K1	Mon	4:00-4:50pm	$135	9/14-12/7

Performance Acting

AGES 7-13

This course teaches the basic principles of acting technique and performance. It explores script analysis, character development, improvisation, and the audition process. Students will be given exercises involving scene objectives, inner monologues, voice, and movement. The class culminates in a rehearsed, self-produced ensemble piece.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

530815-A1	Wed	4:00-5:00pm	$540	9/9-12/16

NEW Dance Party for Teens & Adults with Disabilities

AGES 12+

Enjoy movement, music, and self-expression in a fun, welcoming, and supportive environment. Participants will learn basic dance steps and warm-up exercises tailored to individual abilities, explore creative movement and improvisation, and dance to a variety of favorite songs requested by the group. Led by a professional dance instructor with experience teaching teens and adults with disabilities, this class encourages creativity, confidence, social connection, and enjoyment through dance. Caregivers are welcome to accompany participants who require assistance. Join us for a lively and inclusive dance party!

Instructor: Kristine Chambers

Beresford Recreation Center

541705-B1	Fri	4:00-5:00pm	$285	9/11-12/18

Performance Troupe

Jazz Ma Tazz

AGES 11-18

If you're a middle or high school dancer looking for more opportunities to perform, Jazz Ma Tazz would love to welcome you! Our performing troupe has showcased its talents throughout the Peninsula at community parades, College of San Mateo dance productions, the San Mateo County Fair, and the City of San Mateo's two annual dance showcases. If you have a passion for dance and enjoy performing, come be part of our energetic and supportive troupe!

Instructor: Tina Burke

Beresford Recreation Center

530866-A1	Wed	4:30-6:00pm	$155	9/9-12/9

Youth Arts & Crafts

Ceramics

Instructor: Meral Agi

Central Park Ceramics Studio, 50 E 5th Ave

Doing Art Together

AGES 5-11

Our Ceramics Doing Art Together class provides the opportunity for a child and caregiver team to work together on hand-built clay projects. You will literally build memories and bring home keepsakes from this fun-for-all class!

531012-A1	Sun	2:30-4:00pm	$121	10/11-10/25



Pottery for Teens

AGES 12-17

Geared for teens, this ceramics course will focus on creativity and having fun! Classes will cover basic techniques of pinch pots and slab building.

531013-A1	Mon	4:15-5:45pm	$130	9/28-11/2



Youth Music

Introduction to Group Piano

AGES 7-12

Learn to play the keyboard! This course will encourage confidence and enthusiasm in players as they explore their way around the keyboard and learn basic piano techniques, notes reading, and basic theory.

Instructor: Willie Wong

Beresford Recreation Center

530901-A1	Thu	6:00-7:00pm	$251	9/17-11/12

NEW Mini Group Piano

AGES 5-7

Small class sizes with a maximum of four students makes learning piano fun and engaging! Students will be introduced to the fundamentals of piano-playing, including reading and playing notes in the Middle C position, music theory through age-appropriate activities, and guided practice. A great introduction to piano lessons and preparation for the possibility of future private study. For effective learning and regular practice, students are required to have access to a piano or keyboard at home.

Instructor: Willie Wong

Beresford Recreation Center

530903-A1	Thu	3:30-4:05pm	$405	9/10-11/19
530903-A2	Thu	4:15-4:50pm	$405	9/10-11/19
530903-A3	Thu	5:00-5:35pm	$405	9/10-11/19



Private Music Lessons

Private weekly lessons in piano, voice, ukulele, and guitar (acoustic and electric) are held in late afternoon, evenings, and Saturday mornings. A piano is provided for lessons. Students provide their own instrument for guitar and ukulele lessons. All levels welcome!

Willie Wong (Piano only)

AGES 6-18

Instructor: Willie Wong

Beresford Recreation Center

530902-A1	Wed	3:00-3:30pm	$565	9/9-12/16
530902-A2	Wed	3:30-4:00pm	$565	9/9-12/16
530902-A3	Wed	4:00-4:30pm	$565	9/9-12/16
530902-A4	Wed	4:30-5:00pm	$565	9/9-12/16
530902-A5	Wed	5:00-5:30pm	$565	9/9-12/16
530902-A6	Wed	5:30-6:00pm	$565	9/9-12/16
530902-A7	Wed	6:00-6:30pm	$565	9/9-12/16
530902-A8	Wed	6:30-7:00pm	$565	9/9-12/16
530902-C1	Fri	3:30-4:00pm	$612	9/11-12/18
530902-C2	Fri	4:00-4:30pm	$612	9/11-12/18
530902-C3	Fri	4:30-5:00pm	$612	9/11-12/18
530902-C4	Fri	5:00-5:30pm	$612	9/11-12/18
530902-C5	Fri	5:30-6:00pm	$612	9/11-12/18
530902-C6	Fri	6:00-6:30pm	$612	9/11-12/18
530902-C7	Fri	6:30-7:00pm	$612	9/11-12/18

Matthew Magennis (Piano and Guitar)

AGES 5-14

Instructor: Matthew Magennis

Beresford Recreation Center

530904-A1	Mon	7:30-8:00pm	$658	9/14-12/14
530904-A2	Mon	8:00-8:30pm	$658	9/14-12/14
530904-A3	Mon	8:30-9:00pm	$658	9/14-12/14



Frank Martinez (Piano, Voice, Guitar, and Ukulele)

AGES 4-18

Instructor: Frank Martinez

Beresford Recreation Center

530906-A1	Sat	10:00-10:30am	$705	9/12-12/19
530906-A2	Sat	10:30-11:00am	$705	9/12-12/19
530906-A3	Sat	11:00-11:30am	$705	9/12-12/19
530906-A4	Sat	11:30am-12:00pm	$705	9/12-12/19
530906-A5	Sat	12:00-12:30pm	$705	9/12-12/19

Youth Adventures & Learning

JUNIOR CHEF STARS

Instructor: Junior Chef Star Staff

Dr. Martin Luther King Jr. Community Center

Whisk Around the World

AGES 7-13

Whisk Around the World is your child's ticket to a global kitchen adventure! In this flavorful after-school program, your junior chef will "whisk" away to a new country each week, exploring international cuisines through hands-on cooking fun!

Dr. Martin Luther King Jr. Community Center

531131-A1	Wed	4:15-5:30pm	$495	9/9-10/21
531131-A2	Wed	4:15-5:30pm	$425	11/4-12/16



CHESS ACADEMY

Instructor: Chess Academy Staff

Beresford Recreation Center

Chess Academy

AGES 6-13

Chess Academy provides a strong foundation in the rules and strategies needed to play chess. Our lessons will promote growth and development of skills in concentration, logic, decision-making, and planning. Starters is designed for beginners and Intermediate is for students with previous experience. All participants play in training games with other participants. Fee includes a ribbon award.

Starters

531166-A1	Thu	3:35-4:30pm	$215	9/10-10/29
531166-A2	Thu	3:35-4:30pm	$185	11/5-12/17
531166-A3	Sat	10:05-11:00am	$245	9/12-10/31
531166-A4	Sat	10:05-11:00am	$185	11/7-12/19

Intermediate/Advanced

531167-A1	Thu	4:35-5:30pm	$215	9/10-10/29
531167-A2	Thu	4:35-5:30pm	$185	11/5-12/17
531167-A3	Sat	11:05am-12:00pm	$245	9/12-10/31
531167-A4	Sat	11:05am-12:00pm	$185	11/7-12/19

Golf



For Green Fees & Reservations

www.poplarcreekgolf.com or **(650) 522-4653**

Golf Shop ..... (650) 522-4653
Dana Banke, Head Golf Professional..... (650) 522-7515
Administration ..... (650) 522-7510

Use the QR Code to view the latest green fees.

Get Golf Ready Group Lessons

These four-week programs meet once a week and are designed to progressively get you ready for the game of golf. Participants receive 4 one-hour lessons, a golf shop discount card, and a free bucket of range balls for each week while the clinic is in session. **Check our website www.poplarcreekgolf.com for schedule and sign-ups.**

Driving Range

Poplar Creek has an 18-stall driving range, a large practice putting green, and a short game practice area (daily fee applies).

VIP Membership

Join our VIP program and enjoy a 14-day tee time booking window, additional bonus on range cards, early access to afternoon rates, and free use of short game practice area. Visit our website www.poplarcreekgolf.com for more information and to sign-up.



GOLF AT POPLAR CREEK GOLF COURSE

Looking for a place to hold a golf tournament or team building? Give us a call for our special event packages!

Book your tournament now!
Call (650) 522-4653

Golf at Poplar Creek Golf Course is year-round. Warm up on our driving range and get out and play. Private and group lessons are available - learn more by calling (650) 522-7515. Book your tournament now – call (650) 522-4653.

Poplar Creek Golf Shop carries a large inventory of gear from leading golf manufacturers: Titleist, Callaway, Taylor Made, Foot-Joy, Sun Mountain, Cleveland Golf, Adidas, Bridgestone, and many others.



Adult Softball League

Get in the game with San Mateo Adult Softball — a fun and competitive weeknight league for both men's and co-ed teams! Whether you're looking to stay active, connect with friends, or compete under the lights, this league offers the perfect blend of recreation and competition. Offered during the Spring, Summer, and Fall seasons, each team is guaranteed 8 games per season, giving you plenty of opportunities to hit, pitch, and play. Games are held on weeknights, making it easy to fit into your busy schedule.

The registration fee is $798 per team.

Ready to round up your roster? For more information or to register, please contact the Community Services Coordinator at (650) 522-7470. We'll see you on the field!

Mon	Tue	Wed	Thu	Fri
Coed	Coed & Men's	Men's	Coed	Men's

https://www.quickscores.com/sanmateo



Open Gym for Fall 2026

At the Dr. Martin Luther King Jr. Community Center
725 Monte Diablo Ave, San Mateo, CA 94401

September 8th to December 17th, 2026

Age 18 + · $4 fee to play

Mondays	Pickleball	9:00am-1:00pm
	Volleyball	6:30pm-8:30pm
Tuesdays	Pickleball	9:00am-1:00pm
	Basketball	6:30pm-8:30pm
Wednesdays	Basketball	9:00am-1:00pm
	Volleyball	6:30pm-8:30pm
Thursdays	Volleyball	9:00am-1:00pm
	Basketball	6:30pm-8:30pm

San Mateo High School Open Gym

PICKLEBALL

Sundays, 10:00am-3:00pm
Ages: 18+ years · $5/session

Join us every Sunday from 10:00am-3:00pm for open gym pickleball at San Mateo High School Gym (506 N. Delaware Street, San Mateo, CA 94401). Adults (18+) are welcome to drop in and enjoy friendly games with the community. Come play, meet other pickleball enthusiasts, and have some fun on the courts!



Tennis & Pickleball

The following tennis programs are offered by Todd Dissly Athletics. For additional information, contact Tennis Director Paul Lin, paul@sanmateotennis.net or (650) 743-1382. Please check Threads for weather updates: www.threads.net/@sanmateotp.

Adult Beginning Tennis 1

This class is designed for anyone who's ready to take advantage of the new teaching technique. You will be able to rally with a partner within an hour of the first class. To progress to Beginning Tennis 2, you need to develop ball-reading/tracking skills and coordinate your body to allow smooth racquet swinging.

