Spring 2020
PROGRAMS, CLASSES, EVENTS
MARCH – JUNE

@smparksandrec | www.cityofsanmateo.org
This annual event is free to the public and is the culmination of our Spring Youth Dance session. Pack a blanket, find a spot on the grass and bring along your family and friends to enjoy the show.

Co-sponsored by the San Mateo Dance Association

Join San Mateo County: Everyone Counts + Bay Area Counts 2020 texting campaign. by pledging to complete the 2020 Census survey. Text the start word COUNT to 650-200-2743 or visit cmo.smcgov.org for more information!

We’re looking for some amazing summer staff! Join the fun and make your summer 2020 one to remember! Apply online at www.cityofsanmateo.org or email parksandrecreation@cityofsanmateo.org!

Youth Arts & Crafts - Page 28

Adult Ceramics - Page 44
Message from Sheila…
Director of the Parks and Recreation Department

This season, participate in any of the hundreds of recreational opportunities that are offered in our beautiful city! Whether it’s taking a leisurely walk through your neighborhood park, hiking on the trails of Sugarloaf, or signing up for one of our fitness courses, we’ve got something for you. Our department strives to create a menu of activities that are suitable and accessible for all ages and abilities.

We are also proud to announce the re-opening of Dr. Martin Luther King Jr. Park! In addition to the field being converted to state of the art synthetic turf, the field now has new lights, fencing, and landscaping. This highly anticipated and important project will ultimately allow for improved and additional use by community members.

I would like to call out two very important registration dates:

• February 12th, 2020 at 9am - Spring Season
• March 4th, 2020 at 9am - Summer Camp & Aquatics

Don’t miss out on the fun! Enjoy your spring season!

Cheers, Sheila Canzian

Don’t miss a thing! Follow us on Facebook and Instagram @smparksandrec or visit www.cityofsanmateo.org for the latest and the greatest programs and events going on within San Mateo!

Spring 2020 Activity Guide • (650) 522-7400

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Centers Closed – No Programs
Monday, May 25, 2020

Please see page 56 for Key Dates.
Come REC N' ROLL with us this Spring 2020!
All events are FREE and fun for the whole family!

**Friday, March 13th**
1 PM – 3 PM
Beresford Park (2720 Alameda De Las Pulgas)

**Saturday, March 21st**
10 AM – 2 PM
Central Park (50 E 5th Ave.)

**Monday, April 6th**
11 AM – 1 PM
Joinville Park (2111 Kehoe Ave.)

**Wednesday, April 8th**
10 AM – 12 PM
Paddock Park (2900 Baze Rd.)

**Friday, April 10th**
1 PM – 3:00 PM
Central Park (50 E 5th Ave.)

**Tuesday, April 14th**
10 AM – 12 PM
Ryder Park (1625 J Hart Clinton Dr.)

**Thursday, April 16th**
12 PM – 2 PM
Laurelwood Park (3471 Glendora Dr.)

**Saturday, April 18th**
10 AM – 2 PM
Beresford Park (2720 Alameda De Las Pulgas)

**Saturday, May 9th**
10 AM – 2 PM
Los Prados Park (1837 Bahia St.)
Congratulations and Welcome!

Suzette Silberman

"Hello! I am the new Senior Accounting Assistant. I previously supporting the Arts and Athletics classes at Beresford Center and before that was the Program Assistant for our Preschool Programs. In my new role, I will be supporting all of the different areas of Parks and Recreation with a diverse set of accounting needs. I am excited be able to work with all the wonderful people of the San Mateo Parks and Recreation Department and I love all the beautiful and diverse parks that San Mateo is home to. When I'm not at work, I raise puppies for a service dog organization and enjoy spending as much time outdoors as I can."

Joan Galdamez

"I am the Program Assistant for the City of San Mateo’s Building Blocks Preschool program—I have the privilege of assisting families as they begin their child(ren)’s journey into school through our preschool programs. My son attended the Building Blocks Preschool Program roughly 8 years ago and from that experience, I have a great appreciation for this program and am pleased to now become a part of the Building Blocks team! I appreciate all that the City of San Mateo provides. My family has personally enjoyed and benefitted from the use of the great parks, fun activities like Music in the Park, as well many classes and programs that the City of San Mateo offers. Outside of work, I enjoy spending time with my son as well as my friends and family. I love going to the beach, hiking, swimming, watching movies and reading a good book."

Giovana Orozco

"I am an aspiring world traveler with the goal to see as much of earth as possible. At the same time, one of my favorite things to do is spend time with my little nephews and niece, teaching them new things and playing outdoors. I worked as the Senior Program Assistant for the Senior Center for a little over 2 years and LOVED it. I worked closely with the community and was able to learn a lot about the city I was not familiar with before working in San Mateo. Now as the Admin Tech, I focus on helping create solutions for my colleagues with our many systems and programs that allow them to concentrate on providing the best service for our patrons. I am excited to be learning more about my organization and to start making changes that will help my team become the best."

Erlita Hurley

"I grew up in San Francisco and moved to Pacifica in 2006 with my husband and children. Before working with Parks and Rec, I was a customer service agent for a medical device company in San Carlos. I was with them for 11 years and worked with a great team. But companies change, and I decided I needed a change myself, so I came to work with Parks and Recreation because I believe it’s very important that people of all ages need to get out of the house and be active. There is so much out there to do, whether it’s trying a sport, exercising doing Zumba, learning how to paint or create pottery, or how to use new technology. It’s good for your body and your mind. It keeps you strong and young at heart. Recreation is fun times! It’s meeting new people, seeing or doing things you’ve never done before and just doing something you enjoy and that gets your heart pumping."
We 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.

**Parent and Child: age 8 mos.-3 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 mos. - 2 years**

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lakeshore Center</td>
<td>A1</td>
<td>F 9:00-10:00am</td>
<td>$63/79</td>
<td>3/20-5/29</td>
</tr>
<tr>
<td>Shoreview Center</td>
<td>A2</td>
<td>F 9:00-10:00am</td>
<td>$63/79</td>
<td>3/20-5/29</td>
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<tr>
<td>Beresford Center</td>
<td>A3</td>
<td>Sa 9:00-10:00am</td>
<td>$63/79</td>
<td>3/21-5/30</td>
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**Toddler Playtime: age 2-3 yrs.**

<table>
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<tr>
<td>Lakeshore Center</td>
<td>A1</td>
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<td>$63/79</td>
<td>3/20-5/29</td>
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<tr>
<td>Shoreview Center</td>
<td>A2</td>
<td>F 10:30-11:30am</td>
<td>$63/79</td>
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<tr>
<td>Beresford Center</td>
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<td>Sa 10:30-11:30am</td>
<td>$63/79</td>
<td>3/21-5/30</td>
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**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.

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<thead>
<tr>
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<th>Price</th>
<th>Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoreview Center</td>
<td>B1</td>
<td>M Tu 8:45-10:45am</td>
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<td>3/9-6/2</td>
</tr>
<tr>
<td>Shoreview Center</td>
<td>B2</td>
<td>M Tu 11:15am-1:15pm</td>
<td>$490/515</td>
<td>3/9-6/2</td>
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<tr>
<td>Shoreview Center</td>
<td>B3</td>
<td>W Th 8:45-10:45am</td>
<td>$513/538</td>
<td>3/11-6/4</td>
</tr>
<tr>
<td>Shoreview Center</td>
<td>B4</td>
<td>W Th 11:15am-1:15pm</td>
<td>$513/538</td>
<td>3/11-6/4</td>
</tr>
</tbody>
</table>

**Tiny Tots: age 3-4 yrs.**

Children will grow and explore essential social, cognitive, and physical skills in a dynamic, stimulating and creative environment. Heighten your preschooler’s awareness of the alphabet, colors, phonics, and number concepts. Your child will graduate from this foundational program well adjusted and ready for Pre-Kindergarten. Children must meet the age minimum and be toilet trained prior to their first day of class. Children must enroll in Pre-Kindergarten if they are eligible for enrollment (age 4 on or before September 1). A $50.00 registration processing fee is due at the time of registration.

<table>
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<tr>
<td>Lakeshore Center</td>
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<td>8/20-6/4</td>
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<td>Shoreview Center</td>
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<td>M W F 9:15-11:45am</td>
<td>$260/285</td>
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</tr>
<tr>
<td>Beresford Center</td>
<td>C4</td>
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<tr>
<td>Shoreview Center</td>
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</tr>
<tr>
<td>Shoreview Center</td>
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<td>Tu Th 9:00-11:30am</td>
<td>$180/205</td>
<td>8/20-6/4</td>
</tr>
</tbody>
</table>

**Pre-Kindergarten: age 4-5 yrs**

This is the final block to jumpstart your preschooler’s transition to kindergarten. Your child will have the advantage in kindergarten through increased social, academic, and skill development. Our daily curriculum explores phonics, mathematics, science and nature, large and small motor development, valuable self-esteem building while meeting recommended academic and age appropriate benchmarks. Children must be age 4 on or before September 1. Payments may be made in 10 monthly installments. A $50.00 registration processing fee is due at the time of registration.

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<tr>
<td>Shoreview Center</td>
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<td>Lakeshore Center</td>
<td>D3</td>
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</tr>
<tr>
<td>Lakeshore Center</td>
<td>D4</td>
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<td>$428/453</td>
<td>8/19-6/4</td>
</tr>
</tbody>
</table>

**Parent & Child Events: age 1-5 yrs.**

Join us for an evening of great books and art focused on the spring season. Our teacher-led activities are great for the whole family. Recommended for children 6 and under. One adult per child.

**Lakeshore Center**

- **Spring Fling**
  230103-A1 Th 4:00-5:30pm $10/13 4/23

- **Stories Under the Sky**
  230103-A2 Th 4:00-5:30pm $10/13 5/21

**Preschool Spring Camp: age 3-4 yrs.**

Join us for some fun in the spring! Your preschooler will grow and explore essential social, cognitive and physical skills in a dynamic, stimulating and creative camp experience. Children must meet the age minimum/maximum and be toilet trained prior to their first day of camp.

