Summer Kick Off

Sunday, June 23rd
@ King Pool
11 a.m. to 1 p.m.
Join us in kicking off the summer with some fun! Food, Games, Family Fun, and more!
1 p.m to 4 p.m.
For every 1 paid Adult Admission, you get 2 FREE Youth Admissions.

4th of July in the Park

Thursday in Central Park
11 a.m. to 2 p.m.
Join us for a patriotic day that starts right before the Central Park Music Series!
Fun and activities from 11 a.m. - 2 p.m. and the Music Series from 12 - 2 p.m.

Movies in the Park

Fri., Sept. 6 at Beresford Park
Ralph Breaks the Internet (PG)

Fri., Sept. 13 at Shoreview Park
Spider-Man into the Spider-Verse (PG-13)

Fri., Sept. 20 at Los Prados Park
Incredibles 2 (PG)

Fri., Sept. 27 at Central Park
Captain Marvel (PG)

Movie will start at dusk ~7:30 p.m.
Activities and snacks will start at 6 p.m.
On behalf of the Parks & Recreation Team, welcome to summer in the City of San Mateo! We hope that you will explore all the exciting recreational opportunities that the San Mateo Parks and Recreation Department is offering you, your family, and friends. San Mateo Parks and Recreation Department offers a variety of programs for community members of all ages and skill levels. In addition to our long list of enriching summer programs, people are encouraged to explore our incredible parks, open spaces, and even take in a few rounds of golf at the beautiful Poplar Creek Golf Course. Wait! Did I mention that after playing those rounds of golf you can now get a great meal at the newly renovated Poplar Creek PAR 3 restaurant. Your adventure begins here, and now that the RAIN HAS FINALLY STOPPED we invite each of you to Get Out and Play in your San Mateo parks!

Summertime is the time for all of us to get outdoors, recreate, enjoy the fresh air, green grass, and warm sunny days. Whether you are taking a peaceful stroll in one of our neighborhood parks, decide to reserve a picnic area for a family barbecue, or sign up for one of our outdoor youth, adult sports or fitness classes, your San Mateo Parks system has what you’re looking for this summer.

Calling all you music lovers! The Summer Central Park Music Series is back for 2019. The first of 9 FREE concerts will be held on Thursday, June 20th. Grab your family and join us in listening to some great entertainment, eating too much food, and experiencing all the fun things the City of San Mateo has going on in your parks.

In whatever ways you decide to recreate this summer, we wish you and your family a fun and enjoyable experience.

Cheers, Sheila Canzian
The Building Blocks Preschool Programs are 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 are interested in embracing 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.

**A Parent and Child:** age 8 mos.-2 yrs.
You and your infant/toddler will take your first steps together in this series of classes. Through this group environment, you will discover core recreation and educational basics such as singing, sharing, and age-appropriate art while learning valuable social and listening skills. One adult per child.

<table>
<thead>
<tr>
<th>First Steps Playtime: age 8 mos.-2 yrs.</th>
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<tbody>
<tr>
<td><strong>Shoreview Center</strong></td>
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<tr>
<td>430101-A2 F 9:00-10:00am $42/53 6/28-8/2</td>
</tr>
<tr>
<td>430101-A3 Sa 9:00-10:00am $42/53 6/29-8/3</td>
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<tr>
<td><strong>Beresford Center</strong></td>
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<tr>
<td>430101-B1 M Tu 9:15-11:15am $280/305 6/24-7/30</td>
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<tr>
<td>430101-B2 W Th 9:15-11:15am $257/282 6/26-8/1</td>
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**Toddler Playtime: age 2-3 yrs.**
Shoreview Center
430102-A2 F 10:30-11:30am $42/53 6/28-8/2
Beresford Center
430102-A3 Sa 10:30-11:30am $42/53 6/29-8/3

**B Friends & Me:** age 2-3.3 yrs.
Your child is ready for independence at school...but not yet fully toilet trained. This class offers an opportunity for your child to participate in social activities, movement, and exploration with our trained Building Blocks teachers.

<table>
<thead>
<tr>
<th>Friends &amp; Me: age 2-3.3 yrs.</th>
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<tr>
<td><strong>Shoreview Center</strong></td>
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<tr>
<td>410102-B1 M Tu 9:15-11:15am $280/305 6/24-7/30</td>
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<td>410102-B2 W Th 9:15-11:15am $257/282 6/26-8/1</td>
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<td><strong>Beresford Center</strong></td>
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<td>410102-B3 M Tu 8:45-10:45am $280/305 6/24-7/30</td>
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<tr>
<td>410102-B4 M Tu 11:15am-1:15pm $280/305 6/24-7/30</td>
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<tr>
<td><strong>Lakeshore Center</strong></td>
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<tr>
<td>410102-B5 W Th 8:45-10:45am $257/282 6/26-8/1</td>
</tr>
<tr>
<td>410102-B6 W Th 11:15am-1:15pm $257/282 6/26-8/1</td>
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<tr>
<td><strong>Martin Luther King Jr. Community Center</strong></td>
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<tr>
<td>410102-B7 M 9:15-11:15am $140/165 6/24-7/29</td>
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<tr>
<td>410102-B8 Tu 9:15-11:15am $140/165 6/25-7/30</td>
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<tr>
<td>410102-B9 W 9:15-11:15am $140/165 6/26-7/31</td>
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<tr>
<td>410102-B10 Th 9:15-11:15am $117/142 6/27-8/1</td>
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<tr>
<td>410102-B11 F 9:15-11:15am $117/142 6/28-8/2</td>
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**C Tiny Tots:** age 3-4 yrs.
Children will grow and explore essential social, cognitive and physical skills in a dynamic, stimulating and creative environment. Heighten your preschooler’s awareness of the alphabet, colors, phonics, and number concepts. Your child will graduate from this foundational program well-adjusted and ready for Pre-Kindergarten. Children must meet the age minimum and be toilet trained prior to their first day of class. Children must enroll in Pre-Kindergarten if they are eligible for enrollment (age 4 on or before September 1). A $50.00 registration processing fee is due at the time of registration.

<table>
<thead>
<tr>
<th>Tiny Tots: age 3-4 yrs.</th>
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<tr>
<td><strong>Shoreview Center</strong></td>
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<tr>
<td>610113-C1 M W F 9:00-11:30am $260/285 8/19-6/5</td>
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<tr>
<td>610113-C2 Tu Th 9:00-11:30am $180/205 8/20-6/4</td>
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<td><strong>Lakeshore Center</strong></td>
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<td>610113-C3 M W F 9:15-11:45am $260/285 8/19-6/5</td>
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<td>610113-C4 Tu Th 9:15-11:45am $180/205 8/20-6/4</td>
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<td><strong>Beresford Center</strong></td>
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<td>610113-C5 M W F 9:00-11:30am $260/285 8/19-6/5</td>
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<tr>
<td>610113-C6 Tu Th 9:00-11:30am $180/205 8/20-6/4</td>
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**D Pre-Kindergarten:** age 4-5 yrs.
This is the final block to jumpstart your preschooler’s transition to kindergarten. Your child will have the advantage in kindergarten through increased social, academic, and skill development. Our daily curriculum explores phonics, mathematics, science and nature, large and small motor development, valuable self-esteem building while meeting recommended academic and age appropriate benchmarks. (Children must be age 4 on or before September 1). Payments may be made in 10 monthly installments. A $50.00 registration processing fee is due at the time of registration.

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<tr>
<th>Pre-Kindergarten: age 4-5 yrs.</th>
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<td><strong>Shoreview Center</strong></td>
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<tr>
<td>610114-D1 M-Th 8:30-11:30am $428/453 8/19-6/4</td>
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<tr>
<td>610114-D2 M-Th 12:30-3:30pm $428/453 8/19-6/4</td>
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<tr>
<td><strong>Lakeshore Center</strong></td>
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<tr>
<td>610114-D3 M-Th 8:30-11:30am $428/453 8/19-6/4</td>
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<tr>
<td>610114-D4 M-Th 12:30-3:30pm $428/453 8/19-6/4</td>
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Building Blocks programs are Recreation based which embrace the theory that children learn through play.
Beresford Kids Club: age 5-11 yrs.

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 $50 nonrefundable registration processing fee is required. Payments made in 10 installments.

**Beresford Recreation Center**

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<tr>
<th>Kinder Kids</th>
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<tr>
<td>610211-A1</td>
<td>M-F</td>
<td>12:30-3:00pm</td>
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<tr>
<td>610211-A2</td>
<td>M-F</td>
<td>12:30-6:00pm</td>
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<tr>
<td>610211-A3</td>
<td>M W F</td>
<td>12:30-3:00pm</td>
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<td>610211-A4</td>
<td>M W F</td>
<td>12:30-6:00pm</td>
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<td>610211-A5</td>
<td>Tu Th</td>
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<tr>
<td>610211-A6</td>
<td>Tu Th</td>
<td>12:30-6:00pm</td>
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<tr>
<td><strong>Kids Club</strong></td>
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<td>610211-B1</td>
<td>M-F</td>
<td>2:30-6:00pm</td>
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<td>610211-B2</td>
<td>M W F</td>
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<tr>
<td>610211-B3</td>
<td>Tu Th</td>
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**Everyday Play:** ages 6-10 yrs

The Everyday Play program is an after-school program for students in grades 1st-5th. Every day they will do homework, play games, have snack and hang out with their friends and favorite staff.

**Martin Luther King, Jr. Community Center**

| 510201-A1       | MTu,ThF  | 3:00-6:00pm               | $95 8/13-12/20   |
|                 | W        | 1:00-6:00pm               |               |

**Meet the Staff**

**Kelvin Coggins** has been working in Recreation for 8 years and graduated with a Bachelor of Science in Recreation & Sports Management from Coastal Carolina University. Kelvin loves recreation because it allows him to merge his passion for sports/fitness with his passion for helping mentor and shape the lives of our youth. Kelvin is the Community Services Coordinator at the Dr. Martin Luther King Jr. Community Center, which involves programming of after-school programs, overseeing the newly renovated teen center at the Community Center, and the Junior Warriors basketball league! Kelvin came to us after working as the Youth Sports Coordinator with the City and County of Denver, but grew up in Alexandria, Virginia just outside of Washington D.C. Kelvin is excited about learning more and infusing himself in with the individuals that he will be serving throughout the San Mateo community.

**Brandon Parra** has been in Recreation for over 15 years. Originally from southern California, Brandon went to school at California State University – Fullerton, and started out as a part time staff, running a summer drop-in recreation site. Brandon enjoyed his recreation experience so much, that he applied for full time employment after graduation. Over the course of Brandon’s career, he has overseen a variety of programs, including; sports, aquatics, camps, drop-in recreation, seniors, and adult fitness programs. Brandon joined the San Mateo team in February 2019, and will be primarily overseeing special events and teen programs. Brandon is also new to living in the bay area, but is very excited to be here, and to learn all about San Mateo and the bay area.

**Zack Radcliffe** is a recent graduate from San Francisco State University, where he got his Bachelor’s Degree in Recreation, Parks & Tourism Management. Zack comes from the City of Union City, where he found his passion for recreation and has worked there since 2008. While with Union City, he was a Program Manager who helped oversee their facilities, afterschool program, and summer camps.

As the new Mobile Recreation Coordinator, he brings tons of energy and excitement with him to San Mateo. Working in recreation and giving back to the community and making sure patrons are enjoying their experiences, is what he loves most about recreation. Come out and Rec & Roll with him sometime this summer!
Building the Bond Between Cops and Kids

Our nonprofit organization seeks to promote trust and understanding between “cops and kids” – bringing youth under the supervision and constructive influence of our city’s police officers and other positive role models in a wide range of activities. We have made a commitment to our community to provide activities at little or no cost to our members. Our goal is to provide everyone with an opportunity to participate in PAL’s numerous activities regardless of financial hardships.

Become a Member

As a member, you will receive a t-shirt and be added to our mailing list. All activities are offered at reduced rates to San Mateo PAL members. Members will receive regular mailings detailing upcoming activities and opportunities for our youth. Membership information, forms and activity guides can be found on our website at www.sanmateopal.org. Membership is open to boys and girls ages 5-18 years.

How to Register – It’s EASY!

All activities and programs are available for registration online through sanmateorec.org or in person at the PAL office during normal business hours, Monday-Thursday, 9:00am – 5:00pm. We are located at the Police Department, 200 Franklin Parkway, San Mateo, CA 94403. Remember, PAL membership is FREE! For more information on our programs, go to sanmateopal.org.

Movie Club: age 8-13 yrs.

Beat the heat this summer and join us at the movies but don’t forget the popcorn! After each movie, your child will write their own review. PAL Movie Club gets two thumbs way up!

Police Headquarters

432125-A Tu 9:00am- 2:00pm $5 6/25, 7/9, 7/23

Dinner & Movie: age 13-18 yrs.

We are putting a fun twist on dinner and a movie. Before catching this summer’s hottest new blockbuster, we’re going to throw down in the kitchen and cook a delicious dinner.

Dr. Martin Luther King Jr. Community Center

432126-A Tu 5:00-10:00pm $5 7/2
432126-B Tu 5:00-10:00pm $5 7/16
432126-C Tu 5:00-10:00pm $5 7/30

Picnic in the Park: age 5-10 yrs.

Enjoy a day of play at the park with PAL, plenty of fun activities await! Bring a lunch, sunscreen and plenty of water!

Beresford Park

432139-A F 10:00am- 3:00pm FREE 6/21
432139-B F 10:00am- 3:00pm FREE 7/19

Lupe Mejía has been with San Mateo Police for close to 14 years and worked a variety of assignments. Currently, she is a school resource officer and enjoys being a role model for our youth every day. She teaches G.R.E.A.T. to our community’s 6th graders, in which we talk about different life skills. Working as an SRO, she also has the opportunity to help build programs for our youth. Lupe is part of PAL’s Ballet Folklorico, and holds a girls group at Hillsdale High School where she serves as a mentor and focuses on keeping girls engaged in school. Lupe loves PAL’s mission, and is fully engaged with bringing San Mateo’s youth to PAL in which life changing opportunities are acquired.

Family Fun Nights: age 5-18 yrs.

Spend the warm summer nights with family, friends and lots of fun! Cool down in the pool or relax in the park, but don’t forget to pack a picnic!

King Pool

432175-A Sa 5:30- 8:00pm FREE 6/29
Beresford Park

432175-B Sa 5:30- 8:00pm FREE 7/13
Joinville Pool

432175-C Sa 5:30- 8:00pm FREE 7/27

Monday Night Madness: age 13-18 yrs.

Monday is the new Fun-day at PAL! Get ready for a night of fast paced fun and excitement. Dinner will be provided at location.

Laser Tag

432182-A M 5:00- 9:00pm $5 6/24
Bowling

432182-B M 5:00- 9:00pm $5 7/8
Dave & Buster’s

432182-C M 5:00- 9:00pm $5 7/22
White Water Rafting and Overnight Car-Camping: age 13-18 yrs.
Get ready to experience the rush and beauty of rafting down the American River. Enjoy the beautiful scenic backdrop of the Sierra foothills as you bond with your fellow rafters. This is a two-day experience, we will spend the first night camping and wake up to a morning full of excitement.

Police Headquarters
432140-A W Th 8:00am- 8:00pm $10 8/7-8/8

Sketch & Explore: age 10-18 yrs.
You don’t need a camera to capture the beauty of the world around us. Explore the sights and sounds of the Bay Area, just make sure you stop and sketch your favorite part! Art materials will be provided.

Police Headquarters
432146-A W 10:00am- 3:00pm $5 7/3
432146-B W 10:00am- 3:00pm $5 7/17
432146-C W 10:00am- 3:00pm $5 7/31

Hiker’s Club: State Parks: age 10-18 yrs.
Take a hike through some great, local State Parks. Explore the outdoors while getting some exercise! No experience is necessary, just a desire for fun and adventure.

Police Headquarters
432109-A Th 10:00am- 3:00pm $5 6/27
432109-B Th 10:00am- 3:00pm $5 7/11
432109-C Th 10:00am- 3:00pm $5 7/25

Additional Activities, Programs, and Trips Include:

- Tour of SF
- Cavern Expedition
- Santa Cruz Beach Boardwalk
- Fishing
- Kayaking
- Backpacking

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- Tour of SF
- Cavern Expedition
- Santa Cruz Beach Boardwalk
- Fishing
- Kayaking
- Backpacking

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

FREE MEMBERSHIP!
Youth Activities Council

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 30, 2019. Students must be a resident of San Mateo and/or attend high school in San Mateo.

How to apply, questions, more information:
Please contact Brandon Parra at bparra@cityofsanmateo.org or call (650) 522-7432.

Youth Activities Council (In Training)

If you are in middle school, and looking to gain experience in leadership & giving back to your community, then join our YAC(it) team! The Youth Activities Council (in training) provides middle school students an introductory experience to work with our High School YAC members who represent the youth's voice of San Mateo teens!

Contact Brandon at bparra@cityofsanmateo.org for more information.

FREE!

VolunTEEN: Grades 6-12
Recreation Center

Be a Teen Volunteer - a VolunTEEN! This program is designed to give middle and high school students an opportunity to volunteer for one or multiple days during a session. FREE

Middle School
450402-B3 Sa 8:30am-12:30pm SF-Marin Food Bank* 7/13
450402-B4 Sa 9am-12pm San Mateo Parks* 8/3

For High School Students, please contact Brandon Parra at bparra@cityofsanmateo.org for summer VolunTEEN opportunities.
*Transportation is included and will depart from either the Dr. Martin Luther King Jr. Community Center or Beresford Recreation Center.

Friday Night Fun: grades 6th-8th

Kickoff Summer in style with delicious BBQ, good music and fun games!

Dr. Martin Luther King Jr. Community Center

Summer Time Grill ‘n Chill
450403-A1 F 6:00- 8:30pm FREE 6/21
Tacos & Trivia
450403-A2 F 6:00- 8:30pm FREE 6/28
YAHTZEE
450403-A3 F 6:00- 8:30pm FREE 7/12
Brownies and Bingo
450403-A4 F 6:00- 8:30pm FREE 7/19
S’more Campout
450403-A5 F 6:00- 8:30pm FREE 7/26
Paint with Bob Ross
450403-A6 F 6:00- 8:30pm FREE 8/2
End of Summer Pool Party
450403-A7 F 6:00- 8:30pm FREE 8/9
Candle Making
450403-A8 F 6:00- 8:30pm FREE 8/16
Bocce Ball Night
450403-A9 F 6:00- 8:30pm FREE 8/23
Knock Out
450403-A10 F 6:00- 8:30pm FREE 8/30

FREE!