Central Park Tennis Courts

541212-B1	Mon	8:00-8:55pm	$191	9/14-10/19
541212-B2	Mon	8:00-8:55pm	$253	10/26-12/14
541212-B3	Wed	6:30-7:25pm	$222	9/9-10/21
541212-B4	Wed	6:30-7:25pm	$222	10/28-12/16
541212-B5	Fri	7:30-8:25pm	$222	9/11-10/23
541212-B6	Fri	7:30-8:25pm	$222	10/30-12/18
541212-B7	Sat	11:00-11:55am	$222	9/12-10/24
541212-B8	Sat	11:00-11:55am	$222	10/31-12/19

Adult Beginning Tennis 2

Beginning Tennis 2 classes are for players who can already load in time and hit with fluid follow-through. All basic shots will be introduced to prepare you for match play. To progress to Intermediate Tennis 1, you need to demonstrate accurate ball reading, adequate footwork, and consistent rally from the baseline.

Los Prados Park Tennis Courts

541213-B1	Sun	9:00-9:55am	$221	9/13-10/18
541213-B2	Sun	9:00-9:55am	$257	10/25-12/13
Central Park Tennis Courts				
541213-B10	Fri	10:00-10:55am	$222	10/30-12/18
541213-B3	Mon	7:00-7:55pm	$191	9/14-10/19
541213-B4	Mon	7:00-7:55pm	$253	10/26-12/14
541213-B9	Fri	10:00-10:55am	$222	9/11-10/23
Beresford Park Tennis Courts				
541213-B5	Mon	8:00-8:55pm	$233	9/14-10/19
541213-B6	Mon	8:00-8:55pm	$309	10/26-12/14
541213-B7	Thu	7:00-7:55pm	$222	9/10-10/22
541213-B8	Thu	7:00-7:55pm	$222	10/29-12/17



Adult Intermediate Tennis 1

In Intermediate Tennis 1, lessons are fast paced, but we will still review the previous lesson's instruction. The goal of each lesson segment is to introduce one or more skills necessary to play tennis at a higher level. Instructor approval is required.

Los Prados Park Tennis Courts

541214-B1	Sun	10:00-10:55am	$216	9/13-10/18
541214-B2	Sun	10:00-10:55am	$257	10/25-12/13
Beresford Park Tennis Courts				
541214-B3	Mon	7:00-7:55pm	$233	9/14-10/19
541214-B4	Mon	7:00-7:55pm	$309	10/26-12/14
Central Park Tennis Courts				
541214-B5	Wed	7:30-8:25pm	$222	9/9-10/21
541214-B6	Wed	7:30-8:25pm	$222	10/28-12/16
541214-B7	Thu	7:00-8:25pm	$313	9/10-10/22
541214-B8	Thu	7:00-8:25pm	$313	10/29-12/17
541214-B9	Fri	11:00-11:55am	$222	9/11-10/23
541214-B10	Fri	11:00-11:55am	$222	10/30-12/18

Adult Intermediate Tennis 2

Intermediate Tennis 2 is perfect for players who are starting to develop topspin groundstroke and spin serves. Singles and/or doubles point play will be crucial to gauge your understanding of tactics. Prerequisite: Solid rally with both pace and control from the baseline.

Central Park Tennis Courts

541215-B1	Sun	9:00-9:55am	$215	9/13-10/18
541215-B2	Sun	9:00-9:55am	$250	10/25-12/13
541215-B3	Mon	10:00-11:25am	$269	9/14-10/19
541215-B4	Mon	10:00-11:25am	$357	10/26-12/14
541215-B5	Tue	7:00-8:25pm	$313	9/8-10/20
541215-B6	Tue	7:00-8:25pm	$357	10/27-12/15
Beresford Park Tennis Courts				
541215-B7	Wed	6:30-7:25pm	$222	9/9-10/21
541215-B8	Wed	6:30-7:25pm	$222	10/28-12/16
541215-B9	Thu	8:00-8:55pm	$222	9/10-10/22
541215-B10	Thu	8:00-8:55pm	$222	10/29-12/17



Adult Intermediate Tennis 3

Intermediate Tennis 3 is for players with an aggressive serve, consistent topspin groundstroke, and solid volley technique. To progress to Advanced level, you need to demonstrate a well-rounded game with reliable skills to win points. Prerequisite: Solid game with excellent footwork both at net and from the baseline.

Beresford Park Tennis Courts

541217-B1	Wed	7:30-8:25pm	$222	9/9-10/21
541217-B2	Wed	7:30-8:25pm	$222	10/28-12/16

Central Park Tennis Courts

541217-C1	Fri	6:30-7:25pm	$222	9/11-10/23
541217-C2	Fri	6:30-7:25pm	$222	10/30-12/18
541217-C3	Sun	10:00-10:55am	$210	9/13-10/18
541217-C4	Sun	10:00-10:55am	$250	10/25-12/13



Pickleball – Beginner 1

Perfect for those new to the sport or looking to brush up on the basics. You'll learn the fundamentals of pickleball, including how to serve, rally, and score. No prior experience needed! Just bring a positive attitude and willingness to learn!

Central Park Tennis Courts

541221-C1	Tue	10:00-10:55am	$222	9/8-10/20
541221-C2	Tue	10:00-10:55am	$253	10/27-12/15
541221-C3	Fri	7:30-8:25pm	$222	9/11-10/23
541221-C4	Fri	7:30-8:25pm	$222	10/30-12/18

Los Prados Park Tennis Courts

541221-LP1	Mon	7:00-7:55pm	$222	9/14-10/19
541221-LP2	Mon	7:00-7:55pm	$253	10/26-12/14
541221-LP3	Sat	10:00-10:55am	$222	9/12-10/24
541221-LP4	Sat	10:00-10:55am	$222	10/31-12/19

Pickleball: Beginner 2

Prerequisite: Beginner 1 or equivalent experience. Designed for players with solid fundamentals, this class aims to improve your consistency, movement, and court positioning, which are required to transition your game to the intermediate level.

Central Park Tennis Courts

541223-C1	Sun	2:00-2:55pm	$222	9/13-10/18
541223-C2	Sun	2:00-2:55pm	$222	10/25-12/13
541223-C3	Tue	11:00-11:55am	$222	9/8-10/20
541223-C4	Tue	11:00-11:55am	$253	10/27-12/15
541223-C5	Wed	6:30-7:25pm	$222	9/9-10/21
541223-C6	Wed	6:30-7:25pm	$222	10/28-12/16
541223-C7	Fri	11:00-11:55am	$222	9/11-10/23
541223-C8	Fri	11:00-11:55am	$222	10/30-12/18
541223-C9	Fri	6:30-7:25pm	$222	9/11-10/23
541223-C10	Fri	6:30-7:25pm	$222	10/30-12/18

Los Prados Park Tennis Courts

541223-LP1	Mon	8:00-8:55pm	$222	9/14-10/19
541223-LP2	Mon	8:00-8:55pm	$253	10/26-12/14
541223-LP3	Thu	8:00-8:55pm	$222	9/10-10/22
541223-LP4	Thu	8:00-8:55pm	$222	10/29-12/17
541223-LP5	Sat	11:00-11:55am	$222	9/12-10/24
541223-LP6	Sat	11:00-11:55am	$222	10/31-12/19

Pickleball – Intermediate

Prerequisite: Beginner 2 or equivalent experience. Come join this class if you are proficient at the fundamentals and gameplay. You will finetune your technique, footwork, and court awareness, while strategizing to meet new challenges.

Central Park Tennis Courts

541222-C1	Sun	3:00-3:55pm	$222	9/6-10/18
541222-C2	Sun	3:00-3:55pm	$222	10/25-12/13
541222-C3	Wed	6:30-7:25pm	$222	9/9-10/21
541222-C4	Wed	6:30-7:25pm	$222	10/28-12/16
541222-C5	Fri	10:00-10:55am	$222	9/11-10/23
541222-C6	Fri	10:00-10:55am	$222	10/30-12/18

Los Prados Park Tennis Courts

541222-LP1	Tue	8:00-8:55pm	$222	9/8-10/20
541222-LP2	Tue	8:00-8:55pm	$253	10/27-12/15
541222-LP3	Thu	7:00-7:55pm	$222	9/10-10/22
541222-LP4	Thu	7:00-7:55pm	$222	10/29-12/17



Martial Arts

MAD DOG SPORT VISION ACUITY

The following Mad Dog Sport Vision Acuity classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com. Develop reflexes like the PROS! You will see sooner, your hands, body, and mind will respond quicker, you'll process options faster and reduce your overall reaction time for that winning edge! Whether you participate in baseball, basketball, football, tennis, MMA, martial arts, or boxing, you'll react like a Mad Dog!

Adults

541225-A1	Mon	6:30-7:00pm	$185	9/14-10/26
541225-B1	Mon	6:30-7:00pm	$185	11/2-12/14
541225-A2	Wed	6:30-7:00pm	$211	9/9-10/28
541225-B2	Wed	6:30-7:00pm	$159	11/4-12/16
541225-A3	Fri	6:30-7:00pm	$211	9/11-10/30
541225-B3	Fri	6:30-7:00pm	$134	11/6-12/18
541225-A4	Mon & Wed	6:30-7:00pm	$365	9/9-10/28
541225-B4	Mon & Wed	6:30-7:00pm	$314	11/2-12/16
541225-A5	Mon & Fri	6:30-7:00pm	$365	9/11-10/30
541225-B5	Mon & Fri	6:30-7:00pm	$288	11/2-12/18
541225-A6	Wed & Fri	6:30-7:00pm	$391	9/9-10/30
541225-B6	Wed & Fri	6:30-7:00pm	$262	11/4-12/18
541225-A7	Mon,Wed,Fri	6:30-7:00pm	$545	9/9-10/30
541225-B7	Mon,Wed,Fri	6:30-7:00pm	$416	11/2-12/18



TAEKWONDO OLYMPIC SPARRING/SELF-DEFENSE

The following Olympic Taekwondo classes are taught by International Certified Master Luis Rosario and are held at the Central Park Recreation Center. See receipt confirmation for uniform and belt-level test fees. For additional information, please email lrosario@kickssm.com or visit www.kickssm.com.

Students will have fun and improve strength, speed, agility, overall acuity, and fitness while developing self-defense skills. We use Kukkiwon, World Taekwondo/Olympic training drills and techniques, including flag-tag, SAQ, Mad Dog Visual Acuity, and BlazePod Reaction training. Classes are adapted to meet the needs of every level.

Adults

542810-A1	Mon	7:00-8:00pm	$221	9/14-10/26
542810-B1	Mon	7:00-8:00pm	$221	11/2-12/14
542810-A2	Wed	7:00-8:00pm	$251	9/9-10/28
542810-B2	Wed	7:00-8:00pm	$189	11/4-12/16
542810-A3	Fri	7:00-8:00pm	$251	9/11-10/30
542810-B3	Fri	7:00-8:00pm	$159	11/6-12/18
542810-A4	Mon & Wed	7:00-8:00pm	$405	9/9-10/28
542810-B4	Mon & Wed	7:00-8:00pm	$344	11/2-12/16
542810-A5	Mon & Fri	7:00-8:00pm	$405	9/11-10/30
542810-B5	Mon & Fri	7:00-8:00pm	$312	11/2-12/18
542810-A6	Wed & Fri	7:00-8:00pm	$435	9/9-10/30
542810-B6	Wed & Fri	7:00-8:00pm	$279	11/4-12/18
542810-A7	Mon, Wed, Fri	7:00-8:00pm	$589	9/9-10/30
542810-B7	Mon,Wed,Fri	7:00-8:00pm	$435	11/2-12/18

Kendo

AGES 9+

Kendo, Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through demanding exercises. In addition to the registration fee, San Mateo Kendo Dojo will collect required membership fees that vary depending on the type of membership. Please visit www.sanmateokendo.org for current member fees and details.