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<tbody>
<tr>
<td>Shoreview Center</td>
<td>A1</td>
<td>M-F 9:00am-12:00pm</td>
<td>$137</td>
<td>4/6-4/10</td>
</tr>
</tbody>
</table>
Everyday Play: age 6-11 yrs.
Homework, snack, fun and games. After-school activities for kids in grades 1st-5th. Registration at the King Community Center only.
Dr. Martin Luther King Jr. Community Center
210201-A1 MTuThF 3:00- 6:00pm $95 3/9-6/18
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
210205-A1 F 7:30am- 6:00pm $50/63 3/13

Beresford 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 and cooking. Children must currently be enrolled in TK through 5th grade.
Beresford Recreation Center
WK1- Full Day
220201-A1 M-F 7:30am- 6:00pm $247 4/6-4/10
WK1- AM
220201-A2 7:30am-12:30pm $150 4/6-4/10
WK1- PM
220201-A3 12:30- 6:00pm $150 4/6-4/10
WK2- Full Day
220201-B1 7:30am- 6:00pm $247 4/13-4/17
WK2- AM
220201-B2 7:30am-12:30pm $150 4/13-4/17
WK2- PM
220201-B3 12:30- 6:00pm $150 4/13-4/17

Bistro cuisine is casual, seasonal and regional favorites that have evolved over many generations. These dishes are not only about the food itself, but also comfort. In this course, you'll prepare delicious bistro classics such as hearty stews, rustic tarts, and simple, yet elegant desserts.
Beresford Recreation Center
Instructor: Jr Chef Stars Staff
220250-A1 M-F 9:00am-12:00pm $305/330 4/13-4/17

Jr. Chef Stars: Culinary Fusion: age 7-12 yrs.
Fusion cuisine focuses on the combination of ingredients and techniques from diverse cultures to create an end result which challenges the artistic, innovative and creative spirit of the chef and diner. Your Junior Chef will go on a culinary adventure unlike any other.
Beresford Recreation Center
Instructor: Jr Chef Stars Staff
220250-A1 M-F 1:00-4:00pm $305/330 4/13-4/17

Create Mix & Mingle
Single Day Camp: age 6-12 yrs.
Campers will spark their imagination and senses while they design and create projects incorporating painting, drawing and sculpting. The possibilities are endless as they create collages, greeting cards and other visual art projects guided by a local professional artist.
Create Mix & Mingle, 1888 S. Norfolk Street, SM
221045-A1 F 9:00am- 4:00pm $110 3/13

Beresford Kids Club 2020-21 School Year
Advanced registration for our upcoming 2020/21 school year will begin in March with complete registration details and fees available in early March 2020. This information will be published on our website. If you would like this information sent to you via email when ready, please contact Jessica Lira at jli@cityofsanmateo.org to have your name added to the mailing list.

"If I could go back in time, I would love to take Jr. Chef Stars!" - Hershe Collins, Front Desk Staff at Beresford Recreation Center

Bistro cuisine is casual, seasonal and regional favorites that have evolved over many generations. These dishes are not only about the food itself, but also comfort. In this course, you’ll prepare delicious bistro classics such as hearty stews, rustic tarts, and simple, yet elegant desserts.
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Create Mix & Mingle, 1888 S. Norfolk Street, SM
221045-A1 F 9:00am- 4:00pm $110 3/13

Create Mix & Mingle Camp: age 6-12 yrs.
Campers will spark their imagination and senses while they design and create projects incorporating painting, drawing and sculpting. The possibilities are endless as they create collages, greeting cards and other visual art projects guided by a local professional artist.
Create Mix & Mingle, 1888 S. Norfolk Street, SM
Full Day
220231-A1 M-F 9:00am- 4:00pm $495 3/30-4/3
220231-B1 4/6-4/10
220231-C1 4/13-4/17
AM Half Day
220231-A2 9:00am-12:00pm $285 3/30-4/3
220231-B2 4/6-4/10
220231-C2 4/13-4/17
PM Half Day
220231-A3 1:00- 4:00pm $285 3/30-4/3
220231-B3 4/6-4/10
220231-C3 4/13-4/17
childcare & spring vacation camps

**NEW!**

**Australian Adventures:** age 5-12 yrs.
Take a tour of Australia through an artist’s eye. From the Australian Opera house with its unique shell shaped design to a furry koala bear, we’ll use different techniques and media to challenge our artistic skills while exploring our neighbors down under.

Beresford Recreation Center
Instructor: Young Rembrandt’s Staff
220241-A1 M-F 9:00am-12:00pm $247/272 4/6-4/10

**NEW!**

**STEAMin’ up Summer:** age 5-12 yrs.
Calling all artists, scientists, engineers and math lovers, Young Rembrandt’s has a new workshop filled with new ways your child can explore the fascinating world of STEAM! Students will illustrate different types of Sciences, Technologies, Engineering and Math, all while creating crazy awesome Art!

Beresford Recreation Center
Instructor: Young Rembrandt’s Staff
220242-A1 M-F 9:00am-12:00pm $247/272 4/13-4/17

**Art Fiesta:** age 6-12 yrs.
Awaken your child’s imagination and creativity with Young Rembrandt’s painting program! Your child will gain both confidence and an understanding of the visual arts while building painting, drawing skills.

Beresford Recreation Center
Instructor: Young Rembrandt’s Staff
220245-A1 M-F 1:00-4:00pm $280/305 4/6-4/10
220245-A2 M-F 1:00-4:00pm $280/305 4/13-4/17

**Building a Fashion Prototype:** age 8-17 yrs.
Campers will learn all aspects of fashion design, from generating original concepts to selecting colors and fabrics, then cutting and sewing their unique design on computerized sewing machines. The bright fashion studio is equipped with dress forms for experimenting and spacious work tables.

Academy of Design, 850 Emmett Ave., Belmont
Instructor: Pamela Moyce
221052-A1 M-F 9:00am-5:00pm $610 3/30-4/3
221052-A2 M-F 9:00am-5:00pm $610 4/6-4/10

**All Sorts of Sports Spring Camp:** age 6-12 yrs.
A great way to introduce your youngsters to the world of sports, teamwork and athletics! Your child will have a blast playing games with the other children including: whiffle ball, basketball, soccer, flag football, capture the flag, relay & obstacle races.

Beresford Park
Instructor: NAOA Staff
220237-A1 M-F 9:00am-3:00pm $249/274 4/6-4/10

**Rebound Basketball Camp:** age 5-14 yrs.
With an emphasis on dribbling, passing and shooting through fun, height-appropriate 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: Manuel Minzer
220215-A1 M-F 9:00am-12:00pm $175/200 4/6-4/10
220215-B1 M-F 9:00am-12:00pm $175/200 4/13-4/17

**Kidz Love Soccer – Camp:** age 4.5-10 yrs.
Spend your spring break enjoying the world’s most popular sport! Learn and practice soccer skills including: dribbling, passing, receiving and shooting. Everyone is a winner as the week’s fun culminates in an age appropriate “World Cup” tournament. Shin guards required.

Beresford Park
Level 1: age 4.5-6 yrs.
220225-A1 M-F 9:00am-12:00pm $155/180 4/6-4/10
Level 2: age 7-10 yrs.
220225-B1 M-F 9:00am-12:00pm $155/180 4/6-4/10

**Rallyball Tennis Camp:** age 7-14 yrs.
Designed to engage young children in tennis as a team sport, while having fun with their friends and learning basic skills, 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 Courts
Half Day
220228-A1 M-F 9:00am-12:00pm $274/299 4/13-4/17
Full Day
220228-B1 M-F 9:00am-4:00pm $374/399 4/13-4/17

**Horse Back Riding Camp:** age 7 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
Instructor: Chaparral Staff
220221-A1 M-F 9:00am-2:00pm $500 4/6-4/10
220221-B1 M-F 9:00am-2:00pm $500 4/13-4/17
2020 Youth & Teen Summer Camps

Learn and play the summer way!

Online & Walk-In Registration Begins March 4 @ 9 a.m.
Visit www.cityofsanmateo.org for more information!
the san mateo police activities league

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.

Ukulele - Learn to Play: age 5-12 yrs.
Join PAL’s beginner Ukulele group, they’re easy to learn and sound beautiful. With great hits being remade, ukuleles are becoming mainstream again. Instruments are provided.
Dr. Martin Luther King Jr. Community Center

<table>
<thead>
<tr>
<th>Age 5-8 yrs.</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>232167-A</td>
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<td>3:00-4:00pm</td>
<td>$20</td>
<td>3/18-5/20</td>
</tr>
<tr>
<td>ages 9-12 yrs.</td>
<td>Day</td>
<td>Time</td>
<td>Fee</td>
<td>Date</td>
</tr>
<tr>
<td>232167-B</td>
<td>W</td>
<td>4:00-5:00pm</td>
<td>$20</td>
<td>3/18-5/20</td>
</tr>
</tbody>
</table>

Hula and Tahitian Dancing: age 7-13 yrs.
We focus on learning all of the basic hula steps and work on putting the hands and feet together. Hawaiian vocabulary will be used while they are performing their hula basics.
Dr. Martin Luther King Jr. Community Center

<table>
<thead>
<tr>
<th>Age 5-8 yrs.</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>232122-A</td>
<td>Th</td>
<td>6:00-7:00pm</td>
<td>$20</td>
<td>3/19-5/21</td>
</tr>
</tbody>
</table>

Musical Theatre: age 5-13 yrs.
Discover the excitement of singing, dancing and acting on stage. Whether your children are experienced performers or not, the talented instructors at will help them make the most of their unique talents and skills.
Peninsula Ballet Theatre, 1880 S Grant St, San Mateo

<table>
<thead>
<tr>
<th>Age 5-8 yrs.</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>232127-A</td>
<td>M</td>
<td>4:30-5:30pm</td>
<td>$20</td>
<td>3/16-5/18</td>
</tr>
<tr>
<td>Age 9-13 yrs.</td>
<td>Day</td>
<td>Time</td>
<td>Fee</td>
<td>Date</td>
</tr>
<tr>
<td>232127-B</td>
<td>M</td>
<td>5:30-6:30pm</td>
<td>$20</td>
<td>3/16-5/18</td>
</tr>
</tbody>
</table>

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.
Senior Center

<table>
<thead>
<tr>
<th>Bingo Night</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>232175-A</td>
<td>F</td>
<td>6:30-8:00pm</td>
<td>FREE</td>
<td>4/3</td>
</tr>
</tbody>
</table>

Dr. Martin Luther King Jr. Community Center

<table>
<thead>
<tr>
<th>Mother’s Day Crafts</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>232175-B</td>
<td>F</td>
<td>6:30-8:00pm</td>
<td>FREE</td>
<td>5/8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Father’s Day Crafts</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>232175-C</td>
<td>F</td>
<td>6:30-8:00pm</td>
<td>FREE</td>
<td>6/5</td>
</tr>
</tbody>
</table>

FREE FAMILY EVENT!
Entertainment • Food • Crafts • Farmers Market

Cinco De Mayo Event
Friday, May 1st from 6-8 p.m.
at the Dr. Martin Luther King Jr. Community Center
725 Monte Diablo Ave, San Mateo
After School Science Time: age 5-7 yrs.
Your child will use games and experiments to explain the fascinating world of science. Your child will get hands-on and discover fun facts about the world around them.

Dr. Martin Luther King Jr. Community Center

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Nature Adventurer</td>
<td>5-7</td>
<td>Th</td>
<td>4:00-5:00pm</td>
<td>$10</td>
<td>3/12-4/2</td>
<td></td>
</tr>
<tr>
<td>Junior Geologist</td>
<td>5-7</td>
<td>Th</td>
<td>4:00-5:00pm</td>
<td>$10</td>
<td>5/7-5/28</td>
<td></td>
</tr>
</tbody>
</table>

Kids in the Kitchen: age 8-13 yrs.
Have some fun with PAL and learn about the basics of cooking. Make smart, healthy choices in the kitchen. We know you will love all the tasty dishes you can make for yourself!

