Activity Guide
Creating Community through People, Parks, and Programs

CITY OF SAN MATEO PARKS & RECREATION

Fall 2019
PROGRAMS, CLASSES, EVENTS
SEPTEMBER — DECEMBER

Registration starts August 1st at 9 am

@smparksandrec | www.cityofsanmateo.org

Fall 2019
PROGRAMS, CLASSES, EVENTS
SEPTEMBER — DECEMBER
2ND ANNUAL
Día de los Muertos/
Day of the Dead Celebration

Presented By: San Mateo Police Activities League and City of San Mateo Parks & Recreation Department

Saturday, October 5, 2019
11:00 am - 3:00 pm
Dr. Martin Luther King Jr. Community Center

FREE FAMILY EVENT, ARTS AND CRAFTS, FOOD AND LIVE ENTERTAINMENT

@SanMateoPAL

FALL FESTIVAL

Saturday, October 20th
11 a.m. - 2 p.m. at King Park

FAMILY GAMES AND PRIZES, ARTS AND CRAFTS, FOOD VENDORS, MUSIC AND MORE

Holiday Festival of Dance 47th Anniversary

December 14th & 15th @ 5:30 pm
San Mateo High School Gymnasium

Tickets: $13 in advance • $15 at the door
Children 12 years & under $2 advance • $3 at the door
1 & under FREE

Public Sale starts Monday, Nov. 18th at 9:00 am

For complete details about the show, please see page 20.

This event appreciates behind-the-scenes volunteer support from prop building, costumes and decorations.
To learn more about how to get involved please contact the Dance office at (650) 522-7448 or ksnow@cityofsanmateo.org.

MOVIES IN THE PARK

Snack sales by the Police Activities League and Activities by Mobile Recreation starts at 6pm. Movie starts at dusk (~7:30pm).

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

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

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

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

Fri., Sept. 27 at Los Prados Park
Ralph Breaks the Internet (PG)

Fri., Sept. 20 at Los Prados Park
Incredibles 2 (PG)
Message from Sheila…
Director of the Parks and Recreation Department

The Fall season is once again upon us! As the leaves begin to change color and our children return to school, the San Mateo Parks and Recreation Department has plenty of fun opportunities instore for you and your family. Dance, Fitness, Afterschool, Athletics, Early Childhood, Senior Programming, and lively special events are all at your fingertips.

This Fall, beginning September 6th, will mark another exciting season of “Movies in Park”. As additional bonuses, our Mobile Rec Team will offer games for early arrivers beginning at 6pm and PAL will provide snack concessions. All movies begin at Dusk (approximately 7:30pm). Grab the family and friends and make a night of it!

In addition to all that cinematic excitement, your Parks Department will be hosting the “Fall Festival” at Dr. Martin Luther King Jr Center on October 19th, “Winter Wonderland” at Central Park on December 6th and 7th, and the kick-off to the holiday season with the “Holiday Festival of Dance” at San Mateo High School on December 14th and 15th.

It’s also important to note that one of the great perks of living in San Mateo is the beautiful fall weather! Get out and enjoy your parks by taking in a round of golf at Poplar Creek Golf Course where you can enjoy a great meal at the newly renovated and re-envisioned Par 3 restaurant, or by taking a leisurely stroll through your favorite neighborhood park.

However you choose to recreate this Fall let the San Mateo Parks and Recreation Department be your provider and destination for fun and relaxation!

Cheers, Sheila Canzian

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**Centers Closed – No Programs**
- Monday, September 2, 2019
- Monday, November 11, 2019
- Thursday & Friday, November 28 & 29, 2019
- Wednesday, December 25, 2019

Please see page 53 for Key Dates.
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.

**First Steps Playtime: age 8 mon. - 2 years**
Lakeshore Center
530101-A1 F 9:00-10:00am $78/98 9/13-12/13
Shoreview
530101-A2 F 9:00-10:00am $78/98 9/13-12/13
Beresford
530101-A3 Sa 9:00-10:00am $78/98 9/14-12/14

**Toddler Playtime: age 2-3 yrs.**
Lakeshore Center
530102-A1 F 10:30-11:30am $78/98 9/13-12/13
Shoreview
530102-A2 F 10:30-11:30am $78/98 9/13-12/13
Beresford
530102-A3 Sa 10:30-11:30am $78/98 9/14-12/14

**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.

**Shoreview Center**
510102-B1 M Tu 9:15-11:15am $584/609 9/9-12/17
510102-B2 W Th 9:15-11:15am $560/585 9/11-12/19
Lakeshore Center
510102-B3 M Tu 8:45-10:45am $584/609 9/9-12/17
510102-B4 M Tu 11:15am-1:15pm $584/609 9/9-12/17
510102-B5 W Th 8:45-10:45am $560/585 9/11-12/19
510102-B6 W Th 11:15am-1:15pm $560/585 9/11-12/19
Martin Luther King Jr. Community Center
510102-B7 M 9:15-11:15am $280/305 9/9-12/16
510102-B8 Tu 9:15-11:15am $303/328 9/10-12/17
510102-B9 W 9:15-11:15am $280/305 9/11-12/18
510102-B10 Th 9:15-11:15am $280/305 9/12-12/19
510102-B11 F 9:15-11:15am $280/305 9/13-12/20
**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.

| Shoreview Center | 10 Payments |  |  |  |  |  |  |
|------------------|-------------|---------------------|-------------|---------------------|-------------|---------------------|-------------|---------------------|
| 610113-C1        | M W F       | 9:00-11:30am        | $260/285    | 8/19-6/5            | 8/19-6/5    | 8/19-6/5            | 8/19-6/5    |
| 610113-C2        | Tu Th       | 9:00-11:30am        | $180/205    | 8/19-6/5            | 8/19-6/5    | 8/19-6/5            | 8/19-6/5    |

**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.

| Shoreview Center | 10 Payments |  |  |  |  |  |  |
|------------------|-------------|---------------------|-------------|---------------------|-------------|---------------------|-------------|---------------------|
| 610114-D1        | M-Th        | 8:30-11:30am        | $428/453    | 8/19-6/4            | 8/19-6/4    | 8/19-6/4            | 8/19-6/4    |
| 610114-D2        | M-Th        | 12:30- 3:30pm       | $428/453    | 8/19-6/4            | 8/19-6/4    | 8/19-6/4            | 8/19-6/4    |

**Glow in the Park**

Friday, August 23, 2019 from 7-10 pm

Beresford Park

This is the perfect way to end the summer! Enjoy a variety of glow in the dark games and activities!

For more information on this event and events this fall season, contact Mobile Recreation Coordinator, Zack Radcliffe at zradcliffe@cityofsanmateo.org or call (650) 350-8587.
Beresford Kids Club 2019/20: age 5-11 yrs.
Beresford KinderKids and Kids Club are licensed programs for children in grades K-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. License #414000455

Beresford Recreation Center

<table>
<thead>
<tr>
<th>Kinder Kids</th>
<th>10 installments</th>
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<tbody>
<tr>
<td>610211-A1 M-F 12:30-3:00pm</td>
<td>$503 8/13/19-6/17/20</td>
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<tr>
<td>610211-A2 M-F 12:30-6:00pm</td>
<td>$658 8/13/19-6/17/20</td>
</tr>
<tr>
<td>610211-A3 MWF 12:30-3:00pm</td>
<td>$332 8/14/19-6/16/20</td>
</tr>
<tr>
<td>610211-A4 MWF 12:30-6:00pm</td>
<td>$434 8/14/19-6/16/20</td>
</tr>
<tr>
<td>610211-A5 TuTh 12:30-3:00pm</td>
<td>$222 8/13/19-6/16/20</td>
</tr>
<tr>
<td>610211-A6 TuTh 12:30-6:00pm</td>
<td>$291 8/13/19-6/16/20</td>
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<tr>
<th>Kids Club</th>
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<td>610211-B1 M-F 2:30-6:00pm</td>
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<td>610211-B2 M W F 2:30-6:00pm</td>
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<tr>
<td>610211-B3 Tu Th 2:30-6:00pm</td>
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Everyday Play: age 6-10 yrs.
The Everyday Play program is an after school program for students in grades 1st-5th. Everyday 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 MTTHF 3:00-6:00pm | $95 8/13-12/20 |
| W 1:00-6:00pm |

No School-Kids Day: age 5-11 yrs.
Join the staff and your friends for a day of FUN! Kids will participate in games, arts and crafts, cooking and sports. Spaces are limited. Early registration is recommended. Children must currently be enrolled in TK through 5th grade.

Beresford Recreation Center

| 510205-A1 F 7:30am-6:00pm | $50/63 9/20 |
| 510205-A2 M 7:30am-6:00pm | $50/63 1/6 |
| 510205-A3 T 7:30am-6:00pm | $50/63 1/7 |

Fall Camp: age 5-11 yrs.
Spend your Fall break creating crafts, learning new games, exploring science, making art masterpieces and singing camp songs. Let our amazing staff make your Fall break one to remember!

Beresford Recreation Center

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<tr>
<th>Full Day</th>
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<tr>
<td>510206-A1 M-F 7:30am-6:00pm</td>
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<td>510206-B1 M-F 7:30am-6:00pm</td>
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<td>Half Day AM</td>
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<tr>
<td>510206-A2 M-F 7:30am-12:30pm</td>
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<td>510206-B2 M-F 7:30am-12:30pm</td>
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<tr>
<td>Half Day PM</td>
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<tr>
<td>510206-A3 M-F 12:30-6:00pm</td>
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<tr>
<td>510206-B3 M-F 12:30-6:00pm</td>
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Camp Winterfest: age 6-10 yrs.
Join your friends and staff as we celebrate the holidays with festive crafts, music and games. Camp will close at 3pm on 12/24 and 12/31 and closed on 12/25 and 1/1.

Martin Luther King Jr. Community Center

<table>
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<th>Full Day</th>
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<td>510204-A1 M Tu Th F 7:30am-6:00pm</td>
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<td>510204-B1 M Tu Th F 7:30am-6:00pm</td>
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<td>Half Day AM</td>
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<td>510204-A2 M Tu Th F 7:30am-12:30pm</td>
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<td>510204-B2 M Tu Th F 7:30am-12:30pm</td>
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<td>Half Day PM</td>
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<tr>
<td>510204-A3 M Tu Th F 12:30-6:00pm</td>
</tr>
<tr>
<td>510204-B3 M Tu Th F 12:30-6:00pm</td>
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</table>

Winter Camp: age 5-11 yrs.
Your kids will have a great holiday adventure with our professional and fun-loving staff who provide a week of great games, sports, crafts, music, & cooking. Children must currently be enrolled in TK through 5th grade. Camp will close at 3pm on 12/24 and 12/31 and closed on 12/25 and 1/1.

Beresford Recreation Center

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<th>Full Day</th>
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<tr>
<td>510207-A1 M-F 7:30am-6:00pm</td>
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<td>510208-A1 M-F 7:30am-6:00pm</td>
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<tr>
<td>Half Day AM</td>
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<tr>
<td>510207-A2 M-F 7:30am-12:30pm</td>
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<td>510208-A2 M-F 7:30am-12:30pm</td>
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<tr>
<td>Half Day PM</td>
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<tr>
<td>510207-A3 M-F 12:30-6:00pm</td>
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<tr>
<td>510208-A3 M-F 12:30-6:00pm</td>
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"Well organized and not chaotic. Always appreciate the level of organized games and outdoor play!" - Anonymous
**Rebound Basketball Camp:** age 5-14 yrs.
With an emphasis on dribbling, passing and shooting hoops for each age group, this basketball camp ensure success and confidence building. Skill building games and fun activities end the camp day! Groups organized by age.
Beresford Park
Instructor: Rebound Basketball Coach
520215-A1 M-F 9:00am-12:00pm $155 10/7-10/11
520215-B1 M-F 9:00am-12:00pm $155 10/14-10/18

**Horse Back Riding Camp:** age 7-14 yrs.
Learn about horse care: grooming, feeding, bathing and even horse first aid! Saddle a horse, learn about tack, and even explore different styles of riding! When not riding, you’ll get to play games, make new friends and get crafty!
Chaparral at Wunderlich, 4040 Woodside Rd, Woodside
520221-A1 M-F 9:00am-1:00pm $450 10/7-10/11
520221-A2 M-F 9:00am-1:00pm $450 10/14-10/18
520221-B1 W F 9:00am-1:00pm $200 11/27 & 11/29

**Ping Pong:** age 7-13 yrs.
Designed for beginner to intermediate levels looking to learn the correct techniques, strokes and proper footwork of table tennis. Each session will focus on different components of the game and include robot drills.
Pong Planet, 848 Brittan Ave, San Carlos
520569-A1 M-F 9:00am-3:00pm $365 10/7-10/11
520569-A2 M-F 9:00am-3:00pm $365 10/14-10/18

**Rallyball Tennis Camp:** age 7-14 yrs.
Our tennis camp is designed to engage young children in tennis as a team sport, while having fun with their friends and learning basic skills. Tennis has never been easier to learn and play. The camp format will expose campers to a variety of tennis skills and games. A strong emphasis will be placed on attitude, effort and sportsmanship.
Central Park Tennis Court
520228-A1 M-F 9:00am-12:00pm $269/294 10/7-10/11
520228-B1 M-F 9:00am-12:00pm $369/394 10/7-10/11

**CMM Kid’s Art Camp:** age 5-14 yrs.
Kids will spark their imagination and senses while they design and create projects incorporating painting, drawing, and crafting. The possibilities are endless as they create images, collages, greeting cards and other visual art projects guided by a local professional artist.
Create Mix & Mingle, 1888 S Norfolk St, San Mateo
520231-A1 M-F 9:00am-4:00pm $495 10/7-10/11
520231-B1 M-F 9:00am-4:00pm $495 10/14-10/18
520231-C1 MTuWF 9:00am-4:00pm $395 11/25-11/29

**Create Mix & Mingle – Single Day Camp:** age 5-14 yrs.
Kids will spark their imagination and senses while they design and create projects incorporating painting, drawing, and crafting. The possibilities are endless as they create images, collages, greeting cards and other visual art projects guided by a local professional artist.
Create Mix & Mingle, 1888 S Norfolk St, San Mateo
521045-A1 M 9:00am-4:00pm $110 9/2
521045-A2 F 9:00am-4:00pm $110 9/20
521045-A3 M 9:00am-4:00pm $110 10/14
521045-A4 F 9:00am-4:00pm $110 10/18
521045-A5 M 9:00am-4:00pm $110 11/11
521045-A6 M 9:00am-4:00pm $110 11/25
521045-A7 Tu 9:00am-4:00pm $110 11/26
521045-A8 W 9:00am-4:00pm $110 11/27
521045-A9 F 9:00am-4:00pm $110 11/29

**Dragonfly Designs: Art Camp:** age 5-13 yrs.
Learn how to design, plan and execute an abstract idea into a tangible piece of art. Our instructors will guide students through processes such as embroidery, wool felting, weaving, screen-printing, dying sewing and macramé in an encouraging environment.
Dragonfly Designs Studio, 55 Nursery Way, South SF
521054-B1 M-F 9:00am-3:00pm $470 10/7-10/11
521054-B2 M-F 9:00am-3:00pm $470 10/14-10/18

**Art & Jewelry Camp:** age 5-12 yrs.
521054-A1 M-F 9:00am-3:00pm $470 10/7-10/11
521054-A2 M-F 9:00am-3:00pm $470 10/14-10/18

**Textile & Fiber Arts:** age 7-13 yrs.
521054-A1 M-F 9:00am-3:00pm $470 10/7-10/11
521054-A2 M-F 9:00am-3:00pm $470 10/14-10/18
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.