After School at King (A.S.K.): grades 6th-8th

The After School at King (A.S.K.) program provides teens with a safe space to have fun, socialize and participate in engaging activities. A.S.K. has it all: homework room with computer workstations, internet access, gaming consoles, flat screen TV, pool table, air hockey, ping pong, basketball and plenty more!

Dr. Martin Luther King, Jr. Community Center

550403-A1 MTuThF 3:00-6:00pm FREE 8/14-12/20
W 2:00-6:00pm

Summer Time at King (ST@K): age 11-13 yrs.

Enjoy a fun summer with a field trip during the week and hangout in the beautifully remodeled Teen Center! Call (650) 522-7474 or email kcoggins@cityofsanmateo.org for more information.

Dr. Martin Luther King Jr. Community Center

320308-A1 M-F 12:30-6:00pm $47 6/24-6/28
320308-A2 M-W 12:30-6:00pm $47 7/1-7/3
320308-A3 M-F 12:30-6:00pm $47 7/8-7/12
320308-A4 M-F 12:30-6:00pm $47 7/15-7/19
320308-A5 M-F 12:30-6:00pm $47 7/22-7/26
320308-A6 M-F 12:30-6:00pm $47 7/29-8/2
320308-A7 M-F 12:30-6:00pm $47 8/5-8/9
martial arts

All of our Karate classes are taught by Edwards Karate School staff. Questions? Call Sensei Bernard Edwards at (650) 207-3550 or visit www.edwardskarateschool.com. For all classes, Karate Gi (uniform) is required and may be purchased from instructor.

Pre-Karate I: age 3.5-8 yrs.
Give your child the gift of confidence. Karate training can increase hand-eye coordination, body awareness, and attention span.
Beresford Recreation Center

Pee-Wee Karate: age 3.5-5 yrs.
430510-B1 Th 3:15-4:00pm $105/130 6/27-8/8

Pre-Karate I: age 5.5-8 yrs.
430510-A1 F 5:15-6:00pm $105/130 6/28-8/9

Pre-Karate II/III: age 6-15 yrs.
Boost your child’s confidence and fitness. Children will refine their karate skills at a more advanced level than in Pre-Karate I.

Pre-Karate II
430530-A2 F 6:00-6:45pm $105/130 6/28-8/9
Central Recreation Center

Pre-Karate III
430530-A3 Tu 5:45-6:30pm $117/142 6/25-8/9

Advanced Beginning Karate: age 6-17 yrs.
Students should have some karate training before enrollment in this class. This course will combine lecture and physical training in Japanese Karate which will stress advance basics of punching, kicking, blocking, and striking. This class meets twice a week for the serious students who want to move up in grade levels.

Central Recreation Center
430531-A4 Tu 5:45-6:30pm $180/205 6/25-8/9
Beresford Recreation Center

Fencing: age 7-12 yrs.
Every class will include warm-ups, footwork, attacks, and fundamentals of defensive actions and outright with a partner. Learn the basic strategy of foiling for a beginner, and gain exposure to the modern art of fencing.

San Francisco Fencer’s Club, 617 Mt. View Ave. #3, Belmont
430517-A1 Sa 10:30-11:30am $185 6/27-7/27
430517-B1 Sa 10:30-11:30am $130 7/6-7/27
430517-C1 Sa 10:30-11:30am $185 8/3-8/21

Kuk Sool Won classes are held at Kuk Sool Won San Mateo, 31 W 25th Ave., San Mateo. For more information, call (650) 570-5991 or visit www.smkuksool.com. Uniform is required for all classes and can be purchased from the instructor.

Kuk Sool Won: Tiny Tigers: age 4-6 yrs.
Give your preschool a head start with a program designed specifically for them. Physical fitness and self-defense skills are presented as fun games and activities. Course focuses on self-control and listening skills in a fun, social and safe environment that builds self-esteem.

Central Recreation Center
430513-A1 M 3:30-4:00pm $300 6/10-8/26
430513-A2 Tu 3:30-4:00pm $300 6/11-8/27
430513-A3 W 3:30-4:00pm $300 6/12-8/28
430513-A4 Th 3:30-4:00pm $275 6/13-8/29

Kuk Sool Won: Little Dragons: age 5-8 yrs.
Kuk Sool Won is known for building character, while gaining strength, flexibility and self-esteem. Martial arts have been shown to improve performance in school and other sports, because it improves focus, and coordination. Each session with will focus on new principles.

Beresford Recreation Center
430535-B1 M 4:00-4:45pm $300 6/10-8/26
430535-B2 Tu 4:00-4:45pm $300 6/11-8/27
430535-B3 W 4:00-4:45pm $300 6/12-8/28
430535-B4 Th 4:00-4:45pm $275 6/13-8/29

Kuk Sool Won: Juniors: age 8-13 yrs.
Kuk Sool Won is an awesome activity to gain coordination, self-confidence, and become fit. Whether your child is naturally athletic or not, one of the greatest aspects of martial arts is that all students get to participate equally in all activities while making friends. Each session will focus on new principles.

Central Recreation Center
430536-C1 M 3:30-4:15pm $300 6/10-8/26
430536-C2 Tu 3:30-4:15pm $300 6/11-8/27
430536-C3 W 3:30-4:15pm $300 6/12-8/28
430536-C4 Th 3:30-4:15pm $275 6/13-8/29

Kendo: age 8+ yrs.
Kendo, or Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through exhilarating and demanding exercises. Additional yearly fee not included in the class fee. All levels welcome. Questions? Visit www.sanmateokendo.org.

Dr. Martin Luther King Jr. Community Center
430553-A1 Tu 6:30-8:45pm $21/25 6/11-8/27

“This martial art conditions the body and spirit through exhilarating and demanding exercises.” – San Mateo Kendo Dojo
Kidz Love Soccer: ages 2-5 yrs.
Kidz learn the world’s most popular sport. Each session includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Shin guards required.
Beresford Park
Mommy/Daddy & Me Soccer: age 2-3.5 yrs.
430511-A1 Sa  8:30- 9:00am $95/115 7/13-8/24
430511-A2 Sa  9:05- 9:35am $95/115 7/13-8/24
430511-A3 W  9:30-10:00am $95/115 7/10-8/21
430511-A4 W  6:10- 6:40pm $95/115 7/10-8/21
Tot Soccer: age 3.5-4 yrs.
430511-C1 Sa  9:45-10:15am $95/115 7/13-8/24

Kidz Love Soccer: ages 5-10 yrs.
Kidz will develop core soccer skills like dribbling, passing and shooting in a team play format. We will play fun skill building games and then use our new skills in small-sized soccer matches. Shin guards required.
Beresford Park
Soccer 1: Techniques & Teamwork: age 5-6 yrs.
430512-A1 Sa 11:00-11:45am $95/115 7/13-8/24
430512-A2 W  4:30- 5:20pm $95/115 7/10-8/21
Soccer 2: Skillz and Scrimmage: age 7-10 yrs.
430512-B1 Sa 11:50am-12:35pm $95/115 7/13-8/24
430512-B2 W  3:45- 4:30pm $95/115 7/10-8/21

Rebound Basketball: Parent/Tot: age 2-3.5 yrs.
Help your child learn the skills for basketball with fun activities. Children will develop gross motor skills while socializing with other children in a non-competitive environment. Parent participation required.
Beresford Park
430516-A1 Sa  9:15- 9:40am $95/117 6/29-8/10

Rebound Basketball Pre-K: age 3.5-5 yrs.
This class emphasizes the fundamentals such as teamwork, dribbling, passing, and shooting. Lots of age-appropriate games to work on coordination and basic rules of the game. Includes a feedback card for each child.
Beresford Park
430537-A1 Sa  9:45-10:20am $105/130 6/29-8/10

Rebound Basketball: age 5-14 yrs.
Basic basketball skills in dribbling, passing, shooting will be introduced and improved upon. Players will work on offense and defense and engage in scrimmages and games. Players will gain self-confidence, social skills and learn the meaning of teamwork while having fun.
Beresford Park
age 5-7 yrs.
430538-A2 M  3:45-4:30pm $120/145 6/24-8/5
430538-A1 Sa 10:25-11:10am $110/135 6/29-8/10
age 8-14 yrs.
430538-B2 M  4:35-5:30pm $125/150 6/24-8/5
430538-B1 Sa 11:15am-12:10pm $115/140 6/29-8/10

Skateboarding – Getting Started: age 5-14 yrs.
This beginner skateboard class focuses on learning the basics of skateboarding with the proper technique in a fun, safe, and progressive atmosphere. Required for this class: Skateboard (mid-range to pro-grade), helmet, knee and elbow pads. Contact Atlas Skateboarding for info about purchasing a skateboard and pads (650) 401-7110 or www.atlasskateboarding.com
Beresford Park
430557-A1 Sa  9:00-10:00am $100/125 6/8-7/13
430557-A2 Sa  9:00-10:00am $100/125 7/27-8/24

Skateboarding – Basic Tricks: age 5-14 yrs.
This intermediate skateboard class builds on the foundation learned in the Getting Started class. The focus is on students learning elementary and intermediate skateboard tricks in a safe and fun environment. Required for this class: Skateboard (mid-range to pro-grade), helmet, knee and elbow pads.
Beresford Park
430556-A1 Sa 10:00-11:00am $100/125 6/8-7/13
430556-A2 Sa 10:00-11:00am $100/125 7/27-8/24

Westside Fitness: Youth: age 10-17 yrs.
Our youth program provides self-defense instruction and cross training for other sports to help condition and improve performance overall.
Westside Fitness
Westside Fitness- Punch Card (12 punches)
430564-A1 M W F  4:00- 5:00pm $209 6/3-8/30
Westside- June Monthly Pass
430564-B1 M W F  4:00- 5:00pm $105 6/3-6/28
Westside- July Monthly Pass
430564-B2 M W F  4:00- 5:00pm $105 7/1-7/31
Westside- August Monthly Pass
430564-B3 M W F  4:00- 5:00pm $105 8/2-8/30

Yoga for Kids: age 5-12 yrs.
Children’s level yoga poses with stories and games. Pretend to be different animals, mountains, trees, tables and others. Invent your own pose or create a name for a pose. This playful yoga class helps to build coordination, flexibility and calm the mind. Bring a mat.
Beresford Recreation Center
Instructor: Laura Marsh
430522-B1 Th  3:40- 4:30pm $72/88 6/20-8/8
Note on 4:1 class (if offered): with no more than four students for one coach, these classes offer each player more personalized instructions to deliver optimized results. Check weather update link https://twitter.com/tdapaul2016 during rainy season for class cancellation/rescheduling announcement. For private/semi-private lessons information, please contact Tennis Director Paul Lin, text/call (650) 743-1382 or email paul@sanmateotennis.net.

## Pre-Rallyball Tennis: age 5-7 yrs.
Preparation stage for students aged 5-7 years old for the San Mateo pathway. Early skill acquisition depends on parent participation (recommended). To progress to Rallyball 1, student must demonstrate proper grip and focused ball tracking.

<table>
<thead>
<tr>
<th>Court</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Park Tennis Court</td>
<td>M</td>
<td>6:05-6:45pm</td>
<td>$69/94</td>
<td>6/10-6/24</td>
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<td>$69/94</td>
<td>6/14-7/5</td>
</tr>
<tr>
<td></td>
<td>F</td>
<td>6:05-6:45pm</td>
<td>$92/117</td>
<td>8/9-8/30</td>
</tr>
</tbody>
</table>

## Jr. Rallyball 1 Tennis: age 7-12 yrs.
This class is designed to engage young children in participating in tennis as a team sport while having fun with their friends and learning basic skills. Prerequisite: If 5 or 6 years old: Pre-Rallyball Tennis, otherwise none. To progress to Rallyball 2, students must demonstrate multiple touch rallies on an 18’ court.

<table>
<thead>
<tr>
<th>Court</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
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<td>6/10-6/24</td>
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<td>4:05-5:00pm</td>
<td>$69/94</td>
<td>6/14-7/5</td>
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<tr>
<td></td>
<td>F</td>
<td>4:05-5:00pm</td>
<td>$92/117</td>
<td>8/9-8/30</td>
</tr>
</tbody>
</table>

## Jr. Rallyball Match Play: age 7-12 yrs.
For juniors who have mastered rallying with red balls, and are ready to develop tactics for match play on 36’ court. Pre-Requisite: Rallyball 2 experience with coach’s approval.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Price</th>
<th>Dates</th>
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<tbody>
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<td>$96/121</td>
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<td>M</td>
<td>5:05-6:00pm</td>
<td>$128/153</td>
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</table>

## Jr. Beginning Tennis: age 11-16 yrs.
Students will refine fundamentals in preparation for full-court rallies in the next level, Junior Beginning 2. To progress to Junior Beginning 2, students must display topspin rallies on a 60’ court.

<table>
<thead>
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<th>Day</th>
<th>Time</th>
<th>Price</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Central Park Tennis Court</td>
<td>Sa</td>
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<td>$115/140</td>
<td>6/15-7/20</td>
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<td>Sa</td>
<td>5:05-6:00pm</td>
<td>$92/117</td>
<td>8/10-8/31</td>
</tr>
</tbody>
</table>

## Jr. Intermediate/Advanced Tennis: age 11-16 yrs.
Students will play full court circular groundstrokes from multiple stances. 12U league play is encouraged. To progress to the next level, students must display topspin rallies on a 78’ court. Pre-Requisite: Jr Beginning Tennis 1 and Instructor’s approval.

<table>
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<th>Dates</th>
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</tr>
<tr>
<td></td>
<td>Th</td>
<td>7:05-8:00pm</td>
<td>$92/117</td>
<td>8/8-8/29</td>
</tr>
<tr>
<td></td>
<td>Sa</td>
<td>5:05-6:00pm</td>
<td>$92/117</td>
<td>8/10-8/31</td>
</tr>
</tbody>
</table>
**Horseback Trail Ride:** age 8+ yrs.

Trail rides take a trail ride on the beautiful all weather trails in Wunderlich Park Woodside. Your adventure will wind through beautiful trails of redwoods. You will see mother nature at her best and may even spot deer or other animals. This ride is for any riding ability.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Price</th>
<th>Registration Date</th>
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<tbody>
<tr>
<td>430566-A1</td>
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<td>6/16</td>
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<tr>
<td>430566-A2</td>
<td>Su 1:00-2:00pm</td>
<td>$60</td>
<td>6/30</td>
</tr>
<tr>
<td>430566-A3</td>
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<td>7/7</td>
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<tr>
<td>430566-A4</td>
<td>Su 1:00-2:00pm</td>
<td>$60</td>
<td>7/14</td>
</tr>
<tr>
<td>430566-A5</td>
<td>Su 1:00-2:00pm</td>
<td>$60</td>
<td>8/4</td>
</tr>
<tr>
<td>430566-A6</td>
<td>Su 1:00-2:00pm</td>
<td>$60</td>
<td>8/18</td>
</tr>
</tbody>
</table>

**Horseback Riding Lessons:** age 8+ yrs.

Student will learn horse safety, mounting, dismounting, steering, stopping, balance, posting trot and sitting trot. These lessons are perfect for beginner to intermediate riders. Each student progresses at their own level.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Price</th>
<th>Registration Date</th>
</tr>
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<td>430567-A3</td>
<td>Sa 12:00-1:00pm</td>
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<td>7/6</td>
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<td>430567-A4</td>
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<td>$60</td>
<td>7/13</td>
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<tr>
<td>430567-A5</td>
<td>Sa 12:00-1:00pm</td>
<td>$60</td>
<td>8/3</td>
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<tr>
<td>430567-A6</td>
<td>Sa 12:00-1:00pm</td>
<td>$60</td>
<td>8/17</td>
</tr>
</tbody>
</table>

**Saddle Club:** age 8-14 yrs.

Progressing at their own individual pace, students will learn ground work with the horse for the first 15 minutes followed by a 30-minute lesson in the arena.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>Price</th>
<th>Registration Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>430568-A1</td>
<td>Su 10:00-10:45am</td>
<td>$60</td>
<td>7/7-7/28</td>
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<tr>
<td>430568-A2</td>
<td>Su 10:00-10:45am</td>
<td>$60</td>
<td>8/4-8/25</td>
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</tbody>
</table>

**Youth & Family Aquatics**

**Horseback Riding**

All Horseback riding will take place at Chaparral at Wunderlich located at 4040 Woodside Road, Woodside, (408) 726-8453.

**Joinville Swim Center**

2111 Kehoe Ave., San Mateo 650-522-7460

**OPEN for SUMMER SEASON M-F:**

June 18- August 14

1:00-4:00pm

**OPEN for SUMMER SEASON SAT/SUN:**

June 16-Sept 1

1:00-5:00

Holidays

July 4, September 2

1:00-5:00pm

A 15 minute break will occur each day from 2:45-3:00pm at both locations

**FEES**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Daily Drop -In</th>
<th>Pass (Valid 6/15 - 9/2, 2019)*</th>
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<tbody>
<tr>
<td>Youth (0-17 yrs)</td>
<td>$3.00</td>
<td>10 Punch Pass $30.00</td>
</tr>
<tr>
<td>Adult (18 yrs+)</td>
<td>$5.00</td>
<td>10 Punch Pass $50.00</td>
</tr>
<tr>
<td>Family (max 6 members)</td>
<td>-----</td>
<td>Season Pass $150</td>
</tr>
</tbody>
</table>

*All Youth 17 and under are required to take a swim test before entering the water.

*No Rec Swim at Joinville on Wednesday, 7/31 for City event

* Summer Family Fun Day Saturday, 7/20 Child $4 and Adult $6

Passes not accepted on this day.
**Birthday Party at the Pool!**

Kids of all ages can celebrate birthdays or special occasions with a Pool Party! Reserve your spot today with a $90 non-refundable deposit for up to 15 guests. Invite up to 5 more guests for an additional $6.00 per person. Parties are booked on a first-come first-served basis on Saturdays and Sundays June 22 – August 17, 2019. Price includes admission to recreation swim 1:00-5:00pm, picnic area and 45 minutes of lifeguard lead water games and fun.

For more information or reservations, please call (650) 522-7569 starting June 1st.

All Youth 17 and under are required to take a swim test before entering the water.

Please note children under the age of 6 must be accompanied by an adult in the water, 1 adult per child.