Instructor: San Mateo Kendo Dojo Staff

Dr. Martin Luther King Jr. Community Center

Beginner				
530553-A1	Tue	6:00-7:00pm	$35	9/8-10/27
530553-A2	Tue	6:00-7:00pm	$35	11/3-12/15
Advanced				
530553-B1	Tue	7:00-8:00pm	$40	9/8-10/27
530553-B2	Tue	7:00-8:00pm	$40	11/3-12/15

Cardio

Zumba

Zumba is a Latin-inspired dance and fitness workout. The class format combines fast and slow rhythms that tone and sculpt the body. The cardio-based dance movements are easy to follow and designed for everyone. Our instructors are Zumba certified.

Instructor: Shoko Boyd

San Mateo High School, Dance Studio, 506 N. Delaware St. (Inside Gym)

541502-B5	Mon	6:30-7:30pm	$225	9/14-12/7

Instructor: Gaby Torres

Beresford Recreation Center

541502-B2	Mon	9:30-10:30am	$238	9/14-12/14
541502-B1	Tue	6:15-7:15pm	$255	9/8-12/15
541502-S1	Sat	10:30-11:30am	$238	9/12-12/19
Dr. Martin Luther King Jr. Community Center				
541502-K1	Mon	6:30-7:30pm	$238	9/14-12/14
541502-K2	Thu	6:30-7:30pm	$222	9/10-12/17

Instructor: Kalina Kotseva

Beresford Recreation Center

541502-B7	Thu	5:30-6:30pm	$133	9/10-10/22
541502-B8	Thu	5:30-6:30pm	$133	10/29-12/17

Zumba Gold

Zumba is a Latin-inspired dance and fitness workout led by certified instructors. Zumba Gold offers the same fun moves you love, modified for active older adults at a lower intensity.

Instructor: Gaby Torres

Beresford Recreation Center

541545-B1	Thu	9:00-9:50am	$262	9/10-12/17

Cardio Kickboxing (Non-Contact)

Boost your cardio fitness and relieve stress in this energetic class! Enjoy lively combinations of punches and kicks set to fun music, along with core exercises designed with modifications and options so participants can work at the level that feels right for them. All fitness levels are welcome.

Instructor: Mary Brinig

Beresford Recreation Center

541535-H1	Sat	9:15-10:15am	$157	9/12-12/12

Cardio Dance

Cardio Dance is a high-intensity whole body dance workout that combines Jazz, Latin, Hip Hop and Pop Dance moves as well as balance, flexibility, and strength. The instructor is certified by the American College of Sports Medicine (ACSM).

Instructor: Patti Michelsen

Beresford Recreation Center

541536-B1	Mon	10:15-11:15am	$168	9/14-12/14
541536-B2	Wed	10:15-11:15am	$157	9/16-12/16
541536-B3	Fri	10:15-11:15am	$157	9/18-12/18

Cardio/ Strength & Stretch for 50+

This is a low-impact class combining a cardio warm-up, followed by strength training using weights/elastic bands for flexibility, stretching, and abdominal work which can be done on the floor or seated in a chair.

Instructor: Mary Furuta

Senior Center

541537-S2	Tue	10:00-11:10am	$178	9/8-12/15
541537-S3	Thu	10:00-11:10am	$165	9/10-12/17
541537-S1	Fri	10:00-11:10am	$165	9/11-12/18

Cardio Blast & Toning

Gain the benefits of cardio, muscle toning, and core strengthening! Boost your metabolism, strength, and mobility and end the class feeling energized! All levels are welcome.

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

541538-S2	Wed	9:00-10:00am	$145	9/9-12/16
Virtual Program (Hosted via Zoom)				
541538-S3	Wed	9:00-10:00am	$145	9/9-12/16

Strength

Strength & Resistance Training

Designed to strengthen and tone muscle groups while improving balance, mobility, and bone strength. Proper form and body mechanics will be taught. Equipment is provided. The instructor is certified by the American College of Sports Medicine (ACSM). All levels are welcome.

Instructor: Patti Michelsen

Beresford Recreation Center

541540-B1	Mon	9:00-10:00am	$157	9/14-12/14
541540-B2	Wed	9:00-10:00am	$146	9/16-12/16
541540-B3	Fri	9:00-10:00am	$146	9/18-12/18

Beginning Strength & Resistance Training

Designed to strengthen and tone muscle groups while improving balance, mobility, and bone strength. Proper form and body mechanics are emphasized. Equipment is provided, with chair or wall support available and no floor work required. The instructor is certified by the American College of Sports Medicine (ACSM). A great way to get started.

Instructor: Patti Michelsen

Beresford Recreation Center

541541-B1	Mon	11:45am-12:30pm	$157	9/14-12/14



Strength Training/Posture Power

Enjoy a Pilates-based full-body workout using weights, bands, and balls with both standing and seated exercises. Build strength, improve posture, enhance core stability and body awareness, while increasing flexibility and balance. Join the fun, move at your own pace, and enjoy the music!

Instructor: Jill Daly

Beresford Recreation Center

541542-B1	Wed	12:15-1:15pm	$113	9/9-12/9
541542-B2	Thu	10:15-11:15am	$113	9/10-12/10

Strength Training/Healthy Living

Gain strength, mobility, and balance while building stronger bones. We will focus on functional movement and alignment in both seated and standing exercises, supported by music to inspire your workout. All levels are welcome, and modifications are provided.

Instructor: Mae Chesney

Beresford Recreation Center

541543-B1	Tue	10:15-11:15am	$145	9/15-12/15

Zumba Toning

Zumba Toning blends body sculpting and Zumba moves into one calorie-burning class. Learn how to use weights to enhance rhythm, build strength, and tone all the target areas.

Instructor: Gaby Torres

Beresford Recreation Center

541544-H1	Wed	6:30-7:30pm	$243	9/9-12/16

Cardio/Strength & Stretch

Get it ALL in one class in this great workout that incorporates cardio and interval training. Strengthen your lower and upper body muscle groups. End with stretching and lengthening muscles, leaving you feeling relaxed and renewed. All levels are welcome.

Instructor: Mary Brinig

Beresford Recreation Center

541546-B2	Mon	6:00-7:00pm	$157	9/14-12/14

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

541546-B4	Tue	9:00-10:00am	$155	9/8-12/15

Virtual Program (Hosted via Zoom)

541546-B3	Tue	9:00-10:00am	$155	9/8-12/15

Specialty Fitness

Yoga Fusion

Yoga Fusion awakens every body part, including the heart and soul. Strengthening and lengthening exercises combined with the joy of movement to music create the perfect workout experience. Adding to the atmosphere, participants bring a welcoming, yogi-inspired warmth that fills the room even before the session begins.

Instructor: Donna Lanam

Beresford Recreation Center

541553-B1	Tue	6:30-7:30pm	$215	9/8-12/15

Piloxing

Piloxing combines the power, speed, and agility of boxing with the sculpting and flexibility of Pilates. Class exercises will incorporate the use of weighted gloves (available for purchase from the instructor), which add to the workout by toning the arms and maximizing cardiovascular health.

Instructor: Shoko Boyd

San Mateo High School, Dance Studio, 506 N. Delaware St. (inside gym)

541554-H1	Tue	6:30-7:30pm	$225	9/15-12/8

Gentle Aerobics

AGES 55+

Join our low-impact aerobic workout to challenge your cardiorespiratory system.

Instructor: Peninsula Family YMCA Staff

Dr. Martin Luther King Jr. Community Center

542529-A1	Tue	10:15-11:15am	$65	9/8-12/15
542529-A2	Thu	10:15-11:15am	$61	9/10-12/17

Yoga 1

Take time out for yourself. Feel renewed, centered, and enriched by this comprehensive Hatha Yoga class. A steady flow of relaxation between asanas is offered with guided instruction throughout. Beginners and intermediate students are welcome. Best if a mat is used.

Senior Center

Instructor: Adriana Buenaventura

541601-B1	Wed	6:30-7:45pm	$227	9/16-12/16

Instructor: Peggy Guaraldi

541601-S2	Thu	5:15-6:15pm	$262	9/10-12/17

Gentle Yoga

Receive the benefits of relaxation, flexibility, and recovery with this slow-paced class for all ages and levels. Gentle movements, breathing exercises, and relaxation tools will allow you to loosen tight muscles, relax your mind, improve balance, and build healthy tissues in your body. Most of the postures are done seated on the floor.

Instructor: Adriana Buenaventura

Senior Center

541607-B1	Wed	5:05-6:20pm	$227	9/16-12/16

Yoga Flow

This flowing Vinyasa class blends breath and movement to increase mobility, flexibility, and balance. With clear guidance you will move mindfully on and off the mat, explore variations, and leave feeling centered and refreshed.

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

541604-B1	Wed	10:15-11:15am	$192	9/9-12/16



Chair Yoga

Designed to deepen connection with your body and breath while exploring simple Yoga poses using a chair for support. Improve your strength, flexibility, and balance while cultivating greater ease. Leave class feeling more grounded and revitalized!

Instructor: Mae Chesney

Beresford Recreation Center

541605-S3	Tue	12:30-1:30pm	$159	9/15-12/15
541605-S4	Thu	12:30-1:30pm	$148	9/17-12/17

Virtual Program (Hosted via Zoom)

541605-S1	Tue	12:30-1:30pm	$159	9/15-12/15
541605-S2	Thu	12:30-1:30pm	$148	9/17-12/17

Outdoor Yoga

Come to the place that brings energy, balance, and renewal to your life. Find balance and renewal in this all-level Flow Yoga class designed to help you feel stronger, more flexible, and refreshed.

Instructor: Donna Lanam

Laurelwood Park

541606-C1	Wed	11:00am-12:00pm	$140	9/9-11/18

Staying Fit with Arthritis

Through a combination of slow movements to loosen up stiff joints, strengthen muscles, and increase flexibility, this low-impact intensity workout will improve endurance and balance. All the exercises can be performed seated or standing.

Instructor: Mary Furuta

Senior Center

541632-B2	Mon	10:00-11:10am	$165	9/14-12/14
541632-B5	Wed	10:00-11:10am	$165	9/9-12/16
541632-B4	Wed	1:00-2:00pm	$165	9/9-12/16

CIRCL Mobility

A low intensity stretching class that focuses on flexibility, breathwork, and mobility exercises to help you move better and longer. Set to a soundtrack of healing tones and sound frequencies to help your mind focus and release stress.