Martial Arts: age 5-16 yrs.

San Mateo PAL has partnered with Z-Ultimate Studio to offer Martial Arts. Learn the techniques to gain a strong foundation in respect, discipline, and perseverance. You will improve your confidence and self-esteem.

Z Ultimate Self Defense Studios

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<th>Days</th>
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<td>5-10 yrs</td>
<td>W</td>
<td>2:00- 3:00pm</td>
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<td>9/11-12/18</td>
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<tr>
<td>11-16 yrs</td>
<td>W</td>
<td>3:00- 4:00pm</td>
<td>$20</td>
<td>9/11-12/18</td>
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Kids in the Kitchen: age 8-14 yrs.

Make smart, healthy choices in the kitchen and learn about the basics of cooking with PAL. We know you will love all the tasty dishes you can make for yourself!

Police Headquarters

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<th>Age</th>
<th>Days</th>
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<tr>
<td>5-12 yrs</td>
<td>Th</td>
<td>6:00- 7:30pm</td>
<td>$20</td>
<td>9/12-11/21</td>
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Hula and Tahitian Dancing: age 7-13 yrs.

San Mateo PAL has partnered with Z-Ultimate Studio to offer Hula and Tahitian Dancing.-

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<th>Age</th>
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<td>6:00- 7:00pm</td>
<td>$20</td>
<td>9/12-12/5</td>
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Ballet Folklorico: age 5-15 yrs.

Students will learn Folklorico dancing, history of dance, dresswear, and makeup. Maestro teaches step by step movements of dance and body, gritos (yells), and expressions.

Martin Luther King Jr. Community Center

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<th>Age</th>
<th>Days</th>
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<td>5-12 yrs</td>
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<td>6:30- 8:00pm</td>
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<td>9/10-12/10</td>
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Mike Nguyen began his career as a police officer with the Oakland Police Department in 2006. In November of 2010, he lateraled to the San Mateo Police Department and has worked as a patrol officer, School Resource Officer, Field Training Officer, Range Master/Firearms Instructor, and is CIT (Crisis Intervention Training) trained. Officer Nguyen is also a member of the department Recruiting and Peer Support Teams. As a School Resource Officer, Officer Nguyen received Threat Assessment training, serving as the law enforcement member of his school on-site teams. He is also proficient in a few different safety protocol procedures (Run, Hide, Fight; Big 5; and ALICE) and helps with his schools’ safety plans and staff training.

Officer Nguyen has been involved in many PAL trips and events since joining SMPD. Amongst his favorites are the outdoor adventures with PAL kids on fishing trips, ropes courses, and archery courses. Officer Nguyen also helps to mentor students involved in the PAL Fitness Club and ELD Soccer. Officer Nguyen also enjoys in helping with Community Events such as the PAL Holiday Breakfast and 5K Run.

“I believe the Police Activities League is essential in building a strong and safe community. PAL establishes trust by allowing kids to bond with police officers during fun activities and community events. This allows officers to be seen as trusted community members who are ultimately there to provide help, support, and mentorship for the kids growing up.”

Chess Club: age 8-16 yrs.
This classic game is one of the best to learn because it is has so many benefits! Not only is this game fun but it helps kids develop important skills in learning. Whether you win, draw, or lose there is always an opportunity to learn and improve.

Martin Luther King Jr. Community Center
532164-A W 4:00- 5:00pm $10 9/11-11/20

Musical Theatre: age 8-14 yrs.
This program is designed so that all kids get to enjoy a positive and exciting theater experience. Whether your kids and teens are experienced performers or not, the talented instructors will help them make the most of their unique talents and skills.

Peninsula Ballet Theatre
532124-A M 5:30- 6:30pm $20 9/9-12/9

Ukelele - Learn to Play: age 8-12 yrs.
Join PAL's beginner Ukelele group, they’re easy to learn and sound beautiful. With great hits being remade, ukuleles are becoming mainstream again. Instruments are provided.

Martin Luther King Jr. Community Center
532167-A F 4:00- 5:00pm $10 9/13-11/22

Family Nights: age 5-18 yrs.
Bring the whole family for a night of fun with your favorite PALs. Each night they’ll be an activity and snacks to enjoy.

Martin Luther King Jr. Community Center
My Family & Me Tree
532177-A F 6:00- 7:30pm FREE 9/27
Lotria
532177-B F 6:00- 7:30pm FREE 10/25
ThankFALL Crafts
532177-C F 6:00- 7:30pm FREE 11/22

Sustainable Living Series: age 8-13 yrs.
Learn about the 4 R’s (reduce, reuse, recycle and rot) and the fundamentals of sustainable living. The power to change the world’s environment starts with you!

Police Headquarters
Baylands Hike
532179-A F 10:00am- 3:00pm $5 9/20
Oakland Museum
532179-B Tu 10:00am- 3:00pm $5 10/15

Youth Leadership Council: age 14-17 yrs.
The Youth Leadership Council (YLC) is an opportunity to be an active advocate for the youth that are involved with the Police Activities League and the community. You get to help design new programs, attend leadership workshops, gain community service hours for school and help with outreach efforts.

SMPD classroom
532183-A Tu 6:30- 8:00pm FREE 9/10-11/19

Ice Hockey: age 7-10 yrs.
Learn how to skate, stick handle, pass and shoot the puck. PAL will supply the skates and all the gear you will need for the class. Ice Hockey is open to boys and girls, all skill levels welcome.

Ice Oasis
532186-A Th 5:00- 6:30pm $20 9/12-12/19

Monday CRAFTernoon: age 7-10 yrs.
Come and spend your afternoon creating projects and let your imagination soar with PAL!

Martin Luther King Jr. Community Center
Carpentry
532190-A M 5:00- 6:00pm $5 9/9-9/30
Jewlery Making
532190-B M 5:00- 6:00pm $5 10/21-11/18
Gift Making
532190-C M 5:00- 6:00pm $5 11/25-12/16
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!

Questions or 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.

Youth in Government Day

Thursday, October 24th, 2019

Grades 9-12

Want to have input on future teen programs your city provides? Are you wondering how your local government makes decisions that impact you and your friends? High School students attending Aragon, Hillsdale, San Mateo, and Serra High School can learn the latest news and happenings in local government. This is a one-day event sponsored by the San Mateo City Council, San Mateo High School District and the San Mateo Rotary Club.

Questions or more information?

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Questions or more information?

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NEW leadership

VolunTEEN: age 10-13 yrs.

Be a Teen Volunteer - a VolunTEEN! This program is designed to give middle school students an opportunity to volunteer for one or multiple days during a session. VolunTEENs will meet at each designated event location.

Central Park - Movies in the Park help
550402-A1 F 5:30- 8:30pm FREE 9/27

Dr. Martin Luther King Jr. Park - Fall Festival Event help
550402-A2 Sa 10:00am- 2:00pm FREE 10/19

Senior Center - Fall Tea Event help
550402-A3 Sa 12:30- 3:30pm FREE 11/2

For high school students, please contact Brandon at bparra@cityofsanmateo.org for fall VolunTEEN opportunities.
**Friday Night Fun:** grades 6-8

Friday Night Fun offers a safe and entertaining environment for kids grades 6th-8th. Each Friday night, under staff supervision, the kids will enjoy a fun, recreational activity such as sports competitions, DIY projects, cooking challenges, city-ran events and other exciting festivities. What are you doing this Friday Night? Don’t miss out on the Fun!

Martin Luther King Jr. Community Center

- **Chef Night**
  550401-A1  F  6:00- 8:45pm  FREE  9/6

- **Game Night**
  550401-A2  F  6:00- 8:45pm  FREE  9/13

- **Bowling**
  550401-A3  F  6:00- 8:45pm  $20  9/27

- **Pizza & Painting**
  550401-A4  F  6:00- 8:45pm  FREE  10/4

- **Photo Hunt**
  550401-A5  F  6:00- 8:45pm  FREE  10/25

- **Music Night**
  550401-A6  F  6:00- 8:45pm  FREE  11/1

- **Flag Football Game**
  550401-A7  F  6:00- 8:45pm  FREE  11/15

- **Thanksgiving Dinner and Crafts**
  550401-A8  F  6:00- 8:45pm  FREE  11/22

- **Winter Wonderland**
  550401-A9  F  6:00- 8:45pm  FREE  12/6

- **Brunch and a movie**
  550401-A10  F  6:00- 8:45pm  FREE  12/20

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

The After School @ King (A.S.K.) Program provides a safe place for students 6th-8th grade to have fun, socialize with friends and participate in active, fun and enriching activities with our trained and enthusiastic staff. A.S.K. has it all: homework room with computer workstations and internet access, gaming consoles (Xbox and Wii), flat screen TV, pool table, air hockey table, ping pong table, basketball gym and plenty more. This program has no fee but registration is required for all participants.

Martin Luther King Jr. Community Center

- **Teen Room at King**
  A.S.K. is in the room from 3-6:30pm

- **Teen Room at King**
  Teen room is open to high school-aged youth from 6:30-8:45pm Monday-Thursdays and closed on Fridays.
martial arts

The following 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.**
530510-B1 Th 3:15-4:00pm $103/127 9/26-11/7

**Pre-Karate I: age 5.5-8 yrs.**
530510-A1 F 5:15-6:00pm $117/142 9/27-11/26

**Pre-Karate II/III: age 6.5-16 yrs.**
Boost your child’s confidence and fitness. Children will refine their karate skills at a more advanced level than in Pre-Karate I.

Beresford Recreation Center

**Pre-Karate II: age 6.5-15 yrs.**
530530-A2 F 6:00-6:45pm $117/142 9/27-11/26

**Pre-Karate III: age 7-16 yrs.**
530530-A3 Tu 5:45-6:30pm $131/156 9/24-11/26

**Advanced Beginning Karate: age 7-16 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 a twice a week program for the more serious students who want to move up in grade levels.

Central Recreation Center

**Central Recreation Center**

**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 preschooier 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.

530513-A1 M 3:30-4:00pm $325 9/9-12/16
530513-A2 Tu 3:30-4:00pm $365 9/3-12/17
530513-A3 W 3:30-4:00pm $365 9/4-12/18
530513-A4 Th 3:30-4:00pm $325 9/5-12/19

**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.

530535-A1 M 4:00-4:45pm $325 9/9-12/16
530535-A2 Tu 4:00-4:45pm $365 9/3-12/17
530535-A3 W 4:00-4:45pm $365 9/4-12/18
530535-A4 Th 4:00-4:45pm $325 9/5-12/19

**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.

530536-A1 M 3:30-4:15pm $325 9/9-12/16
530536-A2 Tu 3:30-4:15pm $365 9/3-12/17
530536-A3 W 3:30-4:15pm $365 9/4-12/18
530536-A4 Th 3:30-4:15pm $325 9/5-12/19

**Fencing: age 7-14 yrs.**
Interested in the sport of fencing? Classes will include warm-ups, footwork, attacks, the fundamentals of defensive actions and bouting with a partner. Learning the basic strategy of foil fencing for a beginner, in a fun class that exposes you to one of the first Olympic sports.

San Francisco Fencer’s Club, 617 Mt. View Ave. #3, Belmont

530517-A1 Sa 10:30-11:30am $150 9/7-9/28
530517-B1 Sa 10:30-11:30am $150 10/5-10/26
530517-C1 Sa 10:30-11:30am $150 11/2-11/23
530517-D1 Sa 10:30-11:30am $115 12/7-12/21

**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.sannmateokendo.org.

Martin Luther King Jr. Community Center

530553-A1 Tu 6:30-8:45pm $21/25 9/3-12/17

www.sanmateorec.org • City of San Mateo Parks and Recreation
Youth Sports Fitness: age 8-10 yrs.
Get a step ahead of the competition with our speed and agility class here at King. The class will cover all areas of speed training, including mechanical fundamentals, flexibility, balance, coordination, and core stability. Sessions also focus highly on foot speed, linear and lateral speed and lower body power.

Martin Luther King Jr. Community Center

Speed and Agility Training 8-10 yrs: age with
530504-A1 M W 5:15-6:15pm $55/69 9/9-10/2
Speed and Agility Training 11-13 yrs: age with
530504-A2 Tu Th 5:15-6:15pm $55/69 9/10-10/3

Kidz Love Soccer: age 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
Instructor: Kiz Love Soccer Coach

Mommy/Daddy & Me Soccer: age 2-3.5 yrs.
530511-A1 W 9:30-10:00am $115/140 9/11-11/6
530511-A2 W 6:05-6:35pm $83/100 9/11-11/6
530511-A3 Sa 8:30-9:00am $115/140 9/21-11/16
530511-A4 Sa 9:05-9:35am $115/140 9/21-11/16

Soccer 1: Techniques & Teamwork: age 3.5-4 yrs.
530511-C1 Sa 9:45-10:15am $115/140 9/21-11/16

Tot Soccer: age 3.5-4 yrs.
530511-B1 W 10:10-10:45am $115/140 9/11-11/6
530511-B2 W 5:25-6:00pm $83/100 9/11-10/16

Pre-Soccer: age 4-5 yrs.
530511-C2 Sa 10:20-10:55am $115/140 9/21-11/16

Kidz Love Soccer: age 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
Instructor: Kiz Love Soccer Coach

Soccer 1: Techniques & Teamwork: age 5-6 yrs.
530512-A2 Sa 11:00-11:45am $115/140 9/21-11/16

Soccer 2: Skillz and Scrimmage: age 7-10 yrs.
530512-B1 W 3:45-4:30pm $115/140 9/11-11/6
530512-B2 Sa 11:50am-12:35pm $115/140 9/21-11/16

SF Tots: age 4-6 yrs
The SF Tots child development program was created for children ages 18 months to 6 years old. We use a variety of fun games to delight and engage kids in physical activity. Classes are professionally designed to develop motor skills, promote physical fitness, and self-confidence.

Martin Luther King Jr. Community Center

Falcons Basketball: age 4-5 yrs.
530562-G1 W 3:30-4:20pm $230/255 9/4-11/6

Eagles Basketball: age 5-6 yrs.
530562-G2 W 4:30-5:20pm $230/255 9/4-11/6

horseback riding

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

Parent and Me Horse Back Riding: age 2-5 yrs.
Mommy/Daddy and Me is a program designed to give preschool/toddler age children a ranch experience. Through hands-on interaction, participants will learn about horses and ponies. Class includes riding with parent in tow. Parent participation is required.