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**Be a Swim Aide at the Pool!**

Join “The Team” as a volunteer Swim Aide with the City of San Mateo aquatics program. Assist our Swim Instructors helping students one on one and/or assisting with teaching of the daily swimming skills. Learn valuable job responsibilities while having fun with your friends at Joinville or King Pool. Swim Aides must be at least 12 years old or older, required to complete the Swim Instructor Aide Course and volunteer for at least one 2-week session mid-June through August. For more information and an application, call (650)522-7495 or email shavel@cityofsanmateo.org.

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**Lap Swim schedule and fees**

**Lap Swim:** adults 15 yrs.+

At Joinville Pool, create your own workout or simply swim laps at your own pace. We will supply kickboards, pull buoys, and the Lifeguard—you provide the energy!

Fees: Season $110  •  10xPass $55  •  Drop-in $6.00

<table>
<thead>
<tr>
<th>Monday - Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 17 – August 8</td>
<td>June 22 – August 10</td>
</tr>
<tr>
<td>11:15am – 12:45pm</td>
<td>10:00am-12:30pm</td>
</tr>
<tr>
<td>June 17-August 22</td>
<td>----</td>
</tr>
<tr>
<td>5:00-7:30pm</td>
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</tr>
</tbody>
</table>

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**Family Fun Day**

**Saturday, July 20, 2019 at JOINVILLE POOL**

1:00 – 5:00 pm

Join us for an exciting afternoon of water games, relay races, special treats, and fun for the whole Family!

Child = $4  Adult = $6

For more information, call (650) 522-7460.

Summer Swim Passes will not be accepted for this event

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**Water Safety Aide:** age 12-18 yrs.

This course is the pre-requisite for those interested in volunteering as a Water Safety Aide assisting our Swim Lesson Instructors. The class will teach basic water safety techniques, swim instruction methods, and class management and if for individuals with Level 4 swimming skills. If you have previously completed this course, you do not need to repeat it to volunteer for another summer.

Joinville Swim Center

460614-J Tu W 4:30- 6:30pm $30 6/4-6/5

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**Adult Beginner Swim Lessons**

Adult entry level class taught by an experienced swim instructor. Participants will learn comfort in the water and Level 1 to Level 3 skills based on the class’ ability. See “swim lesson level description in the Summer Camp/Aquatic Guide.

Joinville Swim Center

461412-J11 M-Th 7:00- 7:30pm $74 6/17-6/27
461412-J21 M-Th 7:00- 7:30pm $65 7/1-7/11
461412-J31 M-Th 7:00- 7:30pm $74 7/15-7/25
461412-J41 M-Th 7:00- 7:30pm $74 7/29-8/8
461412-J51 M-Th 7:00- 7:30pm $74 8/12-8/22

King Swim Center

461412-K11 M-Th 7:00- 7:30pm $74 6/17-6/27
461412-K21 M-Th 7:00- 7:30pm $65 7/1-7/11
461412-K31 M-Th 6:30- 7:00pm $74 7/15-7/25
461412-K41 M-Th 6:30- 7:00pm $74 7/29-8/8

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**Private Swim Lessons: Adults and Youth**

For personalized attention, four half hour sessions are perfect for someone just starting out or just seeking a little extra coaching. See the class lists for Private Swim Lessons in the 2019 Youth and Family Summer Aquatics Guide.
Whether you are a beginning level student with little to no gymnastics experience or an advanced gymnast looking to hone your tumbling and event apparatus skills, we have a class for you. All classes will be offered through Peninsula Gymnastics Training Center with morning classes held at Beresford Recreation Center and afternoon classes at Peninsula Gymnastics Training Center at 1740 Leslie Street, San Mateo. There are no make-ups for missed classes. Questions? Call Peninsula Gymnastics, (650) 571-7555.

### Gym for Me: age 18 mos.-2.5 yrs.

Enrich your child’s development. Your little ones will learn basic skills in stretching, movement and tumbling using music and simple, safe equipment. A parent participation class.

Beresford Recreation Center

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
<td>430709-B1</td>
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<tr>
<td>430709-B2</td>
<td>Tu</td>
<td>10:15-11:00am</td>
<td>$103</td>
<td>6/18-8/27</td>
<td></td>
</tr>
</tbody>
</table>

### Busy Bees: age 2-3 yrs.

Discover a sport that emphasizes development of basic motor coordination through tumbling, balance and strength building activities. Children will be taught in an encouraging environment utilizing the uneven bars, balance beams and tumbling mates. A parent participation class.

Beresford Recreation Center

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>430701-B1</td>
<td>M</td>
<td>11:45am-12:40pm</td>
<td>$136</td>
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<tr>
<td>430701-B2</td>
<td>Tu</td>
<td>11:45am-12:40pm</td>
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<tr>
<td>430701-B3</td>
<td>W</td>
<td>11:45am-12:40pm</td>
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<td>6/19-8/28</td>
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Peninsula Gymnastics

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
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<td>$136</td>
<td>6/22-8/31</td>
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</table>

### Tumble Tots I & II: age 3-5 yrs.

Designed for children to increase their fine and gross motor development, these classes teach children in a structured, yet playful environment that fosters self-esteem and social interaction. Children will develop their strength, flexibility and coordination through the use of uneven bars, balance beams and tumbling mats.

#### Tumble Tots I: age 3-4 yrs.

Beresford Recreation Center

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
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<td>430702-B3</td>
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Peninsula Gymnastics

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#### Tumble Tots II: age 4-5 yrs.

Beresford Center

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Peninsula Gymnastics

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### Twisters: age 4-6 yrs.

Improve on basic gymnastics skills on the uneven bars, balance beams, and tumbling mats. Children are encouraged to develop personal growth and self-confidence. Prerequisite: a minimum of two sessions of Tumble Tots II.

Peninsula Gymnastics

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### Shooting Stars: age 6-10 yrs.

Introducing children to basic gymnastics skills and techniques on the uneven bars, balance beams and floor mats. This class emphasizes individual skill development.

Peninsula Gymnastics

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### Flying Comets: age 6-10 yrs.

Building on the skills learned Shooting Stars, this class is designed to help the student focus and refine their current gymnastics skills while having fun and staying safe. Two sessions of Shooting Stars or instructor approval to enroll.

Peninsula Gymnastics

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### Meteors: age 6-12 yrs.

Excel in this gymnastics class that offers children more complex instruction. Advanced skills are taught on the uneven bars, balance beams and floor mats. Prerequisite: A minimum of two sessions of Shooting Stars.

Peninsula Gymnastics

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“Our community strives to create healthy lifestyles in youth through the sport of gymnastics.” - Peninsula Gymnastics
### Creative Dance

The Creative Dance track is taught by instructor Laura Marsh at Beresford Recreation Center, unless otherwise noted.

#### Parent Tot Dance Time: age 2-3 yrs.
Explore the fundamentals of dance with your toddler! We’ll stretch, make shapes, listen to music, and follow directions. Enjoy games and creative movement to music using scarves and props. Fee covers one adult and up to two children. Parents, come prepared to move. Enroll under parent name.

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#### Dance Time: age 3-4 yrs.
This class is designed especially for the child new to dance. We will learn the basics; stretching, turns, gallops and creative concepts such as shapes and levels. All will be accompanied by songs and music, to make this a fun and supportive first dance experience.

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#### Kinderdance: age 4-5 yrs.
Your child will be introduced to the riches of dance with creative and physical experiences specifically designed for 4 and 5 year olds. Dancers will learn the fundamentals of dance movement including use of shapes, levels and directions as well as the use of rhythm, jumps, skips and gallops.

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#### Creative Dance: age 5-7 yrs.
Building upon Kinderdance, children continue to express their creativity through dance while being introduced to basic dance technique. Using Modern dance technique as a base, children explore qualities of movement, pathways in space and rhythmic structures. They also develop tools for making their own dances.

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### Ballet

The Ballet track is taught by Sheri Alonso at Beresford Recreation Center. For upper level classes, pre-requisite of at least 3 sessions of the previous level, or the equivalent training, or instructor/supervisor approval.

#### Pre Ballet/Tap Combo: age 4-5 yrs.
This class will introduce the fundamentals of Ballet and Tap. Children begin class with Tap, allowing them to experiment with using their feet as percussion instruments. They will learn to shuffle, front slap, heel, and more. The Ballet portion focuses on balance, alignment and center floor work.

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#### Ballet Intro: age 5.5-10 yrs.
This class for budding ballerinas will focus on the fundamentals of Ballet: learning positions, alignment, barre work, and center and across the floor combinations.

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#### Ballet I: age 7-13 yrs.
Building upon Ballet Intro, students will develop stronger ballet technique, alignment, grace and poise. They will work on perfecting plies, tendues, and releves, as well as learning turns, balance, and more!

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#### Ballet II/III & IV/V: age 8-18 yrs.
For dancers already enrolled in Ballet II/III or IV/V, with equivalent training or instructor/supervisor approval. Work on strengthening core, posture, balance, turn out and extensions as well as increasing speed in turns. Work both at the barre and center floor as well as individually/groups across the floor.

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**tap**

**Kinderdance/Tap Combo:** age 4-5 yrs.
The freedom of creative dance combined with the structure of tap! Children will learn basic tap skills, and play fun rhythm games and will be given the basic tools for making their own creative dances. Class begins with Tap, so please wear tap shoes with socks and bare feet for the Creative portion of class.

Beresford Recreation Center
Instructor: Laura Marsh
430840-B1  F  2:30- 3:15pm $97/119  6/21-8/9

**Creative/Tap Combo:** age 5-7 yrs.
Building upon Kinderdance/tap, we will focus on rhythm and learning shuffles, flaps and more. For the creative portion of the class, children will be introduced to dance, as well as creating their own dances. Class begins with tap, so please wear tap shoes with socks, and bare feet for the creative portion.

Beresford Recreation Center
Instructor: Laura Marsh

**Tap Intro:** age 5-9 yrs.
We will focus on the basic tap steps including toe taps, heel digs, a variety of shuffles, flaps and more. Students will work both center and across the floor making different rhythms with their feet and learning simple combinations. Students advancing from Pre-Ballet/Tap and Kinderdance/Tap welcome.

Beresford Recreation Center
Instructor: Sheri Alonso
430842-B1  Tu  4:30- 5:30pm $86/105  6/18-7/30

**Tap I/II & III:** age 7-18 yrs.
This class builds on basic Tap steps while learning simple rhythms. Focus is on technique, increasing speed and learning new combinations including buffalo’s, soft shoe, and more. This class is for new students with past Tap experience or those advancing from Tap Intro.

Beresford Recreation Center
Instructor: Sheri Alonso
430843-B1  M  5:30- 6:30pm $86/105  6/17-7/29

**jazz/hip hop**

**Fun ‘n Funky:** age 7-11 yrs.
Learn the latest new funk dances, street dances and video choreography, broken down to basic forms! Come get fit and have fun while dancing!

Beresford Recreation Center
Instructor: Jessica Melton
430821-B1  Sa  11:40am-12:30pm $97/119  6/22-8/10

**Summer Jazz Intro:** age 8-14 yrs.
Let’s dance! Learn jazz technique, funk and hip-hop moves in this fun summer time jazz class. Sure to get you ‘jumpin jumpin’! For dancers new to jazz dance or currently in Pre Jazz or Jazz Intro. Wear comfortable dancewear and jazz or tennis shoes.

Beresford Recreation Center
Instructor: Tina Burke
430823-B1  W  4:30- 5:30pm $97/119  6/19-8/7

**Summer Jazz I:** age 10-15 yrs.
Learn jazz technique, funk, and hip-hop. Even create some of your own dances. For dancers currently in Jazz I, and especially recommended for those planning to audition for or currently in Jr. Jazz Ma Tazz in the fall. Wear comfortable dancewear and jazz shoes.

Beresford Recreation Center
Instructor: Tina Burke
430824-B1  W  5:30- 6:30pm $97/119  6/19-8/7
Summer Jazz Intensive: age 11-18 yrs.
Sharpen your jazz dance skills in this exciting and challenging class. Especially recommended for those planning to audition for or currently in Jazz Ma Tazz in the fall. Dancers currently in Jazz II, Jazz III and up are also encouraged to register for this class. If under age, seek approval of Supervisor.
Beresford Recreation Center
Instructor: Gina Lorton
430825-B1 Th 4:30-5:30pm $86/105 6/20-8/8

Hip Hop Dance Mix: age 6-8 yrs.
This fusion dance class is great for young dancers who want to take their first steps into Hip Hop dance. Through dance games and use of props, we'll explore the basics of dance. This energetic and versatile class will build dancers skills through fun Hip Hop choreography and small group exercises.
Dr. Martin Luther King Jr. Community Center
Instructor: Tina Burke
430830-K1 Tu 4:15-5:05pm $75/92 6/18-7/30

Hip Hop Dance Level I: age 8-11 yrs.
These high energy dance classes will introduce you to the latest Hip Hop and Street Dance moves. Students will develop strength, coordination and flexibility, all while having fun.
Dr. Martin Luther King Jr. Community Center
Instructor: Tina Burke
430831-K1 Tu 5:10-6:10pm $75/92 6/18-7/30

Hip Hop Dance Level II: age 9-14 yrs.
These high energy dance classes will introduce you to the latest Hip Hop and Street Dance moves. Students will develop strength, coordination and flexibility, all while having fun.
Beresford Recreation Center
Instructor: Gina Lorton
430832-K1 Th 5:30-6:30pm $86/105 6/20-8/8

Boys Dance: age 8-16 yrs.
It's a guy thing! This dance class is for boys. The place where you break, pop, hip and hop. We also play some sports games while having lots of fun. Call if you would like to enroll a boy younger than eight, so that we may talk about possible arrangements. Call 594-9817 for more information.
Dr. Martin Luther King Jr. Community Center
Instructor: Priscilla & Kevin Stanford
430851-K1 M 5:30-6:30pm $75/92 6/17-7/29

Street Dance for Girls: age 8-12 yrs.
Hello Girls! Get on your feet and out of your seat – we're dancing in the street! Street Dance for Girls is back! From the creators of Boys Dance, this class is just for girls! 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'!
Dr. Martin Luther King Jr. Community Center
Instructor: Priscilla & Kevin Stanford
430852-K1 M 4:30-5:30pm $75/92 6/17-7/29

Mexican Folkloric: age 5-16 yrs.
Learn fun and traditional dances that depict Mexico's colorful and diverse culture and folklore. These classes are for dancers of all levels. Those dancers who perform will pay an additional amount for costumes and shoes. Prerequisite: 3 sessions of the previous level or supervisor/instructor approval.
Dr. Martin Luther King Jr. Community Center
Instructor: Martin Cruz
Level I/II: age 5-12 yrs.
430861-K1 W 5:30-6:20pm $86/105 6/19-7/31
Level III/IV: age 6-14 yrs.
430861-K2 W 6:30-7:20pm $86/105 6/19-7/31
Level IV: age 10-16 yrs.
430861-K4 W 7:30-8:30pm $86/105 6/19-7/31

Peruvian Dance: age 5-14 yrs.
Learn the traditional dance of Peru called Festejo, meaning, ‘celebrate.’ This is a highly energetic dance based on Afro Peruvian dances and inspired by the sound of the Cajon, a traditional Peruvian instrument. Prepare to have fun and all levels are welcome.
Dr. Martin Luther King Jr. Community Center
Instructor: Mercedes Navarro
Level I: age 5-8 yrs.
430862-K1 F 4:00-4:45pm $75/92 6/21-8/2
Level II: age 8 - 14 yrs.
430862-K2 F 4:50-5:35pm $75/92 6/21-8/2

Dance classes can increase your child’s flexibility, range of motion and physical strength. As well as promoting overall health, dance classes teach a child self-confidence, self-discipline, poise, and grace. Most importantly, dance classes are fun!
**Introduction to Group Piano:** age 7-11 yrs.

Let’s keep the music going. This special summer program is for students who have finished a session of Introduction to group piano.

Beresford Recreation Center
Instructor: Willie Wong

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**Peninsula Music Together:** age 3 mos.-4 yrs.

Songs, movements, and instrumental jam sessions are presented as informal, non-performance oriented experiences. Parent/caregiver participation required. Sibling discount available. Siblings 8 months & under free. For teacher names or other questions, visit www.peninsulamusictogether.com.

Beresford Recreation Center
Instructor: PMT Staff

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</tr>
<tr>
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<td>3:30-4:15pm</td>
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<td>Sa</td>
<td>12:00-12:45pm</td>
<td>$156</td>
<td>7/15-8/17</td>
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</tbody>
</table>

**Math Music Motion:** age 2.5-5.5 yrs.

A revolutionary program that focuses on child development from a neurological perspective, using creative and age appropriate math, music, and motion curriculum that will have your child laughing and playing their way towards a foundation of educational success.

Beresford Recreation Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
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<tr>
<td>431152-A2</td>
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<td>11:00-11:50am</td>
<td>$150/$175</td>
<td>6/4-7/16</td>
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<tr>
<td>431152-B3</td>
<td>Tu</td>
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<tr>
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<td>Tu</td>
<td>12:00-12:50pm</td>
<td>$150/$175</td>
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</table>

**Peninsula Music Together: Infant Class:** age 3 - 8 mos.

Songs, movements, and instrumental jam sessions are presented as informal, non-performance oriented experiences. Sibling discount available. For teacher names or other questions, visit www.peninsulamusictogether.com.

Beresford Recreation Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<td>Th</td>
<td>11:45am-12:30pm</td>
<td>$156</td>
<td>7/11-8/22</td>
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</table>

**Private Music Lessons**

Private weekly lessons in piano, voice, guitar (acoustic and electric) and drums. Lessons are held in the evenings and Saturday mornings at our recreation centers. An instrument is required for daily practice. Please call (650) 522-7440 for additional information and fees. Internet registration not available.
**My First Art Class:** age 1.5-4 yrs.
Experience five art stations where process rather than product is emphasized. Children have the freedom to explore age appropriate art material at their own pace and in their own way. We finish with song and dance. Caregiver participation is required.
Beresford Recreation Center
Instructor: Barb Merkel

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5-3 yrs.</td>
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<tr>
<td>1.5-3 yrs.</td>
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<tr>
<td>2-4 yrs.</td>
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<tr>
<td>2-4 yrs.</td>
<td>Tu</td>
<td>10:45-11:45am</td>
<td>$65/80</td>
<td>7/9-7/30</td>
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</table>

**Ceramics – Doing Art Together:** age 5-12 yrs.
Share the excitement of creating art with your child. You’ll learn traditional ceramics techniques side-by-side in this fun class.
Fee covers one child and parent/guardian.
Central Park Ceramics Studio
Instructor: Meral Agi

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
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<td>5-12 yrs.</td>
<td>M</td>
<td>5:30-7:00pm</td>
<td>$85/105</td>
<td>6/10-8/5</td>
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</table>

**Kids Cartooning:** age 7-15 yrs.
Does your child love cartoons or comics? With provided art supplies and guidance from the author and artist of ‘Draw the Marvel Comic Super Heroes,’ children will learn to draw their favorite cartoon characters and create their own super heroes.
Beresford Recreation Center
Instructor: Richard Becker

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-15 yrs.</td>
<td>W</td>
<td>4:45-6:00pm</td>
<td>$89/110</td>
<td>6/12-8/28</td>
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</tbody>
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**SAN MATEO CITY PARKS AND RECREATION FOUNDATION**

We are a private, non-profit 501 c 3 organization that works in collaboration with the City of San Mateo Parks and Recreation Department to support parks, recreation programs and capital projects that can be enjoyed by all San Mateo residents. We believe that parks play a vital role in creating a healthy and vibrant community by:

- Providing every child a safe and enjoyable place to play
- Making our neighborhoods attractive and livable
- Providing access to the serenity and inspiration of nature; and
- Bringing people together to create memories that last a lifetime

We invite you to build a healthier, more vibrant community by investing in people and parks and supporting the work of the San Mateo City Parks and Recreation Foundation.