Instructor: Kalina Kotseva

Beresford Recreation Center

541608-A1	Thu	6:30-7:00pm	$122	9/10-10/22
541608-A2	Thu	6:30-7:00pm	$122	10/29-12/17

Adult Dance and Fitness Fall Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Resistance 9:00-10:00am BRC	**Cardio/Strength & Stretch** 9:00-10:00am BRC & ZOOM	**Strength & Resistance** 9:00-10:00am BRC	**Zumba® Gold** 9:00-9:50am BRC	**Strength & Resistance** 9:00-10:00am BRC	**Cardio Kickboxing** 9:15-10:15am BRC
Ballet Fitness All Levels 9:30-11:00am BTDT	**Cardio/Strength & Stretch for 50+** 10:00-11:10am SC	**Cardio Blast & Toning** 9:00-10:00am BRC & ZOOM	**Cardio/Strength & Stretch for 50+** 10:00-11:10am SC	**Cardio/Strength & Stretch for 50+** 10:00-11:10am SC	**Zumba®** 10:30-11:30am BRC
Zumba® 9:30-10:30am BRC	**Strength Training/ Healthy Living** 10:15-11:15am BRC	**Ballet Fitness Intermediate** 9:30-10:30am BTDT	**Strength Training/ Posture Power** 10:15-11:15am BRC	**Pilates Mat & Strengthening** 10:00-11:00am BRC & ZOOM	
Staying Fit with Arthritis 10:00-11:10am SC	**Gentle Aerobics** 10:15-11:15am MLK	**Pilates Mat: Strong/Flexible** 10:00-11:00am ZOOM	**Gentle Aerobics** 10:15-11:15am MLK	**Cardio Dance** 10:15-11:15am BRC	
Pilates Mat: Strong/Flexible 10:00-11:00am ZOOM	**Chair Yoga** 12:30-1:30pm BRC & ZOOM	**Staying Fit with Arthritis** 10:00-11:10am SC	**Stretch & Tone** 11:00am-12:00pm BTDT	**Dance Party for Teens/Adults with Disabilities** 4:00-5:00pm BRC	
Cardio Dance 10:15-11:15am BRC	**Ballet Fitness Basics** 1:00-2:00pm BTDT	**Yoga Flow** 10:15-11:15am BRC	**Qigong** 12:00-1:00pm SC	**Ballet Teen/Adult Mixed Levels** 6:15-7:30pm BRC & ZOOM	
Beg Strength & Resistance Training 11:45am-12:30pm BRC	**Tai Chi-Beginning** 6:00-7:00pm SC	**Cardio Dance** 10:15-11:15am BRC	**Chair Yoga** 12:30-1:30pm BRC & ZOOM		
American Line Dance 1:30-2:30pm SC	**Zumba®** 6:15-7:15pm BRC	**Ballet Fitness Basics** 10:45-11:45am BTDT	**Yoga 1** 5:15-6:15pm SC		
Music & Motion 2:30-3:30pm SC	**Ballet Fitness Basics** 6:15-7:15pm BTDT	**Outdoor Yoga** 11:00am-12:00pm LWP	**Zumba®** 5:30-6:30pm BRC		
Cardio/Strength & Stretch 6:00-7:00pm BRC	**Piloxing** 6:30-7:30pm SMHS	**Int/Adv Jazz** 11:45am-1:00pm BRC	**Belly Dance Basics** 6:00-7:00pm BTDT		
Zumba® 6:30-7:30pm SMHS 6:30-7:30pm MLKa	**Yoga Fusion** 6:30-7:30pm BRC	**Strength Training/ Posture Power** 12:15-1:15am BRC	**Zumba®** 6:30-7:30pm MLK		
Tap II 6:30-7:30pm BRC	**Tai Chi-Intermediate** 7:15-8:30pm SC	**Staying Fit with Arthritis** 1:00-2:00pm SC	**CIRCL Mobility™** 6:30-7:00pm BRC		
K-Pop Adult 7:20-8:30pm MLK	**Argentine Tango I** 7:30-8:20pm BRC	**Gentle Yoga** 5:05-6:20pm SC	**Hula: Beginner** 6:30-7:30pm SC		
Tap I 7:45-8:45pm BRC	**Intro to Tap** 7:45-8:45pm BRC	**Zumba® Toning** 6:30-7:30pm BRC	**Belly Dance Level I** 6:45-7:45pm SMHS		
	Argentine Tango II **8:30-9:20pm** BRC	**Yoga 1** 6:30-7:45pm SC	**Latin Fitness** 7:00-8:00pm BTDT		
		Line Dance Beg: 6:30-7:30pm Next Level: 7:30-8:30pm BRC	**Hula: Intermediate** 7:30-8:30pm SC		
		Adult Tap 7:30-8:30pm BTDT	**Belly Dance Level II** 7:50-8:50pm SMHS		



Location Key

BRC	Beresford Recreation Center
BTDT	Better Together Dance Theatre
MLK	Dr. Martin Luther King Jr. Community Center
LWP	Laurelwood Park
SC	Senior Center
SMHS	San Mateo High School
ZOOM	Virtual Class Via Zoom

Pilates Mat: Strong & Flexible

Build strength, flexibility, endurance, and balance while working all the major muscle groups in this multi-level class. We welcome all, from beginning students to those with Pilates experience. This class offers variations to add challenge as well as modifications to make the movements more accessible.

Instructor: Kim Moore

Virtual Program (Hosted via Zoom)

541620-S1	Mon	10:00-11:00am	$145	9/14-12/14
541620-S2	Wed	10:00-11:00am	$125	9/16-12/16

Pilates Mat & Strengthening

Build abdominal/core strength and increase balance and flexibility in this class which is designed to help people of all ages and fitness levels improve their posture, mobility, and body awareness.

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

541621-S2	Fri	10:00-11:00am	$157	9/11-12/11

Virtual Program (Hosted via Zoom)

541621-S1	Fri	10:00-11:00am	$157	9/11-12/11

Qigong

Qigong literally means “practice of vital energy.” Practice a series of gentle spiral movements that help to open all the major joints in the body and increase internal energy flow, promoting better flexibility and mobility while reducing tension and strain.

Instructor: Kathleen McCarty

Senior Center

541635-B1	Thu	12:00-1:00pm	$205	9/17-12/10

Tai Chi Series

Chen Taiji form is the ancestor of all Tai Chi styles. This class emphasizes the basic Taiji foundation, silk-reeling exercises, and Qigong. The lessons are designed to encourage life-long physical wellness, mind-body connection, stress reduction, and better joint mobility. Movements can be performed slowly and gently, or faster and more powerful for fitness and self-defense applications.

Tai Chi-Intermediate will cover the entire Tai Chi First Form with martial arts applications and Tai Chi principles. Health benefits from practicing may include improving lifelong physical wellness, immune system, joint mobility, and much more.

Instructor: Loren Chin

Senior Center

Beginning				
541633-S1	Tue	6:00-7:00pm	$205	9/8-12/15
Intermediate				
541636-S2	Tue	7:15-8:30pm	$230	9/8-12/15

Adult Dance

Ballet Teen/Adult: Mixed Levels AGES 12+

Designed for beginners through professionals, this traditional ballet experience is taught by a professional dancer with extensive teaching experience at Bay Area dance studios. Technique is emphasized in a welcoming setting that supports all skill levels.

Instructor: Kristine Chambers

Beresford Recreation Center

541701-H2	Fri	6:15-7:30pm	$285	9/11-12/18

Virtual Program (Hosted via Zoom)

541701-H1	Fri	6:15-7:30pm	$285	9/11-12/18



Adult Ballet Fitness Series

Our classical ballet program is built upon The Cecchetti Method, a highly regarded ballet technique devised by the Italian ballet master, Enrico Cecchetti. You will develop the essential skills of dance (balance, poise, strength, elevation, flexibility, and artistry.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

Ballet Fitness Basics				
541706-A2	Tue	1:00-2:00pm	$540	9/8-12/15
541706-A3	Tue	6:15-7:15pm	$540	9/8-12/15
541706-A1	Wed	10:45-11:45am	$540	9/9-12/16
Ballet Fitness Intermediate				
541707-A1	Wed	9:30-10:30am	$540	9/9-12/16
Ballet Fitness All Levels				
541708-A1	Mon	9:30-11:00am	$812	9/14-12/14

NEW Dance Party for Teens & Adults with Disabilities

AGES 12+

Enjoy movement, music, and self-expression in a fun, welcoming, and supportive environment. Participants will learn basic dance steps and warm-up exercises tailored to individual abilities, explore creative movement and improvisation, and dance to a variety of favorite songs requested by the group. Led by a professional dance instructor with experience teaching teens and adults with disabilities, this class encourages creativity, confidence, social connection, and enjoyment through dance. Caregivers are welcome to accompany participants who require assistance. Join us for a lively and inclusive dance party!

Instructor: Kristine Chambers

Beresford Recreation Center

541705-B1	Fri	4:00-5:00pm	$285	9/11-12/18

Tap Series

Intro to Tap is for the absolute beginner with little to no tap experience. Tap I builds on your technical skills and includes longer combinations. Tap II is for the dancer with several years of experience who is ready for more.

Instructor: Melissa Cheu

Beresford Recreation Center

Intro to Tap				
541711-B1	Tue	7:45-8:45pm	$168	9/15-12/15
Tap I				
541712-H1	Mon	7:45-8:45pm	$168	9/14-12/14
Tap II				
541713-H2	Mon	6:30-7:30pm	$168	9/14-12/14



Adult Tap

Designed for teens and adults with little to no tap experience, the focus is on tap technique, musicality, strength, and choreography in a fun, low-pressure learning environment.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre,
617 Mountain View Ave, Unit 5, Belmont

541703-A1	Wed	7:30-8:30pm	$540	9/9-12/16

Intermediate/Advanced Jazz

Intermediate to advanced jazz dance class featuring warm-ups, jazz technique, and a strong focus on choreography. Prior dance experience is required for this fast-paced session.

Instructor: Patti Michelsen

Beresford Recreation Center

541719-B1	Wed	11:45am-1:00pm	$222	9/16-12/16

K-Pop Adult

K-Pop brings the performance and choreography quality of Korean pop icons to our dance program. The class introduces more intricate performance styles of your favorite K-Pop idols. With a twist of Korean Pop Culture/ Language thrown in. You'll learn the styles of Seventeen, BTS, Wonder Girls, and much more.

Instructor: Gyabi Tompkins

Dr. Martin Luther King Jr. Community Center

541722-K1	Mon	7:20-8:30pm	$225	9/14-12/7

Belly Dance Series

Experience this joyful cultural dance tradition. Our Level I class consists of gracefully stretching and strengthening while learning basic steps, movements and expression. No experience necessary. All are welcome! The Level II class builds and enhances your Belly Dance knowledge. Learn advanced steps, choreography, graceful arms, and expressive performance skills. Prior Belly Dance experience/teacher approval required. Practice videos provided for both classes. More info here: http://www.bellydancer.net

Instructor: Malia DeFelice

San Mateo High School, Dance Studio,
506 N. Delaware St. (inside gym)

Level I				
541730-H1	Thu	6:45-7:45pm	$110	9/24-11/19
Level II				
541731-H1	Thu	7:50-8:50pm	$110	9/24-11/19



Belly Dance Basics

Strengthen your core, enhance coordination, and have fun moving with Belly Dance. People of all ages, stages, body types, and fitness levels can enjoy belly dancing and become beautiful dancers in this welcoming and supportive class. No dance experience or special clothing is needed.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre, 617 Mountain View Ave, Unit 5, Belmont

541732-A1	Thu	6:00-7:00pm	$540	9/10-12/17

Hula Series

AGES 16+

Immerse yourself in Hawaiian culture by learning the language of the heart. Hula is a fun, easy way to exercise your body and mind while enjoying the relaxing rhythms of the islands. Come join us for a rich cultural experience.

Instructor: Valentina Linsangan

Senior Center

Beginner				
541733-S1	Thu	6:30-7:30pm	$192	9/24-11/19
Intermediate				
541734-S1	Thu	7:30-8:30pm	$192	9/24-11/19

Line Dance Series

Have fun while learning line dance moves to a variety of music genres. Classes build on prior weeks. In Intermediate, raise your dancing skills and learn dances that are popular at local line dance socials. Previous experience is recommended. Sign up for Line Dance Combo to gain access to both Beginning and Next Level line dance classes at a 10% discount!