Trail Ride: age 8 + yrs.
Take a trail ride on the beautiful trails in Wunderlich Park, Woodside. Your adventure will wind through beautiful trails of redwoods. See mother nature at her best, you may even spot a deer or other animals. This ride is for any riding ability.

Saddle Club: age 6-15 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.

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.
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
Instructor: Rebound Basketball Coach
530516-A1 Sa 9:35-10:00am $95/119 9/7-10/12
530516-B1 Sa 9:35-10:00am $95/119 11/2-12/14

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
Instructor: Rebound Basketball Coach
530537-B2 Sa 10:05-10:40am $105/130 9/7-10/12
530537-B3 Sa 10:45-11:20am $105/130 9/7-10/12
530537-B4 Sa 10:05-10:40am $105/130 11/2-12/14
530537-B5 Sa 10:45-11:20am $105/130 11/2-12/14

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
Instructor: Rebound Basketball Coach
530538-C1 Sa 11:25am-12:10pm $115/140 9/7-10/12
530538-C2 M 3:15-4:00pm $115/140 9/9-10/14
530538-C3 Sa 11:25am-12:10pm $115/140 11/2-12/14
530538-C4 M 3:15-4:00pm $115/140 11/4-12/2

Skills on the Court: age 8-13 yrs.
Learn the fundamentals of the game or just sharpen your skills with dribbling, passing, shooting and defensive drills. All skill levels welcome.
Martin Luther King Jr. Community Center
Instructor: Laura Marsh
530522-B1 Th 3:40-4:30pm $138/163 9/5-12/12

Girls Volleyball: age 8-13 yrs.
Develop and strengthen your skills while learning the fundamentals of volleyball through basic drills. All skill levels welcome.
Martin Luther King Jr. Community Center
Instructor: Laura Marsh
530502-A1 Tu 5:15-6:15pm $38/48 10/22-11/19
530502-A2 Th 5:15-6:15pm $38/48 10/24-11/21

Youth Ice Skating: age 3-12 yrs.
Ice skating is a confidence building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills including forward and backward skating and stopping. Skate rental and 30 minute practice time are included in the day of the lesson.
Nazareth Ice Oasis 2202 Bridgepointe Pkwy, San Mateo
Parent and Me: age 3-5 yrs.
530560-A1 Sa 2:30-3:00pm $192 10/12-11/16
530560-A2 Tu 5:00-5:30pm $192 10/15-11/19
Tots: age 3-5 yrs.
530560-C1 Sa 2:30-3:00pm $192 10/12-11/16
530560-C2 Tu 5:30-6:00pm $192 10/15-11/19
Youth Beginner: age 6-12
530560-E1 Sa 2:00-2:30pm $192 10/12-11/16
530560-E2 Tu 5:00-5:30pm $192 10/15-11/19

Adult Ice Skating: age 14 yrs. +
Ice skating is a confidence building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills including forward and backward skating and stopping. Skate rental and 30 minute practice time are included in the day of the lesson.
Nazareth Ice Oasis 2202 Bridgepointe Pkwy, San Mateo
541219-A1 Sa 12:15-1:00pm $192 10/12-11/16
541219-A2 Tu 6:30-7:15pm $192 10/15-11/19

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
530516-A1 Sa 9:35-10:00am $95/119 9/7-10/12
530516-B1 Sa 9:35-10:00am $95/119 11/2-12/14

Ping Pong: Table Tennis: age 6-13 yrs.
Designed for beginner to intermediate levels looking to learn the correct techniques, strokes and proper footwork of table tennis. Each session will focus on different components of the game and include robot drills.
Pong Planet, 848 Brittan Ave, San Carlos
530515-A1 F 3:45-5:00pm $129 9/6-9/27
530515-A2 Sa 10:15-11:30am $129 9/7-9/28
530515-A3 Sa 3:00-4:15pm $129 9/7-9/28
530515-A4 Su 10:15-11:30am $129 9/8-9/29
530515-A5 Su 3:00-4:15pm $129 9/8-9/29
“We need to have more programs like Junior Warriors. I will continue to spread the word about how great this program is!”

- Jimmy Hua

Jr. Warriors: grades 3-8
The City of San Mateo partners with the Golden State Warriors so we can provide our community with this amazing program. The goal of this program is for boys and girls to have fun while learning teamwork, sportsmanship, dedication and the fundamentals of basketball; both on and off the court. This is a competitive league!

Martin Luther King Jr. Community Center

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Important Dates for Junior Warriors
Registration for Jr. Warriors will end on Friday, December 6th. Practices will begin the week of January 28th. Games are on Saturdays starting February 2nd.

Parent Meeting and Player Assessment
We will be hosting a parent meeting for all parents or guardians of a child enrolled in the Junior Warriors Basketball program. Concurrently, we will be conducting a player assessment of each registered participant. We ask that your child come prepared, in proper basketball attire, to be led through a skills assessment.

Division 1 (3rd-5th grade) Parent Meeting/Player Assessment (pick one of the following dates and times):
Monday, Dec. 9, 6:30-7:30pm
Wednesday, Dec. 11, 6:30-7:30pm
Tuesday, Dec. 17, 6:30-7:30pm
Thursday, Dec. 19, 6:30-7:30pm

Division 2 (6th-8th grade) Parent Meeting/Player Assessment (pick one of the following dates and times):
Tuesday, Dec. 10, 6:30-7:30pm
Thursday, Dec. 12, 6:30-7:30pm
Monday, Dec. 16, 6:30-7:30pm
Wednesday, Dec. 18, 6:30-7:30pm

Once your child is enrolled in the Junior Warriors program, please RSVP for the Parent Meeting/Player Assessment to Kelvin Coggins at kcoggins@cityofsanmateo.org

Skateboarding - Getting Started: age 5-14 yrs.
Kids learn the basics of skateboarding with the proper technique. The focus is on fun, safety and progressing beyond the initial learning curve to keep their interest. Required for this class: Skateboard (mid-range to pro-grade), helmet, knee and elbow pads.

Beresford Park
530557-A1 Sa 9:00-10:00am $110/135 9/7-10/5
530557-A2 Sa 9:00-10:00am $110/135 10/19-11/16

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
530556-A1 Sa 10:00-11:00am $110/135 9/7-10/5
530556-A2 Sa 10:00-11:00am $110/135 10/19-11/16

Safari Fitness: age 6-13 yrs.
Offering games and fitness drills that teach participants how to socialize and become skilled at new exercises and stretches, this class is a great way to burn off that extra energy. Kids will enjoy learning about the weekly subject and perfecting their skills in a fun environment.

Safari Run, 341 N Amphlett Blvd, San Mateo
530505-A1 Tu 4:30-5:30pm $155 9/10-11/12

Westside Fitness & Boxing: age 10-17 yrs.
Our youth program provides boxing, self-defense instruction and cross training for other sports to help condition and improve overall performance.

Westside Fitness, 101 E 25th Ave, San Mateo
Fitness & Boxing Punch Card (12 punches)
530564-A1 M W F 4:00-5:00pm $209 9/4-12/20
September Monthly Pass
530564-B1 M W F 4:00-5:00pm $105 9/4-9/30
October Monthly Pass
530564-C1 M W F 4:00-5:00pm $105 10/2-10/30
November Monthly Pass
530564-D1 M W F 4:00-5:00pm $105 11/1-11/29
December Monthly Pass
530564-E1 M W F 4:00-5:00pm $105 12/2-12/20

Jr. Warriors: grades 3-8
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Division 1 (3rd-5th grade) Parent Meeting/Player Assessment (pick one of the following dates and times):
Monday, Dec. 9, 6:30-7:30pm
Wednesday, Dec. 11, 6:30-7:30pm
Tuesday, Dec. 17, 6:30-7:30pm
Thursday, Dec. 19, 6:30-7:30pm

Division 2 (6th-8th grade) Parent Meeting/Player Assessment (pick one of the following dates and times):
Tuesday, Dec. 10, 6:30-7:30pm
Thursday, Dec. 12, 6:30-7:30pm
Monday, Dec. 16, 6:30-7:30pm
Wednesday, Dec. 18, 6:30-7:30pm

Dr. Martin Luther King Jr. Community Center
Parent meeting: Assembly room
Player assessment: Gym

Once your child is enrolled in the Junior Warriors program, please RSVP for the Parent Meeting/Player Assessment to Kelvin Coggins at kcoggins@cityofsanmateo.org
### Jr. 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.

Central Park Tennis Courts

- **530541-A1** M  3:15- 4:00pm $150/175 9/9-10/21
- **530541-A2** Sa 12:05-12:50pm $175/200 9/7-10/26
- **530541-A3** M  3:15- 4:00pm $125/150 10/28-12/9
- **530541-A4** Sa 12:05-12:50pm $125/150 11/2-12/14

Beresford Tennis Courts

- **530541-B1** F  3:15- 4:00pm $175/200 9/6-10/25
- **530541-B2** F  3:15- 4:00pm $150/175 11/1-12/13

### Jr. Rallyball 1: age 7-11 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.

Central Park Tennis Courts

- **530542-A1** M  4:05- 5:00pm $150/175 9/9-10/21
- **530542-A2** Sa  9:05-10:00am $175/200 9/7-10/26
- **530542-A3** M  4:05- 5:00pm $125/150 10/28-12/9
- **530542-A4** Sa  9:05-10:00am $150/175 11/2-12/14

Beresford Tennis Courts

- **530542-B1** F  4:05- 5:00pm $175/200 9/6-10/25
- **530542-B2** F  4:05- 5:00pm $150/175 11/1-12/13

### Jr. Rallyball 2 Tennis: age 7-11 yrs.

Students will continue improving their rally skills adding serves, control of the direction and circular groundstrokes. Prerequisite: Jr Rallyball 1 & Instructors approval. To progress to Rallyball 3, students must be able to serve and rally from 36’ court.

Central Park Tennis Courts

- **530543-A1** M  5:05- 6:00pm (4:1) $204/229 9/9-10/21
- **530543-A2** M  5:05- 6:00pm (4:1) $170/195 10/31-12/12
- **530543-A3** Sa 9:05-10:00am $175/200 9/7-10/26
- **530543-A4** Sa  9:05-10:00am $150/175 11/2-12/14

Beresford Park Tennis Courts

- **530543-B1** F  5:05- 6:00pm $175/200 9/6-10/25
- **530543-B2** F  5:05- 6:00pm $150/175 11/1-12/13

### 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.

Central Park Tennis Courts

- **530544-A1** Sa 10:05-11:00am $175/200 9/7-10/26
- **530544-A2** Sa 10:05-11:00am $150/175 11/2-12/14

### Jr. Advanced Tennis: age 12-17 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. Prerequisite: Jr Intermediate Tennis and Instructor’s approval.

Central Park Tennis Courts

- **530559-A1** Sa 11:05am-12:00pm $175/200 9/7-10/26
- **530559-A2** Sa 11:05am-12:00pm $150/175 11/2-12/14

### Jr. Match Play: age 8-12 yrs.

Class is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Prerequisite: Consistent rally on 60 ft court with orange balls (Rallyball 3 level.) Coach approval required.

Central Park Tennis Courts

- **530554-A1** Th  4:05- 5:00pm $238/263 9/5-10/24
- **530554-A2** Th  4:05- 5:00pm $204/229 10/31-12/12

### Jr. Intermediate 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. Prerequisite: Jr Beginning Tennis 1 and Instructor’s approval.

Central Park Tennis Courts

- **530545-A1** Sa 11:05am-12:00pm $175/200 9/7-10/26
- **530545-A2** Sa 11:05am-12:00pm $150/175 11/2-12/14

### Jr. Rallyball 3 Tennis: age 8-12 yrs.

This is the second stage of the San Mateo Tennis pathway. Students will learn basic footwork, weight transfer, leg loading and finishing. Prerequisite: Rallyball 2 + Instructor’s Approval. To progress, students must demonstrate topspin rallies on a 60’ court.

Central Park Tennis Courts

- **530558-A1** Th  4:05- 5:00pm $175/200 9/7-10/26
- **530558-A2** Th  4:05- 5:00pm $150/175 11/2-12/14

### Jr. Match Play: age 8-12 yrs.

Class is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Prerequisite: Consistent rally on 60 ft court with orange balls (Rallyball 3 level.) Coach approval required.

Central Park Tennis Courts

- **530554-A1** Th  4:05- 5:00pm $238/263 9/5-10/24
- **530554-A2** Th  4:05- 5:00pm $204/229 10/31-12/12

### Jr. Match Play: age 8-12 yrs.

Class is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Prerequisite: Consistent rally on 60 ft court with orange balls (Rallyball 3 level.) Coach approval required.

Central Park Tennis Courts

- **530554-A1** Th  4:05- 5:00pm $238/263 9/5-10/24
- **530554-A2** Th  4:05- 5:00pm $204/229 10/31-12/12

### Jr. Match Play: age 8-12 yrs.

Class is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Prerequisite: Consistent rally on 60 ft court with orange balls (Rallyball 3 level.) Coach approval required.

Central Park Tennis Courts

- **530554-A1** Th  4:05- 5:00pm $238/263 9/5-10/24
- **530554-A2** Th  4:05- 5:00pm $204/229 10/31-12/12

### Jr. Match Play: age 8-12 yrs.

Class is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Prerequisite: Consistent rally on 60 ft court with orange balls (Rallyball 3 level.) Coach approval required.

Central Park Tennis Courts

- **530554-A1** Th  4:05- 5:00pm $238/263 9/5-10/24
- **530554-A2** Th  4:05- 5:00pm $204/229 10/31-12/12

### Jr. Match Play: age 8-12 yrs.

Class is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Prerequisite: Consistent rally on 60 ft court with orange balls (Rallyball 3 level.) Coach approval required.