Learn more or make a donation at www.ilovesanmateocityparks.org
The Poplar Creek Golf Academy features outstanding group lessons and private lessons. PLEASE CALL (650) 522-4653 or (650) 522-7515 to get more information and to book your golf lesson. Please refer to www.poplarcreekgolf.com for the dates and times and to sign up for clinics and lessons or call the Golf Shop at (650) 522-4653.

**Get Golf Ready Group Lessons**

These four-week programs meets once a week and are designed 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.

- **Get Golf Ready 1 Group Lessons** Fee $125
- **Get Golf Ready 2 Group Lessons** Fee $150
- **Get Golf Ready 3 Group Lessons** Fee $195

includes a certificate for a round of golf at Poplar Creek Golf Course.

**Junior Golf Academy:** age 7-15 Yrs.

This program meets on Saturday at 12 noon for three consecutive weeks. Each lesson is 1 hour. A strong emphasis is placed on the fundamentals - stance, grip, posture, full swing and etiquette. Fee $95.

Call Poplar Creek Golf Course for all dates and times (650) 522-7515 or check our website at www.poplarcreekgolf.com.

**FREE!**

**Junior Golf Clinic:** age 7-15 Yrs.

The first Saturday of the month the Poplar Creek Golf staff offers a free junior clinic for local children on our driving range.

**For Green Fees & Reservations:**

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

<table>
<thead>
<tr>
<th>Pro Shop</th>
<th>(650) 522-GOLF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dana Banke, Head Golf Professional</td>
<td>(650) 522-7515</td>
</tr>
<tr>
<td><strong>Restaurant</strong></td>
<td>(650) 522-7525</td>
</tr>
<tr>
<td><strong>Maintenance</strong></td>
<td>(650) 522-7520</td>
</tr>
<tr>
<td><strong>Administration</strong></td>
<td>(650) 522-7510</td>
</tr>
<tr>
<td><strong>Administration FAX</strong></td>
<td>(650) 522-7511</td>
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**GREEN FEES** (effective 7/1/14)

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<th><strong>General or Non-resident</strong></th>
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<tr>
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<tr>
<td>Weekend Early Morning Back 9</td>
<td>$28</td>
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<tr>
<td>Weekend Twilight (after 2 p.m.)</td>
<td>$33</td>
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<tr>
<td>Weekday (Mon-Fri)</td>
<td>$38</td>
</tr>
<tr>
<td>Weekday Early Morning Back 9</td>
<td>$24</td>
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<tr>
<td>Weekday Twilight (after 2 p.m.)</td>
<td>$27</td>
</tr>
<tr>
<td>Senior (60 &amp; over) 10 Play Card (Mon-Fri)</td>
<td>$300</td>
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<table>
<thead>
<tr>
<th><strong>City of San Mateo Residents with Golf I.D. Card</strong></th>
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<tbody>
<tr>
<td>Weekend (Sa, Su, Holiday)</td>
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<tr>
<td>Weekday (Mon-Fri)</td>
<td>$33</td>
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<tr>
<td>Senior (60 &amp; over) 10 Play Card (Mon-Fri)</td>
<td>$250</td>
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<tr>
<td><strong>Jr. (17 yrs and under)</strong></td>
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<tr>
<td>Jr. Weekdays (Mon-Fri)</td>
<td>$14</td>
</tr>
<tr>
<td>Jr. Weekends (after 12 noon)</td>
<td>$17</td>
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</table>
Adult Kuk Sool Won
Kuk Sool Won of San Mateo, 31 W. 25th Ave., San Mateo
441513-A1 M 4:00- 5:00pm $300 6/10-8/26
441513-A2 Tu 4:00- 5:00pm $300 6/11-8/27
441513-A3 W 4:00- 5:00pm $300 6/12-8/28
441513-A4 Th 4:00- 5:00pm $275 6/13-8/29

Kendo
Kendo, or Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through exhilarating and demanding exercises. Additional yearly fee not included in the class fee. All levels welcome. Questions? Visit www.sanmateokendo.org.
Dr. Martin Luther King Jr. Community Center
430553-A1 Tu 6:30- 8:45pm $21/25 6/11-8/27

Adult Horse Camp
Students will learn horse safety, grooming, leading, saddling and how to move around a horse for the first hour. Second hour is a lesson in the arena and third hour is a trail ride in Wunderlich Park.
Chaparral, 4040 Woodside Road, Woodside, (408)726-8453
441514-A1 Su 12:00- 3:00pm $180 6/30
441514-B1 Su 12:00- 3:00pm $180 7/21
441514-C1 Su 12:00- 3:00pm $180 8/18

KING COMMUNITY CENTER OPEN GYM

Ages 18 and up
ADULT DROP-IN BASKETBALL
All skill levels welcome.
Teams are made up on a drop-in basis.
JUNE 11-AUGUST 29
Tuesdays and Thursdays, 6:30-8:45pm
Monday-Friday 9am-1pm

VOLLEYBALL OPEN GYM
All skill levels welcome.
Teams are made up on a drop-in basis.
JUNE 10-AUGUST 28
Mondays and Wednesdays, 6:30-8:45pm
*Dates subject to change due to leagues/events

San Mateo High School Gym Available for Rentals
If you would like more information in regards to renting the San Mateo High School Gym for volleyball, basketball, badminton, corporate events, etc. please contact Adult Sports Supervisor, Dan Hibson at (650) 522-7433 or dhibson@cityofsanmateo.org.

Men’s & Coed Slow Pitch Softball
The cities of San Mateo & Belmont are working in partnership to provide adult softball in their communities. We offer Men’s & Coed slow pitch in the Spring, Summer, & Winter. For more information or details regarding adult softball leagues please contact our Adult Sports Supervisor @ 522.7433 or dhibson@cityofsanmateo.org

San Mateo High School Open Gym
$4.00 for all players
— Pickleball Open Gym —
Saturdays, 10:30am-1:30pm
Sundays, 5:30pm-8:30pm
The gym schedule is subject to change due to potential conflicts with San Mateo High school sports. Please check the schedule posted at the gym for closures.

Congratulations to Patio Woodsman, League Champs of Friday Night Men’s Adult Softball!
Adult Beginning Tennis 1
Tennis has never been easier to learn and play. By using NEW low compression tennis balls and a progressive game-based approach to learning, you will be able to learn skills necessary to rally the ball in the first hour of the first class.

Central Park Tennis Court
- 441212-A1 Th 8:05-9:00pm $105/130 (4:1) 6/13-7/18
- 441212-A2 Th 8:05-9:00pm $140/165 (4:1) 8/8-8/29

Beresford Park Tennis Court
- 441212-B1 F 9:05-10:00am $140/165 (4:1) 6/14-7/19
- 441212-B2 F 9:05-10:00am $140/165 (4:1) 8/9-8/30

Adult Beginning Tennis 2
This class is for players with some previous tennis experience. Class is designed to help you become more consistent and to learn some basic match and point play strategies. Each class will feature one or more fundamentals with a review of the previous class.

Central Park Tennis Court
- 441213-A2 M 8:05-9:00pm $100/125 6/10-7/15
- 441213-A1 M 9:05-10:30am $168/193 (4:1) 6/10-7/15
- 441213-A4 M 8:05-9:00pm $100/125 8/5-8/26
- 441213-A3 M 9:05-10:30am $168/193 (4:1) 8/5-8/26

Beresford Park Tennis Court
- 441213-B1 M 7:05-8:00pm $75/100 6/13-7/18
- 441213-B2 F 10:05-11:30am $168/193 (4:1) 6/14-7/19
- 441213-B3 Th 7:05-8:00pm $150/175 7/25-8/29
- 441213-B4 F 10:05-11:30am $168/193 (4:1) 8/9-8/30

Adult Intermediate Tennis 1 & 2
Lessons are fast-paced, but we will still review the previous lesson’s instruction. The goal each lesson segment is to introduce one or more skills necessary to play tennis at a higher level. Instructor approval required.

Central Park Tennis Court
- Adult Intermediate Tennis 1
  - 441220-A1 M 10:35am-12:00pm $168/193 (4:1) 6/10-7/15
  - 441220-A2 Tu 9:05-10:30am $168/193 (4:1) 6/11-7/16
  - 441220-A3 Tu 8:05-9:00pm $100/125 6/11-7/16
  - 441220-A4 M 10:35am-12:00pm $168/193 (4:1) 8/5-8/26
  - 441220-A5 Tu 9:05-10:30am $168/193 (4:1) 8/6-8/27
  - 441220-A6 Th 8:05-9:00pm $100/125 8/6-8/27

  - 441220-B1 M 7:05-8:00pm $125/150 6/10-7/15
  - 441220-B2 M 7:05-8:00pm $150/175 7/22-8/26

Beresford Park Tennis Court
- Adult Intermediate Tennis 2
  - 441214-A1 Tu 10:35am-12:00pm $150/175 6/11-7/16
  - 441214-A2 Tu 7:05-8:00pm $140/165 (4:1) 6/11-7/16
  - 441214-A3 Tu 8:05-9:00pm $150/175 7/23-8/27
  - 441214-A4 Tu 7:05-8:00pm $140/165 (4:1) 8/6-8/27

  - 441214-B1 M 8:05-9:00pm $125/150 6/10-7/15
  - 441214-B2 Tu 8:05-9:00pm $125/150 6/11-7/16
  - 441214-B3 M 8:05-9:00pm $150/175 7/22-8/26
  - 441214-B4 Tu 8:05-9:00pm $150/175 7/23-8/27

Adult Intermediate Tennis 3
Class designed for players which are consistent from baseline and start to feel comfortable at the net too. Rallies are fast-paced and players will start to control different spins.

Beresford Park Tennis Court
- 441217-B1 Tu 7:05-8:00pm $125/150 6/11-7/16
- 441217-B2 Tu 7:05-8:00pm $150/175 7/23-8/27

Adult Advanced Tennis
This class is for experienced players only (NTRP 3.75+). Instructor’s approval required. More emphasis placed on match play and strategy. Focus is on advanced techniques, skills, footwork, strategy, and shot shaping.

Beresford Park Tennis Court
- 441215-B1 Th 8:05-9:00pm $100/125 6/13-7/18
- 441215-B2 Th 8:05-9:00pm $150/175 7/25-8/29
Let’s Get Fit
Our recommendations for your total Fitness workout
Design your own fitness program by combining the benefits of cardio, strength, and stretch in your weekly routine.
Experience expert instruction from highly skilled teachers in a safe, noncompetitive environment.

These age restrictions can be waived with the permission of the Instructor or Supervisor.

Drop in to any class with a Guest Pass or check out our “Frequently Asked Questions” at www.cityofsanmateo.org/adultfitness
Questions? Check out the “Frequently Asked Questions” at www.cityofsanmateo.org/adultfitness or call 522-7440 for more information. Check your confirmation receipt for class requirements; for most classes bring water and a mat.

<table>
<thead>
<tr>
<th>WORKOUTS</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<tr>
<td>STRENGTH</td>
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</tr>
<tr>
<td>Strength Training</td>
<td>6:00-7:15pm</td>
<td>Strength Training &amp; Posture Power</td>
<td>10:05-11:05am</td>
<td>Barre</td>
<td>5:30-6:30pm</td>
<td>Cardio Plus for 50+</td>
</tr>
<tr>
<td>CARDIO</td>
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<tr>
<td>Cardio Kickboxing</td>
<td>5:30-6:30pm</td>
<td>Cardio Plus for 50 &amp; Better</td>
<td>9:00-10:00am</td>
<td>Stroller Mov’t</td>
<td>10:00-10:45am</td>
<td>Cardio Tone</td>
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<tr>
<td>STRETCH</td>
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<tr>
<td>Yoga 1</td>
<td>9:00-10:15am</td>
<td>Chair Yoga</td>
<td>12:30-1:30pm</td>
<td>Yoga 2</td>
<td>10:15-11:30am</td>
<td>Yoga Fusion</td>
</tr>
</tbody>
</table>

Cardio
Zumba
‘Join the party!’ Zumba is a Latin-inspired, dance-fitness workout. 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.

Dr. Martin Luther King Jr. Community Center
Instructor: Gaby Torres
441502-K1 M 6:40-7:40pm $70/86 6/10-8/12
441502-K2 Th 6:40-7:40pm $75/92 6/13-8/15
San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Mercedes Navarro
441502-H2 Tu 6:30-7:30pm $67/82 6/25-8/13
Instructor: Gaby Torres
441502-H3 W 6:30-7:30pm $67/82 6/26-8/14
Beresford Recreation Center
Instructor: Mercedes Navarro
FFP 441502-B5 M 6:15-7:15pm $70/86 6/10-8/12
FFP 441502-B4 Sa 8:45-9:45am $75/92 6/15-8/17
Instructor: Gaby Torres
FFP 441502-B1 Tu 6:15-7:15pm $78/96 6/11-8/13
Instructor: Patti Michelsen
FFP 441502-B2 W 10:05-11:05am $89/110 6/12-8/28
FFP 441502-B3 F 10:05-11:05am $82/101 6/14-8/23
Senior Center
Instructor: Gaby Torres
FFP 41502-S1 Sa 10:00-11:00am $47/58 6/15-7/20
Our Fitness Flex Passes (FFP) are here! Purchase passes in increments of 5, 10, or 20. With your pass drop into any Cardio or Strength Training class at Beresford or Senior Center.

Benefits include!
- Flexibility of schedule
- Customize your Workout
- Attend classes that best suit your schedule and needs
- Over 30 classes to choose from!

www.cityofsanmateo.org/adultfitness

Pricing:
- 5 classes = $45
- 10 classes = $85
- 20 classes = $160

No expiration date!!

---

U-Jam/POUND Fusion
U-Jam Fitness® is an athletic hip-hop fitness workout that combines dance and high energy music. POUND is a full-body cardio jam session, combining cardio, Pilates, strength training and drumming. Come rock it out with a fusion of two workouts all in one class. All ages and fitness levels are welcome.

San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Chilou Ballelos
FFP 441534-H1  Sa  9:30-10:30am  $47/58  6/29-7/27

Cardio Tone
Everything your body needs to stay physically fit: cardio, strength training and flexibility! You will receive 25 minutes of cardio dance to high-energy music, 20 minutes of toning your arms, legs & abs, and 15 minutes of deep stretching. No intimidating weight machines, just you and your body!

Beresford Recreation Center
Instructor: Tammy Meza
FFP 441545-B1  Th  6:15-7:15pm  $75/92  6/13-8/15

Cardio Dance
This classic, one of a kind high intensity class is a fat-burning, body-toning workout that combines Jazz, Funk, Latin Dance moves as well as resistance training and flexibility. Instructor is certified by the ACSM. All levels welcome; no previous dance experience necessary. ‘Child Care for Fitness’ options available.

Beresford Recreation Center
Instructor: Patti Michelsen
FFP 441536-B1  M  10:05-11:05am  $81/100  6/10-8/26

Cardio Kickboxing
Our unique cardio-kickboxing class focuses on moving to energizing music that will have you sweating. You’ll punch, kick, and groove your body into amazing shape and have fun doing it! We begin with a warm-up followed by intervals of alternating intensity and end with a safe, effective cool down.

San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Tammy Meza
441535-H1  M  5:30-6:30pm  $59/73  6/24-8/12

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U-Jam Fitness®
This class is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving and make you work up a sweat using easy to learn dance steps. This class will leave you craving for more!

Beresford Recreation Center
Instructor: Chilou Ballelos
FFP 441533-B1  M  6:30-7:30pm  $65/79  6/17-8/12
Instructor: Stephanie Cunich
FFP 441533-B2  W  6:30-7:30pm  $78/96  6/12-8/14

San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Nancy Yang
441533-H1  Tu  5:30-6:30pm  $67/82  6/25-8/13

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Cardio Tone
Instructor: Tammy Meza
FFP 441545-B1  Th  6:15-7:15pm  $75/92  6/13-8/15

---

Cardio Dance
Instructor: Patti Michelsen
FFP 441536-B1  M  10:05-11:05am  $81/100  6/10-8/26

---

Cardio Kickboxing
Instructor: Tammy Meza
441535-H1  M  5:30-6:30pm  $59/73  6/24-8/12
Cardio Plus for 50+
Try Cardio workout plus strength training for people over age 50. Get and keep in shape! Great music, fun low impact choreography you can do at any intensity. Cool down, strength train with or without free weights (provided), develop core strength, improve posture and balance, and stretch - all at your own pace.

Beresford Recreation Center
Instructor: Tammy Meza

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<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
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<tbody>
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<td>FFP 441537-B1</td>
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<td>$78/96</td>
<td>6/11-8/13</td>
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<tr>
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<td>Th</td>
<td>9:00-10:00am</td>
<td>$75/92</td>
<td>6/13-8/15</td>
</tr>
</tbody>
</table>

Low Impact Aerobics
Come spice up your fitness routine with this aerobic class geared for you. Easy to follow routines choreographed to lively, fun music that will get your whole body moving. We will tone and stretch, work on posture and balance, and never get down on the floor! People of all ages, body types and abilities welcome.

Senior Center
Instructor: Tammy Meza

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<tr>
<th>Class Code</th>
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<th>Time</th>
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<td>9:00-9:45am</td>
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<td>6/14-8/16</td>
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</table>

Child Care for Fitness
Leave your child in good hands while you work out! Drop-in patrons: call 522-7440 at least one day before coming to confirm space available. Age: newborn to 7 yrs. $5.15 for registered patrons and drop-in fee is $6.60 per child per workout hour.