Instructor: Cathy Dacumos

Beresford Recreation Center

Beginning				
541740-B1	Wed	6:30-7:30pm	$69	9/9-12/2
Intermediate *[Prior Line Dancing experience recommended]*				
541741-B1	Wed	7:30-8:30pm	$69	9/9-12/2
Combo *[10% discount]*				
541742-B1	Wed	6:30-8:30pm	$120	9/9-12/2

American Line Dance

Get lively, move with confidence, and stay fit in this FUN in-person, 10-week series. Learn various forms of line dancing (country, waltz, cha cha, rumba, NC 2-steps, and more) using a progressive method with varying music rhythms and genres. Line dance is for everyone!

Instructor: Allen Isidro

Senior Center

541743-S1	Mon	1:30-2:30pm	$88	10/5-12/7

Music & Motion

Our low-impact exercise program is conducted while seated and incorporates full body movement. The motion patterns are modified to accommodate all levels of participants as they perform mental and physical coordination activities. This entertaining program helps develop muscle memory for adults and seniors. For more info, contact ldvali1955@gmail.com.

Instructor: Allen Isidro

Senior Center

541744-S1	Mon	2:30-3:30pm	$55	10/5-12/7

Argentine Tango Series

Argentine Tango Beginning Basics is designed for absolute beginners looking to learn authentic Argentine Tango, as well as for dedicated dancers aiming to improve their partnering skills. Argentine Tango Intermediate/Advanced is open to those who have completed Beginning Basics and introduces more intricate steps while continuing to build strong lead-and-follow techniques for social dancing. Both singles and couples are welcome. Dance shoes are strongly recommended.

Instructor: David and Nancy Mendoza

Beresford Recreation Center

Beginning Basics				
541750-B1	Tue	7:30-8:20pm	$122	9/8-11/24
Intermediate/Advanced				
541751-B1	Tue	8:30-9:20pm	$122	9/8-11/24

Stretch & Tone

Improve flexibility, build strength and enhance overall mobility in this full body Stretch & Tone class through a combination of stretching, low-impact conditioning exercises and core strengthening movements.

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre, 617 Mountain View Ave, Unit 5, Belmont

541709-A1	Thu	11:00am-12:00pm	$540	9/10-12/17

Latin Fitness

Dip your toes into many different Latin Dance styles including Salsa, Bachata, Samba, and more.

No partner or experience is necessary to enjoy a fun night out!

Instructor: Better Together Dance Theatre Instructors

Better Together Dance Theatre, 617 Mountain View Ave, Unit 5, Belmont

541710-A1	Thu	7:00-8:00pm	$540	9/10-12/17

Arts & Crafts

Contemporary Ikebana Flower Arranging

In our Contemporary Ikebana Flower Arranging class, students bring flowers they love and create unique arrangements using fundamental Ikebana techniques and styles. The class includes demonstrations and personalized guidance. Continuing students will begin a new lesson in the first week, while new students will start with an introductory lecture and demonstration. Please note: this class does not meet weekly.

Instructor: Yoshiko Williams

Beresford Recreation Center

541901-A1	Wed	2:00-4:00pm	$85	9/9-12/2

Watercolor with San Mateo Adult School

AGES 50+

Join illustrator Matt Crane for a watercolor workshop tailored for intermediate and experienced adult watercolorists. Each week, Matt will demonstrate a range of painting techniques, offering valuable insights and practical skills. Elevate your individual style with personalized instruction and consultation, available upon request.

Instructor: Matt Crane

Senior Center

541902-A1	Thu	9:30am-12:00pm	$116	9/10-10/22
541902-A2	Thu	9:30am-12:00pm	$116	10/29-12/17

CORA Family Engagement Workshop

Families will decorate their own flowerpots, plant seeds together, and take home a little reminder to nurture and grow. A fun hands-on activity where kids and adults can get creative, enjoy time together, and watch their plants bloom as they care for them at home.

Instructor: CORA Staff

Dr. Martin Luther King Jr. Community Center

541903-A1	Fri	4:00-5:00pm	Free	9/18
541903-A2	Mon	4:00-5:00pm	Free	9/28
541903-A3	Thu	4:00-5:00pm	Free	10/22
541903-A4	Fri	4:00-5:00pm	Free	11/6

Japanese Calligraphy

Have fun discovering the beauty of calligraphy strokes and learn a little Japanese, too! Beginners are welcome!

Instructor: Akie Karahashi

Beresford Recreation Center

541912-A1	Mon	7:00-8:30pm	$124	9/14-10/26



Card Making: Fall Holiday Cards

Join us as we create festive and fun holiday-themed greeting cards! Envelopes will be provided so that you can craft and use your cards right away! Techniques will include rubber stamps, die cuts, punches, and simple paper crafting that will result in one-of-a-kind homemade greetings for those special recipients. Class is open to all levels.

Instructor: Maya Togashi

Beresford Recreation Center

541913-A1	Tue	6:30-8:30pm	$50	9/15

Watercolor Painting

Through lectures and demonstrations, students will learn the basics of watercolor, wet into wet, dry brush, washes, glazes, and the behavior of water to paper. Students will create images from still life and landscape. Beginners and experienced painters are welcome!

Instructor: Richard Becker

Beresford Recreation Center

541915-A1	Fri	10:00am-1:00pm	$225	9/11-11/20

Acrylic & Oil Painting

Discover the Renaissance within! Paint your imagination using traditional and modern techniques in acrylic and oil painting including color mixing, direct painting, scumbling, and glazing. Master the elements of composition, form, and color! Individual attention will be given for all levels of instruction. Beginners and experienced painters are welcome!

Instructor: Richard Becker

Beresford Recreation Center

541917-A1	Wed	6:30-9:00pm	$225	9/16-11/25

Painting Workshop

In this workshop, you'll create a finished painting in oil, acrylic, or watercolor using a step-by-step approach to achieve a balanced painting. Design, color, and paint application will be covered in the different mediums. Beginner and experienced painters are welcome!

Instructor: Richard Becker

Beresford Recreation Center

541944-A1	Wed & Fri	10:00am-1:00pm	$93	12/2-12/11

Crochet and Hand Knitting

Knitters of all levels are welcome! Learn basic and advanced skills in this fun and collaborative knitting/crochet workshop. Beginners learn to read pattern books and may design and create their own knitted garments or gifts. Master your techniques and bring projects you're currently working on.

Instructor: Paola Trombetta

Senior Center

541937-A1	Wed	10:30am-12:30pm	$80	10/7-11/4
541937-A2	Wed	10:30am-12:30pm	$80	11/18-12/16

Hand and Machine Knitting

Master hand and machine knitting techniques in this fun class that teaches basic and advanced skills! You will learn how to read patterns and even design your own knitted creations. Discover new techniques and get guidance on your current knitting projects. Required supplies will be listed on your confirmation receipt.

Instructor: Paola Trombetta

Senior Center

541938-A1	Wed	1:00-3:00pm	$80	10/7-11/4
541938-A2	Wed	1:00-3:00pm	$80	11/18-12/16

Ceramics

Explore the wonderful world of ceramics. Whether you are a beginner or an advanced artist, we have the class for you. The following classes are taught at the Central Park Ceramics Studio located at 50 E. 5th Ave. A $25 glaze/firing fee is included in the registration. Clay can be purchased when registering for the class. Instructors: Shikha Hutchins and Meral Agi

Coffee & Clay: Intermediate/Advanced

Get creative with ceramics and work on your own personalized projects. Settle in for a morning of creativity, clay, and community. This class is designed for students with basic ceramics experience. No major instruction is given during class.

541922-A1	Tue	10:00am-1:00pm	$344	9/22-12/8
541922-A2	Thu	10:00am-1:00pm	$344	9/24-12/10

Core Ceramics

Whether you're a novice or advanced student, these classes will introduce you to new pottery skills including hand building with coil, pinch, slab techniques, and throwing on the wheel.

Mixed Levels

541927-A1	Mon	6:00-9:00pm	$344	9/21-12/7
541927-A4	Sat	10:00am-1:00pm	$344	9/26-12/12

Beginning/Intermediate

541927-A2	Tue	6:00-9:00pm	$344	9/22-12/8

Intermediate/Advanced

541927-A3	Wed	6:30-9:30pm	$315	9/23-12/9

Ceramics Workshop: Open Studio

Open Studio time is geared for intermediate/advanced students looking for extra time to work on self-directed projects. No instruction will be given during this time.

541929-A1	Thu	1:30-4:00pm	$294	9/24-12/10
541929-A2	Sat	1:30-4:00pm	$294	9/26-12/12

Pottery Basics

We'll begin with the foundations of hand building, such as pinching, coiling, and slab building, in the first weeks of the session. Then we'll introduce basic throwing techniques on the pottery wheel. Bring your sketchbook and get ready to create in clay!

541930-A1	Wed	3:30-6:00pm	$270	9/23-12/9

Cooking

NEW JUNIOR CHEF STARS

Instructor: Junior Chef Star Staff

Dr. Martin Luther King Jr. Community Center

Steakhouse Secrets

AGES 18+

If you've ever wondered how steakhouses get that perfect crust, flavor, and finish, then this class is for you! In this premium hands-on cooking class, you'll learn chef-level techniques for cooking restaurant-quality steak at home.

Instructor: Junior Chef Star Staff

Dr. Martin Luther King Jr. Community Center

541945-A1	Thu	6:00-8:00pm	$151	10/8

NEW Harvest Table

AGES 18+

Celebrate the flavors of the season in this hands-on farm-to-table cooking experience featuring fresh ingredients, comforting dishes, and elevated rustic cooking techniques.

Instructor: Junior Chef Star Staff

Dr. Martin Luther King Jr. Community Center

541946-A1	Thu	6:00-8:00pm	$141	11/12

NEW Pho & Fresh Rolls

AGES 18+

Warm up with the comforting flavors of Vietnam in this hands-on cooking class focused on one of the world's most beloved noodle dishes – pho! Alongside your chef, you'll also learn to create fresh Vietnamese spring rolls with flavorful dipping sauces.

Instructor: Junior Chef Star Staff

Dr. Martin Luther King Jr. Community Center

541947-A1	Thu	6:00-8:00pm	$141	12/10

NEW SENIOR CHEF STARS

Instructor: Junior Chef Stars Staff

Senior Center

Savoring Spain

AGES 50+

Savor Spain in every bite! Join our Paella Party where you'll stir, season, and sizzle your way through an unforgettable evening of bold flavors, good vibes, and hands-on fun. It's more than a class – it's a flavorful Spanish fiesta for adults!

541948-A1	Mon	4:00-6:00pm	$120	9/14

Taste of Tuscany

AGES 50+

Escape to Tuscany for the evening! In this hands-on class, you'll craft rustic Italian dishes using fresh, seasonal ingredients. Guided by our chef, you'll savor authentic flavors and discover the simple beauty of traditional Tuscan cooking.

541949-A1	Mon	4:00-6:00pm	$120	10/19

Southern Comfort

AGES 50+

Come hungry – we're heading down South! This will be an unforgettable evening of Southern hospitality and soul-satisfying comfort food. In this hands-on cooking class, we'll explore classic dishes from the American South, rich with tradition, bold flavors, and the kind of cooking that brings people together.

541950-A1	Mon	4:00-6:00pm	$120	11/16

Adult Music

Ukulele, Play and Sing-a-long

Playing the ukulele is simply more fun if you are in the company of others. If you are looking for that perfect group to show off your skills, look no further. Bring your Ukulele and join us. We are here to have fun!