Central Park Tennis Courts

- **530554-A1** Th  4:05- 5:00pm $238/263 9/5-10/24
- **530554-A2** Th  4:05- 5:00pm $204/229 10/31-12/12
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
530709-B1 Tu 9:15-10:00am $240 9/3-12/17
530709-B2 Tu 10:15-11:00am $240 9/3-12/17

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
530701-B1 M 11:45am-12:40pm $215 9/9-12/16
530701-B2 Tu 11:45am-12:40pm $240 9/3-12/17
530701-B3 W 11:45am-12:40pm $240 9/4-12/18
Peninsula Gymnastics
530701-B4 Sa 9:00-9:55am $240 9/7-12/21

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
530702-B1 M 12:45-1:40pm $215 9/9-12/16
530702-B3 W 12:45-1:40pm $240 9/4-12/18
Peninsula Gymnastics
530702-B2 Tu 11:45am-12:40pm $215 9/3-12/17
530702-B4 Th 2:30-3:25pm $230 9/5-12/19
530702-B5 F 5:00-5:55pm $230 9/6-12/20
530702-B6 Sa 10:00-10:55am $240 9/7-12/21

**Tumble Tots II: age 4-5 yrs.**
Beresford Recreation Center
530703-B2 Tu 12:45-1:40pm $240 9/3-12/17
Peninsula Gymnastics
530703-B1 M 2:00-2:55pm $215 9/9-12/16
530703-B3 W 5:00-5:55pm $240 9/4-12/18
530703-B4 Th 3:30-4:25pm $230 9/5-12/19
530703-B5 Sa 11:00-11:55am $240 9/7-12/21

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
530704-B1 M 3:00-3:55pm $215 9/9-12/16
530704-B2 Tu 2:30-3:25pm $240 9/3-12/17
530704-B3 W 2:00-2:55pm $240 9/4-12/18
530704-B4 F 3:00-3:55pm $230 9/6-12/20

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
530705-B1 M 5:00-5:55pm $215 9/9-12/16
530705-B2 Tu 3:30-4:25pm $240 9/3-12/17
530705-B3 W 3:00-3:55pm $240 9/4-12/18
530705-B4 Sa 12:00-12:55pm $240 9/7-12/21

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
530706-B1 W 4:00-4:55pm $240 9/4-12/18

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
530707-B1 Tu 4:30-5:25pm $240 9/3-12/17
530707-B2 F 4:00-4:55pm $230 9/6-12/20
### 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee (Adult)</th>
<th>Fee (Child)</th>
<th>Start Date</th>
<th>End Date</th>
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<td>530804-B2</td>
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<td>10:50-11:35am</td>
<td>$161</td>
<td>$186</td>
<td>9/7-12/7</td>
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</table>

### Contemporary Dance I: age 6-11 yrs.
Learn the basics of modern dance technique and composition in this dynamic class. Develop strength, flexibility and poise through center and across the floor patterns. Experienced dancers will be given challenging jumps and turns and all dancers will gain greater self-esteem and confidence.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Fee (Adult)</th>
<th>Fee (Child)</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
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<td>530807-B1</td>
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<td>$161</td>
<td>$186</td>
<td>9/6-12/6</td>
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</table>

### Contemporary Dance II/ Dance Performance: age 12-18 yrs.
While learning the fundamentals of contemporary dance, this exciting class will have the opportunity to audition for and perform in the Holiday Show as Special Performers. Auditions will be held the 5th week of class for these dancers who relay the storyline of the Show. Rehearsal details will be out in Sept.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Time</th>
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<th>Fee (Child)</th>
<th>Start Date</th>
<th>End Date</th>
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<td>$180</td>
<td>$205</td>
<td>9/5-12/12</td>
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</table>

### 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.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Fee (Child)</th>
<th>Start Date</th>
<th>End Date</th>
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<td>530803-B1</td>
<td>Th</td>
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<td>530803-B2</td>
<td>Sa</td>
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<td>$154</td>
<td>$179</td>
<td>9/7-12/7</td>
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### Snowflakes & Winter Wind: age 3-6 yrs.
Be a part of our Holiday Festival of Dance! In this short course, we will explore the fundamentals of dance while learning the Snowflake and the Winter Wind dance. Boys and girls welcome.

Instructor: Tina Burke

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee (Adult)</th>
<th>Fee (Child)</th>
<th>Start Date</th>
<th>End Date</th>
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<td>530809-K1</td>
<td>Th</td>
<td>4:10-4:55pm</td>
<td>$77</td>
<td>$94</td>
<td>10/24-12/12</td>
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### 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee (Adult)</th>
<th>Fee (Child)</th>
<th>Start Date</th>
<th>End Date</th>
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<td>9/4-10/23</td>
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<tr>
<td>530801-B2</td>
<td>W</td>
<td>11:40am-12:20pm</td>
<td>$117</td>
<td>$142</td>
<td>10/30-12/11</td>
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</table>
# Youth Dance

## 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 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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>530810-B1</td>
<td>M</td>
<td>2:15-3:15pm</td>
<td>$153/178</td>
<td>9/9-12/9</td>
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<tr>
<td>530810-B2</td>
<td>W</td>
<td>2:30-3:30pm</td>
<td>$175/200</td>
<td>9/4-12/11</td>
</tr>
</tbody>
</table>

### 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  
530840-B1 | F | 2:30-3:15pm | $161/186 | 9/6-12/6 |

### 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  
530841-B1 | F | 3:25-4:10pm | $161/186 | 9/6-12/6 |

### 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.

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)  
Instructor: Sheri Alonso  
530842-H1 | Sa | 10:45-11:30am | $161/186 | 9/7-12/7 |

### Tap I/II: age 7-12 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.

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)  
Instructor: Sheri Alonso  
530843-H1 | Sa | 11:40am-12:30pm | $161/186 | 9/7-12/7 |

### Tap III: age 9-16 yrs.
For students who are advancing from Tap I/II or those who have mastered their fast shuffles, flaps and buffalos. We will continue working on increasing speed as well as learning new steps including time steps, traveling time steps, turns and more.

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)  
Instructor: Sheri Alonso  
530844-H1 | Sa | 12:30-1:30pm | $161/186 | 9/7-12/7 |
**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
530821-B1  Sa  11:40am-12:30pm $161/186  9/7-12/7

**Pre-Jazz:** age 8-13 yrs.

A fun filled class for the beginning jazz dancer! You will learn basic jazz steps, including kick ball changes, chasses, and jazz squares. Have fun and get fit while dancing. New students should enter at this level.

Beresford Recreation Center
Instructor: Kristine Chambers
530822-B1  Th  4:40- 5:30pm $172/197  9/5-12/12

**Jazz Intro:** age 9-14 yrs.

Learn jazz, funk and hip-hop all in this introduction class. We will work on basic jazz steps, including chasses, kick ball change, 3-count turns and jazz squares. Get fit while having fun with jazz dance.

Beresford Recreation Center
Instructor: Tina Burke
530823-B1  W  4:30- 5:30pm $183/208  9/4-12/11

**Jazz I:** age 10-15 yrs.

Building on skills from Jazz Intro, students will learn challenging steps such as pas de bourrees, turns, leaps and kicks. Get a great jazz dance workout. Prerequisite: Jazz Intro for at least three sessions.

Beresford Recreation Center
Instructor: Tina Burke
530824-B1  W  5:30- 6:30pm $183/208  9/4-12/11

**Jazz II/III:** age 11-16 yrs.

Continuing jazz technique and funk dances with additional focus on teaching turns, leaps, kicks, and single pirouettes. Dancers will develop strength, coordination, flexibility and self-expression. Prerequisite: Jazz I for at least three sessions.

Beresford Recreation Center
Instructor: Kristine Chambers
530825-B1  Tu  4:30- 5:30pm $183/208  9/5-12/10

**Jazz IV/V:** age 12-17 yrs.

A high energy jazz class. Learn more advanced dances and complex combinations, including inside and outside turns, leaps and kicks. It’s fun and physically challenging! Prerequisite: Jazz II/III for at least three sessions.

Beresford Recreation Center
Instructor: Kristine Chambers
530826-B1  Tu  5:30- 6:30pm $183/208  9/3-12/10

**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.

Martin Luther King Jr. Community Center
Instructor: Irma Di Nallo
530830-K1  Tu  4:15- 5:05pm $183/208  9/3-12/10

**Hip Hop Dance Levels 1 & 2:** age 8-14 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.

Martin Luther King Jr. Community Center
Instructor: Irma Di Nallo

**Level 1 age: 8-11 yrs.**
530831-K1  Tu  5:15- 6:15pm $183/208  9/3-12/10

**Level 2 age: 9-14 yrs.**
530832-K1  Th  5:00- 6:00pm $161/186  9/5-12/12

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**Holiday Festival of Dance**

December 14th & 15th @ 5:30pm
San Mateo High School Gymnasium

Tickets: $13 in advance • $15 at the door
Children 12 years & under $2 advance • $3 at the door
1 & under FREE
Public Sale starts Monday, Nov. 18th at 9:00 a.m.

Youth dancers (ages 3 and up) are invited to perform in the Holiday Festival of Dance. More details to come in September, including ticket and rehearsal information. In most cases, a $9.00 costume and production fee has been added to the cost of each class. For complete details regarding ticket sales and rehearsal information, please contact Beresford Center 522-7440.

**Join the Holiday Show Volunteer Crew** - We are looking for family and friends to help behind-the-scenes: prop building, helping with costumes and decorations on Nov 16th & Nov 17th. If you’re interested in being a part of our Volunteer Crew, please contact Mae Chesney, the Dance Supervisor, at (650) 522-7440 or check out our Holiday Show listing on the City’s website at www.cityofsanmateo.org.

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**youth dance**
**specialty/world dance**

**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.

Martin Luther King Jr. Community Center
Instructor: Priscilla & Kevin Stanford
530851-K1 M 5:30-6:30pm $152/177 9/9-12/9

**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.

Martin Luther King Jr. Community Center
Instructor: Britney Samora-Delgadillo

**Level I: age 5-12 yrs.**
530861-K1 F 4:30-5:20pm $152/177 9/4-12/11

**Level II/III: age 6-12 yrs.**
530861-K2 W 5:10-6:00pm $163/188 9/4-12/11

**Level IV: age 8-14 yrs.**
530861-K3 W 6:10-7:00pm $163/188 9/4-12/11

**Level V: age 10-16 yrs.**
530861-K4 W 7:00-8:00pm $163/188 9/4-12/11

**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.

Martin Luther King Jr. Community Center
Instructor: Mercedes Navarro

**Level I: age 5-8 yrs.**
530862-K1 F 4:00-4:45pm $161/186 9/6-12/6

**Level II: age 8-14 yrs.**
530862-K2 F 4:50-5:35pm $161/186 9/6-12/6

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**Jr. Jazz Ma Tazz & Jazz Ma Tazz**

These jazz troupes rehearse weekly throughout the school year. Acceptance is based on ability, behavior and commitment to the troupe. Members must also take a dance technique class (preferably in our dance program). **Jr. Jazz Ma Tazz (JrJMT)** is an entry-level troupe and meets at 4:15 PM. **Jazz Ma Tazz (JMT)** meets at 5:15 PM and is for the advanced dancer or previous company member. A one-time annual costume fee of $150 is required with the Fall payment.

If accepted into the troupes, please plan to pay an additional $90 for a team jacket that can then be offset by Fund Raising opportunities that we provide. **DO NOT REGISTER FOR THIS COURSE UNTIL AFTER THE AUDITION.** The listed fee represents one-third of the full year membership.

**AUDITION DETAILS:** Beresford Center, Friday, September 13 at 4:15pm for Jr JMT and 5:15pm for JMT. To reserve a spot email ksnow@cityofsanmateo.org or call 522-7522 ext 6553 before Sept. 3rd. Leave contact information and grade and technique class dancer will be entering in the fall. An audition form, requiring parent signature, will be mailed to you. Bring completed form to the audition and if selected, a parent or guardian will be asked to attend a meeting the first week of practice. Practices are held at the same time as the audition times. Plan to arrive 10 minutes prior to audition. Wear dance attire and shoes, and secure hair. For information on booking these troupes, contact Gina Lorton at 650-773-3150, ginalorton@gmail.com.

Beresford Recreation Center
Director: Gina Lorton, Assistant Director: Tina Burke

**Jr Jazz Ma Tazz: age 10-15 yrs. (Entry Level)**
530863-B1 F 4:15-5:30pm $307/382 9/20-12/13

**Jazz Ma Tazz: age 13-18 yrs. (Advanced)**
530864-B1 F 5:15-6:30pm $307/382 9/20-12/13

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Work alongside our dance instructors as a role model for our young dancers or provide vital support in the dance office or behind the scenes at the Dance Shows. Dancers 9 years or older can assist in a dance class and 12 years or older can work in the dance office. Dance Crew members are expected to assist in class(es) and/or the Dance Office from September through June.

For more info, contact us at (650) 522-7522 x6553.
**Introduction to Group Piano:** age 7-11 yrs.

Interested in learning to play a keyboard? This course will encourage confidence and enthusiasm in players as they explore their way around the keyboard learning basic techniques, note reading and basic theory. A recital will be held at the last class meeting.

Beresford Recreation Center
Instructor: Willie Wong
530901-A1 Th 4:15-5:15pm $165/190 9/19-11/14

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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
530901-A1 M 9:00-9:45am $225 9/16-11/25
530901-A2 M 10:00-10:45am $225 9/16-11/25
530901-B1 Tu 9:45-10:30am $225 9/17-11/19
530901-B2 Tu 10:45-11:30am $225 9/17-11/19
530901-C1 W 9:00-9:45am $225 9/18-11/20
530901-C2 W 10:00-10:45am $225 9/18-11/20
530901-C3 W 11:00-11:45am $225 9/18-11/20
530901-D1 Th 9:30-10:15am $225 9/19-11/21
530901-D2 Th 10:30-11:15am $225 9/19-11/21
530901-D3 Th 11:30am-12:15pm $225 9/19-11/21
530901-D4 Th 12:30-1:15pm $225 9/19-11/21
530901-E1 F 9:00-9:45am $225 9/20-11/22
530901-E2 F 10:00-10:45am $225 9/20-11/22
530901-E3 F 3:30-4:15pm $225 9/20-11/22
530901-E4 F 4:30-5:15pm $225 9/20-11/22
530901-F1 Sa 9:00-9:45am $225 9/21-11/23
530901-F2 Sa 10:00-10:45am $225 9/21-11/23
530901-F3 Sa 11:00-11:45am $225 9/21-11/23
530901-F4 Sa 12:00-12:45pm $225 9/21-11/23

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**Myriad’s Preschool Music ABC & Me:** age 3-4 yrs.

This magical curriculum reflects the most current music education research for Preschoolers, resulting in this engaging, exciting unique program. Music Keyboard Booklets teach music symbols and songs on keyboards, glockenspiels, percussion, handbells, ukuleles & more.

Myriad Music School, 2250 Palm Ave, San Mateo
530930-A1 F 10:30-11:15am $455 9/6-12/20

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**Myriad’s Preschool Music Storytime Combo:** age 3-4 yrs.

All of your child’s arts education, plus story-time in one cozy afternoon class. Myriad’s Dance Fun curriculum, plus our ABC Music & Me Preschool Music. Music notation, rhythm skills, keyboard activities, ukulele foundations, fitness, coordination, pattern work, stretching, and wonderful teachers!

Myriad Music School, 2250 Palm Ave, San Mateo
530912-A1 M 2:20-3:20pm $500 9/9-12/16

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

Enjoy all the benefits of a Music Together class, now with English and Spanish lyrics! Regardless of your level of proficiency with the Spanish Language, you and your child will love the music, the dancing, and singing songs from our current song selection in English and Spanish.

Beresford Recreation Center
Instructor: PMT Staff
530924-A1 Tu 11:45am-12:30pm $225 9/17-11/19

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**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.
Learn more or make a donation at www.ilovesanmateocityparks.org

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.