Beresford Recreation Center
Instructor: Tammy Meza

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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</table>

The benefits of cardio exercise include increased metabolism, burning fat, building a stronger and healthy heart and generally feeling better.

The loss of muscle that occurs with age is reversible! Regain strength, freedom of movement and increase your metabolism. Balance and correct posture are emphasized. Free weights provided to allow you to progress from very light to heavier weight. We stand and use chairs.

Beresford Recreation Center
Instructor: Jill Daly

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<th>Days</th>
<th>Time</th>
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<td>10:05-11:05am</td>
<td>$75/92</td>
<td>6/13-8/15</td>
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</table>

Strength Training/Body Sculpting
Designed to strengthen, tone and shape specific muscle groups, while building strong bones and accelerating metabolism. Body mechanics will be taught. Free weights are provided. Instructors are certified. Child care is available. See ‘Child Care for Fitness’ class listings.

Beresford Recreation Center
Instructor: Patti Michelsen

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<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
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Central Recreation Center
Instructor: Tracy Stewart

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Strength Training/Posture Power

With basic strengthening exercises you can regain strength, balance, and range of motion. With correct alignment you’ll be able to keep moving pain free. Weights and resistance bands provided to allow you to progress from light to heavier weight. Chairs provided to assist with balance as well as seated exercises.

Beresford Recreation Center
Instructor: Tammy Meza

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<th>Class Code</th>
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<th>Fee</th>
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</table>

The benefits of cardio exercise include increased metabolism, burning fat, building a stronger and healthy heart and generally feeling better.
adult fitness

Zumba Toning
This 45-minute specialty class blends body sculpting and Zumba moves into one calorie-burning class. Learn how to use weighted maraca-like toning sticks (available for purchase) to enhance rhythm, build strength and tone all the target areas. You can also use regular free weights. Bring a towel.
Beresford Recreation Center
Instructor: Mary Furuta
FFP 441544-B1 M 7:30-8:15pm $54/66 6/10-8/12

Cardio/Strength & Stretch
A total body workout that incorporates interval training and combinations of lower and upper body movements working different muscle groups. Boost your metabolism, stamina and endurance! End with stretching and lengthening muscles leaving you feeling relaxed. All levels are welcome, and movements can be modified to individual’s need.
Beresford Recreation Center
Instructor: Mary Furuta
FFP 441546-B1 W 6:15-7:15pm $78/96 6/12-8/14

Yoga in the Redwoods
Join us for a fun vinyasa flow sequence, while breathing in the fresh air of the outdoors! We will move our bodies, breathe, and get in touch with nature. Dress is layers and please bring your own mat. All levels welcome.
Beresford Recreation Center
Instructor: Donovan Lam
441606-C1 W 11:30am-12:30pm $110/135 6/12-8/7

FIT4MOM San Mateo
Stroller Strides & Strides 360
FIT4MOM is the nation's leading prenatal and postnatal fitness program, providing fitness classes and support for every stage of motherhood. Our fitness and wellness programs help make moms strong in body, mind, and spirit. This program is not directly facilitated by San Mateo Parks & Recreation.
For more information and to register visit sanmateo.fit4mom.com/schedule
Beresford Park
Mon-Fri 9:30-10:30 AM - Stroller Strides
Mon & Wed 4:30-5:30 PM - Strides 360
Sat 8:00-9:00 AM - Stroller Strides

Stroller Movement
This mom and baby stroller class will help you reclaim your body! The first 20 minutes will alternate between high-intensity exercise and low-intensity recovery periods, to increase your fitness level and burn calories. Next we’ll strength train and stretch to end this perfect workout for new moms.
Central Park
Instructor: Donovan Lam
441573-C1 W 10:00-10:45am $93/114 6/12-8/14

Grandfit
Bring a stroller content grandchild to beautiful Central Park where we will use the structures there to provide a Boot Camp for ALL levels. We will also use bands for resistance training and work on balance and range of motion. Strength, camaraderie and baby giggles are your reward!
Central Park
Instructor: Donovan Lam
441575-C1 Tu 11:45am-12:30pm $84/103 6/11-8/6

outdoor fitness

Yoga in the Park
Join us for a fun vinyasa flow sequence, while breathing in the fresh air of the outdoors! We will move our bodies, breathe, and get in touch with nature. Dress is layers and please bring your own mat. All levels welcome.
Beresford Park
Instructor: Johannah Ervin
441574-B1 Su 11:00am-12:00pm $98/122 6/16-8/4

Want to try any of our Dance or Fitness classes?

Check out our daily Drop-in options - $10 (hr. class) and $13 (any class over 1hr.) for Fitness and $15 (hr. class) and $18 (any class over 1hr.) for Dance classes.
Walking Excursions
Explore the outdoors while making new friends. Each adventure will take you on a distance of 3-6 miles on moderately hilly to level terrain. The first 6 confirmed registrants will be transported by city van. Additional registrants must carpool. Questions? Call Marie Siddons, (650) 341-9785.
$21/25 - 9:00am- 4:00pm
San Mateo Parks Office, 2001 Pacific Blvd., San Mateo
Instructor: Marie Siddons
441216-A1 Tu 6/18 Edgewood Park, Redwood City
441216-A2 Tu 6/25 Junipero Serra County Park, San Bruno
441216-A3 Tu 7/2 San Pedro Creek Park, Pacifica
441216-A4 Tu 7/9 Rancho San Antonio, Cupertino
441216-A5 Tu 7/16 Quarry Park, El Granada
441216-A6 Tu 7/30 Don Edwards, Newark
441216-A7 Tu 8/13 Marin Headlands, Marin
441216-A8 Tu 8/20 Bair Island, Redwood City
441216-A9 Tu 8/27 Oakland Zoo, Oakland

XTRIM Bollywood
A music-themed fitness program that adds to a healthy lifestyle through movement and fun. Our program provides cardio, strength & flexibility training, works major muscle groups, and full body conditioning. Have fun and get fit! All levels welcome.
Beresford Recreation Center
Instructor: Sheela Agarwal
FFP 441736-B1 Th 7:30-8:30pm $75/92 6/13-8/15

StrollerMom
Bring your baby in a stroller and get a complete workout using the Barre method & cardio movement. This class incorporates weights, bands, and a focus on your core strength. Always making time for conversation at the end of each class. All fitness levels welcome.
Beresford Recreation Center
Instructor: Donna Lanam
FFP 441551-B1 F 9:30-10:45am $59/73 6/14-8/9

Barre
Barre is the “modern day” version of Ballet with an emphasis on working those muscles you want to change. We work the “BIG muscles, encouraging calorie burn. Bands and/or small weights are used and stretching is part of this workout for all ages and all body parts. The music takes you away from it all, so you’ll be glad you came.
San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Donna Lanam
441552-H1 W 5:30-6:30pm $67/82 6/26-8/14

Yoga Fusion
An exciting combination of yoga poses and dance moves to strengthen and stretch, giving you great joy and release through movement. Every body part is challenged, while incorporating bands and weights, creating a complete workout. Come once or twice a week and double the benefits of this class.
Beresford Recreation Center
Instructor: Donna Lanam
FFP 441553-B1 Tu 6:30-7:30pm $85/104 6/11-8/13
FFP 441553-B2 Th 6:30-7:30pm $81/100 6/13-8/15

30 Minute Stretch Class
Focus on stretching and relaxing from head to toe. Notice greater ease of movement and improvement in posture as you release tight muscles. Appropriate for all fitness levels as you’ll be encouraged to listen to your body and do only what feels good. We’ll be going to the floor, so bring a mat.
Beresford Recreation Center
Instructor: Rhonda Fitzpatrick
FFP 441556-B1 F 11:15-11:45am $41/49 6/14-8/16

specialty fitness
Westside Fitness
Take your fitness routine to the next level. Westside Fitness certified fitness professionals are dedicated to offering a variety of high quality workouts. Learn Boxing, Functional Fitness, TRX & more to improve strength, mobility & burn calories. Early morning and evening classes available. For additional information and class schedule, visit Westside-Fitness.com. Upon registration, visit Westside-Fitness.com to complete your registration and to reserve your spot in a class.
Westside Fitness, 101 East 25th Avenue, San Mateo
441560-B1 June Monthly Pass $160 6/1/6/29
441560-B2 July Monthly Pass $160 7/1-7/31
441560-B3 August Monthly Pass $160 8/1-8/31

Want some flexibility with your workouts? Purchase a Punch Card – good for 12 visits. Upon registration, visit Westside-Fitness.com to complete your registration and to reserve your spot in a class. Punch cards must be used within 60 days of activation.
441560-A1 Punch Card $209 6/1/-8/31

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!
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 welcome. Bring a mat.

Senior Center
Instructor: Linda Krinke
441601-S1  M  9:00-10:15am  $78/96  6/24-8/12
Instructor: Peggy Guaraldi
441601-S2  Th  6:00- 7:15pm  $87/108  6/13-8/15
Beresford Recreation Center
Instructor: Adriana Buenaventura
441601-B1  W  7:30- 8:45pm  $96/119  6/12-8/14

Yoga 2
Move on and learn the benefits of holding the Asanas. Enrich your experience from Yoga 1 with new and challenging poses, feeling the meditative benefits of Hatha Yoga. Prerequisite: one semester of Yoga 1 or previous Yoga experience. Child care available at Beresford. See ‘Child Care for Fitness’ class listings.

Senior Center
Instructor: Adriana Buenaventura
441602-S1  M  6:30- 7:45pm  $96/119  6/10-8/12
Beresford Recreation Center
Instructor: Linda Krinke
441602-B1  W  10:15-11:30am  $78/96  6/26-8/14

Yoga 2 Advanced
Take Yoga 2 a step further. Combine what you have learned in Yoga 2 and let it flow and hold the positions longer, feeling the meditative benefits of Hatha Yoga. Child care available - see ‘Child Care for Fitness’ class listings.

Senior Center
Instructor: Linda Krinke
441603-B1  W  9:00-10:15am  $78/96  6/26-8/14

Yoga for 50+
Open to all ages but specifically addresses challenges that come with age. Learn easy stretching exercises standing, using a chair and on the floor. Relieve stiffness, increase range of motion, restore suppleness & enjoy soothing relaxation. Sign up for this class if going to the floor is a challenge. Bring a mat.

Senior Center
Instructor: Linda Krinke
441604-S1  Tu  9:00-10:15am  $78/96  6/25-8/13
441604-S2  Tu  10:15-11:30am  $78/96  6/25-8/13

Chair Yoga
This Yoga class is especially designed for Seniors who have not exercised for a while or want to go easy using a chair and the wall to stretch out the body. Instructors bring to this class their love of yoga and many years of experience working with Seniors.
Senior Center
Instructor: Christine Salah/ Joan Sanchez
441605-S1  Tu  12:30- 1:30pm  $63/78  6/18-8/6
Instructor: Christine Salah/ Genevieve Yu
441605-S2  Th  12:30- 1:30pm  $56/69  6/20-8/8

Yoga-All Levels
This ALL Levels class is also for all ages. We will focus on form and alignment and benefit from increasing range of motion, flexibility, balance, strength and stamina. Poses are demonstrated with a range of modifications. It’s up to the individual to challenge themselves or come in for some stretching and deep breathing.

Beresford Recreation Center
Instructor: Genevieve Yu
441607-B1  F  12:30- 1:45pm  $96/119  6/14-8/16

Pilates Intro
If you’re looking to strengthen your abdomen and pelvis, as well as maintain good posture, increase flexibility, range of motion and balance, Pilates is for you. Mind body exercises are performed standing, sitting and lying on a mat. Free weights and bands are sometimes used, which are provided. For all levels.

Bereford Recreation Center
Instructor: Kim Moore
441620-S1  W  5:30- 6:30pm  $78/96  6/12-8/14

Pilates Mat & Strengthening
Use the entire body in each exercise to enliven all body systems. Movements are performed sitting or lying on a mat, emphasizing pelvic stabilization and abdominal strength. Resistance bands are provided. Feel energized, stronger, and more flexible with greater mobility. Beginners are welcome.

Bereford Recreation Center
Instructor: Rhonda Fitzpatrick
441621-S1  F  10:00-11:00am  $78/96  6/14-8/16

www.sanmateorec.org • City of San Mateo Parks and Recreation
Feldenkrais

Improve how you move! Discover your existing movement patterns and, in turn, develop effective patterns and body alignment. This is accomplished primarily through gently verbal guidance using slow movement patterns. Manage pain, reduce stress, improve posture, balance and increase flexibility.

Senior Center
Instructor: Karen Wigren
441631-S1 Tu  9:30-10:30am $78/96  6/11-8/13

Staying Fit with Arthritis

If you have arthritis and want to improve circulation, release tension and ease stiff joints, then this class is for you! Exercises are demonstrated in standing or seated formats and in a manner that is suitable for those who may have arthritis. Wear proper exercise shoes, no sandals allowed.

Senior Center
Instructor: Mary Furuta
441632-S1 W  1:00- 2:00pm $78/96 6/12-8/14
441632-S2 F  1:00- 2:00pm $78/96 6/14-8/16

Tai Chi

This class introduces the Chen Taiji form and Silk-reeling exercises. Health benefits including lifelong physical wellness, mind-body connection, stress reduction and better joint mobility. If you are recovering from a stroke or would benefit from a chair, then the Saturday class is for you.

Senior Center
Instructor: Loren Chin
441633-S1 Tu  6:00- 7:00pm $78/96 6/11-8/13
441633-S2 Tu  7:30- 9:00pm $114/139 6/11-8/13
Instructor: Kathleen McCarty
441633-S3 Sa  9:00-10:00am $78/96 6/15-8/17

Research shows that low-impact movement and light weight training are activities that mobilize and strengthen joints, easing pain along the way.

Tap

Tap I

If you are a beginning tapper with little or no tap experience, this class is for you! In this fun and encouraging class, you’ll learn the basics such as shuffles, flaps and more. Students may expect to take 3 to 4 sessions of Tap I before moving on to Tap II.

San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Laura Marsh
441712-H1 Tu  7:30- 8:30pm $73/89 6/25-8/6

Tap II

Want to rekindle your LOVE of TAP? You’ve found the right class! You’ll build on your technical skills of running flaps, shuffles with a variety of rhythms, buffalos, time steps all while getting a great dance workout. Have fun learning combinations to various types of music in this supportive class.

San Mateo High School Dance Studio, 506 N. Delaware St (inside gym)
Instructor: Melissa Cheu
441713-H1 Th  5:45- 6:45pm $64/78 6/27-8/8

Tap Into Joy

Come make music with your feet! This open-level class is geared towards students with at least some experience, though adventurous beginners are welcome. We’ll hone our technique and build on fundamentals through combinations that challenge both our feet AND minds, developing our skills, memory, and musicality as we go. Join the Fun!
Beresford Recreation Center
Instructor: Daphne Wong
441714-B1 Tu 11:30am-12:30pm $91/112 6/11-8/6
## ballet

### Ballet – Basics

New to ballet? This class will teach the fundamentals of technique and vocabulary, and explore the principles of movement that will prepare you for more advanced classes. Each class starts with foundational movements, then move to the center for fun, easy-to-learn combinations.

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

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<thead>
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<th>Days</th>
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<td>6:30-7:45pm</td>
<td>$89/109</td>
<td>6/24-8/5</td>
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### Ballet: Combined Levels

This class offers sound technique in basic ballet alignment, warm-up exercises at the barre, energizing movement phrases in the center and across the floor, all to beautiful classical music! Whether you are a beginner to ballet, or experienced, this class will provide you a great dance experience.

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

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<td>$89/109</td>
<td>6/26-8/7</td>
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## jazz/hip hop

### Hip Hop

These high energy dance classes will introduce you to the latest Hip Hop and Street Dance moves. Students will develop strength, coordination and flexibility, all while having fun.

Beresford Recreation Center
Instructor: Gina Lorton

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<td>6/22-8/10</td>
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### Jazz Dance

Let’s dance! Here’s your chance to develop your jazz technique and learn exciting choreography in a variety of dance forms. Past jazz dance experience is recommended. This motivating class will make you feel like a dancer and give you a heart pumping workout too!

Beresford Recreation Center
Instructor: Tamara Shuttle

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## world dance

### Mexican Folkloric Dance

Learn fun and traditional dances of Mexico. Instructor Martin Cruz brings this exciting dance form to adults who are interested in learning about another culture through dance while getting great exercise. No previous dance experience required.

Dr. Martin Luther King Jr. Community Center
Instructor: Martin Cruz

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<td>7:30-8:30pm</td>
<td>$73/89</td>
<td>6/19-7/31</td>
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### Belly Dance Level I

Experience this graceful art form while focusing on posture, rhythm and style. Learn basic steps, combinations and creating an expressive dance routine. Hand-outs include ‘Malia’s 37 Basic Belly Steps’ and patterns for simple costuming.

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

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<td>$64/78</td>
<td>6/27-8/8</td>
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### Belly Dance Level II

Learn advanced movements and combinations that increase your ability to interpret music. Create your own choreography and improvise while using props such as veils. Scarves, finger cymbals and music can also be purchased at class for cost.

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

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<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
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<tbody>
<tr>
<td>441731-H1</td>
<td>Th</td>
<td>7:45-8:45pm</td>
<td>$64/78</td>
<td>6/27-8/8</td>
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</table>

### Flamenco I/II

Discover the beauty of this unique dance form from the south of Spain. Explore Flamenco rhythms (compás) and basic techniques, including palmas (handclapping), footwork, hand and arm movements with critically acclaimed performer and teacher.

Dr. Martin Luther King Jr. Community Center
Instructor: Marco Ogo

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<tr>
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<th>Dates</th>
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<tr>
<td>441733-K1</td>
<td>Th</td>
<td>6:30-7:30pm</td>
<td>$73/89</td>
<td>6/13-8/8</td>
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### Hula

Come learn the language of the heart, using the motion of the hands. Hula is a fun and easy way to exercise the body and brain while enjoying the relaxing rhythms of the Islands. Class is open to teens and adults, both men and women of all ages!

Senior Center
Instructor: Valentina Linsangan

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<tr>
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<th>Fee</th>
<th>Dates</th>
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<tbody>
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<td>441734-S1</td>
<td>Th</td>
<td>7:30-8:30pm</td>
<td>$73/89</td>
<td>6/13-8/8</td>
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</table>
**line dance**

**Line Dance – Beginning**

Line Dancing is better than ever! Learn moves to a variety of music genres. Classes build on the previous week’s lesson. No partner or previous dance experience is necessary. Wear comfortable shoes. Plan to take this class plus Next Steps? Then sign up for Line Dance Combo for a discount!