Senior Center

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Truck Eats</td>
<td>8-13</td>
<td>M</td>
<td>6:00-8:00pm</td>
<td>$10</td>
<td>3/9-3/30</td>
<td></td>
</tr>
<tr>
<td>Baking Basics</td>
<td>8-13</td>
<td>M</td>
<td>6:00-8:00pm</td>
<td>$10</td>
<td>4/27-5/18</td>
<td></td>
</tr>
</tbody>
</table>

Ice Hockey: age 6-10 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. All skill levels welcome.

Nazareth Ice Oasis, 2202 Bridgepoint Pkwy, San Mateo

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Hockey</td>
<td>6-10</td>
<td>Th</td>
<td>5:00-6:30pm</td>
<td>$20</td>
<td>3/19-5/21</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guadalupe River Park Garden</td>
<td>8-13</td>
<td>F</td>
<td>9:00am-4:00pm</td>
<td>$5</td>
<td>3/13</td>
<td></td>
</tr>
<tr>
<td>CA Academy of Sciences</td>
<td>8-13</td>
<td>Tu</td>
<td>9:00am-4:00pm</td>
<td>$5</td>
<td>4/7</td>
<td></td>
</tr>
<tr>
<td>San Francisco Food Waste Tour</td>
<td>8-13</td>
<td>W</td>
<td>9:00am-4:00pm</td>
<td>$5</td>
<td>4/8</td>
<td></td>
</tr>
</tbody>
</table>

Martial Arts: age 5-10 yrs.
San Mateo PAL has partnered with Z-Ultimate Studio to offer Martial Arts to PAL kids. Learn the techniques to gain a strong foundation in respect, discipline, and perseverance.

Z Ultimate Self Defense Studios, 1100 Park Place Street #50, San Mateo

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martial Arts</td>
<td>5-10</td>
<td>W</td>
<td>2:00-3:00pm</td>
<td>$20</td>
<td>3/18-5/20</td>
<td></td>
</tr>
</tbody>
</table>

“I really appreciate that the activities are convenient, safe, fun and also enriching rather than competitive or high-pressure. It’s a place where kids can be kids and learn at their own level. Thank you, PAL!” - Karen Sid

@SanMateoPAL
leadership

VolunTEEN: ages 10-13

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

Middle School
250402-B1 Sat. 10:30am-1:30pm
Mobile Recreation Event Help* 4/18/20
250402-B2 Sat. 10:30am-130pm
Mobile Recreation Event Help* 5/16/20

For High School Students, please contact Brandon Parra at bparra@cityofsanmateo.org for volunteer opportunities.

"VolunTeen’s will meet at Park Location for Each Mobile Recreation Event. Please contact Brandon Parra at bparra@cityofsanmateo.org for additional information.

Friday Night Fun: grades 6-8

A.S.K. (After School at King) presents: Friday Night Fun! FNF 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!

Dr. Martin Luther King Jr. Community Center

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Game Night</td>
<td>4/3</td>
<td>6:30-8:45pm</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td>Paint and Pizza</td>
<td>4/24</td>
<td>6:30-8:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trivia Night</td>
<td>5/1</td>
<td>6:30-8:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor BBQ and Basketball</td>
<td>5/8</td>
<td>6:30-8:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minute to Win It and Tacos</td>
<td>5/15</td>
<td>6:30-8:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hula Hoop Obstacle Course</td>
<td>5/29</td>
<td>6:30-8:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Music Night</td>
<td>6/5</td>
<td>6:30-8:45pm</td>
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</tr>
</tbody>
</table>

After School @ King Program: 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. The A.S.K. program 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.

Dr. Martin Luther King Jr. Community Center

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>MTuThF</td>
<td>3/9-6/18</td>
<td>3:00-6:00pm</td>
<td>FREE</td>
<td></td>
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<tr>
<td>W</td>
<td>2:00-6:00pm</td>
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</table>

"The thing I like most about the ASK program is that I can get my homework done every day before I get home and the staff are always very nice and helpful!" - Kary Aguilar, 7th Grader
San Mateo Police Activities League (PAL) PAL offers a free membership and afterschool programs at King Center.

**Project Read** The Adult Literacy program of the San Mateo Public Library offers FREE English classes once a week at the King Center. Free childcare is provided.

**Second Harvest Food Bank Brown Bag** The Second Harvest Food Bank Brown Bag Program provides food twice a month, on the second and fourth Tuesday, to low-income seniors.

**Bay Tree Bistro** Join us on Tuesdays and Thursdays 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. Space is limited so reservations are strongly encouraged and can be made by phone (650) 522-7490.

**Open Gym** We offer a FREE open gym Monday through Friday in the mornings and evenings, for both basketball and volleyball.

**After School Care** Everyday Play (EDP) and After School at King (ASK) are our two signature programs for 1st-5th graders and 6th-8th graders. We offer recreational activities and homework help in a safe afterschool environment.

**Youth Sports Development** Basketball and Volleyball skills are taught here each quarter!

**Friday Night Fun (FNF)** We offer a FREE teen program on Friday nights from 6-8:30pm for 6th-8th graders.

You can find programs at King on the following pages:

- **After School Care:** pg. 7 | **PAL Activities:** pg. 10 & 11
- **Teen Activities:** pg. 12 | **SF Tots:** pg. 14
- **Youth Sports:** pg. 15 & 16 | **Youth Dance:** pg. 23
- **World Dance:** pg. 24
- **Open Gym Schedule & Hours:** pg. 32 | **Zumba:** pg. 34
- **Project READ:** pg. 53
Karate classes listed below 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:** 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.**
230510-B1 Th 3:15-4:00pm $88/110 4/23-5/28
230510-A1 F 5:15-6:00pm $88/110 4/24-5/29

**Pre-Karate 1: age 5.5-8 yrs.**
230510-A1 F 5:15-6:00pm $88/110 4/23-5/28

**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 2: age 6.5-16 yrs.**
230530-A2 F 6:00-6:45pm $88/110 4/24-5/29
230530-A3 Tu 5:45-6:30pm $88/110 4/21-5/26

**Pre-Karate 3: age 7-16 yrs.**
230530-A3 Tu 5:45-6:30pm $88/110 4/21-5/26

**Advanced Beginning Karate:** age 7-16 yrs.
Must have completed Karate Level III, Advance Beg., Instructor’s approval or equivalent training. Will work on refining their Karate skill at a more advance level. Grade (kyu) level at 6 kyu or higher. Blue, green, brown and black belts levels.
Central Recreation Center

**Kuk Sool Won: Tiny Tigers:** age 4-6 yrs.
Give your preschooler 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.
230513-A1 M 3:30-4:00pm $215 3/9-6/1
230513-A2 Tu 3:30-4:00pm $235 3/10-6/2
230513-A3 W 3:30-4:00pm $235 3/11-6/3
230513-A4 Th 3:30-4:00pm $235 3/12-6/4

**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.
230535-A1 M 4:00-4:45pm $215 3/9-6/1
230535-A2 Tu 4:00-4:45pm $235 3/10-6/2
230535-A3 W 4:00-4:45pm $235 3/11-6/3
230535-A4 Th 4:00-4:45pm $235 3/12-6/4

**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.
230536-A1 M 4:45-5:30pm $215 3/9-6/1
230536-A2 Tu 4:45-5:30pm $235 3/10-6/2
230536-A3 W 4:45-5:30pm $235 3/11-6/3
230536-A4 Th 4:45-5:30pm $235 3/12-6/4

**Beginning Fencing:** 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. Learn 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
Instructor: San Francisco Fencer’s Club Staff
230517-A1 Sa 10:30-11:30am $150 3/7-3/28
230517-B1 Sa 10:30-11:30am $150 4/4-4/25
230517-C1 Sa 10:30-11:30am $185 5/2-5/30
230517-D1 Sa 10:30-11:30am $150 6/6-6/27

Kendo: age 8 yrs. +
Kendo, or Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through exhilarating and demanding exercises. Additional yearly fee not included in the class fee. All levels welcome. Questions? Visit www.sanmateokendo.org.
Dr. Martin Luther King Jr. Community Center
Instructor: Masaru Ogihara
230553-A1 Tu 6:30-8:45pm $215/25 3/10-6/2
Kidz Love Soccer – Mommy/Daddy & Me:
ages 2-3.5 yrs.
The fun happens on the field, so don’t just watch from the sidelines! Here is your chance to join in your toddler's introduction to soccer. You’ll participate in fun, age-appropriate activities, while your child develops their motor and socialization skills. Adult participation is required.

230511-A1 W 9:30-10:00am $125/150 4/22-6/10
230511-A2 W 6:30-7:00pm $125/150 4/22-6/10
230511-A3 Sa 8:30-9:00am $125/150 4/18-6/13
230511-A4 Sa 9:05-9:35am $125/150 4/18-6/13

Kidz Love Soccer:
ages 3.5 - 5 yrs.
Enjoy running and kicking just like the big kids! We’ll be teaching the basic techniques of the game while building self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required.

Tot/Pre-Soccer: age 3.5-5 yrs.
230511-B1 W 10:10-10:45am $125/150 4/22-6/10

Tot Soccer: age 3.5-4 yrs.
230511-C1 W 5:50-6:20pm $125/150 4/22-6/10
230511-C2 Sa 9:45-10:15am $125/150 4/18-6/13

Pre-Soccer: age 4-5 yrs.
230511-D1 W 5:15-5:50pm $125/150 4/22-6/10
230511-D2 Sa 10:20-10:55am $125/150 4/18-6/13

Kidz Love Soccer: age 5-10 yrs.
Learn dribbling, passing, defense and shooting goals! Fun skill games are played every session, small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards required.

Soccer 1: Techniques & Teamwork: age 5-6 yrs.
230512-A1 W 4:30-5:15pm $125/150 4/22-6/10
230512-A2 Sa 11:00-11:45am $125/150 4/18-6/13

Soccer 2: Skillz & Scrimmage: age 7-10 yrs.
230512-B1 W 3:45-4:30pm $125/150 4/22-6/10
230512-B2 Sa 11:50am-12:35pm $125/150 4/18-6/13

Girls Volleyball: age 8-13 yrs.
Develop and strengthen your skills while learning the fundamentals of volleyball through basic drills. All skill levels welcome.