I❤SanMateoCityParks.org Learn more or make a donation at www.ilovesanmateocityparks.org
**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  
**age 1.5-3 yrs.**  
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<tr>
<td>531015-A1</td>
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<td>9:30-10:30am</td>
<td>$100/135</td>
<td>9/23-11/4</td>
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<tr>
<td>531015-A3</td>
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<td>9:30-10:30am</td>
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<td>531015-B3</td>
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**age 2-4 yrs.**  
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<tr>
<td>531015-A4</td>
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<td>$65/81</td>
<td>11/18-12/16</td>
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<td>531015-B4</td>
<td>Tu</td>
<td>10:45-11:45am</td>
<td>$65/81</td>
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**Drawing with Young Rembrandts:** age 3.7-12 yrs.
Back to school is in full swing at Young Rembrandts as we present drawing lessons that encompass a fascinating world of color, pattern and design. There's no better time than now to foster your child's creativity.

Beresford Recreation Center  
Instructor: Young Rembrandts Staff  
**age 3.7-5 yrs.**  
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<td>520239-B1</td>
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<td>4:30-5:30pm</td>
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<td>9/6-12/13</td>
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**age 6-12 yrs.**  
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<tbody>
<tr>
<td>520239-A1</td>
<td>F</td>
<td>3:30-4:30pm</td>
<td>$259/284</td>
<td>9/6-12/13</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  
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**Ceramics – Doing Art Together:** age 5-14 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  
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<td>531042-A1</td>
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<td>5:30-7:00pm</td>
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**Ceramics – Teen Workshop:** age 11-17 yrs
Want to try something new? How about ceramics? Geared for teens with a focus on creativity and having fun, this workshop will incorporate hand-building or wheel throwing projects. Participants will learn new skills which can be carried into future ceramics classes.

Central Park Ceramics Studio  
Instructor: Patricia Fatone  
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<td>6:00-8:00pm</td>
<td>$55/67</td>
<td>9/26-10/17</td>
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</table>

**Concept to Creation:** age 8-17 yrs.
Fashion Immersion! Design, sketch, and sew your own fashions in our bright, fun, fully equipped sewing studio. YOU choose the fabrics and trims that will make your vision come alive. You will sketch it, sew it and then step out onto the runaway in the fashion show on November 10th!

Pamela Moyce Design Studio, 850 Emett Ave., Belmont  
**Concept to Creation - ages 8-17 yrs.**  
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<td>Tu</td>
<td>1:30-3:30pm</td>
<td>$405</td>
<td>9/3-11/5</td>
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**Concept to Creation - ages 8-11 yrs.**  
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<tr>
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**Concept to Creation - ages 10-17 yrs.**  
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<tbody>
<tr>
<td>531135-A4</td>
<td>Tu</td>
<td>4:00-6:00pm</td>
<td>$405</td>
<td>9/3-11/5</td>
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Interested in Fashion Design but can’t commit to an entire session? This one - day workshop is for you. Previous experience is not required.

**Design Thinking - Bookbag/Backpack: ages 8-17yrs.**  
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<td>531135-B1</td>
<td>Sa</td>
<td>1:00-4:00pm</td>
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**Design Thinking - Jewelry- ages 8-17 yrs.**  
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<tr>
<td>531135-B2</td>
<td>Sa</td>
<td>1:00-4:00pm</td>
<td>$48</td>
<td>10/5</td>
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<tr>
<td>531135-B4</td>
<td>Sa</td>
<td>1:00-4:00pm</td>
<td>$48</td>
<td>12/7</td>
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**Design Thinking - Bootie Slippers- ages 8-17 yrs**  
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<td>531135-B3</td>
<td>Sa</td>
<td>1:00-4:00pm</td>
<td>$48</td>
<td>11/2</td>
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**Sew Wow! Holiday Gift Making:** ages 8-17 yrs.
The best gifts are those made by you! In this series of three workshops, you will sew a personalized gift for a friend or family member. Choose your project and select from a wide array of fabrics and trims. WOW your loved ones with a unique holiday gift!

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<td>W</td>
<td>4:00-6:00pm</td>
<td>$160</td>
<td>12/4-12/18</td>
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Chinese Mandarin Language and Culture: age 4-10 yrs.
Join Gigamind Explorers and allow your child to be immersed in Chinese language and culture. Students will learn day-to-day aspects of Chinese society, such as families, communities, holidays, food and games and develop an awareness of and appreciation for the elements of Chinese culture.

Gigamind Explorers, 631 S B St, San Mateo
Instructor: Gigamind Explorers Staff
Entry Level: age 4 - 8 yrs.
531112-A1 Su 9:00-10:00am $220 9/8-10/27
531112-A2 Su 9:00-10:00am $170 11/3-12-15
Medium Level: age 6-10 yrs.
531112-B1 Su 10:00-11:00am $220 9/8-10/27
531112-B2 Su 10:00-11:00am $170 11/3-12-15

Math Olympiad: age 7-11 yrs.
Succeed and boost math grades with Math Olympiad! Math Olympiad offers students the chance to shine with a competitive edge. Students become proficient in problem solving techniques, discover the fun of math, and increase Math Olympiad scores.
Foster City Recreation Center, 650 Shell Blvd., Foster City
Instructor: Communication Academy Staff
age 7-8 yrs.
531119-C2 Sa 10:45-11:45am $230 9/28-12/14
age 9-11 yrs.
531119-C1 Sa 9:30-10:30am $230 9/28-12/14

Public Speaking: Informative Speaker: age 9-14 yrs.
What is crucial to success in school and beyond? Good communication! Students grow by learning the essentials of a clear effective presentation. Students create a speech on a topic of their choice, learn to manage nervousness, develop research/organizational skills and communicate effectively.
Foster City Recreation Center, 650 Shell Blvd., Foster City
Instructor: Communication Academy Staff
age 7-8 yrs.
531121-A2 Sa 2:30-3:30pm $230 9/28-12/14
age 9-11 yrs.
531121-A1 Sa 1:15-2:15pm $230 9/28-12/14
age 11-14 yrs.
531121-A3 Sa 3:45-4:45pm $230 9/28-12/14

Abacus: age 4 - 8 yrs.
Students will learn how to use abacus to solve arithmetic problems and hold mental images to calculate using their own mental power. The class will include Abacus Training, Mental Training, Speed Training, Listen-and-Calculate Training and Read-and-Calculate Training.
Gigamind Explorers, 631 S B St, San Mateo
Instructor: Gigamind Explorers Staff
531124-A1 W F 3:30-4:30pm $235 9/4-9/27
531124-A2 W F 4:30-5:30pm $235 9/4-9/27
531124-A3 W F 3:30-4:30pm $235 10/2-10/29
531124-A4 W F 4:30-5:30pm $235 10/2-10/29
531124-A5 W F 3:30-4:30pm $285 11/6-12/13
531124-A6 W F 4:30-5:30pm $285 11/6-12/13

Math: age 7-10 yrs.
This program challenges students’ math skills in a variety of areas including analytical skill, creative and imaginative thinking, problem solving and reasoning. Students are trained to use strategies of problem solving and to foster mathematical creativity.
Gigamind Explorers, 631 S B St, San Mateo
Instructor: Gigamind Explorers Staff
531126-A1 W F 3:30-4:30pm $225 9/4-9/27
531126-A2 W F 4:30-5:30pm $225 9/4-9/27
531126-A3 W F 3:30-4:30pm $225 10/2-10/29
531126-A4 W F 4:30-5:30pm $225 10/2-10/29
531126-A5 W F 3:30-4:30pm $275 11/6-12/13
531126-A6 W F 4:30-5:30pm $275 11/6-12/13

Junior Chefs Stars – Fall Cooking Series: age 7-12 yrs.
Join us this fall as we provide junior chefs with the tools necessary to create, cook, and learn. Beyond perfecting delicious recipes, our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients, and the many cultural aspects of food. Your junior chef will develop critical life skills.
Beresford Recreation Center
Instructor: Junior Chef Stars Staff
531131-A1 W 3:45-5:15pm $291 9/4-10/23
531131-A2 W 3:45-5:15pm $255 10/30-12/18

Math Music Motion: age 2.5-4.5 yrs.
Math Music Motion is a math-centric program which focuses on motion and music with mathematical development to strengthen a young student’s cognitive and creative skills. We strive to develop curious and creative learners, critical thinkers, and expose children to early math experiences.
Beresford Recreation Center
Instructor: Math, Music, Motion Staff
Mathematical Maestros: age 2.5 - 3.5 yrs.
531152-A1 Tu 9:00-9:50am $235/260 9/4-10/17
531152-A2 Tu 9:00-9:50am $235/260 10/29-12/17
Creative Calculators: age 3.5 - 4.5 yrs.
531152-B1 Tu 10:00-10:50am $235/260 9/3-10/22
531152-B2 Tu 10:00-10:50am $235/260 10/29-12/17
Kuk Sool Won of San Mateo, 31 W. 25th Ave., San Mateo
Instructor: Tim Sheehan
541513-A1 M 4:00-5:00pm $325 9/9-12/16
541513-A2 Tu 4:00-5:00pm $365 9/3-12/17
541513-A3 W 4:00-5:00pm $365 9/4-12/18
541513-A4 Th 4:00-5:00pm $325 9/5-12/19

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
541514-A1 Su 12:00-3:00pm $180 9/22
541514-A2 Su 12:00-3:00pm $180 10/20
541514-A3 Su 12:00-3:00pm $180 11/17
541514-A4 Su 12:00-3:00pm $180 12/15

Ice skating is a confidence building sport that is challenging and rewarding. These classes will give you a fun introduction to basic ice skating skills including forward and backward skating and stopping. Skate rental and 10-minute practice time are included in the day of the lesson.
Nazareth Ice Oasis 2202 Bridgepointe Pkwy, San Mateo
541219-A1 Sa 12:15-1:00pm $192 10/12-11/16
541219-A2 Tu 6:30-7:15pm $192 10/15-11/19

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.

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.

For ages 18+

Come join us for our 1st annual Holiday Hoop-la Basketball tournament. This will be 4 person maximum per team, double elimination tournament. Tournament registration is $125 per team and can register at the King Community Center. Family, Friends and spectators are welcome to attend!

Questions? Call Kelvin at 650-522-7474 or email at kcoggins@cityofsanmateo.org.

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.
Note on 4:1, with no more that fours students for one coach, these classes offer each player more personalized instructions to deliver optimized results.

Inclement weather policy: Weather permitting, make-ups will be scheduled at your regular class time during the period of 12/16-12/21 after season ends. Otherwise, a refund will be issued. Check weather update link; twitter.com/tdapaul2016 during the rainy season for class cancellation announcement.

For private/semi-private lessons or additional information, please contact Tennis Director Paul Lin, text/call (650) 743-1382 or email paul@sanmateotennis.net.

**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

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
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<tbody>
<tr>
<td>541212-A1</td>
<td>Tu</td>
<td>8:05-9:00pm</td>
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<tr>
<td>541212-A2</td>
<td>Th</td>
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<td>$245/270 (4:1)</td>
<td>9/5-10/24</td>
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<tr>
<td>541212-A3</td>
<td>Tu</td>
<td>8:05-9:00pm</td>
<td>$245/270 (4:1)</td>
<td>10/29-12/10</td>
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<td>541212-A4</td>
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Beresford Park Tennis Court

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Notes</th>
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<tr>
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<td>9:05-10:00am</td>
<td>$245/270 (4:1)</td>
<td>11/1-12/13</td>
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</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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Beresford Park Tennis Court

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<tr>
<th>Course</th>
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</tbody>
</table>

**Adult Intermediate Tennis**

Classes are for players who can rally consistently with regular balls. Not only ground strokes, serve and volley skills will be further developed as you progress towards level 2.

Central Park Tennis Court

<table>
<thead>
<tr>
<th>Course</th>
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<th>Fee</th>
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<td>10/29-12/10</td>
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Beresford Park Tennis Court

<table>
<thead>
<tr>
<th>Course</th>
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<th>Fee</th>
<th>Notes</th>
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</table>

**Adult Intermediate Tennis 2**

Tennis classes are for players who have developed consistent top-spin from the baseline and good volley technique at the net. Excellent footwork is a must for the fast-paced rallies.

Central Park Tennis Court

<table>
<thead>
<tr>
<th>Course</th>
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Beresford Park Tennis Courts

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**Adult Intermediate Tennis 3**

Intermediate 3 classes are designed for players who have developed consistent top-spin from the baseline and start to feel comfortable at the net too. Rallies are fast-paced and players will start to control different spins.

Central Park Tennis Court

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Beresford Park Tennis Court

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**Adult Advanced Tennis**

Class designed for players who 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.

Central Park Tennis Court

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Beresford Park Tennis Court

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<td>M</td>
<td>6:35-7:30pm</td>
<td>$130/155</td>
<td>10/28-12/9</td>
</tr>
</tbody>
</table>
Golf at Poplar Creek Golf Course

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

Book your 2019 tournament now - call (650) 522-4653

Golf at Poplar Creek Golf Course is year round. Warm up on our driving range and get out and play. Private and group lessons available - learn more by calling (650) 522-7515. Did you know that we provide custom corporate events at Poplar Creek Golf Course? Learn more by calling Dana Banke at (650) 522-7515. Poplar Creek Golf Course Pro Shop carries a large inventory of gear from leading golf manufacturers: Titleist, Callaway, Taylor Made, FootJoy, Sun Mountain, Cleveland Golf, Ashworth, Adidas, Bridgestone, ProActive and many others.

New Restaurant at Poplar Creek!

The City of San Mateo Parks & Recreation Department is excited to announce a new partnership with Par3SM to operate the restaurant and banquet facility at Poplar Creek Golf Course. Business partners Alicia Petrakis and Eleni Lolas have over 24 years of experience in the restaurant, catering, and hospitality industry. They are also the co-owners of THREE Restaurant and Bar in Downtown San Mateo. Alicia and Eleni’s passion for food and service will truly benefit the entire community at Poplar Creek. The entire staff at Poplar Creek has worked tirelessly to create a warm and inviting restaurant space for all of our guests to enjoy. The newly dubbed Par 3 Restaurant serves craft beers, cocktails, appetizers, and a breakfast and lunch menu focused on seasonal comfort food. We welcome you to come out and see the newly renovated restaurant and banquet facility at Poplar Creek Golf Course. Visit https://www.par3thelodge.com/ for more information!
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.