Beresford Recreation Center  
Instructor: Cathy Dacumos  
441740-B1 W 7:30-8:30pm $67/82 6/26-8/14

**Line Dance – Next Steps**

Want to enhance your dancing style? Learn more intricate dance patterns and have fun with the added benefit of getting in some good exercise at the same time. No partner necessary. If you wish to enroll in both Beginning and Next Steps, then sign up for Line Dance Combo where the price is discounted!

Beresford Recreation Center  
Instructor: Cathy Dacumos  
441741-B1 W 8:30-9:15pm $53/64 6/26-8/14

**Line Dance – Combo**

Sign up for both Beginning and Next Steps classes and receive a 10% discount. If new to Line Dance, take the Beginning class first, then speak with the instructors about moving to a higher level.

Beresford Recreation Center  
Instructor: Cathy Dacumos  
441742-B1 W 7:30-9:15pm $100/123 6/26-8/14

**American Line Dancing**

Get lively, move with confidence, stay fit and have fun learning various forms of line dancing (country, waltz, cha cha, rumba, NC2-steps, etc) using progressive method of varying music rhythm and genre. Monday class is for beginners and Thursday class is for intermediate students of all ages.

Senior Center  
**Level 1 with Alou Hernandez**  
441743-S1 M 2:00-3:00pm $82/100 6/10-8/12  
**Progressive Series with Allen Isidro**  
441743-S2 Th 9:00-10:30am $74/91 6/13-8/15

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**social dance**

**Argentine Tango I – Beginning Basics**

Learn the most elegant social dance of all. David and Nancy Mendoza make it easy to learn the real Tango. Sign up for the series, because each lesson builds on the previous. No partner necessary. Dance shoes recommended.

Beresford Recreation Center  
Instructor: Nancy & David Mendoza  
441750-B1 Tu 7:30-8:30pm $91/112 6/11-8/13

**Argentine Tango II – Continuing**

Prerequisites: Argentine Tango I or equivalent. Emphasis is on leading & following technique and patterns for social dancing. Lesson plan changes weekly. Drop-ins welcome. No partner required. Our technique is demanding, but our classes are fun!

Beresford Recreation Center  
Instructor: Nancy & David Mendoza  
441751-B1 Tu 8:30-9:30pm $91/112 6/11-8/13

**Simply Bachata**

Join us for our beginner lesson in Bachata. A style of social dance from the Dominican Republic which is now danced all over the world. In this class, you will learn the fundamentals of Bachata while getting to express yourself. All ages and levels welcome to this fun and expressive social dance class.

Beresford Recreation Center  
Instructor: Jose Santamaria  
441752-B1 Th 7:30-8:30pm $75/89 6/20-8/8

**Social Ballroom**

Come dance with us and sharpen your mind while lifting your spirit. Learn Samba, Rhumba, Cha Cha Cha, Mambo, Tango, Fox Trot, Swing and more in the Basic level (7:45pm)! Intermediate level (8:45pm) learns advanced steps. Basic series required before attending intermediate class. COUPLES ONLY. Fee is per person. No registration after 2nd lesson.

Beresford Recreation Center  
Instructor: Judy & Bart Lewis  
**Basic**  
441754-B1 F 7:45-8:45pm $42/52 6/21-7/26  
**Intermediate**  
441754-B2 F 8:45-9:45pm $42/52 6/21-7/26

**Road Runners Square Dance Club – PLUS Level**

Square dance experience required. Former returning dancers are welcome. You may register on Club Night or check the San Mateo Road Runners website, smroadrunners.org to express interest.

Beresford Recreation Center  
Tuesdays 7:30-9:45PM $8/person/night 6/11-8/6
Hawaiian Music Jam
Do you enjoy the Hawaiian Culture; the music, the hula and of course the ukulele? If so, you found the perfect group to show off your skills. We’re here to have fun! Bring your Ukulele.
Senior Center
441802-A1  Tu  9:00-10:30am  FREE  6/11-8/20

Band
Do you play an instrument? If so come join our Senior Center Band. This recreational activity isn’t only fun, but it’s good for your mental and physical health. This is a Drop-in program with all levels are welcome.
Senior Center
Fridays  9:00-10:15am  FREE  ongoing

Contemporary Ikebana Flower Arranging
Make unique arrangements using basic Ikebana techniques & styles with flowers and branches brought from home or purchased from instructor. Class consists of demos and individual assistance.
Instructor: Yoshiko Williams
Beresford Recreation Center
441901-A1  W  7:00- 9:30pm  $48/61  6/12-6/26
441901-A2  W  7:00- 9:30pm  $48/61  7/17-7/31
Senior Center
441901-B1  Th  1:00- 3:30pm  $48/61  6/13-6/27
441901-B2  Th  1:00- 3:30pm  $48/61  7/18-8/1

Crochet
Learn to Crochet - All levels welcome. Have you always wanted to learn to crochet or learn more techniques in crochet? This class will cover beginning levels to advanced. Learn to chain, single crochet, double crochet, read patterns, and much more.
Senior Center
Instructor: Jodi Pavey
441911-A1  F  9:00-10:30am  $50/67  7/12-8/2
441911-A2  F  9:00-10:30am  $37/45  8/9-8/23

Chorus
Love to sing? Our chorus is open to all who love to sing, enjoy performing and look forward to meeting new people with a similar interest. Drop on by, we look forward to meeting you!
Senior Center
Fridays  10:30-11:30am  FREE  ongoing

Private Music Lessons
Private weekly lessons in piano, voice, guitar (acoustic and electric) and drums. Lessons are held in the evenings and Saturday mornings at our recreation centers. An instrument is required for daily practice. Please call (650) 522-7440 for additional information and fees. Internet registration not available.

Watercolor Painting
Using images from still life and landscape students will learn the basics of painting with watercolors. Various techniques such as wet-into-wet, dry brush and washes will be covered in a step by step approach. Materials and color theory will be covered in the first class. All levels welcome. Some materials supplied.
Beresford Recreation Center
Instructor: Richard Becker
441915-A1  M  7:00- 9:30pm  $182/207  6/10-8/12
**Introduction to Art**
You don't have to be Da Vinci to create your own art. With plenty of hands-on help and demonstrations, you'll experiment with drawing, watercolor, and painting, while moving at your own pace.

Beresford Recreation Center  
Instructor: Richard Becker  
441916-A1 W 2:00-4:30pm $182/207 6/12-8/28

**Oil Painting**
Discover the Renaissance within! Paint your imagination using traditional and modern techniques in oil painting including color mixing, direct painting, scumbling, and glazing. Master the elements of composition, form, and color! Individual attention for all levels of instruction, beginners welcome.

Beresford Recreation Center  
Instructor: Richard Becker  
441917-A1 W 7:00-9:30pm $182/207 6/12-8/28

**Photography**
Want to fully utilize all the options your camera offers? Knowing how and when to use them will take your photos from nice to WOW! An in-class still-life activity will demonstrate the significance of the photographic concept that will compliment your photographic style. Geared for beginners.

Beresford Recreation Center  
Instructor: Marty Springer  
441919-A1 M 7:00-9:30pm $115/137 6/10-7/8

**Core Ceramics**
Have you ever wanted to create your own pots? Whether you're a novice or advanced student, these classes will introduce you to new pottery skills including hand building with coil, pinch techniques, drape molds, and glazing! The Tuesday core class is beginning/intermediate and the Wednesday core class is intermediate/advanced.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
<th>Start Date</th>
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<tbody>
<tr>
<td>441927-A1</td>
<td>Tu</td>
<td>6:00-9:00pm</td>
<td>$213/238</td>
<td>6/11-8/27</td>
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<td>441927-A2</td>
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<td>441927-A5</td>
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<td>441927-A6</td>
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<tr>
<td>441927-A3</td>
<td>Sa</td>
<td>10:00am-1:30pm</td>
<td>$114/137</td>
<td>7/20-8/31</td>
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**Pottery Basics**
Discover the ancient art of pottery. You'll learn basic throwing techniques on the pottery wheel and experiment with projects such as bowls, cups and plates. It's not too late to try something new!

<table>
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<th>Cost</th>
<th>Start Date</th>
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<tr>
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<td>441930-A1</td>
<td>F</td>
<td>7:00-10:00pm</td>
<td>$213/238</td>
<td>6/14-8/30</td>
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</table>

**Mystical Sculpture**
Using your two hands and creative mind you will create a unique mystical creator, unlike any other. Not mystically inclined? Returning students can work on individual pottery projects.

Instructor: Meral Agi  
441931-A1 Th 6:00-9:00m $84/100 7/25-8/15

**Coffee & Clay (All Levels)**
Are you ready to get creative with ceramics? Here's your chance to work on your own personalized projects. Bring your coffee and settle in for a morning of creativity, clay, and camaraderie. Class is open to students of all levels, and is designed for students with basic ceramics experience.

<table>
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<th>Days</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>441922-A2</td>
<td>Th</td>
<td>10:00am-1:00pm</td>
<td>$84/100</td>
<td>6/13-7/11</td>
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<tr>
<td>441922-A1</td>
<td>Th</td>
<td>10:00am-1:00pm</td>
<td>$117/141</td>
<td>7/25-8/29</td>
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**Ceramics Workshop Open Studios**
Need extra time to work on your project? Register for our open studio time geared for intermediate/advanced students to work on self-directed projects. No instructions will be given during this time.

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<th>Start Date</th>
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<tbody>
<tr>
<td>441929-A3</td>
<td>Th</td>
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<td>$84/100</td>
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<td>441929-A1</td>
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<td>$84/100</td>
<td>7/25-8/29</td>
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<tr>
<td>441929-A2</td>
<td>Sa</td>
<td>2:00-5:00pm</td>
<td>$213/238</td>
<td>6/15-8/31</td>
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</table>
The following Computer and Electronic Device classes are taught at the Senior Center by volunteers of our Computer Team who enjoy sharing their skills and knowledge with others.

**Tech Tutoring**
Looking for one-on-one help to improve your technology skills? Look no further! Two individual sessions with a tech expert will let you progress at your own pace and resolve your technology issues and hurdles.

Senior Center
442700-A1 TBD  $15 July

**Informational Tech Sessions**
Join our tech team on the 1st Monday of each month for an hour of understandable tech talk, useful demos and Q&A time. There is a different topic each month in the areas of trends, security and common issues.

Senior Center
**Topic: Security**
442701-A1 M 1:00- 2:00pm FREE 7/1

**Topic: How to Register Online**
442701-A2 M 1:00- 2:00pm FREE 8/5

**Smart Phone Training**
Free 1-day smart phone training. Is your smart phone challenging you? Make your smart phone work for you! Learn to make your phone louder so it is easier to hear, send text messages, and learn how to connect blue tooth device.

Senior Center
Instructor: Crystal Lin, CA Telephone Access Program Representative

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<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
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<tbody>
<tr>
<td>iPhone</td>
<td>Tu</td>
<td>10:00am-12:00pm</td>
<td>FREE</td>
<td>7/9</td>
</tr>
<tr>
<td>Android</td>
<td>Tu</td>
<td>10:00am-12:00pm</td>
<td>FREE</td>
<td>6/25, 8/13</td>
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**NEW**

**Getting Started with Your Smartphone**
Smartphones are a powerful tool but they can be scary and a bit intimidating. We will take that fear away! Learn to setup your smartphone with your wants and needs. Topics include changing the volume, sending text messages and making your font larger. Let us help you make friends with your phone!

Senior Center

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<th>Notes</th>
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<tbody>
<tr>
<td>Android</td>
<td>F</td>
<td>1:00- 2:30pm</td>
<td>$5</td>
<td>6/21 &amp; 6/28</td>
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<tr>
<td>iPhone</td>
<td>F</td>
<td>1:00- 2:30pm</td>
<td>$5</td>
<td>7/12 &amp; 7/19</td>
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**Tech Help Desk**
Baffled with a tech problem on your PC, MAC, Tablet, or Smartphone? Join us at our weekly drop-in Help Desk where our tech volunteers will help you get past your issue. Also, in a group setting we can learn from each other’s tech problems and solutions.

Senior Center

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<tr>
<td></td>
<td>W</td>
<td>3:00- 5:00pm</td>
<td>$10</td>
<td>6/12-7/31</td>
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**Caption Phones for Hearing Loss**
ClearCaptions is a federally funded telecommunications company that provides real-time text of phone conversations for people with hearing loss. Elli Tehrani will explain the program and how you could get your FREE caption phone.

Senior Center
Instructor: Elli Tehrani, Clear Captions Representative

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<td>1:15- 2:00pm</td>
<td>FREE</td>
<td>6/10</td>
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<td>FREE</td>
<td>7/10</td>
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<tr>
<td>Android</td>
<td>M</td>
<td>1:15- 2:00pm</td>
<td>FREE</td>
<td>8/12</td>
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All these classes require pre-registration.
Summer Camp isn’t just for kids. Try this week-long program as we take you on a magnificent movement journey. Spend the first hour of each day practicing Tai Chi or building strength and flexibility. Next, wake up the body with some exhilarating Jazz, Tap and Line dancing. No experience is needed to participate in this adventure.

Senior Center
442057-A1 M-F 9:30am-11:30pm $80/100 8/19-8/23

Latino/Latina Support Group
Coordinated by Esther Pinkus, the Latino/Latina group was developed to provide support and assistance to Latino elders and friends. Wide variety of topics, all are welcome!

Senior Center
Instructor: Esther Pinkus
442217-A1 W 11:00am-12:30pm FREE 6/12-8/28

Understanding the 4 Parts of Medicare
Whether you’re turning 65 or helping a family member navigate the system’s complexities, understanding Medicare can be overwhelming. Daniela Farina will help demystify: The A, B, C’s of Medicare, Original vs. Advantage, when and to how to enroll and much more.

Senior Center
Instructor: Daniela Farina
442504-A1 Sa 11:00am-12:30pm FREE 6/29
442504-A2 Sa 11:00am-12:30pm FREE 7/13

MPMC Lifeline Personal Help Button
Falls are the leading cause of injury. MPMC’s Lifeline is a personal help button that helps seniors live independently, with pricing options for most budgets. Lifeline is part of a nonprofit, with all the proceeds going to the scholarship fund.

Senior Center
Instructor: MPMC Lifeline Sutter Health Representative
442515-A1 Th 9:00-10:00am FREE 6/13
442515-A2 Th 10:00-11:00am FREE 7/11
442515-A3 Th 9:00-10:00am FREE 8/22

Improving Your Balance
Come join us as we discuss how to improve your balance and common health conditions that can attribute to falling. You will walk away with tips and tricks to reduce your risk.

Senior Center
Instructor: Dr. Sharon Ou, M.D., Kaiser Permanente
442517-A1 W 2:00-3:00pm FREE 7/17

Freedom from Fractures
Join American Bone Health for a free presentation on how to avoid the most serious risks of osteoporosis. Learn how to calculate fracture risk and reduce the risk of fractures. What are your next steps for better bone health and fracture prevention?

Senior Center
Instructor: American Bone Health Representative
442518-A1 Sa 10:30am-12:00pm FREE 6/15

Mid Peninsula Village – Redefining Aging
Mid Peninsula Village is a nonprofit organization fueled by volunteers that are redefining aging. They provide social events, access to services and help members rediscover passions and hobbies that may have become dormant. Come learn about how you can join as a member, a volunteer or both.

Senior Center
Instructor: Linda Burroughs, Mid-Peninsula Village Representative
442612-A1 Th 10:00-11:00am FREE 7/18

Social Security and You
You want to retire. How much should you rely on Social Security for benefits? Come have a financial discussion on these topics: Eligibility for benefits, full retirement vs. early retirement, spousal and survival benefits, working during retirement, and saving for retirement.

Senior Center
Instructor: Kendra Bronstein
442613-A1 W 6:00-7:00pm $15/18 6/19
442613-A2 Th 6:00-7:00pm $15/18 8/8

All these classes require pre-registration.
Our book discussion group meets at the San Mateo Senior Center on the 2nd Tuesday of each month at 10:00am. Feel free to join us. New faces are always welcome.

Senior Center
442215-A1 2nd Tuesday of the month 10:00-11:30am FREE

A waterway with a history. River drama from earliest discovery through to the 20th century. Presentations highlight the rise of the riverboat culture, the Cotton Kingdom and Civil War. Highlighting New Orleans, its birth and transformation.

Senior Center
Instructor: Michael Svanevik
442600-A1 Tu 1:30-3:30pm $27 8/13-8/27


St. John’s Cemetery
Instructor: Michael Svanevik
442601-A1 W 5:00-6:30pm $33 6/12

Interactive 4hr Refresher Course for drivers 50+. Sharpen your skills, develop strategies for age-related changes in vision, hearing and reaction time, new laws and smart driving. Instructor will collect the fee: $15 AARP Member & $20 Non-AARP Member.

Senior Center
Instructor: AARP Representative
442603-A1 Th 12:30-5:00pm $15/20 8/22

A disaster can happen at any time. Do you know what to do? Staff from the San Mateo Consolidated Fire Department will teach you how to prepare yourself, your family and workplace for a disaster. There are steps you can take to be better prepared and resilient in the face of any emergency.

Senior Center
Instructor: Sandra Firpo, San Mateo Consolidated Fire Department
442605-A1 Sa 10:00am-12:00pm FREE 7/20

According to recent studies, almost $36 billion dollars is lost every year to financial exploitation of seniors. Come learn about the signs of elder abuse and financial exploitation, common strategies used by scammers, and how to protect your finances.

Senior Center
Instructor: Nicole Fernandez, San Mateo County Aging & Adult Services
442300-A1 Tu 11:00am-12:00pm FREE 6/18

Write Your Memoir
Join author/editor Tony Compagno in discussing and cultivating the art of writing your memoirs as a way of self-discovery and sharing your unique life experiences. In this relaxed atmosphere you will start writing out your memories of people and events in your life which define you.

Senior Center
Instructor: Tony Compagno
442615-A1 W 10:00am-12:00pm $100/123 6/19-8/14

Tony Compagno is a San Mateo-based writer whose primary objective in life has been to savor the ever-fluctuating moods of the human heart. He and wife Kathleen have been married for nearly 50 years and have two daughters and four grandchildren ranging from a teen to a toddler. Tony is the author of what he calls a fictional reminiscence, A Remarkable Collection of Angels, dealing with San Francisco in the year 1954. He has written other books that transform his memories, taking poetic license in capturing critical periods in his life and the essence of the people who were involved in it. Tony will be teaching, “Write Your Memoir” so register today.