Dr. Martin Luther King Jr. Community Center

age 8-10 yrs.
230505-A1 M 5:15-6:15pm $44/55 4/20-6/1

age 10-13 yrs.
230505-A2 W 5:15-6:15pm $49/62 4/22-6/3
**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 Staff
230516-A1 Sa 9:35-10:00am $95/119 4/25-6/6
230516-A2 Sa 10:05-10:30am $95/119 4/25-6/6

**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 Staff
230537-A1 Sa 10:35-11:05am $105/130 4/25-6/6
230537-B1 Sa 11:10-11:40am $105/130 4/25-6/6

**Rebound Basketball Academy:** age 5-14 yrs.
Basic basketball skills in dribbling, passing, shooting will be introduced and improved upon. Players will work on offense and defense 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 Staff
age 5-7 yrs.
230538-C1 M 3:15- 4:00pm $115/140 4/20-6/1
230538-C2 Sa 11:45am-12:30pm $115/140 4/25-6/6
age 8-14 yrs.
230538-D1 M 4:05- 5:00pm $125/150 4/20-6/1
230538-D2 Sa 12:35-1:30pm $125/150 4/25-6/6

**Skills for the Court:** age 8-13 yrs.
Strengthen your basketball skills with the basics of ball handling skills through dribbling and passing. Learn how to perfect your shooting accuracy from all areas of the court. We’ll teach you how to go strong with both defense and offense, through various drills. Sportsmanship is strongly emphasized in this fun and exciting class.

Dr. Martin Luther King Jr. Community Center
age 8-10 yrs.
230504-A1 Tu 5:15- 6:15pm $53/66 4/21-6/2
age 11-13 yrs.
230504-A2 Th 5:15- 6:15pm $53/66 4/23-6/4

**Skateboarding: Getting Started:** age 5-14 yrs.
This beginner skateboard class focuses on kids learning 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.

Beresford Park
Instructor: Mike Manidis
230557-A1 Sa 9:00-10:00am $110/135 3/14-4/11
230557-A2 Sa 9:00-10:00am $110/135 5/2-5/30

**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.

Beresford Park
Instructor: Mike Manidis
230556-A1 Sa 10:00-11:00am $110/135 3/14-4/11
230556-A2 Sa 10:00-11:00am $110/135 5/2-5/30

**Ice Skating:** age 3-12yrs. +
The following programs will be held at Nazareth Ice Oasis, 2202 Bridgepoint Pkwy, San Mateo. For additional information, call 650-574-6033. Skate rental and practice time are provided on the day of the lessons.

**Parent & Me:** age 3-5 yrs.
(Parent participation required.)
Enjoy a fun introduction to basic ice skating with your toddler. Class will help to get your little one moving on the ice. Parent must be able to skate on their own.

230560-A1 Sa 2:30- 3:00pm $192 3/14-4/25
230560-A2 Tu 5:00- 5:30pm $192 3/17-4/21

**Youth Ice Skating**
A fun introduction to basic skating skills and proper techniques on ice. Skaters will learn to skate forward, backwards and how to stop.

**Tot:** age 3-5 yrs.
230560-B1 Sa 2:30- 3:00pm $192 3/14-4/25
230560-B2 Tu 5:00- 5:30pm $192 3/17-4/21

**Youth Beginner:** age 6-12 yrs.
230560-C1 Sa 2:00- 2:30pm $192 3/14-4/25
230560-C2 Tu 5:00- 5:30pm $192 3/17-4/21
horseback riding

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

Little Ranchers: age 2-5 yrs.
(Parent participation required)
Little Ranchers 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.

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<tr>
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<th>Time</th>
<th>Fee</th>
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<tr>
<td>230568-F1</td>
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Horseback Riding Lessons: age 8 + yrs
Join us for a Western riding lesson. Student will learn horse safety, mounting, dismounting, steering, stopping, balance, posting trot and sitting trot. Lessons are perfect for beginner to intermediate riders. Each student progresses at their own level.

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<td>230567-F1</td>
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Saddle Club: age 6+ 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.

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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
230501-A1 Tu 4:30-5:30pm $155 3/17-5/26

Westside Fitness & Boxing-Youth: age 10-17 yrs.
Westside Fitness & Boxing 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
Instructor: Westside Fitness Staff

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<th>Time</th>
<th>Fee</th>
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Children’s Yoga in the Park: age 2-5 yrs.
This energetic children’s yoga class focuses on meditation, mindfulness, gratitude, breathing technique, peace, and deep relaxation through music and movement, games, and crafts. Bring a mat or towel.

Beresford Park
Instructor: Jess Schendel
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<tr>
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<th>Fee</th>
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<td>10:00-11:00am</td>
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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
230522-B1 Th 3:40-4:30pm $100/124 3/19-5/28

Family Yoga in the Park: age 2-10 yrs.
Spend an hour of quality time together with this fun family yoga class that is guaranteed to get the entire family moving through parent/child yoga poses, high energy games, music, breathing techniques, mediation, and crafts. Bring a mat or towel.

Beresford Park
Instructor: Jess Schendel
230524-B1 Sa 9:00-10:00am $133/158 3/21-6/6
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
230541-A1 M 4:05-5:00pm $135/160 3/9-4/6
230541-A2 M 4:05-5:00pm $135/160 4/20-5/18
Beresford Park Tennis Courts
230541-B1 F 4:05-5:00pm $135/160 3/13-4/10
230541-B2 F 4:05-5:00pm $162/187 4/24-5/29

Jr. Rallyball 1 Tennis: age 7-11 yrs.
Class is designed to engage young children in learning tennis as a team sport while having fun with their friends. Prerequisite: Pre-Rallyball for age 6-and-under. To progress to Rallyball 2, students must demonstrate multiple touch rallies on a 36’ court.
Central Park Tennis Courts
230542-A1 M 4:05-5:00pm $135/160 3/9-4/6
230542-A2 M 4:05-5:00pm $135/160 4/20-5/18
230542-A3 M 10:05-11:00am $135/160 3/14-4/11
230542-A4 Sa 10:05-11:00am $162/187 4/24-5/29
Beresford Park Tennis Courts
230542-B1 F 4:05-5:00pm $135/160 3/13-4/10
230542-B2 F 4:05-5:00pm $162/187 4/24-5/29

Jr. Rallyball 2 Tennis: age 7-11 yrs.
Students will continue improving their rally skills with better control of ball direction and depth. Over-head serving will also be polished for point play. Prerequisite: Rallyball 1 and instructor’s approval. To progress to Rallyball 3, students must be able to serve and rally consistently on a 36’ court.
Central Park Tennis Courts
230543-A1 Sa 11:05am-12:00pm $135/160 3/14-4/11
230543-A2 Sa 11:05am-12:00pm $162/187 4/25-5/30
230543-A1 M 5:05-6:00pm $180/205 (4:1) 3/9-4/6
230543-A2 M 5:05-6:00pm $216/241 (4:1) 4/20-5/18
Beresford Park Tennis Courts
230543-B1 F 5:05-6:00pm $135/160 3/13-4/10
230543-B2 F 5:05-6:00pm $162/187 4/24-5/29

Jr. Beginning Tennis: age 11-16 yrs.
Class is designed for teenagers who have never learned to play tennis. To progress to Intermediate, students must be able to serve and rally consistently on a 60’ court.
Central Park
230544-A1 Sa 4:05-5:00pm $135/160 3/14-4/11
230544-A2 Sa 4:05-5:00pm $162/187 4/25-5/30

Students will play green balls on a full (78’) court. All basic strokes will be revisited with emphasis on match play strategies. Prerequisite: Jr. Beginning and instructor’s approval.
Central Park Tennis Courts
230545-A1 Sa 5:05-6:00pm $135/160 3/14-4/11
230545-A2 Sa 5:05-6:00pm $162/187 4/25-5/30

Jr. Match Play Tennis: age 8-12 yrs.
Course is balanced between techniques and tactics; ideal for juniors who might be interested in playing for school teams. Pre-requisite: Rally Ball 3 and instructor’s approval.
Central Park Tennis Courts
230554-A1 Th 4:05-5:00pm $135/160 3/12-4/9
230554-A2 Th 4:05-5:00pm $162/187 4/23-5/28

Jr. Rallyball 3 Tennis: age 7-11 yrs.
Students start to play orange balls on a 60’ court which requires more efficient footwork to navigate. Leg drive and weight transfer are introduced to aid groundstroke depth. Prerequisite: Rallyball 2 and instructor’s approval. To progress, students must demonstrate solid techniques and control.
Central Park Tennis Courts
230558-A1 Sa 4:05-5:00pm $162/187 3/14-4/11
230558-A2 Sa 4:05-5:00pm $162/187 4/25-5/30

Jr. Advanced Tennis: age 12-17 yrs.
Students are ready to play regular balls with spins, and start to develop skills for competition. Prerequisite: Jr. Intermediate and instructor’s approval.
Central Park Tennis Courts
230559-A1 Sa 5:05-6:00pm $135/160 3/14-4/11
230559-A2 Sa 5:05-6:00pm $162/187 4/25-5/30

Note on 4:1 class (if offered): with no more than four students for one coach, these classes offer each player more personalized instructions to deliver optimized results. Check weather update link https://twitter.com/tdapaul2016 during rainy season for class cancellation/rescheduling announcement. For private/semi-private lessons information: Paul Lin, Tennis Director - paul@sanmateotennis.net or call (650) 743-1382.
Here at Peninsula Gymnastics our philosophy is to promote healthy lifestyles in children through the sport of gymnastics! - Courtney Johnson, Owner of Peninsula Gymnastics San Mateo

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 at (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
230709-B1 Tu 9:15-10:00am $200 3/10-6/2
230709-B2 Tu 10:15-11:00am $200 3/10-6/2

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
230701-B1 M 11:45am-12:40pm $185 3/9-6/1
230701-B2 M 11:45am-12:40pm $200 3/9-6/1
230701-B3 W 11:45am-12:40pm $200 3/11-6/3
Peninsula Gymnastics
230701-B4 Sa 9:00- 9:55am $200 3/14-6/6

Tumble Tots I & II: age 3-5 yrs.
Designed for children to increase their fine and gross motor development, 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
230702-B1 M 12:45- 1:40pm $185 3/9-6/1
230702-B3 W 12:45- 1:40pm $200 3/11-6/3
Peninsula Gymnastics
230702-B2 Tu 5:30- 6:25pm $200 3/10-6/2
230702-B4 Th 2:30- 3:25pm $200 3/12-6/4
230702-B5 F 5:00- 5:55pm $200 3/13-6/5
230702-B6 Sa 10:00-10:55am $200 3/14-6/6

Tumble Tots II: age 4-5 yrs.
Beresford Recreation Center
230703-B2 Tu 12:45- 1:40pm $200 3/9-6/2
Peninsula Gymnastics
230703-B1 M 2:00- 2:55pm $185 3/9-6/1
230703-B3 W 5:00- 5:55pm $200 3/11-6/3
230703-B4 Th 3:30- 4:25pm $200 3/12-6/4
230703-B5 Sa 11:00-11:55am $200 3/14-6/6

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
230704-B1 M 3:00- 3:55pm $185 3/9-6/1
230704-B2 Tu 2:30- 3:25pm $200 3/10-6/2
230704-B3 W 2:00- 2:55pm $200 3/11-6/3
230704-B4 F 3:00- 3:55pm $200 3/13-6/5

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
230705-B1 M 5:00- 5:55pm $185 3/9-6/1
230705-B2 Tu 3:30- 4:25pm $200 3/10-6/2
230705-B3 W 3:00- 3:55pm $200 3/11-6/3
230705-B4 Sa 12:00-12:55pm $200 3/14-6/6

Flying Comets: age 6-10 yrs.
Building on the skills learned in 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
230706-B1 W 4:00- 4:55pm $200 3/11-6/3

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
230707-B1 Tu 4:30- 5:25pm $200 3/10-6/2
230707-B2 F 4:00- 4:55pm $200 3/13-6/5
Online & Walk-In Registration Begins March 4 @ 9 a.m.
Visit www.cityofsanmateo.org for more information!