Age minimums for Fitness classes: Body Sculpting & Cardio Classes: 16 yrs. old. Movement Awareness: 14 yrs. old. 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

<table>
<thead>
<tr>
<th>WORKOUTS</th>
<th>MON</th>
<th>TUES</th>
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<td>Strength Training For Healthy Living 10:10-11:10am</td>
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<td>Stroller Mov’t 10:00-10:45am</td>
<td>Strength Training &amp; Posture Power 10:05-11:05am</td>
<td>Low Impact Aerobics 9:00-9:45am</td>
<td>Tai Chi 9:00-10:00am</td>
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<td>Grand Fit 11:45-12:30pm</td>
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<tr>
<td>CARDIO</td>
<td>Cardio Dance 10:05-11:05am</td>
<td>Piloxing 5:30-6:30pm</td>
<td>U-Jam Fitness 5:30-6:30pm &amp; 6:30-7:30pm</td>
<td>Cardio Tone 6:15-7:15pm</td>
<td>Zumba 10:05-11:05am</td>
<td>Zumba 8:45-9:45am</td>
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<td>STRETCH</td>
<td>Yoga 2 6:30-7:45pm</td>
<td>Feldenkrais* 9:30-10:30am</td>
<td>Pilates Intro 5:30-6:30pm</td>
<td>Chair Yoga 12:45-1:45pm</td>
<td>Staying Fit with Arthritis 1:00-2:00pm</td>
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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.

Martin Luther King Jr. Community Center
Instructor: Gaby Torres
541502-K1 M 6:40- 7:40pm $70/86 9/9-12/16
541502-K2 Th 6:40- 7:40pm $69/85 9/5-12/19

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Shoko Boyd
541502-H2 Tu 6:30- 7:30pm $78/96 9/3-12/17
Instructor: Gaby Torres
541502-H3 W 6:30- 7:30pm $72/89 9/4-12/18

Beresford Recreation Center
Instructor: Mercedes Navarro
FFP 541502-B5 M 6:15- 7:15pm $70/86 9/9-12/16
FFP 541502-B4 Sa 8:45- 9:45am $75/92 9/7-12/21
Instructor: Gaby Torres
FFP 541502-B1 Tu 6:15- 7:15pm $78/96 9/3-12/17
Instructor: Patti Michelsen
FFP 541502-B2 W 10:05-11:05am $78/96 9/4-12/18
FFP 541502-B3 F 10:05-11:05am $76/94 9/6-12/20

Senior Center
Instructor: Gaby Torres
FFP 541502-S1 Sa 10:00-11:00am $69/85 9/7-12/21
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
541533-H1 Sa 9:30-10:30am $69/85 9/7-12/14

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 541533-B1 M 6:30- 7:30pm $70/86 9/9-12/16
FFP 541533-B2 W 6:30- 7:30pm $78/96 9/4-12/18
San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Nancy Yang
541533-H1 W 5:30- 6:30pm $72/89 9/4-12/18

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
541535-H1 M 5:30- 6:30pm $70/86 9/9-12/16

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 541545-B1 Th 6:15- 7:15pm $75/92 9/5-12/19

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 541536-B1 M 10:05-11:05am $70/86 9/9-12/16
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

| FFP 541537-B1 | Tu 9:00-10:00am | $78/96 | 9/3-12/17 |
| FFP 541537-B2 | Th 9:00-10:00am | $75/92 | 9/3-12/17 |

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

| FFP 541538-S1 | M 9:00-9:45am | $54/66 | 9/9-12/16 |
| FFP 541538-S3 | F 9:00-9:45am | $58/72 | 9/6-12/20 |

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

| FFP 541540-B1 | M 9:00-10:00am | $70/86 | 9/9-12/16 |
| FFP 541540-B2 | W 9:00-10:00am | $78/96 | 9/4-12/18 |
| FFP 541540-B3 | F 9:00-10:00am | $76/94 | 9/6-12/20 |

Central Recreation Center
Instructor: Tracy Stewart

| 541540-C1 | M 6:00-7:15pm | $86/107 | 9/9-12/16 |
| 541540-C2 | W 6:00-7:15pm | $96/118 | 9/4-12/18 |

Strength Training/Posture Power
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

| FFP 541542-B1 | Tu 10:05-11:05am | $78/96 | 9/3-12/17 |
| FFP 541542-B2 | Th 10:05-11:05am | $75/92 | 9/5-12/19 |

Strength Training for Healthy Living
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

| FFP 541543-B1 | M 10:10-11:10am | $70/86 | 9/9-12/16 |
| FFP 541543-S1 | W 9:00-10:00am | $78/96 | 9/4-12/18 |

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 541544-B1 | M 7:30-8:15pm | $54/66 | 9/9-12/16 |

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 541546-B1 | W 6:15-7:15pm | $78/96 | 9/4-12/18 |
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.
outdoor fitness

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.

Central Park
Instructor: Donna Lanam
541606-C1 W 11:30am-12:30pm $63/78 9/4-10/2

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: Donna Lanam
541575-C1 Tu 11:45am-12:30pm $136/161 9/3-12/17

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: Donna Lanam
541573-C1 W 10:00-10:45am $136/161 9/4-12/18

Walking Excursions
Explore the outdoors while making new friends. Each adventure will take you on a distance of 3-6 miles on a moderately hilly to level terrain. The first 6 confirmed registrants will be transported by city van. Additional registrants must carpool. Questions? Call Marie Siddons at (650) 341-9785.
$21/25 - 9:00am- 4:00pm
San Mateo Parks Office, 2001 Pacific Blvd., San Mateo
541216-A1 Tu 9/10 Alum Rock, San Jose
541216-A2 Tu 9/17 Nisene Marks, Santa Cruz
541216-A3 Tu 9/24 Amaden Quicksilver County Park, Santa Clara
541216-A4 Tu 10/1 Windy Hill, Lost Trail, San Mateo County
541216-A5 Tu 10/8 Picchetti Ranch, Santa Clara
541216-A6 Tu 10/15 Oyster Bay Shoreline, Alameda
541216-A7 Tu 10/22 Vila Montalvo, Santa Clara
541216-A8 Tu 11/2 Los Gatos Creek, Los Gatos
541216-A9 Tu 11/19 Tiburon Walk, Marin
541216-A10 Tu 11/26 Lake Almaden, Santa Clara
541216-A11 Tu 12/3 Shoreline, Mountainview
541216-A12 Tu 12/10 Lake Elizabeth, Fremont
541216-A13 Tu 12/17 San Francisco Walk, San Francisco

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
# 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.

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<tr>
<th>Location</th>
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<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
<td>Senior Center</td>
<td>Linda Krinke</td>
<td>M</td>
<td>9:00-10:15am</td>
<td>$133</td>
<td>9/9-12/16</td>
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<tr>
<td>Beresford Recreation Center</td>
<td>Peggy Guaraldi</td>
<td>Th</td>
<td>6:00- 7:15pm</td>
<td>$142</td>
<td>9/5-12/19</td>
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<tr>
<th>Location</th>
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<th>Start Date</th>
<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>Adriana Buenaventura</td>
<td>W</td>
<td>7:30- 8:45pm</td>
<td>$151</td>
<td>9/4-12/18</td>
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# 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.

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<td>W</td>
<td>10:15-11:30am</td>
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# 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.

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<tr>
<td>Beresford Recreation Center</td>
<td>Linda Krinke</td>
<td>W</td>
<td>9:00-10:15am</td>
<td>$151</td>
<td>9/4-12/18</td>
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</table>

# 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.

<table>
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<tbody>
<tr>
<td>Senior Center</td>
<td>Linda Krinke</td>
<td>Tu</td>
<td>9:00-10:15am</td>
<td>$151</td>
<td>9/3-12/17</td>
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<td></td>
<td></td>
<td>Tu</td>
<td>10:15-11:30am</td>
<td>$151</td>
<td>9/3-12/17</td>
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# 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.

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<tr>
<th>Location</th>
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<th>Fee</th>
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<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>Christine Salah</td>
<td>Tu</td>
<td>12:45- 1:45pm</td>
<td>$122</td>
<td>9/3-12/17</td>
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<td></td>
<td></td>
<td>Th</td>
<td>12:45- 1:45pm</td>
<td>$114</td>
<td>9/5-12/19</td>
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# 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.

<table>
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<tr>
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<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>Beresford Recreation Center</td>
<td>Fatima Sheikh</td>
<td>F</td>
<td>12:30- 1:45pm</td>
<td>$142</td>
<td>9/6-12/20</td>
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</table>

# 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.

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<tr>
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<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>Kim Moore</td>
<td>W</td>
<td>5:30- 6:30pm</td>
<td>$122</td>
<td>9/4-12/18</td>
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</table>

# 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.

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<th>Start Date</th>
<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>Rhonda Fitzpatrick</td>
<td>F</td>
<td>10:00-11:00am</td>
<td>$114</td>
<td>9/6-12/20</td>
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</table>

# 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.

<table>
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</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>Karen Wigren</td>
<td>Tu</td>
<td>9:30-10:30am</td>
<td>$122</td>
<td>9/3-12/17</td>
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</table>
**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  
541632-S1 W 1:00-2:00pm $122/147 9/4-12/18  
541632-S2 F 1:00-2:00pm $107/132 9/6-12/20

**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 Sat. class is for you.

Senior Center  
Instructor: Loren Chin  
541633-S1 Tu 6:00-7:00pm $122/147 9/3-12/17  
541633-S2 Tu 7:30-9:00pm $180/205 9/3-12/17  
Instrutor: Kathleen McCarty  
541633-S3 Sa 9:00-10:00am $107/132 9/7-12/21

**Meditation Basics**

Join our intro class of seated meditation. Learn correct posture and breath to gain better concentration and mindfulness in everyday life. Class includes guided meditation and time for discussion. Designed with beginners in mind, but all levels are welcome.

Beresford Recreation Center  
Instructor: Peggy Guaraldi  
541634-B1 Tu 7:00-8:15pm $118/143 10/15-11/19

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**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  
541712-H1 Tu 7:30-8:30pm $145/170 9/3-12/10

**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  
541713-H1 Th 5:45-6:45pm $118/143 9/12-12/12

**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. Join the Fun!

Beresford Recreation Center  
Instructor: Daphne Wong  
541714-B1 Tu 11:30am-12:30pm $145/170 9/3-12/10
adult dance

**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
541700-H1 M 6:30- 7:45pm $157/182 9/9-12/9

**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
541701-H1 W 7:30- 8:45pm $168/193 9/4-12/11

**world dance**

**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
541730-H1 Th 6:50- 7:50pm $55/66 9/12-10/10
541730-H2 Th 6:50- 7:50pm $64/78 10/17-11/21

**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
541731-H1 Th 7:50- 8:50pm $55/66 9/12-10/10
541731-H2 Th 7:50- 8:50pm $64/78 10/17-11/21

**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.

Martin Luther King Jr. Community Center
Instructor: Martin Cruz
541735-K1 W 7:00- 8:00pm $136/161 9/4-12/12

**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.

Martin Luther King Jr. Community Center
Instructor: Marco Ogo
541733-K1 Th 6:30- 7:30pm $127/152 9/5-12/12

**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
541734-S1 Th 7:30- 8:30pm $136/161 9/5-12/12

**jazz/hip hop**

**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
541720-B1 Th 12:15- 1:30pm $136/161 9/5-12/12

**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
541722-B1 Sa 10:00-11:00am $136/161 9/7-12/14

**www.sanmateorec.org** • City of San Mateo Parks and Recreation
**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  
541740-B1 W 7:30-8:30pm $117/142 9/4-12/11

**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  
541741-B1 W 8:30-9:15pm $91/111 9/4-12/11

**Line Dance – Combo**

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.

Senior Center  
Instructor: Allen Isidro  
541742-S1 M 2:00-3:00pm $82/100 9/23-12/16  
541743-S2 Th 10:00-11:00am $82/100 9/26-12/19

**American Line Dancing**

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  
541752-B1 Th 7:30-8:30pm $64/78 10/3-11/7

**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  
541754-B1 F 7:45-8:45pm $42/52 9/13-10/18

Intermediate  
541754-B2 F 8:45-9:45pm $42/52 9/13-10/18

**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 9/3-12/10
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

The Golden Tones Chorus
Love to sing? Our chorus is open to all who love to sing, enjoy performing and looking 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

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
541802-A1 Tu 9:00-10:30am FREE 9/3-12/17

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
541901-A1 W 7:00- 9:30pm $48/61 9/11-9/25
541901-A2 W 7:00- 9:30pm $48/61 10/9-10/23
541901-A3 W 7:00- 9:30pm $48/61 11/6-11/20
541901-A4 W 7:00- 9:30pm $48/61 12/4-12/18
Senior Center
541901-B1 Th 1:00- 3:30pm $48/61 9/12-9/26
541901-B2 Th 1:00- 3:30pm $48/61 10/10-10/24
541901-B3 Th 1:00- 3:30pm $48/61 11/7-11/21
541901-B4 Th 1:00- 3:30pm $48/61 12/5-12/19

Crochet
Have you always wanted to learn to crochet or learn more crochet techniques? This class will cover beginning levels to advanced. Learn to chain, single crochet, double crochet, read patterns, and much more. Students will need 2 balls of worsted weight (#4) variegated yarn and 5mm hook. All levels welcome.
Senior Center
Instructor: Jodi Pavey
541911-A1 F 9:00-10:30am $57/69 9/6-9/27

Adult Ukulele Jam
Join our Level 1 Ukulele class, a fun-loving, long-standing music community! Our encouraging instructor leads classic folk, pop & rock tunes. Song requests are welcome! You will leave knowing a tune after every session. No prior experience required. Bring a ukulele & we'll get you started.
Myriad Music School, 2250 Palm Ave, San Mateo
541811-A1 M 8:00- 8:45pm $365 9/9-12/16

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.

Japanese Calligraphy
Learn traditional, modern, and practical writing techniques, while enjoying a chance to learn the wonderful Japanese language. Beginners welcome. Supply list provided on the first day of class.
Beresford Recreation Center
Instructor: Akie Karahashi
541912-A1 M 7:00- 8:30pm $69/85 9/9-10/14

Card Making – Holiday Cards
Create a variety of greeting cards with assorted Holiday themed. Envelopes will be provided so they’re ready to send out. We will cover a variety of rubberstamping and paper crafting styles and techniques. Open to all levels. You’ll be proud to share your beautifully handmade projects as we approach this festive season!
Senior Center
Instructor: Maya Togashi
541913-A1 M 6:15- 8:45pm $25/31 9/23

Card Making – Holiday Cards II
Ever need a ‘thank you’ or quick note card and not have one handy? This class will have you ready and prepared with just the right card. Option on stamped greetings and sayings will be given, or you can leave you cards blank for whatever event comes up! Open to all levels.
Senior Center
Instructor: Maya Togashi
541914-A1 M 6:15- 8:45pm $25/31 11/18
**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 or those who want to refresh their skills.

Beresford Recreation Center  
Instructor: Marty Springer  
541919-A1 M  7:00-9:30pm $125/148 9/16-10/14

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**The following classes are taught at the Central Park Ceramics Studio. A $15 glaze/firing fee is included in registration. Clay can be purchased when registering for the class. Ceramics classes are taught by Shikha Hutchins, Patricia Fatone and Meral Agi.**

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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!

Beresford Recreation Center  
Instructor: Bill Dunn  
541930-A1 W  7:00-10:00pm $197/222 9/25-11/20  
541930-A2 F  7:00-10:00pm $165/190 9/27-11/22

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**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 levels and the Wednesday core class is intermediate/advanced.