Instructor: Senior Center Volunteer

Senior Center

541800-A1	Tue	10:00-11:30am	Free	9/8-12/15

Beginning Ukulele Group Lesson

Looking to gain a little island style or have fun playing along on a joyful instrument? Then the Ukulele may be just what you need. Join us in an 10-week group lesson for beginners.

Instructor: Curtis Jeung

Senior Center

541802-A1	Mon	1:30-3:00pm	$115	9/14-11/16

Acoustic Music Jam

Join in on playing generations of popular music, including folk, Americana, R&B, and Western Swing. This class is open to various skill levels and created as a way to build up your musical abilities. Ideal for acoustic instruments.

Instructor: Curtis Jeung

Senior Center

541803-A1	Thu	6:00-8:00pm	$65	9/10-12/17

Acoustic & Folk Play Session (Intermediate)

Play along with a variety of multi-generational music using acoustic instruments. Current attendees play guitar, ukulele, mandolin, bass, and more. Song styles include folk rock, Americana, and Western Swing.

Instructor: Curtis Jeung

Senior Center

541804-A1	Tue	1:00-3:30pm	$65	9/8-12/15

Fiddle Jam

Join others in playing a collection of "fiddle tunes" such as: Angelina Baker, Joe Bane's Barn Dance, and Whiskey Before Breakfast. Fiddles are optional, bring your guitar, mandolin or whatever to play along. Styles vary from bluegrass to Irish reels.

Instructor: Curtis Jeung

Senior Center

541807-A1	Mon	10:00am-12:00pm	$65	9/14-12/14

String Private Lesson

Start that new hobby in music! We offer individual music lessons on popular string instruments, such as guitar, bass, ukulele, and mandolin. We teach the basics of playing so you can join musical groups, records, or even back yourself as a singer.

Instructor: Curtis Jeung

Senior Center

541805-A1	Mon	3:00-3:45pm	$345	9/14-11/16
541805-A2	Mon	4:00-4:45pm	$345	9/14-11/16
541805-B1	Tue	5:00-5:45pm	$345	9/15-11/17
541805-B2	Tue	6:00-6:45pm	$345	9/15-11/17
541805-C1	Wed	4:00-4:45pm	$345	9/9-11/18
541805-C2	Wed	5:00-5:45pm	$345	9/9-11/18
541805-C3	Wed	6:00-6:45pm	$345	9/9-11/18
541805-D1	Thu	3:00-3:45pm	$345	9/17-11/19
541805-D2	Thu	4:00-4:45pm	$345	9/17-11/19
541805-D3	Thu	5:00-5:45pm	$345	9/17-11/19

Karaoke and Sing Along

Singing is good for mental and physical health. Whether you think you are a good or bad singer, it doesn't matter! Singing is for fun. We have 7000 songs, and we hope you can find your favorite songs. Sing with us!

Instructor: Senior Center Volunteer

Senior Center

541809-A1	Wed	1:00-3:00pm	Free	9/9-12/16

The Senior Center Band

Do you play an instrument? The Senior Center Band is always looking for new musicians at all levels. This activity is not only fun, but it is good for your mental and physical health. Bring your instrument. All are welcome!

Instructor: Senior Center Volunteer

Senior Center

542210-A1	Fri	9:30-11:00am	Free	9/11-12/18

The Golden Tones Chorus

Love to sing? Join our friendly chorus and enjoy singing tunes from the Great American Songbook! It's lots of fun: relaxing, sociable, and good for your health, brain, and mood. Share your love of music and make new friends. No experience necessary!

Instructor: Senior Center Volunteer

Senior Center

542211-A1	Fri	11:00am-12:00pm	Free	9/11-12/18

Adult Lifelong Learning

Games

Shanghai Rummy

Looking for a fun way to challenge your mind and connect with others? Learn how to play Shanghai Rummy—a classic, strategic card game that's easy to pick up and hard to put down. Whether you're a seasoned card player or just getting started, this class will guide you through the rules, gameplay, and tips to master all seven exciting rounds. Bring a friend or make new ones around the table!

Instructor: Senior Center Volunteer

Senior Center

542023-A1	Thu	1:00-3:30pm	Free	9/10-12/17

Beginning California Mah Jong

The instructor and author of "Mahjong Secrets for Beginner to Expert" shows how easy and fun it is to learn California Mahjong. With a modernized set of rules based on originals from the late 1800s, you'll be hooked by the end of the first day!

Instructor: Larry Kistler

Senior Center

542217-A1	Tue	10:00am-12:00pm	$30	9/8-12/15
542217-A2	Tue	1:00-3:00pm	$30	9/8-12/15

NEW Mexican Train Dominoes

Come to learn to play a fun game called Mexican Train with domino tiles. Instructions will be given for the basic rules, tips, and strategies. Mexican Train is easy to pick up, and you can share with your whole family! Seasoned plays are welcome. Join the fun to ride and jump on the Train.

Instructor: Senior Center Volunteer

Senior Center

542230-A1	Tue	1:30-2:30pm	Free	9/22-11/17

Bingo

Who doesn't like the thrill of waiting for the last number that you need, raising your hand, and shouting BINGO? Plan a FUN Wednesday afternoon with your friends this Fall! Doors open at 1:45pm and cards are $1.

Senior Center

742214-A1	Wed	2:00-3:30pm	Free Year Round

California Mahjong Open Play – Intermediate

Continue the fun and excitement of California Mahjong. Join your friends and other Mahjong enthusiasts in creating exciting hands. Please note that completion of two sessions of Beginning Mahjong is a requirement, as there are many ways to play Mahjong, and California Mahjong is unique.

Instructor: Senior Center Volunteer

Senior Center

542406-A1	Mon	1:00-3:00pm	$5	9/14-12/14
542406-A2	Thu	10:00am-12:00pm	$5	9/10-12/17
542406-A3	Thu	1:00-3:00pm	$5	9/10-12/17

Health and Wellness

Doctor Talk: Senior Health and Nutrition

Join Dr. Sharon Ou from the Kaiser Permanente San Mateo Medical Offices for an online health talk. Dr. Ou will discuss senior nutrition, focusing on the nutrients needed for optimal health, what older adults may be missing, and how the modern American diet can impact overall well-being.

Instructor: Sharon Ou

Virtual Activity

542506-V1	Wed	2:00-3:00pm	Free	9/16

Redefining Aging

Active older adults – Mid-Peninsula Village offers shared activities and services for aging in place in our own homes and apartments by helping maintain your home, reduce your stress, and keep you mobile. Join us as a member or as a volunteer!

Instructor: Eric Hanson

Senior Center

542532-A1	Fri	10:30-11:00am	Free	11/6

Health Education

The Breathe California Team is doing a presentation on lung cancer causes, preventions, and treatments as well as Cold Flu or Pneumonia.

Instructor: Breathe California Team

Dr. Martin Luther King Jr. Community Center

Lung Cancer

542535-A1	Tue	11:00am-12:00pm	Free	11/3

Senior Center

Cold Flu or Pneumonia

542535-A2	Tue	11:30am-12:30pm	Free	12/1

Breathing Exercises

Learn the fundamentals of yoga breathing. From seated position in chairs, participants will practice breathing awareness, belly breath, chest breathing, and alternate nostril breathing. Lessons are very relaxed, 20 minutes long, and for beginners.

Instructor: Breathe California Team

Senior Center

542536-A1	Tue	12:00-1:00pm	Free	10/20

Dr. Martin Luther King Jr. Community Center

542536-A2	Tue	1:00-2:00pm	Free	11/10

Health Screening

The Breathe California Team will be doing a health screening to measure blood pressure, oxygen saturation, and lung health. Once done, you will be given their results on paper and recommendations to follow up with their healthcare provider for abnormal readings.

Instructor: Breathe California Team

Dr. Martin Luther King Jr. Community Center

542537-A1	Tue	11:30am-12:30pm	Free	10/6

Caregiving and Aging Support

Whether you're currently caregiving or just beginning to plan, these presentations offer valuable education, support, and peace of mind. You'll walk away with practical tools, community resources, and a deeper understanding of how to care for the people who matter most. Led by an experienced caregiver and the owner of Assisting Hands San Carlos, each session is grounded in real-world knowledge and compassion.

Instructor: Tri Tran

Senior Center

Medicare's GUIDE (Guiding an Improved Dementia Experience)

542543-A1	Wed	1:00-2:00pm	Free	10/14

Scams Protect Yourself and Family

542543-A2	Wed	1:00-2:00pm	Free	12/9

Regain your Freedom from Hearing Loss

This is a federally funded no-cost program providing FREE caption phone, phone line (VOIP), and a caption app for iPhone and iPad to individuals with hearing loss. We will talk about the benefits and how it helps to be independent and connected to loved ones.

Instructor: Elli Tehrani

Senior Center

542606-A1	Wed	10:30-11:30am	Free	11/4

Senior Support & Community Resource Connection

Need help finding resources or navigating services? Catholic Charities Staff will provide personalized support to older adults, individuals with disabilities, and their families. We work one-on-one to identify needs, explore available options, and connect participants with programs and services such as caregiving support, transportation, housing, benefits assistance, health services, and other community resources that promote independence and well-being.

Instructor: Catholic Charites

Senior Center

542014-A1	Thu	10:00-11:30am	Free	9/10
542014-A2	Thu	10:00-11:30am	Free	10/8
542014-A3	Thu	10:00-11:30am	Free	11/12

Connect and Learn

Senior Writers' Club

Do you enjoy writing? Whether you are writing your memoir, fiction, or poetry, join us as we practice our craft, learn proper technique, and offer encouragement. Bring in your text and share it with others in a non-judgmental atmosphere.

Instructor: Senior Center Volunteer

Senior Center

542630-A1	Tue	10:00-11:00am	Free	9/8-12/15

History of Rock 'n Roll

Join us to continue to learn about the History of Rock 'n Roll. This class is PART 5 in a series of classes. PARTS 1 – 4 are not required but recommended. PART 5 begins with "Back in the USA – Super Groups."

Instructor: Senior Center Volunteer

Senior Center

542632-A1	Mon	1:00-2:00pm	Free	9/14-12/14

Day Trip – Wastewater Treatment Plant

Join the Senior Center Team for a fascinating visit to our community's new Wastewater Treatment Plant. During this tour, we will learn how wastewater is collected, cleaned, and safely returned to the environment. Facility staff will guide us through the treatment process and share insights into the technology and operations that help keep our community healthy and sustainable. Bring a packed lunch to enjoy together following the tour.

Instructor: City Staff

Seal Point Park

542059-A1	Fri	10:00-11:30am	Free	10/9

Fridays at the Movies

Grab a seat and join us for Fridays at the Movies at the Senior Center! Enjoy a fun mix of new releases, classic 90s hits, and timeless black-and-white films. Bring your favorite snack or just indulge in FREE popcorn while you relax and unwind!

Instructor: Senior Center Volunteer

Senior Center

542209-A1	Fri	1:00-3:15pm	Free	9/4-12/18

Watercolor with San Mateo Adult School

AGES 50+

Join illustrator Matt Crane for a watercolor workshop tailored for intermediate and experienced adult watercolorists. Each week, Matt will demonstrate a range of painting techniques, offering valuable insights and practical skills. Elevate your individual style with personalized instruction and consultation, available upon request.