Learn and play the summer way!
**Lifeguard Training:** age 15 yrs. +

This Lifesaving course, based on the American Red Cross Lifeguarding program, will certify students in Lifesaving, CPR, and AED for the professional. Students must be 15 years old by the last day of the class and pass a pre-test (swim 300 yards continuously, retrieve a 10 lb. brick from the bottom of the pool, return it to a designated spot and climb out of the pool). This is a blended leaning class which combines both in-person and online lessons. There will be on-line lessons to complete prior to the three-day class time. Completion of the on-line portion and attendance at all meetings are required for certification. Those students who pass the course, are hired by the City of San Mateo and work the entire summer will be reimbursed the fee for this class.

Dr. Martin Luther King Jr. Community Pool
WF 4:00-9:00pm $205 5/6-5/9
Sa 8:00am-6:00pm

**Join the SMPRD Aquatics Team**

Recruitment has begun for Swim Lesson Instructor/Lifeguards ($16.64/hr.) and Lifeguards with WSI ($17.46) for the 2020 Summer. Instructor/Lifeguards must be 15 years or older and must have current LGT, CPR FPR and AED by June 1, 2020. WSI certification is encouraged. Applications are available online at www.cityofsanmateo.org. Please call Carolyn Shavel at (650) 522-7495 or email shavel@cityofsanmateo.org, for more information.

**Be a Water Safety Swim Aide**

Join “The Aquatics Team” as a volunteer Swim Lesson Aide with the City of San Mateo Aquatics program. It’s a great way to help others learn to swim while earning school or community service hours. By assisting our Swim Instructors with teaching swimming and water safety skills, you will learn valuable job skills while having fun with your friends at Joinville or King Pool. Swim Aides are required to complete the Swim Instructor Aide Course (Classes offered in the Summer Guide) and volunteer for at least one 2-week session mid-June through mid-August. For more information and an application, call (650) 522-7495.

**Pool Parties**

Celebrate that special event at the Pool!

Kids of all ages can celebrate birthdays or special occasions with a pool party. Reserve your spot today with a $90 non-refundable deposit for up to 15 guests. Invite up to 5 more guests for an additional $6.00 per person. Parties are booked on a first come first served basis, Saturdays and Sundays June 18 – August 15, 2020. Price includes admission to recreation swimming 1:00-5:00pm, reserved picnic area and 45 minutes of lifeguard led fun and games for your group at Joinville Pool. For more information or reservations, please contact Carolyn Shavel at (650) 522-7495 or shavel@cityofsanmateo.org after June 1, 2020.

Please note children under the age of 6 must be accompanied by an adult (18 yrs.+) in the water, 1 adult per child at all times.
### Creative Dance

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

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

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

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<td>$119/144</td>
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#### Kinderdance: age 4-5 yrs.
Your child will be introduced to the riches of dance with creative and physical experiences specifically designed for 4 and 5 year olds. Dancers will learn the fundamentals of dance movement including use of shapes, levels and directions as well as the use of rhythm, jumps, skips and gallops.

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<td>10:00-10:45am</td>
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#### Creative Dance: age 5-7 yrs.
Building upon Kinderdance, children continue to express their creativity through dance while being introduced to basic dance technique. Using Modern dance technique as a base, children explore qualities of movement, pathways in space and rhythmic structures. They also develop tools for making their own dances.

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<th>Time</th>
<th>Fee</th>
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<td>$130/155</td>
<td>3/21-6/6</td>
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#### Contemporary Dance I: age 6-11 yrs.
Learn the basics of modern dance, technique and composition in this dynamic class, developing strength, flexibility, and poise through dance exercises, across the floor patterns, and basic combinations. Dancers will gain greater self-esteem and confidence in this safe and supportive environment.

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#### Contemporary Dance II: age 12-18 yrs.
Building upon Contemporary Dance I, learn the fundamentals of contemporary/modern dance in this exciting class for pre-teens and teens. We will explore the use of energy, momentum, release, and ease of movement, while developing strength, coordination, flexibility, and optimum body alignment. This class will inspire you!

<table>
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<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
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<td>5:00-6:00pm</td>
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<td>3/19-6/4</td>
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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
230821-B1 Sa 11:40am-12:30pm $130/155 3/21-6/6

**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: Maya Siegel
230822-B1 Th 4:40- 5:30pm $130/155 3/19-6/4

**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
230823-B1 W 4:30- 5:30pm $130/155 3/18-6/3

**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
230824-B1 W 5:30- 6:30pm $130/155 3/18-6/3

**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
230825-B1 Tu 4:30- 5:30pm $130/155 3/17-6/2

**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
230826-B1 Tu 5:30- 6:30pm $130/155 3/17-6/2

"The dance program is phenomenal and has been a fun and creative experience for my child."
- A Happy Parent
**Boys Dance:** age 8-16 yrs.

It’s a guy thing! This dance class is for boys. The place where you break, pop, hip and hop. We also play some sports games while having lots of fun. Call if you would like to enroll a boy younger than eight, so that we may talk about possible arrangements. Call 594-9817 for more information.

Dr. Martin Luther King Jr. Community Center
Instructor: Kevin Stanford
230851-K1 M 5:30-6:30pm $119/144 3/16-6/1

**Mexican Folkloric:** age 5-16 yrs.

Learn fun and traditional dances that depict Mexico’s colorful and diverse culture and folklore. These classes are for dancers of all levels. Those dancers who perform will pay an additional amount for costumes and shoes. Prerequisite: 3 sessions of the previous level or supervisor/instructor approval.

Dr. Martin Luther King Jr. Community Center
Instructor: Brittney Samora-Delgadillo
**Level I:** age 5-12 yrs.
230861-K1 M 4:30-5:20pm $119/144 3/16-6/1
Instructor: Martin Cruz
**Level II/III:** age 6-12 yrs.
230861-K2 W 5:10-6:00pm $130/155 3/18-6/3
**Level IV:** age 8-14 yrs.
230861-K3 W 6:10-7:00pm $130/155 3/18-6/3
**Level V:** age 10-16 yrs.
230861-K4 W 7:00-8:00pm $130/155 3/18-6/3

**Peruvian Dance:** age 5-13 yrs.

Learn the traditional dance of Peru called Festejo, meaning, ‘celebrate.’ This is a highly energetic dance based on Afro Peruvian dances and inspired by the sound of the Cajon, a traditional Peruvian instrument. Prepare to have fun and all levels are welcome.

Dr. Martin Luther King Jr. Community Center
Instructor: Mercedes Navarro
230862-K1 F 4:50-5:35pm $130/155 3/20-6/5

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**youth dance**

**Kinder & Creative/Tap Combo:** age 4-7 yrs.

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
230841-B1 F 3:25-4:10pm $130/155 3/20-6/5

**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, 506 N. Delaware St. (inside gym)
Instructor: Sheri Alonso
230842-H1 Sa 10:45-11:30am $119/144 3/21-6/6

**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, 506 N. Delaware St. (inside gym)
Instructor: Sheri Alonso
230843-H1 Sa 11:40am-12:30pm $119/144 3/21-6/6

**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, 506 N. Delaware St. (inside gym)
Instructor: Sheri Alonso
230844-H1 Sa 12:30-1:30pm $119/144 3/21-6/6
**Jr. Jazz Ma Tazz & Jazz Ma Tazz:** age 10-18 yrs.

These jazz troupes are for current dancers only and rehearse weekly throughout the school year. Auditions are annually in Sept. Jr. Jazz Ma Tazz (JrJMT) meets at 4:15 PM and is an entry-level troupe. Jazz Ma Tazz (JMT) meets at 5:15 PM and is for the advanced dancer or previous company member. Costume fee collected in the Fall and not included in winter registration. For information on booking, contact the Director: Gina Lorton at 650.773-3150 or ginalorton@gmail.com. Assistant Director: Tina Burke at 510.366-4130 or eeyorecountry6@sbcglobal.net.

### Beresford Recreation Center

**Jr. Jazz Ma Tazz:** Age 10-15 yrs. (Entry Level)
- 230865-B1 F 4:15-5:30pm $284/348 3/20-6/5

**Jazz Ma Tazz:** age 13-18 yrs. (Advanced)
- 230866-B1 F 5:15-6:30pm $284/348 3/20-6/5

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All Youth dance classes (except Dance Time for 3 yr. olds & Parent Tot Dance Time) are invited to perform in the Spring Dance Show on Sunday, June 7th at Central Park Outdoor Stage. This annual event is free to the public and is the culmination of our Spring Dance session.

In most cases, costumes will be a simple addition to the class dress and parents can expect to pay an additional amount to cover this cost. For the upper levels, especially in Ballet, you may be asked to purchase pre-made costumes that can cost $30 - $40. Watch for details, permission slips and rehearsal information during the first several weeks of classes.

Co-sponsored by the San Mateo Dance Association.
The following classes are taught by Peninsula Music Together Staff at Beresford Recreation Center. Parent/caregiver participation is required. For teacher names, information on how to schedule a make-up or additional information, visit www.peninsulamusictogether.com.

Peninsula Music Together – Babies: age 3 mos.- 8 mos.

For babies 3 mo- 8 mo and their caregivers. Babies will begin reacting and trying to make music with you! learn to recognize and encourage that playful exchange while meeting other parents.

230915-A1 Tu 11:30am-12:15pm $229 3/24-6/2

Peninsula Music Together: age 3 mos. to 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.

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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.

230924-A1  Tu 10:30-11:15am $229 3/24-6/2
230924-A2  Th 11:30am-12:15pm $229 3/26-6/4

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

This magical, unique curriculum has our Preschoolers excited about music! Our charming, credentialed music teachers use our engaging materials and props to teach keyboard songs, glockenspiels, percussion, singing, hand bells, ukuleles & more.

Myriad Music School, 2250 Palm Ave., San Mateo
Instructor: Myriad Instructors
230930-A1  F   10:30-11:15am $315 3/20-6/5

Preschool Music & Dance Storytime Combo: age 3-4 yrs.

All of your child’s arts education in one cozy afternoon class. Myriad’s Dance Fun plus our ABC & Me Preschool Music. Keyboard songs & booklet, singing, ballet, tumbling, tap & wonderful teachers! A big savings by registering for this premiere combo class.