Beresford Recreation Center  
Instructor: Bill Dunn  
541927-A1 Tu  6:00-9:00pm $197/222 9/24-11/19  
541927-A2 W  4:00-6:30pm $138/163 9/25-11/20  
541927-A3 Sa 10:00am-1:00pm $197/222 9/28-11/23

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**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.

Beresford Recreation Center  
Instructor: Bill Dunn  
541922-A1 Th 10:00am-1:00pm $197/222 9/26-11/21

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**Ceramics: Open Studio**

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 instruction will be given during this time.

Beresford Recreation Center  
Instructor: Richard Becker  
541933-A1 Th 1:30-3:30pm $168/190 9/26-11/21  
541933-A2 Sa 2:00-5:00pm $190/215 9/28-11/23

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**The Joy of Watercolor**

A comprehensive approach to the assorted techniques, methods, and principles that make watercolor such an exciting, dynamic, and enjoyable medium. Suitable for all levels - subject matter will include land and cityscapes, still-life, design and composition, and use of color. Live demonstrations are done almost every session. William Dunn's work can be seen at: williamdunnstudio.com  

Senior Center  
Instructor: Bill Dunn  
541910-A1 Tu  6:00-8:30pm $271/296 9/10-12/17

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**On the Spot Sketches in Watercolor**

Make every stop on your agenda or afternoon a meaningful and memorable experience. You’ll learn to capture the essence of a scene and bring life and excitement to even the most mundane subject in a quick and dynamic watercolor sketch. Tips and methods for quick, but accurate washes will be the core of the class. The first class meets at the San Mateo Senior Center where we will discuss supplies and course details.

Senior Center  
Instructor: Bill Dunn  
541912-B2 Tu 1:00-4:00pm $329/354 9/10-12/17

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**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  
541916-A1 M  7:00-9:30pm $182/207 9/16-11/25

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**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  
541915-A1 W  2:00-4:30pm $182/207 9/18-11/20

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**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  
541917-A1 W  7:00-9:30pm $182/207 9/18-11/20

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“*The purpose of art is washing the dust of daily life off our souls.*”  
– Pablo Picasso
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.

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<td>542700-A2</td>
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<td>542700-A3</td>
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**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 technology trends, security & privacy and common computer and mobile device issues.

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<td>TBD</td>
<td>M</td>
<td>10:00-12:00pm</td>
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**Social Networking Basics**
Social media seems to be consuming more and more of our online lives. This class will explore the good, bad and ugly world of the most popular social media apps. Learn what they are, how to use them, and how to get the most from each service.

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**Computer Fundamentals**
Looking to improve your computing skills? Want to get past the frustration in using your computer and become a confident computer user. We cover all the basics, such as the desktop, file management, system settings, personalization, common applications, security and privacy, and ongoing maintenance.

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**Mastering your iPhone/iPad**
Looking to get more out of your iPhone or iPad? It’s time to tame your device and discovering cool tips and tricks on your mobile device. We’ll cover how to manage your device, stay connected, browse the web, take photos, and much more.

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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 particular issue. Also, in a group setting we can learn from each other’s tech problems and solutions.

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<td>542708-A1</td>
<td>M</td>
<td>3:00-4:45pm</td>
<td>FREE</td>
<td>9/9-11/25</td>
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**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.

**Phone Captioning for Hearing Loss**
FREE caption phone for individuals with hearing loss. Learn how you won’t miss a word by using a caption phone for your phone conversations, so users can see and hear what callers are saying and it boosts the cognitive ability of the brain. Home phone and internet is needed for installation.

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<td>542606-A3</td>
<td>W</td>
<td>11:30am-12:30pm</td>
<td>FREE</td>
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All of these classes require pre-registration.
MidPeninsula Village – Redefining Aging

MidPeninsula 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, MidPeninsula Village
542612-A1 Tu 10:00-11:00am FREE 9/3

American Bone Health: Stepping Out Strong
Join American Bone Health for a free presentation on exercise and tips for fall prevention along with several exercise focused on strength and balance. Learn about fall prevention, balance, proper alignment, bone health and safe exercise.

Senior Center
Instructor: American Bone Health Representative
542518-A1 Sa 10:00-11:00am FREE 9/14

Life Care Planning
Life care planning is advanced planning for one’s health care decision so your own wish can be honored for important medical decision. This is important for all ages.

Senior Center
Instructor: Dr. Sharon Ou, M.D., Kaiser Permanente
542500-A1 W 2:00- 3:00pm FREE 9/18

Probiotics
What is the Hype about probiotics? When is the good time to take probiotics? Is it necessary for everyone? Join Dr. Sharon Ou, as she discusses how probiotics are good because they help keep your gut healthy.

Senior Center
Instructor: Dr. Sharon Ou, M.D., Kaiser Permanente
542501-A1 W 2:00- 3:00pm FREE 11/20

Planning for Long Term Care
Begin the conversation and start a plan, you will learn about Long Term Care Insurance? Do you need LTC? Where will you receive care? Costs of nursing homes. How to pay for medical care in Retirement? How Long-Term Care Insurance works? I look forward to seeing you at the workshop.

Senior Center
Instructor: Kendra Bronstein
542614-A1 Th 6:00- 7:00pm $13/16 10/10

“Your life doesn’t get better by chance, it gets better by change.” – Anonymous

Nutrition
Instructor Stephanie Kriebel holds a master’s degree in health Promotion and is a nationally Certified Health Education Specialist (CHES). She serves the San Francisco Bay Area as a Health Educator and Integrative Nutrition Health Coach using a hands-on, integrative approach to help people of all ages transform their lives through health education. Course price includes $10 material fee.

12-Steps to Healthier Living
This class focuses on the Integrative Nutrition 12-step to healthy living using a wellness wheel to help you get a visual representation of your overall health and make your plan for healthier living.

Senior Center
Instructor: Michele Bruemer, Edgewood Representative
542502-A1 W 9:30am-12:00pm FREE 9/4-10/9

Bone Health for Healthier Aging
Healthy bones are critical for healthy aging. Discover foods and exercises you can use to gain optimal bone health.

Senior Center
Instructor: Michele Bruemer, Edgewood Representative
542519-A1 Th 10:00-11:30am $60/72 10/17

Meal Planning for Optimal Health
Learn how to read and understand labels to help you choose your food wisely and plan meals to support and sustain your optimal health.

Senior Center
Instructor: Michele Bruemer, Edgewood Representative
542520-A1 Tu 10:00-11:30am $60/72 11/19

Healthier Living
This Stanford developed, evidence-based program will help you learn healthier living techniques such as: goal setting, problem solving, physical activity, better breathing and relaxation. You will learn to manage your chronic condition(s) leading to a higher quality of living.

Senior Center
Instructor: Michele Bruemer, Edgewood Representative
542502-A1 W 9:30am-12:00pm FREE 9/4-10/9

All of these classes require pre-registration.
Understanding your Medicare Options
This educational course is for students who will be enrolling into Medicare or those who want to understand their current Medicare Supplement plan options. Navigate the Medicare maze, learn the Supplement plan types and costs, and determine the best coverage for you.
Senior Center
Instructor: Daniela Farina
542504-A1 Sa 11:00am-12:30pm FREE 9/14
542504-A2 Sa 11:00am-12:30pm FREE 10/19
542504-A3 Sa 11:00am-12:30pm FREE 11/9

Coping with Dementia: Caregivers
Caring for an older adult is a demanding, consistently tough job. In this class we will share proven strategies & practical tips to build up your skill & confidence to do this challenging job.
Senior Center
Instructor: Catholic Charities Representative
542509-A1 Sa 10:00am-12:00pm FREE 9/7
542509-A2 Sa 10:00am-12:00pm FREE 11/2

Reduce the Impact of Falls
Do you know the UNSEEN causes for a FALL? Sutter Health is here to help by giving you a way of requesting assistance if needed when you feel symptoms that may lead to a fall. Approximately 1/3 of seniors who live at home fall at least once a year!
Senior Center
Instructor: Rudy Frandsen, MPMC Lifeline Health Representative
542515-A1 Th 9:00-10:00am FREE 9/19
542515-A2 Th 9:00-10:00am FREE 10/17
542515-A3 Th 9:00-10:00am FREE 11/14
542515-A4 Th 9:00-10:00am FREE 12/19

Book Discussion
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. No pre-registration required. New faces are always welcome!
Senior Center
Instructor: Esther Pinkus
542215-A1 2nd Tuesday of the month 10:00-11:30am FREE

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
542217-A1 W 11:00am-12:30pm FREE ongoing

personal enrichment
Conquering the Great West
Burying many myths, preserving less known realities. Enduring tales worth repeating; some rarely told. A never-ending saga of true grit, tenacity, pluck and steadfast determination displayed in the conquest of the North American continent.
Senior Center
Instructor: Michael Svanevik
542600-A1 Tu 1:30- 3:30pm $60 9/3-10/22

The Peninsula and into the Valley
Beyond the frontier, the 1870s and after. Gold was so yesterday. Grand elegance amid big time scoundrels. Financial and political giants, colorful personalities all. Establishing cultural and social institutions. Viticulture and agriculture too!
Senior Center
Instructor: Michael Svanevik
542601-A1 Tu 1:30-3:30pm $60 11/12 - 1/14

Haiku with a Twist
“Poetry” is not a word to fear, it can teach, inspire, and entertain. I almost accidentally discovered a way of expressing some of my deepest, most compelling thoughts using the model of the HAiku and “tweaking” the format. It will be liberating as it is limiting.
Senior Center
Instructor: Tony Compagno
542615-A1 W 2:00- 3:30pm $55/73 9/11-10/16

AARP Diver Safety Course 8-hrs
Interactive 8hr Course for drivers 50+. Get a refresher on the current rules of the road, defensive driving techniques and how to operate your own vehicle safely. Tips on how to manage common age-related changes safely. Instructor will collect the fee: $15 AARP Member & $20 Non-AARP Member.
Senior Center
Instructor: Peter Jensen, AARP Representative
542604-A1 M & Tu 12:30- 4:30pm $15/20 10/14-10/15

AARP Driver Safety – Renewal Course
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: Warren Wong, AARP Representative
542616-A1 Th 12:30- 5:00pm $15/20 11/14

Rebuilding Together – Repairing
Are you a homeowner? Rebuilding Together is here to provide you with information on “free home repairs”. Come learn the process, qualifications and the services that we provide. Let us help you!
Senior Center
Instructor: Victoria Robledo, Rebuilding Together Peninsula Representative
542617-A1 F 1:00- 1:45pm FREE 9/20

All of these classes require pre-registration.
Keeping Safe from Financial Fraud
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 Aging & Adult Services & Nicole von Glahn, SMPD
542300-A1 W 10:00-11:00am FREE 10/2

New!
The Art of Short Fiction
Writing fiction is a wonderful thing! We can bring all our life experiences to storytelling which our imaginations can complement to CREATE a tale. It’s time for some fun, self-enrichment and discovery. Share your story with author and writer Tony Compagno.
Senior Center
Instructor: Tony Compagno
542618-A1 Th 10:00-11:30am $55/73 10/24-11/21

New!
Travel Stories: You Can See the World
Learn from a storyteller on traveling alone and meeting unexpected surprises. Know rules of etiquette, and some language: humorous mistakes to be divulged. Explore creative options before and while on the fly for traveling on a skimpy budget.
Senior Center
Instructor: Laureen Diephof
All Travel Stories Classes
542613-A1 Th 3:00-4:30pm $48/59 9/19-10/10
Go Places Now!
542613-B1 Th 3:00-4:30pm $18/22 9/19
Making Mistakes Makes Memories
542613-B2 Th 3:00-4:30pm $18/22 9/26
Know the Rules of Etiquette
542613-B3 Th 3:00-4:30pm $18/22 10/3
Travel Creatively on a Skimpy Budget
542613-B4 Th 3:00-4:30pm $18/22 10/10

Laureen Diephof was born and raised in Denver, Colorado. She attended Colorado University, and graduated with a BA in Sociology from the University of the Pacific, in Stockton, California, and attended graduate school in Education at National University in San Diego. Her major accomplishment in life, aside from her family, is earning a pilot’s license in the Colorado Rockies.

She has lived in The Netherlands and in Costa Rica and traveled to other countries from both of those locations. She feels blessed by having many adventures while traveling the world, and her worldwide, one-year memoir Walking Over the Earth will be published in September.

Walking Over the Earth takes readers on a yearlong funny and sometimes maddening travel experience with Laureen, as she journeys, solo, at age 74, from the Arctic Circle to the Sahara Desert, and many places in between and after. Laureen is 81 now...there still is, a big part of her who wants to see the bigger picture out there in the world. The people, the culture, the food and everything that makes us all a bit alike, and a bit different, as well.

All of these classes require pre-registration.

Cardiopulmonary Resuscitation (CPR)
San Mateo Consolidated Fire Department’s Community Risk Reduction Division (SMCFD CRRD) offers a Cardiopulmonary Resuscitation (CPR) class every other month. The class follows the CPR curriculum of the American Heart Association and includes Adult & Child (not infants) CPR. You will also receive instruction in the use of an Automated External Defibrillator.
After successfully completing the class, students will receive an AHA First Aid certification valid for two years. All classes include video presentations, lecture, and hands-on practice.
Our CPR class is offered to residents (12 years of age and older) of Belmont, Foster City and San Mateo, or individuals who work in these cities.
Cost: $50 per person (pre-registration required)
Tuesday, October 1st • 6-8:30pm
To register: email prepare@smcfire.org or call (650) 522-7963 weekdays between 9:30 am and 4:30 pm

First Aid
San Mateo Consolidated Fire Department’s Community Risk Reduction Division (SMCFD CRRD) offers a First Aid class every other month. The class follows the First Aid curriculum of the American Heart Association. After successfully completing the class, students will receive an AHA First Aid certification valid for two years. All classes include video presentations, lecture, and hands-on practice.
Open to our residents (12 years of age and older) from: Belmont, Foster City and San Mateo, or individuals who work in these cities.
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All of these classes require pre-registration.
games

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 542220-A1 M 1:15-3:00pm FREE 9/9-12/16

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 542222-A1 1st & 3rd Fridays 1:15-3:00pm FREE 10/4-12/6

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. Registration is required
Senior Center 542230-A1 Th 10:00am-12:00pm FREE 9/5-12/19

special events

Thanksgiving Luncheon
Thanksgiving is a wonderful holiday worthy of celebrating! Join with your friends as you feast on your favorite holiday food and give thanks for all that we have and are thankful for. Wear your best for this celebration of thanks. No refunds on this special program.
Senior Center 542080-A1 M 11:30am-1:00pm $18 11/25

Holiday Luncheon
Let’s celebrate and be Merry! Join us for our Holiday tradition at the San Mateo Senior Center, with good food, good company and door prizes. Bring a friend along and have some fun. No refunds on this special program.
Senior Center 542081-A1 F 11:30am-1:00pm $18 12/20

free events

Holiday Band Concert
Need a break from the season’s hustle and bustle? Relax and enjoy listening to a festive concert of heartwarming and familiar favorite holiday tunes performed by the Senior Center Band.
Senior Center 2645 Alameda de las Pulgas, San Mateo, CA 94403
Friday, December 20, 2019 10:15-11:15am FREE

Holiday Sing-along with The Golden Tones
Tis the season of Peace, Joy and Love; Let’s celebrate and be merry! Join us as we jingle and mingle the whole morning long at our 1st annual Holiday Sing-along. Our very own Chorus, The Golden Tones, lead us through some classic holiday songs that will help you get into the spirit of the season.
Senior Center 2645 Alameda de las Pulgas, San Mateo, CA 94403
Friday, December 13, 2019 10:30-11:30am FREE

All of these classes require pre-registration.
Health & Wellness Fair
Saturday, October 5
10 AM – 1 PM
SAN MATEO SENIOR CENTER
2645 Alameda de las Pulgas

Event will feature:
- Variety of Health and Wellness Vendors
- Community Resources
- Health Screenings
- Dance & Fitness Demonstrations
- Raffle Prizes
- Boxed lunch (Limited Availability)

* Vendors and Screenings subject to change

Major funding provided by:

Call 650.522.7490 for more information.