Instructor: Matt Crane

Senior Center

541902-A1	Thu	9:30am-12:00pm	$116	9/10-10/22
541902-A2	Thu	9:30am-12:00pm	$116	10/29-12/17



Technology

Tech Tutoring – Basics

New to technology or looking to build your confidence? Learn the basics of using your phone, tablet, or other devices, including common icons, settings, calls, texting, and everyday functions. Our tutors provide personalized guidance to help you feel more comfortable using technology in daily life.

Instructor: Senior Center Volunteer

Senior Center

542700-A1	Mon	11:30am-12:30pm	$15	9/14-21
542700-B1	Mon	11:30am-12:30pm	$15	10/12-19
542700-C1	Mon	11:30am-12:30pm	$15	11/9-16

Tech Tutoring – Apple Products, iPhone, iPad

Get the most out of your iPhone or iPad with personalized support tailored to your needs. Learn how to navigate your device, use key apps, manage settings, and explore helpful features that make everyday tasks easier. Our tutors will help you build confidence and make your Apple device work for you.

Instructor: Senior Center Volunteer

Senior Center

542701-A1	Mon	1:00-2:00pm	$15	9/14, 9/28
542701-B1	Mon	1:00-2:00pm	$15	10/12-19
542701-C1	Mon	1:00-2:00pm	$15	11/9-16

Tech Tutoring – Google Products and Android

Want to get more out of your Chromebook, Android phone, or Google apps? Learn how to use tools like Gmail, Google Drive, and Google Photos, organize files, manage your account, and make the most of your device's features. Our tutors provide personalized support to help you build practical skills for everyday use.

Instructor: Senior Center Volunteer

Senior Center

542702-A1	Wed	10:00-11:00am	$15	9/9-16
542702-B1	Wed	10:00-11:00am	$15	10/14-21
542702-C1	Wed	10:00-11:00am	$15	11/4, 11/18

Tech Tutoring – Microsoft Products, PC, and Laptops

Get the most out of your Windows PC or laptop with personalized support tailored to your needs. Learn how to navigate your device, use Microsoft tools like Word, Excel, and Outlook, manage settings, organize files, and explore features that make everyday tasks easier. Our tutors will help you build confidence and use your computer more effectively for daily life.

Instructor: Senior Center Volunteer

Senior Center

542703-A1	Thu	10:00-11:00am	$15	9/17-24
542703-B1	Thu	10:00-11:00am	$15	10/8-15
542703-C1	Thu	10:00-11:00am	$15	11/12-19

iPhone/iPad Class

Looking to get more out of your iPhone? Take your skills to the next level by learning the latest features, functions, tips, and tricks. This comprehensive class will be interactive and hands-on with plenty of time for Q&A.

Instructor: Dan Keller

Senior Center

542710-A1	Tue	1:00-2:30pm	$15	9/8-29

What's All This Artificial Intelligence About?

Curious about AI and how it's part of everyday life? This interactive 4-week class explains what AI is (and isn't) in clear, practical terms—no technical background needed. Discover how it powers voice assistants, fraud detection, healthcare, and other daily services. We'll also explore privacy, bias, and responsible use. Enjoy simple demos, hands-on activities, and plenty of time for questions

Instructor: Senior Center Volunteer

Senior Center

542716-A1	Tue	1:00-2:00pm	$15	10/6-27

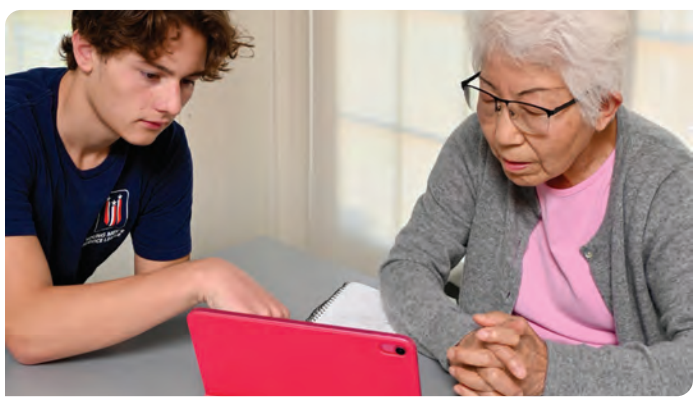
Tech Talk

Join us monthly for a discussion of the latest ins and outs of today's technology. In an informative presentation, we will cover topics in the areas of tech trends, privacy & security, common tech issues, and tech best practices. This class is offered in-person and via Zoom.

Instructor: Senior Center Volunteer

Senior Center

542714-A1	Mon	1:00-2:15pm	$15	9/21-11/16
Virtual Activity				
542714-V1	Mon	1:00-2:15pm	$15	9/21-11/16



Support Groups

Latino Support Group

The Latino/Latina Discussion Group brings community members together to gain friendships, knowledge, support, and assistance. The group will provide laughter, motivation, and a wide variety of discussion topics. All are welcome!

El Grupo de Discusión Latino/Latina reúne a los miembros de la comunidad para obtener amistades, conocimiento, apoyo y asistencia. El grupo proporcionara risas, motivación, y una amplia variedad de temas de discusion. ¡Todos son bienvenidos!

Instructor: Senior Center Volunteer

Senior Center

542070-A1	Wed	11:00am-12:30pm	Free	9/9-12/9

NEW Retirement Peer Support Group

Retirement is a big life change, and everyone experiences it differently. Whether you're planning for retirement, newly retired, or have been retired for years, this group is a place to connect with others, share experiences, and explore ways to stay active, involved, and connected.

Instructor: Senior Center Volunteer

Senior Center

542036-A1	Wed	10:30-11:30am	Free	9/16-12/16

You're Not Alone Support Group

Grief can feel overwhelming—but you don't have to go through it alone. Whether you're coping with the loss of a loved one or navigating other forms of grief, this group offers a safe, understanding space to share, listen, and heal at your own pace. Together, we'll find strength in connection and comfort in community.

Instructor: Peninsula Family Services

Senior Center

Grief and Loss Support

542509-A1	Thu	10:30-11:30am	Free	9/10-12/17

Dr. Martin Luther King Jr. Community Center

Caregiver and Peer Support

542509-A2	Thu	1:00-2:00pm	Free

NEW SENIOR CHEF STARS

Instructor: Junior Chef Stars Staff

Senior Center

Savoring Spain

AGES 50+

Savor Spain in every bite! Join our Paella Party where you'll stir, season, and sizzle your way through an unforgettable evening of bold flavors, good vibes, and hands-on fun. It's more than a class – it's a flavorful Spanish fiesta for adults!

541948-A1	Mon	4:00-6:00pm	$120	9/14

Taste of Tuscany

AGES 50+

Escape to Tuscany for the evening! In this hands-on class, you'll craft rustic Italian dishes using fresh, seasonal ingredients. Guided by our chef, you'll savor authentic flavors and discover the simple beauty of traditional Tuscan cooking.

541949-A1	Mon	4:00-6:00pm	$120	10/19

Southern Comfort

AGES 50+

Come hungry – we're heading down South! This will be an unforgettable evening of Southern hospitality and soul-satisfying comfort food. In this hands-on cooking class, we'll explore classic dishes from the American South, rich with tradition, bold flavors, and the kind of cooking that brings people together.

541950-A1	Mon	4:00-6:00pm	$120	11/16

Senior Hubs

Intro to Pickleball Clinic

Learn the basics of pickleball in a fun and supportive environment while connecting with others in your community. Participants are encouraged to wear comfortable tennis shoes and bring water. Bringing your own paddle is recommended, though a limited number of loaner paddles will be available. Balls will be provided.

Instructor: Senior Center Volunteer

Dr. Martin Luther King Jr. Community Center

542546-A1	Wed	10:00-12:00pm	$8	9/9
542546-A2	Wed	10:00-12:00pm	$8	10/7
542546-A3	Wed	10:00-12:00pm	$8	11/4



Succulent Pumpkin Planter Workshop

Celebrate the season by designing a unique succulent pumpkin planter to brighten your home or give as a handmade gift. In this relaxing, hands-on class, participants will enjoy working with natural materials, exploring their creativity, and connecting with others while creating a festive fall arrangement to take home.

Instructor: Senior Center Volunteer

Dr. Martin Luther King Jr. Community Center

542015-A1	Tue	1:00-3:00pm	$15	10/13

Friendship Quilting Group

Enjoy a welcoming and creative environment where friendship and community come together through quilting. This class focuses on the art of quilting, giving participants the opportunity to learn techniques, build skills, and connect with peers while working on a variety of quilted projects. Please bring your own sewing machine and fabric to each session, as well as necessary tools such as rulers & cutting pads.

Instructor: Senior Center Volunteer

Beresford Recreation Center

542038-A1	Fri	1:30-4:30pm	Free	9/11-12/18



Wreath Making Workshop

Discover the joy of crafting while enhancing memory, building confidence, and learning a new skill. This interactive workshop also offers a wonderful opportunity to socialize and connect with others in a creative and supportive environment.

Instructor: Senior Center Volunteer

Dr. Martin Luther King Jr. Community Center

542017-A1	Tue	1:00-3:00pm	$15	12/8	9/10-12/17

Senior Center Fall Programs

Are you an active adult looking for more things to do? Check out our programs held at both Dr. Martin Luther King Jr. Community Center as well as the Senior Center!

All Senior Center programs require registration. Questions? Call (650) 522-7490

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Lunch 12pm-1pm Senior Center	**Senior Writing Club** 10am-11am Senior Center	**Retirement Peer Support Group** 10:30-11:30am Senior Center	**Ping Pong** 10:30am-2:30pm MLK Center	**Senior Center Band** 9:30am-11:30am Senior Center
History of Rock 'n Roll 1pm-2pm Senior Center	**Ukulele, Play and Sing-a-long** 10 am-11:30 am Senior Center	**Bingo** 1:45pm-3:45pm Senior Center	**Senior Lunch** 12pm-1pm MLK Center	**Golden Tones Chorus** 11am-12pm Senior Center
Intermediate Mahjong 1pm-3pm Senior Center	**Senior Lunch** 12pm-1pm MLK Center	**Latino/Latina Discussion Group** 11am-12:30pm Senior Center	**You're not Alone: Grief and Loss Support Group** 10:30am-11:30am Senior Center	**Senior Lunch** 12pm-1pm Senior Center
Drop In Ping Pong 1pm-3pm Senior Center	**Mexican Train** 1:30pm-2:30pm Senior Center	**Karaoke** 1pm-3pm Senior Center	**You're Not Alone: Caregiver and Peer Support Group** 1:00pm-2:00pm MLK Center	**Friday Movie** 1pm-3pm Senior Center
		Senior Lunch 12pm-1pm Senior Center	**Shanghai Rummy** 1:00pm-3:30pm Senior Center	**Drop-In Game Time** 1pm-3pm Senior Center

Senior Lunch Program

The Bay Tree Bistro is a lunch program for Seniors 60+. Our nutritious, delicious meals include a salad, main course, and fruit or dessert. The dining room doors open at 11:30 am Lunch is served at 12 pm No arrivals past 12:10 pm The room will remain open from 12-1 pm Reservations are required.

BAY TREE BISTRO

Check out the menus online at cityofsanmateo.org/639/Bay-Tree-Bistro or visit the Senior Center. Call the Senior Center for instruction on how to register at (650) 522-7490 or come in person.

San Mateo Senior Center

- Monday, Wednesday, Friday: 12 pm–1:00 pm
- 2645 Alameda de las Pulgas, San Mateo
- The cost for lunch is $7.00. Check-in at the front desk before entering the lunchroom.