Myriad Music School, 2250 Palm Ave., San Mateo
Instructor: Myriad Instructors
230931-A1  M  2:20-3:20pm $340 3/16-6/1

The Myriad Music School & Dance Academy has taught thousands of students since it was established in 1997! www.myriadmusic.net

Introduction to Group Piano: age 7-10 yrs.

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

Beresford Recreation Center
Instructor: Willie Wong
The following classes are taught by VIBO Music Center staff at VIBO Music Center, 488 San Mateo Ave., San Bruno. Questions? Call (650) 877-0805. Instruments are available for rental.

**Early Childhood Music:** age 2-5 yrs.
A fun, active music class for parents and children. With a special focus on movement, we explore music through singing, chanting, rhymes, bounces, circle songs, story songs and instrument exploration. A great way to bond with your child through music.

230905-A1 Sa 11:00-11:45am $184 3/28-5/16

**Pop Vocals Ensemble:** age 3-4 yrs.
Inspired by Glee, students will explore songs from today’s popular culture and combine it with choreography. A recital will be performed at the end. Get ready to be part of a high-quality choral experience!

230926-A1 Sa 3:00- 4:00pm $184 3/28-5/16

**Piano Workshop for Beginners:** age 6 yrs.+
Learn to play the keyboards/pianos in a small-sized class. The instructor will guide the students through a fun and easy way to learn playing music on the piano. Students will receive individualized attention and benefit from group playing activities. Learn how to read music, basic keyboard techniques, easy songs and chords.

230917-A1 Sa 3:00- 4:00pm $184 3/28-5/16
230917-A2 Su 1:00- 2:00pm $184 3/29-5/31

**Ukulele for Beginners:** age 5 yrs.+
Learn traditional strumming techniques. Work on singing and playing traditional Hawaiian songs. Work on Pa'Ani" (Hawaiian word for soloing) on the Ukulele as well as finger picking techniques, chords and chord progressions. There may be opportunities to perform in public and accompany dancers!

230918-A1 Tu 4:00- 5:00pm $184 3/24-5/19

**Violin Workshop for Beginners:** age 5 yrs.+
Students will learn how to tune and hold the violin along with proper bow technique to produce nice sound on the instrument. You will learn how to read notes and fun tunes including well-known classical themes, fiddle tunes, blues and popular tunes.

230919-A1 Sa 1:00- 2:00pm $184 3/28-5/16

**Guitar Workshop for Beginners:** age 6 yrs.+
Learn all the basics for the guitar. This 8-week hourly class is designed for beginners. You will learn basic posture, fundamental chords, strumming patterns, and well known songs from different genres.

230920-A1 Sa 2:00- 3:00pm $184 3/28-5/16

**Private Music Lessons**
Private weekly lessons in piano, voice, guitar (acoustic and electric) and drums. Lessons are held primarily in the evenings and Saturday mornings at our recreation centers. Limited late morning/midday lessons are available. An instrument is required for daily practice. Please call (650) 522-7440 for additional information and leave your name, lesson of interest, and phone number. Internet registration not available.

“Education in music is most sovereign because more than anything else rhythm and harmony find their way to the innermost soul and take strongest hold upon it.”

- Plato
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.
231015-A1 M 9:30-10:30am $115/140 4/13-6/1
231015-A2 Tu 9:30-10:30am $125/150 4/14-6/2

age 2-4 yrs.
231015-B1 M 10:45-11:45am $115/140 4/13-6/1
231015-B2 Tu 10:45-11:45am $125/150 4/14-6/2

ARTsmart: age 3-5 yrs.
Art stimulates a child’s creative side, cultivating patience, developing concentration and building self-confidence. This fun-filled, hands-on class encourages children to be innovative. Colors, shapes and measurement will help stimulate their art skills. Games and music will be included!

Beresford Recreation Center
Instructor: Out of the Box Kids Instructors
231025-A1 W 10:00-11:00am $200/225 4/22-6/3

Happy Picasso: age 3-5 yrs.
Young artists gain confidence in self-expression and creative exploration through hands-on art projects designed for preschoolers. Painting, design, coloring, and collaborative art activities are taken to a new level of exploration.

Beresford Recreation Center
Instructor: Out of the Box Kids Instructors
230235-A1 Th 10:00-11:00am $200/225 4/23-6/4

NEW!

ARTventure: age 5-12 yrs.
Let your creative juices flow and alleviate your creative dormancy, come and explore the world of painting, sculpting, cartooning art, pastel art and crafting with Out of the Box Kids. This class will inspire kids to embrace their inner maker, get their hands dirty and express their mind and heart.

Beresford Recreation Center
Instructor: Out of the Box Kids Instructors
231026-A1 M 5:10 – 6:10pm $215/240 4/20-6/1

The following classes are taught by Young Rembrandts Instructors and are held at the Beresford Recreation Center.

Elementary Drawing & Cartooning: age 6-12 yrs.
It’s spring time and that can mean only one thing: Springtime drawing with Young Rembrandts! Learning about warm and cool colors will be the focus. We’ll learn about legendary artist Edward Hopper and take an imaginary trip to Japan to learn about the artistry of the kimono.

220246-A1 F 3:30-4:30pm $179/204 3/20-5/29

Preschool Drawing with Young Rembrandts: age 3.5-5 yrs.
April showers bring May flowers. Perfect time to sign up your preschooler for a Young Rembrandts class. We will begin our adventure with an imaginary trip to the hardware store, then stomp away springtime boredom with a mighty dinosaur. The sky’s the limit as we draw a colorful butterfly and fantastic kite.

220247-A1 F 4:30-5:30pm $179/204 3/20-5/29

Ceramics – Doing Art Together: age 6-12 yrs.
Share the excitement of creating art with your child. You’ll learn traditional ceramics techniques side-by-side in this fun class. Fee covers one child and parent/guardian.

Central Park Ceramics Studio
Instructor: Meral Agi
231012-A1 M 4:00-5:30pm $100/120 3/16-5/11
231012-A2 Tu 4:00-5:30pm $62/73 3/17-4/14

Ceramics – Pottery for Teens: 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: Patsy Fatone
231013-A1 Th 6:00-8:00pm $103/122 3/19-4/30

Happy Picasso for ages 3-5 year olds are held on Thursdays from 10:00 to 11:00am at the Beresford Recreation Center!
Concept to Creation Homeschoolers: age 8-17 yrs.
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. Whether it is an off the shoulder crop top or a sequin gown, you will sketch it, sew it and then step out on the runway in the final show on June 7th.
Academy of Design, 850 Emmett Ave., Belmont
Instructor: Pamela Moyce
231135-A2 Tu 1:30-3:30pm $410 4/14-6/2

Design Thinking: Jewelry: age 8-17 yrs.
Create unique one of a kind jewelry in this afternoon workshop. Learn how to use basic jewelry making tools. All materials are provided, with an Easter/Spring theme!
Academy of Design, 850 Emmett Ave., Belmont
Instructor: Pamela Moyce
231135-A1 Sa 1:00-3:00pm $32 3/28

Mad Science: Earthworks: age 3-5 yrs.
Discover the earth in this series of super-fun workshops! Get up close and personal with worms and take one home for your garden. Become a Jr. Paleontologist as you go on your own dinosaur dig. Learn about animals and their habitats, and find out why opposites attract as you learn all about magnets.
Beresford Recreation Center
Instructor: Mad Science of the Bay Area Staff
231160-A1 F 10:00-11:00am $151/176 3/13-4/17

Mad Science: Birds, Sea & Energy: age 3-5 yrs.
Take to the skies and discover birds and butterflies! Explore the seashore and learn more about its various inhabitants - all from inside the classroom. Learn about energy to find out how movement really happens.
Beresford Recreation Center
Instructor: Mad Science of the Bay Area Staff
231161-A1 Sa 10:00-11:00am $151/176 3/14-4/18

Gigamind: Montessori Math: age 2.5 - 5 yrs.
Certified instructors adopt the Montessori method to prepare young children to meet the kindergarten entrance expectations in math. Students will learn counting, ordering, pattern, and basic abacus skills.
Gigamind Explorers, 631 S B St, San Mateo
Instructor: Gigamind Explorers Staff
231145-A1 WF 10:00am-12:00pm $675 3/11-5/1
231145-A2 WF 10:00am-12:00pm $675 5/6-6/5
Gigamind Explorers, 1080 Holly St, San Carlos
231145-B1 TuTh 10:00am-12:00pm $435 3/10-4/30
231145-B2 TuTh 10:00am-12:00pm $435 $5-6/4

Abacus: age 4-10 yrs.
Students will learn how to use abacus to solve arithmetic problems and hold mental images to calculate. The class will include Abacus Training, Mental Training, Speed Training, Listen-and-Calculate Training and Read-and-Calculate Training. Email Gigamindexplorer@gmail.com for more details.
Gigamind Explorers, 631 S B St, San Mateo
Instructor: Gigamind Explorers Staff
231124-A1 WF 3:30-4:30pm $355 3/11-5/1
231124-A2 WF 4:30-5:30pm $355 3/11-5/1
231124-B1 WF 3:30-4:30pm $235 5/6-6/5
231124-B2 WF 4:30-5:30pm $235 5/6-6/5

Gigamind Math: age 6-10 yrs.
Gigamind 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 to foster mathematical creativity.
Gigamind Explorers, 631 S B St, San Mateo
Instructor: Gigamind Explorers Staff
231136-A1 WF 3:30-4:30pm $435 3/11-5/1
231136-A2 WF 4:30-5:30pm $435 3/11-5/1
231136-B1 WF 3:30-4:30pm $385 5/6-6/5
231136-B2 WF 4:30-5:30pm $385 5/6-6/5

Chinese Mandarin Language and Culture: age 5-8 yrs.
Join Gigamind Explorers in downtown San Mateo 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
Beginner: age 5-8 yrs.
231112-A1 Su 9:00-9:45am $380 3/15-5/31
Intermediate: age 5-8 yrs.
231112-B1 Su 10:00-10:45am $380 3/15-5/31
Computer Coding: age 5-12 yrs.

Designed to foster creativity, reasoning and problem solving, Scratch Programming for Kids focuses on making sure children understand the foundational computer programming (coding) concepts such as sequencing, branching, looping and variables. They will learn it in a fun way by making animations, dialogues, games, and simulations.

Beresford Recreation Center
Instructor: Out of the Box Kids Staff

Checkmate Chess: age 5-12 yrs.

Chess can raise ones IQ, increase creativity and problem-solving skills and improve memory, concentration, and reading skills. The focus is to teach kids the different movements and values, to understanding and strategizing to end the game with a checkmate!

Beresford Recreation Center
Instructor: Out of the Box Kids Staff
221170-A1    Sa    9:00-10:00am  $185/180  4/25-5/30

Math Olympiad: age 7-11 yrs.

Develop a love of math and boost up grades with Math Olympiad! Math Olympiad offers students the chance to shine while tackling challenging problems from previous competitions. Our ongoing series is designed to improve math intuition, develop reasoning skills, and master strategies in creative problem solving.