All these classes require pre-registration.
The following classes are sponsored by the San Mateo Adult School. For information & to register, contact: San Mateo Adult School at (650) 558-2100. All classes are held at San Mateo Senior Center. Fees listed include a $5 Facility/Administrative Fee.

**San Mateo Adult School**

**Watercolor Painting Intermediate Level**
This class is for experienced watercolorist and adults with some experience, past or present, painting in water color. Illustrator Matt Crane will demonstrate a sampling of painting and drawing techniques weekly to assist you in fine tuning your “eye” as it applies to composition, color, shading and form. For a materials list, email Jeri McGovern at jmcgovern@smuhsd.org.
Instructor: Matt Crane
Thur. 9:30 – 12pm 4/25-7/18 (No class on 7/4) $105

**Writing: Memoirs Plus!**
Get all the tips, support and encouragement you need to finally put those memories to paper. Whether it’s your story or your family’s that you want to record, this fun and supportive class will help you do it. The only “experience” required is having lived past fifty!
Instructor: Katherine Lieban
Fri. 1:00 - 3:00pm 4/26-7/12 $105

**Mahjong Time**
Join Holy on Monday afternoons and learn how to play the famous historical Chinese game of Mahjong. Stay mentally sharp and improve your memory skills. Mahjong is a great way to socialize and can also teach you patience.
Senior Center
442220-A1 M 1:15- 3:00pm FREE 6/10-8/26

**British Mah Jong**
Interested in learning Mah Jong but uncertain which version? Join an experienced instructor for a relaxed, enjoyable introduction to the wonderful game of Mahjong, using British Mah Jong Association rules. After learning this way, you can easily pick up any of the other styles.
Senior Center
442222-A1 1st & 3rd Fridays 1:15- 3:00pm FREE 6/7-8/16

**Mexican Train Dominoes**
Mexican Train Dominoes is a fun game! The goal is to be the first player to lay down all your dominoes. This game is great for cognitive skills and eye hand coordination. Our goal is for everyone to have a good time, all levels are welcomed and as always, we encourage laughter.
Senior Center
442230-A1 Th 10:00am-12:00pm FREE 6/13-8/29

**Bridge – Intermediate Supervised Play**
Join us for a fun afternoon of bridge. Carol will answer all your bidding, play, and defense questions during actual play. No partner required. All students who have experience with the game are welcome.
Senior Center
Instructor: Carol Knowles
442400-A1 Th 1:00- 3:00pm $130/159 6/13-8/15

**Bridge – Supervised Play for Beginners**
Practice Practice Practice! Carol will answer all your bidding and play questions during actual play. No partner required. Must have knowledge or experience equivalent with concepts in ACBL Bidding and Play of the Hand courses.
Senior Center
Instructor: Carol Knowles
442401-A1 M 6:30- 8:30pm $130/159 6/10-8/12

**Special Events**

**Senior Prom: Sock Hop**
Grab your Blue Suede Shoes and get ready to Rock Around the Clock! Gather your friends for an afternoon of fun, laughter and dancing. You don’t want to miss the crowning of the King and Queen! Lite refreshments will be served. Pre-registration is recommended. Tickets will be available for purchase at the Senior Center. No refunds on this special program.
Senior Center
442055-A1 Sa 2:00- 4:30pm 7/27
$15 advance purchase/$20 day of

**Ice Cream Social**
It wouldn’t be summer without an Ice Cream Social! Enjoy beautiful music from the Hawaiian Islands performed by our very own Hawaiian Music Jam performers. Great music, songs and dancing, how can it get any better? Let’s not forget the ice cream!
Senior Center
Thursday 1:30- 3:30pm $1 at the door 8/22

All these classes require pre-registration.

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**Summer 2019 Activity Guide • (650) 522-7400**

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Bay Tree Bistro

Looking for a place to meet up with friends for lunch without the hassle of looking for parking? Join us weekdays for a daily delicious meal. Our healthy and nutritious meals include a salad, main course and dessert.

Lunch is served at 12 Noon with doors opening at 11:30am.

Reservations are strongly encouraged and can be made by phone (650) 522-7490 or in person at the San Mateo Senior Center, 2645 Alameda de las Pulgas.

2645 Alameda de las Pulgas • M/W/F
Cost $6.50

725 Monte Diablo • Tu/Th*
Suggested Donation $4 for 60+, $7.50 for 59 and under

* This program is partially funded by the Older American Act.

Looking For A Place To Meet Up With Friends?
The Senior Center offers 3 drop-in areas available on a first come first serve basis for activities such as;

Games: Bridge, Mahjong (American, Chinese), Chess, Checkers, Pinochle and Pedro.

Art Exploration: Adult Drawing/Coloring, Knitting, Crochet, Origami, and Journaling.

Reading: Our drop-in areas are perfect for reading a book or magazine. Don’t have a book? Pick out one from our small library.

Game Time

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>BINGO</td>
<td>Wednesday, 2-4 p.m. 2nd &amp; 4th Friday, 2-4 p.m. Doors open at 1:45 p.m.</td>
</tr>
<tr>
<td>BILLIARDS</td>
<td>Times vary, call for availability</td>
</tr>
<tr>
<td>MAHJONG (Chinese)</td>
<td>Mondays, 1:15-3:00 p.m. Registration Required</td>
</tr>
<tr>
<td>MAHJONG (British)</td>
<td>1st &amp; 3rd Friday 1:15-3:00 p.m. Registration Required</td>
</tr>
<tr>
<td>MEXICAN TRAIN DOMINOES</td>
<td>Thursday’s, 10:00am-12:00 p.m. Registration Required</td>
</tr>
</tbody>
</table>

Relax & Enjoy

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOVIE DAZE</td>
<td>Thursday, 1:30-3:30 p.m.</td>
</tr>
<tr>
<td>BAND</td>
<td>Friday, 9-10:15 a.m.</td>
</tr>
<tr>
<td>CHORUS</td>
<td>Friday, 10:30-11:30 a.m.</td>
</tr>
</tbody>
</table>

Stay Connected

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOOK DISCUSSION</td>
<td>2nd Tuesday, 10-11:30am (Call for book list)</td>
</tr>
<tr>
<td>TECHNOLOGY CLASSES</td>
<td>See pg 42 for list of classes</td>
</tr>
</tbody>
</table>

Movie Daze • Thursdays at 1 p.m.

Thursdays are Movie Daze at the Senior Center. Stop by at 1pm to watch a favorite movie amongst friends. Is there a movie you would like to see? Let us know and we’ll try to put it on the schedule. Make the afternoon complete, join us at 12:00 for hotdogs and popcorn (sold at a nominal cost), or bring a lunch to enjoy prior to the movie. Movies are subject to change. Did we mention this is FREE?

<table>
<thead>
<tr>
<th>Day</th>
<th>Movie Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Thursday</td>
<td>The Classics</td>
</tr>
<tr>
<td>2nd &amp; 4 Thursday</td>
<td>New Movies</td>
</tr>
<tr>
<td>3rd Thursday</td>
<td>Mixing it up (Foreign, Documentaries &amp; Independent films)</td>
</tr>
<tr>
<td>5th Thursday</td>
<td>Animated and Fantasy</td>
</tr>
</tbody>
</table>
Volunteer Today – Change a Life Forever!

We remain connected with the world through technology, but how connected are we to our community? Are you looking for a way to give back to someone in your own backyard? Whether you are available for a one-time event or something on-going, we will match your interest and schedule with our programs and services. Make a difference within our community.

Some Current Openings:

- Bay Tree Bistro- Senior Lunch Program (Mon-Fri)
- BINGO Assistant (Wednesday and/or Friday afternoons)
- Crafty Corner (TBA)
- Hot Dog Lunch Program (Thursday mid-morning)
- Mexican Train Leader (Thursday mornings)
- Technology Program Volunteer (TBA)
- Walking with Friends (TBA)
- Senior Center Receptionist & Greeter (Days/times flexible)

Do you have a skill or hobby that you would like to share? We would love to hear from you.

Interested? Visit www.cityofsanmateo.org/volunteer and complete your online application. For more information, contact Amber Shong, (650) 522-7493.

Volunteer Highlight

Dolores, better known as “Dee”, started volunteering for the City of San Mateo seventeen years ago with her first assignment being in the Bingo program. Over the years she has volunteered for a variety of programs and special events throughout the City of San Mateo. Dee helps run our popular Bingo program in the afternoons at the senior center, every Wednesday as well as two Fridays a month. She knows most participants by first name, greeting them with a smile and a joke that leads to a joyous laughter. Dee’s caring nature is evident as she treats others as extended family members, often inquiring about their family or, if they have been gone for a while, welcoming them back and letting them know they were missed. Nothing gets by this lady!

Dee’s love for helping others led her to volunteer at the Annual Health and Wellness Fair for the past 8 years. She plays a critical role in the distribution of over 300 boxed lunches. Dee’s commitment and willingness to help has made her a “must have” volunteer.

Thank you, Dee Cardinalli, for your dedication, commitment and passion to the community.

Come meet Dee at Bingo the next time you’re around.
**Services Link**
The Services Link Program at the San Mateo Senior Center helps seniors and their families with information about services and programs. Stop by the office or call us at (650) 522-7494.

**SASH: Shopping Assistance for Seniors who need Help Shopping**
Do you have trouble getting your groceries? Stay more independent with SASH. (Shopping Assistance for Seniors who need Help Shopping): Located at the Senior Center. Now accepting applications for both seniors in need of shopping assistance and volunteer shoppers! For information about using the service or how to be a volunteer, call (650) 522-7494.

**HICAP**
(Health Insurance and Counseling Advocacy Program): Thursdays at the Senior Center. Call 1-800-434-0222 for an appointment.

**Medical Equipment Loan Closet**
Through community donations, the Center has a closet with the following medical equipment available on loan: Commodes (which double as shower chairs), canes, walkers, crutches, and other various one-of-a-kind items. Requests accepted at the reception desk, or call (650) 522-7490.

**Help at Home Reference Guide**
Get your free copy of this San Mateo County mini-reference guide, designed to assist adults to remain in their own homes when they are ill, disabled, or in crisis. The guide includes listings for adult day centers, grocery and meal delivery services, medical equipment, home care services, transportation, and more. Spanish and Chinese versions are available. Call (650) 573-2643 or download an online version at www.smchealth.org/helpathome.

**San Mateo County Transit District (SamTrans)**
SamTrans is a public transport agency that provides bus service throughout San Mateo County and into portions of San Francisco and Palo Alto. The 250/294 & 295 SamTrans buses bring you to the San Mateo Senior Center. For more information call 1-800-660-4287. www.samtrans.org/schedules.html.

**Redi-wheels**
The San Mateo County Transit District provides paratransit using Redi-Wheels for persons with disabilities who cannot independently use regular SamTrans bus service. Trips must be prearranged. For more information or if you’re not sure whether you’re able to use the regular bus, call SamTrans at (650) 508-6241. www.samtrans.com/rw.html.

**Senior Center Without Walls**
An ESC Senior Resources Program
A free telephone program offering activities, friendly conversation, and an assortment of classes and support groups to older adults in California who find it difficult to participate in activities in their communities.

Questions? Call 1-877-797-7299 or email info@SeniorCenterWithoutWalls.org

**MidPeninsula Village**
MidPeninsula Village is a volunteer driven nonprofit membership organization that delivers services that empower older adults to live vibrant lives in their own homes and remain active in their communities.

You are invited to join as a member or become a volunteer. For more information please call: 650-260-4589 or check out our website at: www.villagesofsmc.org
San Mateo Public Library

Visit the Library website for hours and more program information – www.smplibrary.org

Main Library • 55 W. Third Avenue • 522.7800
Hillsdale Branch Library • 205 W. Hillsdale Blvd. • 522.7880
Marina Branch Library • 1530 Susan Court • 522.7890

2019 Juneteenth Film Festival

This FREE film series is presented by the African American Library Advisory Committee. Featured films include Dr. Khalid White’s documentary Black Fatherhood on June 13; Green Book on June 20; Black Panther on June 27. Each film starts at 6:00 pm and is held in the Oak Room, Main Library.

Most Amazing Summer Reading & Learning Challenge

Starting June 1st and continuing into July, come to any of the three San Mateo Public Libraries to sign up for this FREE program. Pick up a reading activity log and a free book to keep. Read at home. Visit the libraries for fun activities and programs. For children: birth to 8th grade.

Family Movies

Movies held in Oak Room at Main Library

Moana: plus “Heart of Te Fiti” craft – Thursday, May 23 from 3:30 to 5:30 PM
Inside Out: plus “Memory Jar” craft – Thursday, July 25 from 3:30 to 5:30 PM

Tween Events

Events are for tweens in 5th to 8th grade.

Tween Cardboard Challenge – Thursday, May 9 from 4 to 5 PM
Tween Trashion Show – Thursday, June 13 from 4 to 5 PM
Tween Night: Under the Sea – Friday, July 12 from 5 to 7:30 PM

Teen Summer Reading Challenge

Sign up is easy - grab an activities log and get a free book. Then read books of your choice and get scratchers for your reviews or for participating in teen events. Complete your log and be entered into a raffle for Beats headphones and a $1,000 scholarship. For grades 9-12.

Anime Club Presents: First Tuesday of every month 6/4, 7/2, 8/6. Hands on activity related to our favorite anime. Enjoy snacks, crafting and while watching anime. 4-5:30 PM
Anime Club: Second Tuesday of every month 6/11, 7/9, 8/13. Watch anime, play games and eat snacks. 4-5:30 PM in Computer Lab, Main Library
Teen Tech Thursday: 2nd Thursday of every month: Learn tinker cad basics, use the 3D printer and the VR in the Computer Lab – 4 to 6 PM
Teen Gaming Club: 4th Thursday of every month. VR, Nintendo switch and non tech games VR and snacks in the Computer Lab – 4 to 6 PM

Visit the Library on Facebook (facebook.com/SanMateoPublicLibrary) and Instagram (instagram.com/smplibrary.)

San Mateo Arboretum Society

Sunday Garden Seminars, Workshops & More

You Can Help Save the Monarch Butterfly! FREE Sunday, June 2, 1 - 2:30 pm.
Monarch Butterfly populations are plummeting due to threats including pesticides, development and climate change. You will learn about: Life cycle of the Monarch Butterfly; Migration patterns; Why numbers have diminished; What you can do to help reverse the decline and attract Monarchs to your yard.

Painted Garden Rocks Workshop

Sunday, July 14, 1 - 3 pm.
Create 3 adorable painted rocks for your outdoor garden. Think ladybugs, turtles, owls, butterflies!
Children ages 5-12 welcome with accompanying adult.
Fee: SMAS members $10; nonmembers $20. Reservations are required. Register online at: www.sanmateoarboretum.org/classes-events.html or call 650-579-0536 x3.

Sustainable Water Management in Your Community and Garden with Grassroots Ecology. FREE!
Sunday, August 4, 1 - 2:30 pm.
We will look at examples of rainwater capture, rain gardens, and water reuse options on a community scale and in our home landscapes.

All About Herbs & Edible Flowers. FREE!
Sunday, September 8, 1 - 2:30 pm.
Learn the basics of growing, harvesting, propagation, and using culinary herbs and edible flowers. Integrate your herbs and edible flowers in your native landscapes, vegetable gardens and containers.

Master Gardener Plant Clinics. FREE
Sunday, June 2, July 14, August 4 & September 8.
Come anytime between 11 am - 2 pm for this walk-in plant clinic. http://ucanr.org/sites/MGsSMSF/

Nursery/Greenhouse Plant Sales
Open Tuesday, Thursday & Sunday 10 am - 2 pm.
Our greenhouse & nursery stock a variety of unique plants at very reasonable prices. We try to maintain the above hours, but since we are staffed by volunteers, we may occasionally be closed, so call 579-0536 before coming.

Kohl Pumphouse & Garden Rental:
The historic Kohl Pumphouse and Victorian Garden are available for small group indoor and outdoor business & social functions. Information: www.SanMateoArboretum.org or (650) 579-0536.

Location: All events are at the Kohl Pumphouse in San Mateo Central Park, 101 Ninth Avenue, San Mateo. Enter the park at Ninth Ave. & Palm Ave.

Questions?
Visit www.SanMateoArboretum.org or call 579.0536
SAN MATEO CITY COUNCIL
  Diane Papan, Mayor
  Maureen Freschet, Deputy Mayor • Rick Bonilla, Council Member • Joe Goethals, Council Member • Eric Rodriguez, Council Member

CITY MANAGER
  Drew Corbett, City Manager

PARK AND RECREATION COMMISSION
  (Meeting the 1st Wednesday of the Month, 7:00 p.m. Room C, City Hall)
  Chris Massey, Chair • Heather Wolnick, Vice Chair • Amourence Lee • Eric Holm • Sean Williams

SENIOR CITIZENS COMMISSION
  (Meeting the 2nd Monday of the month, odd numbered months, 4:00 p.m., Activity Room Senior Center)
  Irene Bluth, Chair • Sheri Boles, Vice Chair • Monika Lee • Mary Webb

YOUTH ACTIVITIES COUNCIL
  (Meeting the 1st and 3rd Wednesday of the month at the Senior Center)

PARKS AND RECREATION DEPARTMENT
  Parks & Recreation Administrative Office • (650)522-7400
  Sheila Canzian, Director of Parks and Recreation • (650)522-7404
  Bob Palacio Community Services Manager • (650)522-7403
  Mike Blondino, Parks Manager • (650)522-7423
  Kevin Kobayashi, Golf and Visitor Services Manager • (650)522-7512
  Matthew Fried, Managing Arborist • (650)522-7422
  Dennis Frank, Park Planning Administrator • (650)522-7544
  Nicholas Tsiorvas, Business Manager • (650)522-7408
  Scott Leslie, Section Manager • (650)522-7472
  Amy Sherman, Section Manager • (650)522-7442

ATHLETICS OFFICE
  2001 Pacific Blvd., 94403
  (650) 522-7430
  Dan Hibson, Athletics Supervisor
  M-F 8 a.m. - 5 p.m.
  Athletic Field Conditions Info (650)522-7439

BERESFORD RECREATION CENTER
  2720 Alameda de las Pulgas, 94403
  (650) 522-7440
  Tracy Brumett, Center Supervisor
  M-F 9 a.m. - 10 p.m.
  Sat. 7:30 a.m. - 1 p.m.