Dr. Martin Luther King Jr. Community Center*

- Tuesday & Thursday: 12 pm–1:00 pm
- 725 Monte Diablo Ave., San Mateo
- The voluntary contribution for patrons 60+ is $5.00.

*The Older Americans Act partially funds this program.



Get Around! Senior Rides Transportation Program

Affordable transportation for City of San Mateo residents 60+ years old.

For questions or to join the waitlist please contact the San Mateo Senior Center at (650) 522-7490.

We understand the importance of reliable transportation, and you can find additional resources and transportation options within San Mateo County at Peninsula Rides www.peninsularides.com.







Senior Hubs

Join us for our Senior Hub programs this fall. Stop by the San Mateo Senior Center or pick up the latest Senior Center Newsletter to explore upcoming Senior Hubs, Senior Activities, and opportunities to connect with others in the community.

For more information, please page 42 or contact the San Mateo Senior Center at (650) 522-7490.



Dog Parks & Off-Leash Areas

Our dog parks and off-leash areas are open 7 days a week! For specific facility hours please check below.

Dog Parks

John Lee Dog Park at Bayside-Joinville Park
6:00am-10pm

Laurie Meadows Park
Sunrise to Sunset

Los Prados Park
6:00am-10pm

Seal Point Park
6am-Sunset

Off-Leash Areas

Beresford Park – Chanteloup Field Only
6-8am

Central Park – Fitzgerald Field Only
6-8am

Always abide by posted signage and respect field closure notices. Use of natural turf and fields is prohibited during inclement weather. If the red light is on at Fitzgerald or Chanteloup Fields, they are closed to ALL users. If you have questions, please call our field condition line (650) 522-7439.

Friendly reminders to all dog owners

- Keep your dog(s) on a leash in all San Mateo parks and open spaces outside of approved dog parks and off-leash areas. It's the best way to ensure a safe and positive experience for all pets and people in our community.
- Always carry a bag and dispose of dog waste in garbage cans. It's not just polite to pick up after your pup, it's the law.

Learn more online at

www.cityofsanmateo.org/2332/Dog-Parks-Off-Leash-Areas
or check out our City's Municipal Code:

San Mateo Municipal Code Section 8.02.060
San Mateo Municipal Code Section 8.04.030
San Mateo Municipal Code Section 13.20.040(c)

Let's be responsible pet owners and make San Mateo a clean, safe place to play for everyone!



Come grow with us...

San Mateo Arboretum Society

In Central Park ... by the Rose Garden

SMAS is dedicated to the preservation of Central Park's rich horticultural heritage. Ongoing activities include monthly free seminars, plant clinics, and maintenance of various gardens in the park.

Location

San Mateo Central Park, Kohl Pumphouse
101 Ninth Avenue, San Mateo
Enter the park at Ninth Ave. & Palm Ave.

Contact

SanMateoArboretum.org
(650) 579-0536 x3
info@sanmateoarboretum.org

@sanmateoarboretumsociety





San Mateo Garden Center

605 Parkside Way, San Mateo

Gardens | Clubs | Event Rentals

The San Mateo Garden Center is home to more than an acre of gardens in Beresford Park, providing the perfect setting for community gatherings and private events.

https://www.sanmateogardencenter.org/
info@sanmateogardencenter.org

Self-Help for the Elderly

安老自助處

1966-2026

Since 1966, Self-Help for the Elderly has provided assistance and support to seniors in the San Francisco area. We provide trustworthy and devoted care for seniors to promote their independence, dignity, and self-worth. Our non-profit services and companionship help guide seniors to wellness and happiness. We want to contribute to longer, healthier, more purposeful lives for seniors.

50 E Fifth Avenue, San Mateo, CA 94401
(650) 342-0822

info@selfhelpelderly.org
selfhelpelderly.org

Age-Friendly Business Certification Program

The Age-Friendly Business Certification program aims to recognize and promote San Mateo Businesses and organizations that demonstrate a commitment to meeting the needs of older adults.

Find out how your business can get certified and see what businesses are already part of the program!

www.cityofsanmateo.org/AgeFriendly



City of San Mateo Contacts

City of San Mateo

City Manager | Alex Khojikian
Interim Director | Marie Silva

Parks & Recreation Admin Services

330 W 20 Ave. | (650) 522-7400
parksandrecreation@cityofsanmateo.org
Street Trees ..... trees@cityofsanmateo.org
Picnics ..... picnicreservations@cityofsanmateo.org

Visitor Services & Harbor Patrol

Park Rangers ..... (650) 787-9153
Harbor Patrol ..... (650) 522-7467 (May-Sep)

Poplar Creek Golf Course

1700 Coyote Point Dr. | (650) 522-7510
Reservations ..... (650) 522-4653

Parks & Landscape Services

2001 Pacific Blvd. | (650) 522-7420

Police Activities League (PAL)

200 Franklin Pkwy. | (650) 522-7725
Police Headquarters, 2 Floor

Recreation Facilities

Beresford Recreation Center

2720 Alameda de las Pulgas | (650) 522-7440

Central Recreation Center

50 E 5 Ave. (Central Park)
Building Reservations ..... (650) 522-7490
Self-Help for the Elderly ..... (650) 342-0822

Dr. Martin Luther King Jr. Community Center

725 Monte Diablo Ave. | (650) 522-7470
Athletics ..... (650) 522-7430
Field Conditions ..... (650) 522-7439
Pool (June-Aug) ..... (650) 522-7465

Joinville Swim Center (June-Aug)

211 Kehoe Ave. | (650) 522-7460

Senior Center

2645 Alameda de las Pulgas | (650) 522-7490

Shoreview Center

950 Ocean View Ave. | (650) 522-7486
Building Blocks Preschool

Commissions

Park & Recreation Commission

1st Wednesday
www.cityofsanmateo.org/82/Park-Recreation-Commission
prcommission@cityofsanmateo.org

Senior Advisory Commission

2nd Monday (every other month)
www.cityofsanmateo.org/105/Senior-Advisory-Commission
seniorcommission@cityofsanmateo.org

City Council

1st & 3rd Mondays
www.cityofsanmateo.org/55/City-Council
citycouncil@cityofsanmateo.org

Not sure who to call?

Submit a contact form online:
www.cityofsanmateo.org/contactus





City of San Mateo **Parks**

San Mateo Parks	Baseball	Basketball	Boating	Bocce Ball	Dog Park	Dog Off Leash Areas	Exercise Equip.	Play Area	Pickleball	Picnic Area	Picnic Shelter	Rec. Center	Restrooms	Sand Beach	Skate Park	Soccer	Swimming	Tennis	Walking Trails	Water Fountains
Regional Parks																				
Ryder Park – 1801 J. Hart Clinton Drive								✔		✔			✔						✔	✔
Seal Point Park – 1901 J. Hart Clinton Drive					✔								✔						✔	✔
Community Parks																				
Bay Meadows Park – 301 East 28th Avenue								✔		✔			✔			✔				✔
Bayside/Joinville Park & Pool – 2111 Kehoe Avenue	✔				✔			✔	✔	✔			✔			✔	✔	✔		✔
Beresford Park and Center – 2720 Alameda de las Pulgas	✔	✔		✔		✔	✔	✔	✔	✔	✔	✔	✔		✔			✔		✔
Central Park and Center – 50 East 5th Avenue	✔					✔		✔	✔	✔		✔	✔					✔		✔
Dr. Martin Luther King Jr. Park, Center & Pool – 725 Monte Diablo Ave.	✔	✔						✔		✔		✔	✔			✔	✔			✔
Lakeshore Park – 1550 Marina Court	✔	✔								✔			✔	✔						✔
Los Prados Park – 1837 Bahia Street	✔	✔			✔			✔	✔	✔			✔			✔		✔		✔
Parkside Aquatic Park – 1595 Seal Street			✔					✔		✔			✔	✔			✔			✔
Shoreview Park – 950 Ocean View Avenue	✔	✔						✔	✔	✔	✔	✔	✔		✔			✔		✔
Neighborhood Parks																				
Borel Park – 425 Barneson Ave								✔												✔
Casanova Park – 4012 Casanova Drive		✔						✔		✔			✔							✔
Harborview Park – 1725 Monte Diablo Avenue	✔	✔						✔		✔			✔							✔
Indian Springs Park – 313 West 39th Avenue								✔		✔			✔							✔
Laurelwood/Sugarloaf Park – 3471 Glendora Drive		✔						✔		✔			✔						✔	✔
Laurie Meadows Park – 111 Laurie Meadows Park					✔		✔	✔		✔						✔				✔
Mariners Island Park – 1550 Shoal Drive	✔							✔					✔							✔
Paddock Park – 2900 Baze Road		✔						✔		✔			✔							✔
Trinta Park – 150 19th Avenue	✔	✔						✔		✔			✔							✔
Small & Mini Parks																				
Bay Tree Park – 150 Darthmouth Rd.																				
Concar Playground – 650 Connie Ave.								✔												✔
DeAnza Historical Area – 100 Arroyo Ct.																				
East Hillsdale Park – 123 31st Ave.								✔										✔		✔
Fiesta Meadows Park – 1141 Bermuda Dr.																✔				✔
Gateway Park – 800 E 3rd Ave.								✔												
Hayward Square Park – 1189 S B St.																				
Landing Green – 200 E 28th Ave.																				✔
Sunnybrae Playground – 625 Folkstone Ave.								✔												✔
Washington Playground – 1768 Washington St.		✔						✔												✔
West Hillsdale Park – 345 31st Ave.		✔						✔												✔

YOUTH ACTIVITIES COUNCIL

Taking Leadership to the Next Level!

If you are a high school student looking to gain leadership skills, give back to your community and be an active member of a teen board, then look no further! The Youth Activities Council represents the youth voice of San Mateo's teens.

Mission

To provide experiences and opportunities for the youth and teen population of San Mateo by:

- Providing safe and enjoyable activities.
- Creating community through special events.
- Empowering youth to have a voice in the community.
- Volunteer opportunities to get involved and make a difference!

Students will be asked to complete an application/questionnaire which will be due no later than August 31st. Students must be a resident of San Mateo and/or attend high school in San Mateo. Please call the Dr. Martin Luther King Jr. Community Center at (650) 522-7470 for the application, questions, and more information.

FACILITY RESERVATIONS

Host your next celebration in a space that inspires!

From our community centers to the serene Japanese & Rose Gardens, our facilities offer versatile spaces perfect for birthdays, meetings and other community gatherings.

Whether you're planning something casual or a major milestone, the City of San Mateo Parks and Recreation Department has facility rental options for every occasion!

Call us for more information regarding our facilities.

Beresford Recreation Center
2720 Alameda las Pulgas
(650) 522-7440

Central Recreation Center
50 E 5th Ave.
(650) 522-7490

*Japanese & Rose Garden Reservations

Dr. Martin Luther King Jr. Community Center
725 Monte Diablo Ave.
(650) 522-7470

San Mateo Senior Center
2645 Alameda de las Pulgas
(650) 522-7490

Download an application online today:
https://www.cityofsanmateo.org/579/Meetings-Parties-Events

San Mateo
Parks and Recreation Department
330 West 20th Avenue
San Mateo, CA 94403

PRSRT STD
U.S. POSTAGE
PAID
BURLINGAME, CA
PERMIT NO. 905

WINTER WONDERLAND







Save the Date

Winter Wonderland 2026 | Saturday, December 5, 2026

4:00 – 6:00pm | Central Recreation Center & Park