Foster City Recreation Center, 650 Shell Blvd., Foster City
Instructor: Communication Academy Staff

| age 7-8 yrs. | 231118-A1    Sa    10:45-11:45am  $230  4/4-6/6 |
| age 9-11 yrs. | 231118-B1    Sa    9:30-10:30am  $230  4/4-6/6 |

Public Speaking: Persuasive Speaker: age 7-14 yrs.

Persuading an audience is a learned skill. Learn methods to articulate arguments clearly and cohesively. Continuous practice of voice volume, body language and eye contact will help you attain the skills needed to persuade your audience.

Foster City Recreation Center, 650 Shell Blvd., Foster City
Instructor: Communication Academy Staff

| age 7-8 yrs. | 231152-A1    Sa    2:30- 3:30pm  $230  4/4-6/6 |
| age 9-11 yrs. | 231152-A2    Sa    1:15- 2:15pm  $230  4/4-6/6 |
| ages 11-14 yrs. | 231152-A3    Sa    3:45- 4:45pm  $230  4/4-6/6 |
Get Golf Ready Group Lessons

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

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

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

Junior Golf Academy: age 7-15 Yrs.

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

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

Junior Golf Clinic: age 7-15 Yrs.

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

For Green Fees & Reservations:
www.poplarcreekgolf.com or (650) 522-GOLF
Pro Shop (650) 522-GOLF
Dana Banke, Head Golf Professional (650) 522-7515
Restaurant (650) 522-7525
Maintenance (650) 522-7520
Administration (650) 522-7510
Administration FAX (650) 522-7511

GREEN FEES (effective 7/1/14)

City of San Mateo Residents with Golf I.D. Card
Weekend (Sa, Su, Holiday) $45
Weekday (Mon-Fri) $33
Senior (60 & over) 10 Play Card (Mon-Fri) $250
Jr. Weekdays (Mon-Fri) $14
Jr. Weekends (after 12 noon) $17

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 2020 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. Book your 2019 tournament now - call (650) 522-4653. 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. 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!

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.
Men’s & Coed Slow Pitch Softball
The cities of San Mateo & Belmont are working in partnership to provide adult softball in their communities. We offer Men’s & Coed slow pitch in the Spring, Summer, & Winter. For more information or details regarding adult softball leagues please contact our Adult Sports Supervisor at (650) 522-7433 or email dhibson@cityofsanmateo.org.

Have fun playing softball by joining the largest ASA Slow-Pitch League on the Peninsula! We offer Coed and Men’s leagues 5 nights a week. You can sign up as a team or if you are an individual seeking a team to play on you can be placed on our Free Agent list by emailing Deputy League Commissioner, Mary Villarin at mvillarin@cityofsanmateo.org. Please make sure to include the nights you are available, preferred contact information, experience, and/or any other appropriate information you are willing to share with approximately 100 managers. We look forward to seeing you out on the field!

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

Adult Open Gym
Come join us here at the Dr. Martin Luther King Jr Community Center for FREE Adult Open Gym Volleyball and Basketball! Open to any and all skill levels ages 18 and up. Adult volleyball is Monday and Wednesday nights from 6:30p – 8:45p and adult basketball is Tuesday and Thursday nights from 6:30p – 8:45p.

San Mateo High School Open Gym
$4.00 for all players
— Pickleball Open Gym —
Saturdays, 10:30am-1:30pm
Sundays, 5:30pm-8:30pm
The gym schedule is subject to change due to potential conflicts with San Mateo High school sports. Please check the schedule posted at the gym for closures.
Note on 4:1: with no more than four 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 6/1 to 6/6 after season ends; otherwise, refund will be issued. Check weather update link https://twitter.com/tdapaul2016 during rainy season for class cancellation announcement.

Make-up policy for any other personal reasons: No guarantee or refund, though coaches will try to accommodate you in alternative classes.

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

**Adult Beginning Tennis 1**
Class is designed for anyone who’s ready to take advantage of the new teaching technique—you will be able to rally with a partner within an hour of the first class. To progress to Beginning 2, you need to demonstrate solid hand-eye coordination and proper swinging with good timing.

Central Park Tennis Courts
241212-A1 Tu  8:05- 9:00pm $140/165  3/10-4/7
241212-A2 Th  9:05-10:00am $190/215 (4:1) 3/12-4/9
241212-A3 Tu  8:05- 9:00pm $168/193 4/21-5/26
241212-A4 Th  9:05-10:00am $228/253 (4:1) 4/23-5/28

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

Central Park Tennis Courts
241213-A1 Tu  7:35- 9:00pm $140/165  3/10-4/7
241213-A2 Th 10:05-11:00am $190/215 (4:1) 3/12-4/9
241213-A3 Tu  7:35- 9:00pm $168/193 4/20-5/18
241213-A4 Th 10:05-11:00am $228/253 (4:1) 4/22-5/20

**Adult Intermediate Tennis 1**
Players will improve groundstroke, volley and overhead serving techniques. Prerequisite: coordinated movement and consistent rally with regular balls from the baseline.

Central Park Tennis Courts
241214-A1 M  7:35- 9:00pm $140/165  3/9-4/6
241214-A2 Tu  9:35-10:30am $190/215 (4:1) 3/10-4/7
241214-A3 M  7:35- 9:00pm $160/185 4/20-5/18
241214-A4 Tu  9:35-10:30am $228/253 (4:1) 4/21-5/26

Beresford Park Tennis Courts
241214-B1 M 10:05-11:30am $210/235  3/9-4/6
241214-B2 W  6:35- 8:00pm $210/235 3/11-4/8
241214-B3 M 10:05-11:30am $210/235 4/20-5/18
241214-B4 W  6:35- 8:00pm $252/277 4/22-5/20

**Adult Intermediate Tennis 2**
Players start to develop topspin groundstroke and spin serves. Singles and/or doubles point play will be crucial to gauge your understanding of tactics. Prerequisite: solid rally with both pace and control from the baseline.

Central Park Tennis Courts
241214-C1 Th 10:35am-12:00pm $140/165  3/10-4/7
241214-C2 Th  7:05- 8:00pm $190/215 (4:1) 3/12-4/9
241214-C3 Tu 10:35-12:00pm $168/193 4/21-5/26
241214-C4 Th  7:05- 8:00pm $228/253 (4:1) 4/23-5/28

Beresford Park Tennis Courts
241214-D1 M 7:35- 9:00pm $210/235  3/9-4/6
241214-D2 W 10:05-11:00am $140/165 3/14-4/11
241214-D3 M 7:35- 9:00pm $210/235 4/20-5/18
241214-D4 W 10:05-11:00am $168/193 4/25-5/30

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

Central Park Tennis Courts
241214-E1 Th 7:05- 8:00pm $140/165  3/12-4/9
241214-E2 Th  7:05- 8:00pm $168/193 4/23-5/28

Beresford Park Tennis Courts
241214-F1 W  8:05- 9:00pm $140/165 3/11-4/8
241214-F2 W  8:05- 9:00pm $168/193 4/22-5/20

**Adult Advanced Tennis**
Class is designed for players with well-developed fundamentals. Besides further polishing techniques, emphasis is on how to optimize shot selection and strategize to win. You are ready for more serious USTA league play!

Central Park Tennis Courts
241215-A1 Th 8:05- 9:00pm $140/165  3/12-4/9
241215-A2 Th  8:05- 9:00pm $168/193 4/23-5/28

Beresford Park Tennis Courts
241215-B1 M 6:35-7:30pm $140/165 3/9-4/6
241215-B2 M 6:35-7:30pm $168/193 4/20-5/18
LET’S GET FIT

Our recommendations for your total Fitness workout

Design your own fitness program by combining the benefits of cardio, strength, and stretch in your weekly routine.

Experience expert instruction from highly skilled teachers in a safe, noncompetitive environment.


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

Drop in to any class with a Guest Pass or check out our “Frequently Asked Questions” at www.cityofsanmateo.org/adultfitness

WORKOUTS | MON | TUES | WED | THUR | FRI | SAT
--- | --- | --- | --- | --- | --- | ---
STRENGTH | Low Impact Aerobics 9:00-9:45am | Strength Training 10:05-11:05am | Strength Training for Healthy Living 9:00-10:00am | Strength Training & Posture Power 10:05-11:05am | Strength Training & Body Sculpting 9:00-10:00am | WOD U-Jam/Pound Fusion 9:30-10:30am
CARDIO | U-Jam Fitness 6:15-7:15pm | Cardio for 50+ 9:00-10:00am | Zumba Toning 6:30-7:30pm | Zumba 6:15-7:15pm | Low Impact Aerobics 9:00-9:45am | Zumba 8:45-9:45am
STRETCH | Yoga 1 9:00-10:15am | Tai Chi 6:00-7:00pm | Staying Fit with Arthritis 1:00-2:00pm | Yoga Fusion 6:30-7:30pm | Pilates Mat & Strengthening 10:00-11:00am | and more!

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

Dr. Martin Luther King Jr. Community Center
Instructor: Gaby Torres
241502-K1 M 6:40-7:40pm $70/86 3/16-6/1
241502-K2 Th 6:40-7:40pm $75/92 3/19-6/4
San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Shoko Boyd
241502-H2 Tu 6:30-7:30pm $78/96 3/17-6/2
Beresford Recreation Center
Instructor: Gaby Torres
FFP 241502-B1 Tu 6:15-7:15pm $78/96 3/17-6/2
Instructor: Patti Michelsen
FFP 241502-B2 W 10:05-11:05am $78/96 3/18-6/3
FFP 241502-B3 F 10:05-11:05am $76/94 3/20-6/5
Instructor: Mercedes Navarro
FFP 241502-B5 Th 6:15-7:15pm $75/92 3/19-6/4
FFP 241502-B4 Sa 8:45-9:45am $75/92 3/21-6/6
Senior Center
Instructor: Gaby Torres
FFP 241502-SI Sa 10:00-11:00am $69/85 3/21-6/6

Zumba is a Latin-inspired fitness class is great for any experience level. Pick from any of the classes on the left!
WOD 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
**Class Details:**
- **FFP 241533-B1** M  6:30-7:30pm  $70/86  3/16-6/1
- **FFP 241533-B2** W  6:30-7:30pm  $78/96  3/18-6/3
- **FFP 241533-B3** Th  7:30-8:30pm  $75/92  3/19-6/4

WOD 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
**Class Details:**
- **241534-H1** Sa  9:30-10:30am  $75/92  3/21-6/6

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. Instructo is certified by the ACSM. All levels welcome; no previous dance experience necessary.
Beresford Recreation Center
Instructor: Patti Michelsen
**Class Details:**
- **FFP 241536-B1** M  10:05-11:05am  $70/86  3/16-6/1

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
**Class Details:**
- **FFP 241537-B1** Tu  9:00-10:00am  $78/96  3/17-6/2
- **FFP 241537-B2** Th  9:00-10:00am  $75/92  3/19-6/4

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.
San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Tammy Meza
**Class Details:**
- **FFP 241538-S1** M  9:00-9:45am  $54/66  3/16-6/1
- **FFP 241538-S2** Th  9:00-9:45am  $53/65  3/19-6/5