San Mateo Adult School
The following classes are sponsored by the San Mateo Adult School. For information & to register, contact: San Mateo Adult School at (650) 558-2103. All classes are held at San Mateo Senior Center. Fees listed include a $5 Facility/Administrative Fee.

Afternoon At The Opera
Instructor: Shari Deghi
Mon. 2:30-4:30pm 10/14 - 12/09 (no class 11/11, 11/18) $100

Watercolor – Intermediate
Try your hand at a landscape, seascape, still life or other themes of interest to you under the guidance of illustrator Matt Crane. Class open to all intermediate painters. For materials list, email Jeri McGovern @ jmcgovern@smace.org.
Instructor: Matt Crane
Thursday  9:30 - 12:00pm 9/05 - 11/21 $105

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
Friday  1:00-3:00pm 9/06 - 11/22 $10

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Saturday, October 5
10 AM – 1 PM
SAN MATEO SENIOR CENTER
2645 Alameda de las Pulgas

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Friday  1:00-3:00pm 9/06 - 11/22 $10

San Mateo Adult School
The following classes are sponsored by the San Mateo Adult School. For information & to register, contact: San Mateo Adult School at (650) 558-2103. All classes are held at San Mateo Senior Center. Fees listed include a $5 Facility/Administrative Fee.

Afternoon At The Opera
Instructor: Shari Deghi
Mon. 2:30-4:30pm 10/14 - 12/09 (no class 11/11, 11/18) $100

Watercolor – Intermediate
Try your hand at a landscape, seascape, still life or other themes of interest to you under the guidance of illustrator Matt Crane. Class open to all intermediate painters. For materials list, email Jeri McGovern @ jmcgovern@smace.org.
Instructor: Matt Crane
Thursday  9:30 - 12:00pm 9/05 - 11/21 $105

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
Friday  1:00-3:00pm 9/06 - 11/22 $10
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.

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?

1st Thursday The Classics
2nd & 4 Thursday New Movies
3rd Thursday Mixing it up (Foreign, Documentaries & Independent films)
5th Thursday Animated and Fantasy

Game Time

BINGO
Wednesday, 2-4 p.m.
2nd & 4th Friday, 2-4 p.m.
Doors open at 1:45 p.m.

BILLIARDS
Times vary, call for availability

MAHJONG
(Chinese)
Mondays, 1:15-3:00 p.m.
Registration Required

MAHJONG
(British)
1st & 3rd Friday 1:15-3:00 p.m.
Registration Required

MEXICAN
TRAIN DOMINOES
Thursday’s, 10:00am-12:00 p.m.
Registration Required

Relax & Enjoy

MOVIE DAZE
Thursday, 1-3:15 p.m.

BAND
Friday, 9-10:15 a.m.

CHORUS
Friday, 10:30-11:30 a.m.

Stay Connected

BOOK DISCUSSION
2nd Tuesday, 10-11:30am
(Call for book list)

TECHNOLOGY CLASSES
See pg 40 for list of classes
Get Around Senior Rides Program

Are you a City of San Mateo resident 60+ years old looking for an alternative to driving? Do you still drive but occasionally would like to leave the driving to someone else?

The City of San Mateo’s Get Around Senior Rides Program was created for you! Registration for the program is required and can be done online, in person, or by mail. Schedule rides on-demand 24 hours a day/7 days a week, without advanced reservations. Upon registration, participants receive a pre-loaded membership card with 8 one-way trips or 4 round trips for only $5.00 per one-way ride ($2 per one-way ride if Recreation Fee Assistance scholarship is approved).**

Destinations must be between the cities of San Mateo, Belmont, Burlingame, Foster City, Hillsborough, Redwood City, San Carlos, the Veteran’s Hospitals in Menlo Park and Palo Alto and Stanford Affiliated Medical Offices. Please note that all rides must begin or end in the City of San Mateo.

If you are interested in participating in this program, register online at www.sanmateorec.org or call (650) 522-7490 and we can mail you a registration form.

After registration, you will receive additional information and a membership card for your rides within 5-7 business days.

**The Get Around Senior Transportation Program is now eligible for the Recreation Fee Assistance Program. The Recreation Fee Assistance Program is designed to allow access to all City of San Mateo residents. For residents with financial hardships, assistance is available to offset the cost of the Get Around Program rides.

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 Dominoes 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.
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 Garden Center
Planning a Wedding, Reception, Party, Memorial, or Meeting? This is the place to rent! Yelp reviews call the San Mateo Garden Center “A Hidden Gem!”

605 Parkside Way,
San Mateo, CA 94403
(650) 574-1506 or email sanmateogrdncntr@att.net

Get Up & Go Transportation Service
This FREE service is provided through the Peninsula Jewish Community Center for older adults no longer driving. It is available on Mondays, Tuesdays, Thursdays and Fridays, for medical appointments, and shopping, in San Mateo County, Stanford Hospital and the V.A. This service has no religious affiliation or PJCC membership required. To register and for more information please call (650) 378-2750. www.pjcc.org/learn/elder/getupandgo.html

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.

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

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
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

EXPLORE THE MAIN LIBRARY’S CHILDREN’S AREA RENOVATION

We have created a reorganized space to make your experience even more enjoyable and exciting!

CELEBRATE AFRICAN AMERICAN HISTORY AND CULTURE

On Saturday, October 12 at 2:00 pm at the Main Library, the African American Library Advisory Committee presents the Fall Music Recital with local advanced-level and professional pianists performing classical music, jazz, and more. Free

CELEBRATE LATINO HERITAGE MONTH, September 15 – October 15

We will be having special programming for children and adults. LOS POSADAS Join us on Wednesday, December 18 in the evening for this Latin American holiday celebration. This Free program is sponsored by the Latino Cultural Advisory Committee.

TWEEN AFTERNOONS

at Main Library for tweens in 5th to 8th grade.

Thursdays, September 12, October 10, November 14, December 12, from 3:30 – 4:30 pm

TWEEN NIGHT

at Main Library, Friday, November 1 from 5:00 to 7:30 pm for tweens in 5th to 8th grade.

san mateo public library

san mateo arboretum society

Sunday Garden Seminars, Workshops & More

ALL ABOUT HERBS & EDIBLE FLOWERS. FREE!
Sunday, September 8, 1 - 2:30 pm.
Kathy Fleming, Master Gardener, will teach us the basics of growing, harvesting, propagating and using culinary herbs and edible flowers. Integrate your herbs and edible flowers in your native landscapes, vegetable gardens and containers.

SUCCULENT TOPPED PUMPKIN WORKSHOP
with Zana Lugo of Peace Love Plant
Sunday, October 6, 1 - 3 pm
FEE: SMAS members: $25/pumpkin; nonmembers: $35/pumpkin.
Reservations required: sanmateoarboretum.org/classes – events or call 650-579-0536 x3.
You bring a 6-8 inch wide uncarved pumpkin of your choice & we will supply instruction, a variety of succulents and everything else you will need to create a beautiful fall decoration. https://peaceloveplant.com

PRUNING JAPANESE MAPLES
with Jack McKinnon. FREE!
Sunday, November 3, 1 - 2:30pm
Using his practical sense of gardening gained from years of hands-on toiling in the dirt, Jack will demonstrate a detailed and proper way to care for and prune maple trees. In addition, he will discuss when to plant and fertilize maple trees. http://jackthegardencoach.com

WREATH MAKING WORKSHOP
Sunday, December 8, 9:15 am & 11 am (1 hour each).
Fee: SMAS members: $30/wreath; nonmembers: $40/wreath.
Reservations required: sanmateoarboretum.org/classes – events or call 650-579-0536 x3
We supply fresh greens, frame and ribbon. You bring imagination, pruning shears & gloves to create a one-of-a-kind beautiful wreath. This is a family activity appropriate for all ages.

MASTER GARDENER PLANT CLINICS. FREE
Sunday, September 8, October 6, November 3.
Come anytime between 11am - 2pm for this walk-in plant clinic. The Master Gardeners will be available to answer your questions from general information to advice about specific problems. http://ucanr.org/sites/MGsSMSF/

NURSERY/GREENHOUSE PLANT SALES
Open Tuesday, Thursday & Sunday 10am - 2pm.
Effective Dec thru Feb, the Tuesday, Thursday & Sunday greenhouse hours will be 10am - noon. We are staffed by volunteers & may occasionally be closed, so call 579-0536 before coming.

KOHL PUMPHOUSE RENTAL:
Information: www.SanMateoArboretum.org; pumphouse_rentals@sanmateoarboretum.org; or (650) 579-0536 x0

QUESTIONS?
Visit www.SanMateoArboretum.org or call 579.0536

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

Senior Center
650.522.7490 (M-F 8:00 a.m.-5:00 p.m.)
Personal bilingüe Español/Ingles:
Giovana Orozco

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 aquellos 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 ésta 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 Policíaca) 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 patrocinan un programa escolar supervisado para después de la escuela.

Adultos

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 reúne 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 familiares. 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 53
**Cómo Leer La Lista**

**Nombre de la Actividad**

**Descripción de la Actividad**

**Karate para principiantes y adelantados** Edad 8-16

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.

Senior Center

CL834-35456 Th  7:00-9:00pm $180/215 4/12-5/31

**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.


**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 53 de ésta Guía. Usted necesita completar esta forma y devolver junto con su pago.

**Sin previa cita:**

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

**Enviela:**

San Mateo Parks and Recreation

330 W. 20th Avenue
San Mateo, CA

94403-1388

**Registro en internet:**

www.sanmateorec.org

**Facsimil:**

522-7411
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>
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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 for damages. It is further understood and agreed that this waiver, release and assumption or 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.

### Refund Policy: Effective Fall 2019 Session
As we strive to improve the quality and sustainability of your public recreation programs, the San Mateo Parks and Recreation Department has made a few adjustments to our recreation refund policy. Beginning Fall Session 2019, all customers will be eligible for prorated refunds up to and including the 3rd class gathering of any course. Following the 3rd meeting of a course no refunds will be given. Our goal is that this small change will add value and stability to our programs, increase overall customer satisfaction, and enhance the consistency of each participants experience.

### 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.

## key dates

<table>
<thead>
<tr>
<th>Internet-Mail/Walk in begins</th>
<th>8/1/19</th>
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<tbody>
<tr>
<td>Session Begins</td>
<td>9/3/19</td>
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<tr>
<td>Session Ends</td>
<td>12/28/19</td>
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<td>CENTERS CLOSED</td>
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<td>Monday, September 2, 2019</td>
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<td>Monday, November 11, 2019</td>
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<td>Thursday &amp; Friday, November 28 &amp; 29, 2019</td>
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<td>Wednesday, December 25, 2019</td>
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## Registration Begins Thursday, August 1st

### INTERNET REGISTRATION
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
Mail registration form to: San Mateo Parks & Recreation Department, 330 W. 20th Ave, San Mateo, CA 94403

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

### WALK-IN REGISTRATION
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. Our Satisfaction Guarantee Policy remains in place. In the rare occasion that a customer becomes dissatisfied with the level of service and/or experience they have received after the 3rd meeting of a class they may apply for a satisfaction guarantee refund which the department will evaluate on a case by case basis. 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.

## How to Read Class Listings

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Resident Fee</th>
<th>Date</th>
<th>Non-resident Fee</th>
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<tr>
<td>CL834-35456</td>
<td>Th</td>
<td>7:00-9:00pm</td>
<td>$180/215</td>
<td>4/12-5/31</td>
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</table>
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)
Heather Wolnick, Chair • Amourence Lee, Vice Chair • Eric Holm • Chris Massey • 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
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

City of San Mateo Recreation Facilities

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
(650) 522-7440
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 Sakkos, Arts/Athletics Supervisor

JOINVILLE SWIM CENTER
2111 Keohoe Avenue, 94403
(650) 522-7460
Carolyn Shavel, Aquatics Supervisor
Open June 2020

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 a.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 2020

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 ACTIVITIES 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

PRESCCHOOL 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
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 Peralta, 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
Explore Our Parks!
Visit our interactive park website for park details, reservation information, and more! You will find all kinds of information about our parks, including exact addresses and what each offers for recreation experiences.

www.cityofsanmateo.org/exploreourparks

The Parks and Recreation Department is accepting picnic permit reservations for dates in 2019. You can make reservations by visitinganmateorec.org or by visiting the Park Yard Office located at 2001 Pacific Blvd., San Mateo. You may also submit a picnic reservation application online by visiting the Parks & Recreation page.

www.cityofsanmateo.org/picnics

Dog Parks & Off-Leash Areas

John Lee Dog Park at Bayside - Joinville Park*
Every day! 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

Seal Point Park - Dog Park
Every day! 6:00 a.m. to Sunset

Los Prados Park*
Every day! 6:00 a.m. to 10:00 p.m.

* 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.

Check out this hidden gem! Nestled along the San Mateo Shoreline, Dore Park has 2 playgrounds, a baseball field, 2 shaded picnic areas, and a half-court basketball area where you can practice your jump shot like Steph Curry! For more information on Dore Park, or any of our parks and picnic areas please call 650.522.7430.

Thank you to our 2019 Central Park Music Series sponsors!

Maestro Sponsor

Major Note Sponsors

Please email parksandrecreation@cityofsanmateo.org for sponsorship opportunities. Be a community partner today!
Holiday Ice Skating in the Park

Central Park – Fitzgerald Field

Saturday, November 9 – Sunday, January 12

• Rink also available for birthday parties, private parties, and corporate events
• Beginner lessons with certified instructors
• Snacks and drinks available including hot chocolate

www.sanmateoonice.com

Winter Wonderland

Snow, Horse & Carriage, Music, Lights, & More!

December 6 & 7
5-8 pm
in Central Park

@smparksandrec | www.cityofsanmateo.org

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