CENTRAL RECREATION CENTER
  Central Studio
  50 E. 5th Ave. (Central Park), 94401
  Self-help for the Elderly: (650) 342-0822
  For Building Reservations: (650) 522-7443
  For Picnic Reservations: (650) 522-7434

CULTURAL ARTS/DANCE OFFICE
  Beresford Center
  (650) 522-7440
  Mae Chesney, Dance & Fitness Supervisor
  Angela Sakko, Arts/Athletic Supervisor

JOINVILLE SWIM CENTER
  2111 Kehoe Avenue, 94403
  (650) 522-7460
  Carolyn Shavel, Aquatic Supervisor
  Open June 2019

MARINA LAGOON HARBOR PATROL
  (650) 522-7467

PARKSIDE AQUATIC PARK
  100 Seal Ct., 94403
  (650) 522-7467

DR. MARTIN LUTHER KING, JR. COMMUNITY CENTER
  725 Monte Diablo Ave., 94401
  (650) 522-7470
  Jen Wilson, Center Supervisor
  Kelvin Coggins, Coordinator
  M-Th 9 a.m. - 9 p.m. F 9 a.m. - 6 p.m.

DR. MARTIN LUTHER KING JR, SWIM CENTER
  725 Monte Diablo, 94401
  (650) 522-7465 or (650) 522-7460
  Open June 2019

PARK YARD & OUTDOOR FACILITY RESERVATION OFFICE
  2001 Pacific Blvd., 94403
  (650) 522-7434
  City-wide picnics & athletic fields: M-F 8 a.m. - 5 p.m., closed 12-1 p.m.

POLICE ACTIVITY LEAGUE (PAL)
  Police Headquarters - 2nd Floor
  200 Franklin Parkway
  (650) 522-7725
  Officer Tracey Unga, Director
  Alex Greer, PAL Supervisor

POPLAR CREEK GOLF COURSE
  1700 Coyote Point Drive, 94401
  (650) 522-GOLF (4653)
  Golf Administration: (650) 522-7510
  Maintenance: (650) 522-7520

PRESCHOOL SPECIALTY CENTERS
  Lakeshore Recreation Center
  1550 Marina Court, 94403
  (650) 522-7480
  Claudia Vega, Center Supervisor

  Shoreview Recreation Center
  950 Ocean View, 94401
  Ocean View & Cottage Grove
  (650) 522-7500
  Claudia Vega, Center Supervisor

RECREATION ADMINISTRATIVE OFFICE
  330 W 20th Ave., 94403
  Main (650) 522-7400
  Fax (650) 522-7401
  M-F 8 a.m.-5 p.m.

SENIOR CENTER
  2645 Alameda de las Pulgas, 94403
  Center: (650) 522-7490
  Services Link: (650) 522-7494
  Carolyn Shavel, Center Supervisor
  Amber Shong, Coordinator
  Christine Perrotta, Outreach Supervisor
  Brandon Parra, Event & Teen Coordinator
  M-Th 9 a.m. - 9 p.m., F 9 a.m.-5 p.m.
  Sa 9 a.m.-1 p.m., Sun Closed

VISITOR SERVICES
  Park Ranger Station (650) 522-7485
  Gary Esch, Sr. Park Ranger

YOUTH SERVICES OFFICE
  King Center
  (650) 522-7470
  Claudia Vega, Supervisor

City of San Mateo Recreation Facilities

www.sanmateorec.org • City of San Mateo Parks and Recreation
Parkside Boathouse and Marina Lagoon

The Lagoon provides approximately 4 miles of inland waterway and is located East of the 101 Freeway in San Mateo, with launching facilities at Parkside Aquatic Park. NO LIFEGUARD ON DUTY. JET SKIS or similar personal watercraft and alcohol are NOT PERMITTED. All craft using Marina Lagoon must comply with local and State of California vessel registration and safety equipment requirements at all times. Special police patrols provide enforcement, boat inspections and emergency assistance and first aid. Call the Patrol office at (650)522-7467 or cell (650) 740-3340 (cell phone answered during open hours only) for information. For EMERGENCY call 9-1-1.

Boating Fees & Staff Schedule

Schedule varies with activity and weather. Harbor Patrol opens May 25, 2019. Friday-Sunday (Holidays) only.

<table>
<thead>
<tr>
<th>2019 (January – December)</th>
<th>Annual</th>
<th>Daily*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Pass (power boats 5hp and up)</td>
<td>$450.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Annual Pass (under 5hp and sail over 8 ft.)</td>
<td>$250.00</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

* Daily passes available starting 5/25/19.

Annual passes includes launch ramp access key for launching during non-staffed periods. Upon payment of user fees the City will provide a sticker to be applied to the vessel. Daily users must carry their daily receipt in the vessel. Non-powered and sail boats not needing ramp access are exempt from the use fees. Daily passes are NOT available for purchase during non-staffed hours.

John Lee Dog Park at Bayside - Joinville Park*

6:00 a.m. to 10:00 p.m.

Beresford Park on Chanteloup Field

Monday–Friday

6:00 a.m. to 8:00 a.m.

Central Park on Fitzgerald Field

Monday–Saturday

6:00 a.m. to 8:00 a.m.

Laurie Meadows Dog Park

Every day. Sunrise to Sunset

Los Prados Park*

6:00 a.m. to 10:00 p.m.

Seal Point Park – Dog Park

Every day.

6:00 a.m. to Sunset

* Los Prados has a fully fenced area at the southwestern end of the park near the south diamond. John Lee Dog Park at Bayside-Joinville Park has a fenced area on the bay side of the Marina Lagoon Pump Station in the grassy area off Detroit Drive.

Use of turf and fields is prohibited during inclement weather. If Red Light is on at Fitzgerald or Chanteloup Fields then they are closed to ALL users. If you have questions, please call our field condition line (650) 522-7439 or follow @smfieldupdates on Twitter.

Ryder Park is one of San Mateo’s most popular parks, especially during the summer, due to its unique water feature. Ryder Park has two shaded picnic areas, a water feature to cool patrons down during the summer months, a playground, access to walking trails, and an open grass area for recreational purposes. For more information about Ryder Park, including the rental of the picnic areas, please visit www.sanmateorec.org or call (650) 522-7430.
Servicios adicionales en Español
Nosotros esperamos que estos servicios sean de gran ayuda y faciliten el uso de la Guía de Actividades y sus programas. Nosotros tenemos personal bilingüe Español/Ingles disponible para ayudarle a seleccionar e inscribirse en las actividades.

King Center
650.522.7470 (M-F 9 a.m.- 5 p.m.)
Personal bilingüe Español/Ingles:
Lauren Allen

Admin Office
650.522.7400 option 3 (M-F 8:00 a.m.-5:00 p.m.)
Personal bilingüe Español/Ingles:
Valerie Vijil

Park Yard
650.522.7420 (M-F 7 a.m.- 5:00 p.m.)
Personal bilingüe Español/Ingles:
Vanessa Gutierrez (650) 522-7430

Actividades y Servicios

Programa Preescolar
Esta es la mejor manera de ayudar a los niños a que aprendan y estén listos para la escuela. Building Blocks ofrece actividades de Padre a niño de 1-3 años, Tiny Tots para niños de 3-5 años, Pre- Kindergarten programa escolar de preparación para aquéllos en su último año antes de ingresar a la escuela. También tenemos disponible una variedad amplia de deportes, arte, baile, gimnasia, cocina y otras actividades. Todos los niños deben aprender a nadar tan pronto como sea posible, nosotros proveemos clases de natación aprobadas por la Cruz Roja, la Piscina de Joinville y de King Center están disponible solamente en verano.

Niños de Edad Primaria
Hay una variedad asombrosa de actividades para los niños de esta edad, proveemos cuidado de niños después de la escuela, baile, arte, deportes, gimnasia, patinaje en el hielo, tenis, clases de música y de natación. En verano y para los feriados escolares tenemos cuidado de niños, campamentos, bellas artes, baloncesto, fútbol y otros. Nuestro programa PAL (Liga de Actividad Policiaca) es por todo el año; ofrece paseos gratis, ligas de fútbol, béisbol, hockey callejero y más.

Adolescentes
PAL (Liga de Actividad Policiaca) también sirve a los adolescentes con sus ligas de deportes y viajes. Cada Viernes el King Center tiene un programa de “Noches de Divercion” con bailes, música, deportes y cocina. El entrenamiento Para Lideres es una valiosa oportunidad para que desarrollen habilidades de trabajo y sean voluntarios en nuestros Centros Comunitarios. En verano proveemos viajes semanales a las atracciones locales y campamentos de día. Una escuela media patrocina un programa escolar supervisado para después de la escuela.

Adultos
Podemos enseñar nuestra clase de buena forma “Latin Groove Workout” en Español o Ingles, dependiendo de la poblacion de la clase.

Mayores de Edad
El Senior Center ofrece muchas actividades que pueden ser de interés para personas de la tercera edad. De latino a latino, es un grupo de apoyo hispano que se reune cada Miércoles de 11-12, un programa de almuerzo los Lunes, Miércoles y Viernes. Otros servicios incluyen voluntarios que ayudan a los ancianos que no pueden salir de compras, un programa que presta equipo medico.

Alquiler del Salon
Los parques están disponibles para los picnics familiar. Nuestros centros comunitarios están disponibles para una gran variedad de actividades, reuniones sociales y de negocios.

Garantía de Satisfacción
Si por cualquier razón usted no está satisfecho con alguna clase o actividad, nosotros haremos lo siguiente de acuerdo a su petición:
1. Transferirlo a otro horario o actividad.
2. Un crédito completo para usarlo en cualquiera de nuestras actividades.
3. Devolución completa de su dinero.
Para más información, vea la página 47
### Cómo Leer La Lista

<table>
<thead>
<tr>
<th>Nombre de la Actividad</th>
<th>Edad mínima/ máxima o grado de la escuela del participante</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Karate para principiantes y adelantados</strong></td>
<td>Edad 8-16</td>
</tr>
</tbody>
</table>

Es una clase para estudiantes que exitosamente han completado la clase de Karate para principiantes. Todos los estudiantes deben tener una aprobación del instructor antes de inscribirse.

<table>
<thead>
<tr>
<th>Senior Center</th>
<th>CL834-35456</th>
<th>Th</th>
<th>7:00-9:00pm</th>
<th>$180/215</th>
<th>4/12-5/31</th>
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### Programa de Ayuda Financiera para Cuotas de Recreación

El Programa de Ayuda Financiera para Cuotas de Recreación se ha diseñado para permitir a los residentes de San Mateo acceso a nuestros programas. Existe ayuda para ayudar a nivelar las cuotas de las clases de recreación para aquellos residentes con dificultades financieras. Los residentes que han calificado son elegibles para descuentos del 30% y 60% dependiendo de sus ingresos actuales y si son adultos o jóvenes.

La aplicación actual acompañada por la documentación de ingresos requerida (señalada en la aplicación) es necesaria para inscripciones. Se alienta a los residentes interesados a completar la Forma de Inscripción al Programa de Ayuda Financiera para Cuotas de Recreación, disponible en todos los centros comunitarios y en el Ayuntamiento. Además, también puede bajar esta solicitud en www.cityofsanmateo.org "www.cityofsanmateo.org (buscar bajo “Aplicacion para Ayuda de los Servicios de Recreacion”).

### Guía en español

#### de Servicios de los Centros de Recreación

En un esfuerzo por servir mejor a nuestros clientes hispanos, proveemos dos páginas en español. En ellas se resumen muchos de nuestros servicios, actividades, y ayuda adicional de nuestro personal bilingüe Español/Ingles.

La hoja de inscripción está en página 47 de ésta Guía. Usted necesita completar esta forma y devolverla junto con su pago.

#### Sin previa cita:

- Usted puede entregar su inscripción a cualquiera de nuestros Centros de Recreación.

#### Enviada:

- San Mateo Parks and Recreation
- 330 W. 20th Avenue
- San Mateo, CA 94403-1388

#### Facsímil:

- 522-7411

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**Registro en internet:**

- www.sanmateorec.org
City of San Mateo Parks & Recreation Department
Activity Registration Form

☐ Resident*  ☐ Nonresident

*Individuals residing within the City of San Mateo property tax limits

☐ Parent/Guardian __________________________________________ Date of Birth _______________________________ (must be 18 yrs. or older)

or Adult Registrant

Home Address __________________________________________ City __________________________ Zip ________________

Home Ph. _________________________ Cell Ph. _________________________ E-mail Address ________________________________

Emergency Contact __________________________________________ Home Ph. _________________________ Cell Ph. _________________________

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Date of Birth</th>
<th>Gender</th>
<th>Activity Code</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
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</tr>
</tbody>
</table>

TOTAL $ ______________________

WAIVER OF LIABILITY & PHOTO RELEASE: In consideration of participation in the City of San Mateo recreation program described above (the "Activity"), I, the undersigned for myself and/or as the parent/guardian of the Minor named above, agree to indemnify and hold the City of San Mateo, its elected and appointed officials, employees, and agents (the "City") harmless and hereby waive, release and discharge any and all claims for damage, for death, personal injury, bodily injury or property damage which I and/or the Minor may have or which hereinafter may accrue to me and/or the Minor against the City from and against any liability arising out of or connected in any way with my and/or the Minor’s participation in this Activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above.

I understand that accidents and injuries can arise from participation in this class or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me and/or the above named Minor and to release and to hold harmless all of the persons or entities mentioned above whom (though negligence or carelessness) might otherwise be liable to me and/or the above named Minor (or my/our heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on my/our heirs and assigns.

I have read and agree to the registration and program policies. Further, I agree to allow use of my image and/or that of the named minor, which may be captured through video, photo, digital camera or other media, for City of San Mateo promotional materials and publications. By my signature below, I acknowledge that I have read this document and understand its contents.

Check the appropriate space(es) and sign:  ☐ Participant (over 18)  ☐ Parent  ☐ Legal Guardian

Print Name: ___________________________ Name of Participant: ___________________________

Signature Required: ___________________________ Parent/Guardian, if under 18: ___________________________

Class/Program Modification Request: We encourage and support the participation of individuals with all ability levels in programs and services. This includes those with disabilities, and in need of reasonable program modifications in order to participate. Please complete the statement:

I am requesting a reasonable program modification for the class/program(s) listed on this registration form.  ☐ Yes  ☐ No

Participants Name __________________________________________________________________ Date: __________

Check Enclosed: Total Amount $ __________________________ Make Check Payable to: City of San Mateo

Card Number __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ CRV Code __________ Exp __________ Billing Zip Code __________

Enroll now: www.sanmateorec.org
general information

Verification of Residency
Residents live or own property in the City of San Mateo. All others are non-residents. People with San Mateo mailing addresses but living outside the city limits (i.e., San Mateo Highlands) are non-residents. We may require proof of residency. Acceptable proof of residency could be a current tax or utility bill. If you are not sure, call us at (650) 522-7400.

Payment Options
We accept cash (not exceeding $100), checks, Visa and MasterCard payments. Enclose payment for first choice classes only. Checks returned by the bank will be charged a $25 NSF fee and may result in immediate cancellation of your registration.

Waitlist
If you are placed on a waitlist for a course, any fees paid for this course may be placed in your account creating a credit balance. You may use this credit for future courses or request a full refund. We do not charge your credit card for waitlisted activities.

Credit/Refund/Withdrawal
If a class is cancelled you will be offered 1) a transfer to another course, 2) to keep the fees as credit on your account, or 3) receive a full refund. Allow 4 weeks for refund of check or cash payments. All payments made by Visa or MasterCard will be refunded to your credit card account. You may withdraw from a course prior to the first class meeting and request EITHER a) credit on your account for later use, or b) a refund. After your class has started, if you cannot continue for personal reasons, please let us know right away. Your withdrawal credit or refund will be pro-rated from the business day we receive your withdrawal request. Credit balances should be used within two years. If an account is inactive for more than two years, any remaining credit balance will be donated to the City’s Recreation Fee Assistance Program.

Recreation Fee Assistance Program
The Recreation Fee Assistance Program is designed to allow access to our programs for all residents. For those residents with financial hardships, assistance is available to help offset the costs of recreation class fees. (Not all classes may be eligible for assistance). Qualifying residents are currently eligible for 30% and 60% fee waivers depending upon their current income and whether they are a youth or adult. A current Enrollment Application accompanied by required income documentation (noted on the application) is needed for program enrollment. Interested 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 (search by “Recreation Fee Assistance”).

Americans with Disabilities Act
The City of San Mateo is committed to implementing the intent and spirit of ADA legislation. Those who may need assistance in order to enjoy our programs should contact the appropriate program director or the main Recreation office (see City Contacts) so we may arrange for the assistance.

How to Read Class Listings

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Resident Fee</th>
<th>Non-resident Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>CL834-35456</td>
<td>Th 7:00-9:00pm</td>
<td>$180/215</td>
<td>4/12-5/31</td>
<td></td>
</tr>
</tbody>
</table>

key dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet-Mail/Walk in begins</td>
<td>5/9/19</td>
</tr>
<tr>
<td>Session Begins</td>
<td>6/10/19</td>
</tr>
<tr>
<td>CENTERS CLOSED</td>
<td>Independence Day 7/4/19</td>
</tr>
<tr>
<td>Session Ends</td>
<td>8/31/19</td>
</tr>
</tbody>
</table>

Registration Options

INTERNET REGISTRATION – MAY 9
Internet registration is available at www.sanmateorec.org. You can register for most classes over the Internet using Visa or MasterCard payment. Some classes with special enrollment or fee requirements are not available online.

MAIL-IN REGISTRATION – MAY 9
Mail registration form to; San Mateo Parks & Recreation Department, 330 W. 20th Ave, San Mateo, CA 94403

FAX-IN REGISTRATION – MAY 9
Fax your registration form if paying by credit card (or credit on account) to (650)522-7411.

WALK-IN REGISTRATION – MAY 9
You may register in person at any community center with the exception of Central, Lakeshore and Shoreview.

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 of 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 (this session contact us by no later than SEPTEMBER 16, 2019).
2019 Central Park Music Series
Thursday Evenings, 6:00 - 8:00 p.m.
Central Park, Downtown San Mateo

6/20  Dept of Rock – Pop Hits
6/27  Native Elements – Reggae
7/4   David Martins House Party Party Mix (12-2pm)
7/11  Pride and Joy – Motown/R&B
7/18  Julio Bravo – Latin/Salsa
7/25  SONA – Classic Rock
8/1   Bud E. Luv Orchestra – Swing/Big Band
8/8   Urban Outlaws – Country
8/15  Pop Fiction – Dance Mix