Child Care for Fitness: age 0-7 yrs.
Try WOD U-Jam Fitness on Mondays, Wednesdays, or Thursday evenings. A fun, energetic, and a fantastic workout!
Beresford Recreation Center
**Class Details:**
- **211501-W1** W  9:00-10:00am  $87  3/18-6/3
- **211501-W2** W  9:00-10:15am  $108  3/18-6/3
- **211501-W3** Th  10:05-11:05am  $87  3/18-6/3
- **211501-W4** W  10:15-11:30am  $108  3/18-6/3
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

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**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

**Strength Training/Body Sculpting**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
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<th>End Date</th>
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<td>$76/94</td>
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**Central Recreation Center**

**Instructor:** Tracy Stewart

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<tr>
<td>241540-C2</td>
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<td>$90/112</td>
<td>3/18-5/27</td>
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**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

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<th>Days</th>
<th>Time</th>
<th>Price</th>
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<tr>
<td>241542-B2</td>
<td>Th</td>
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<td>$75/92</td>
<td>3/19-6/4</td>
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**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

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<tr>
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<th>End Date</th>
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<td>$78/96</td>
<td>3/18-6/3</td>
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**Zumba Toning**

This 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

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<tr>
<th>Class Code</th>
<th>Days</th>
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<th>Price</th>
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San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)

**Instructor:** Gaby Torres

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<tr>
<th>Class Code</th>
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<th>Price</th>
<th>Start Date</th>
<th>End Date</th>
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<tbody>
<tr>
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<td>W</td>
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<td>$78/96</td>
<td>3/18-6/3</td>
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**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 needs.

**Beresford Recreation Center**

**Instructor:** Mary Furuta

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Price</th>
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<tr>
<td>241546-B2</td>
<td>W</td>
<td>6:15- 7:15pm</td>
<td>$78/96</td>
<td>3/18-6/3</td>
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**Pricing:**
- 5 classes = $45
- 10 classes = $85
- 20 classes = $160

No expiration date!!
specialty fitness

**Barre**
Barre is the “modern day” version of Ballet with an emphasis on working those muscles you want to change. We work the “BIG muscles, encouraging calorie burn. Bands and/or small weights are used and stretching is part of this workout for all ages and all body parts. The music takes you away from it all, so you’ll be glad you came.

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Donna Lanam
241552-H1 W 5:30- 6:30pm $78/96 3/18-6/3

**Yoga Fusion**
An exciting combination of yoga poses and dance moves to strengthen and stretch, giving you great joy and release through movement. Every body part is challenged, while incorporating bands and weights, creating a complete workout. Come once or twice a week and double the benefits of this class.

Beresford Recreation Center
Instructor: Donna Lanam
FFP 241553-B1 Tu 6:30- 7:30pm $85/104 3/17-6/2
FFP 241553-B2 Th 6:30- 7:30pm $81/100 3/19-6/4

**Piloxing**
This Hollywood fitness craze blends the power, speed and agility of boxing with the sculpting and flexibility of Pilates. This fun workout will whip you into shape. Exercise incorporates the use of weighted gloves (provided by instructor) which add to the workout by toning the arms and maximizing cardiovascular health.

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Shoko Boyd
241554-H1 Tu 5:30- 6:30pm $78/96 3/17-6/2

**30 Minute Stretch Class**
Focus on stretching and relaxing from head to toe. Notice greater ease of movement and improvement in posture as you release tight muscles. Appropriate for all fitness levels as you’ll be encouraged to listen to your body and do only what feels good. We’ll be going to the floor, so bring a mat.

Senior Center
Instructor: Rhonda Fitzpatrick
FFP 241556-S1 F 11:15-11:45am $35/43 3/20-6/5

**Safari Run Boot Camp**
Designed to improve core strength and muscle definition while preventing injuries, this non choreographed circuit style class will make you sweat! Cardio bursts are mixed with strength & endurance moves. Body weight, tubes, weights, stability balls & weighted balls will be used.

Safari Run, 341 N Amphlett Blvd, San Mateo
Instructor: Jodi Eichensehr
241501-A1 Tu Th 6:00- 7:00am $255/255 3/17-5/28

adult fitness

**Westside Fitness**
Take your fitness routine to the next level. Learn Boxing, Functional Fitness, TRX & more to improve strength, mobility & burn calories. Early morning and evening classes available.
For additional information and class schedule, visit WestsideFitness.com.

Westside Fitness, 101 East 25th Ave., San Mateo
241561-B1 March Monthly Pass $170 3/2-3/31
241561-C1 April Monthly Pass $170 4/1-4/30
241561-D1 May Monthly Pass $170 5/1-5/30

Want some flexibility with your workouts? Purchase a Punch Card – good for 12 visits. Upon registration, visit WestsideFitness.com to complete your registration and to reserve your spot in a class. Punch Cards must be used within 60 days of activation.
241561-A1 Spring 12 visit Punch Card $219 3/2-5/30

**outdoor fitness**

**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, (650) 341-9785.

$21/25 - 9:00am- 4:00pm, Tuesdays
San Mateo Parks Office, 2001 Pacific Blvd., San Mateo
241216-A1 3/10  Rancho San Antonio Preserve, Santa Clara
241216-A2 3/17  Bay Farm Island, Alameda
241216-A3 3/24  Almaden Quicksilver, Santa Clara
241216-A4 3/31  Edgewood Park & Preserve, SM County
241216-A5 4/7  Sunol Regional Wilderness, East Bay
241216-A6 4/14  Las Trampas Regional Wilderness, East Bay
241216-A7 4/21  Joseph D. Grant County Park, Santa Clara
241216-A8 4/28  Arastradero Preserve, Santa Clara
241216-A9 5/5  Pescadero Creek Park, SM County
241216-A10 5/12  Sam McDonald County Park, SM County
241216-A11 5/26  Ranch Corral De Tierra, SM County
241216-A12 6/2  Ed R. Levin County Park, Santa Clara

**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.
To register visit sanmateo.fit4mom.com/schedule for more information and registration.

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

“Fit4Mom is the perfect balance of a great workout and an awesome community of moms. It embodies exactly what every woman with small children needs.”
- Rachel C.
Yoga I
Take time out for yourself. Feel renewed, centered and enriched by this comprehensive Hatha Yoga class. A steady flow of relaxation between asanas is offered with guided instruction throughout. Beginners and intermediate students welcome. Bring a mat.

Senior Center
Instructor: Linda Krinke
241601-S1 M 9:00-10:15am $87/108 3/23-6/1
241601-S2 Th 6:00-7:15pm $114/139 3/19-6/4

Beresford Recreation Center
Instructor: Adriana Buenaventura
241601-B1 W 7:30-8:45pm $114/139 3/18-6/3

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

Senior Center
Instructor: Adriana Buenaventura
241602-S1 M 6:30-7:45pm $105/130 3/16-6/1

Beresford Recreation Center
Instructor: Linda Krinke
241602-B1 W 10:15-11:30am $96/119 3/25-6/3

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.

Beresford Recreation Center
Instructor: Linda Krinke
241603-B1 W 9:00-10:15am $96/119 3/25-6/3

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

Senior Center
Instructor: Linda Krinke
241604-S1 Tu 9:00-10:15am $96/119 3/24-6/2
241604-S2 Tu 10:15-11:30am $96/119 3/24-6/2

Chair Yoga
This Yoga class is especially designed for Seniors who have not exercised for a while or want to go easy using a chair and the wall to stretch out the body. Instructors bring to this class their love of yoga and many years of experience working with Seniors.

Senior Center
Instructor: Joan Sanchez
241605-S1 Tu 12:15-1:15pm $92/114 3/17-6/2
Instructor: Christine Salah
241605-S2 Th 12:45-1:45pm $92/114 3/19-6/4

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

Beresford Recreation Center
Instructor: Karen Slovak
241607-B1 F 12:30-1:45pm $114/139 3/20-6/5

“My wish for my students is that they find a love for Yoga; it’s so much more than a physical exercise. It is the Body – physical – Mind – balance – Spirit – breath.”
- Linda Krinke, Yoga Instructor

“The Yoga instructor is very experienced, warm and welcoming and her paces is perfect making it fun and effective.” - A Happy Student from Yoga for 50+
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.

Senior Center
Instructor: Kim Moore
241620-S1 W 5:30-6:30pm $71/87 3/18-5/13

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
241632-S1 W 1:00-2:00pm $92/114 3/18-6/3
241632-S2 F 1:00-2:00pm $85/105 3/20-6/5

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
241633-S1 Tu 6:00-7:00pm $92/114 3/17-6/2
241633-S2 Tu 7:30-9:00pm $136/161 3/17-6/2
Instructor: Kathleen McCarty
241633-S3 Sa 9:00-10:00am $85/105 3/21-6/6

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
241634-B1 Tu 7:00-8:15pm $118/143 4/7-5/12

Join us to learn how to deepen your mind-body connection for a healthier life. Through coordinated body-postures, meditation and movements, you will become more aware of your energy, your body, and environment to enhance your vitality and overall well-being. Class is perfect for beginners and those looking for a regular group practice.

Beresford Recreation Center
Instructor: Daniel Rizk
241635-B1 Th 5:30-6:30pm $92/114 3/19-6/4

Meet Kim Moore, Pilates Instructor! Join her class Wednesdays from 5:30-6:30pm at the Senior Center!

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.

Senior Center
Instructor: Rhonda Fitzpatrick
241621-S1 F 10:00-11:00am $85/105 3/20-6/5

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

Senior Center
Instructor: Karen Wigren
241631-S1 Tu 9:30-10:30am $92/114 3/17-6/2

Feldenkrais is an exercise therapy that helps repair impaired connections between the motor cortex and the body, benefiting the quality of body movement and improving wellbeing.

Meet Kim Moore, Pilates Instructor! Join her class Wednesdays from 5:30-6:30pm at the Senior Center!
**Tap**

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

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Laura Marsh
241712-H1 Tu 7:30- 8:30pm  $118/143  3/17-6/2

**Tap Progressions**
This optional add on class is for students enrolled in Tap I who want further challenges. We will learn drawbacks, time steps, cramp rolls and more, as well as work on increasing speed and clarity. Recommended for students who have completed at least one session of Tap I.

San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Laura Marsh
241711-H1 Tu 8:30- 9:00pm  $64/78  3/17-6/2

**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
241713-H1 Th 5:45- 6:45pm  $109/134  3/19-6/4

**Tap Into Joy**
Come make music with your feet! This open-level class is geared towards students with at least some experience, though adventurous beginners are welcome. We’ll hone our technique and build on fundamentals through combinations that challenge both our feet AND minds, developing our skills, memory, and musicality as we go. Join the Fun!

Beresford Recreation Center
Instructor: Daphne Wong
241714-B1 Tu 11:30am-12:30pm  $118/143  3/17-6/2

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**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
241700-H1 M 7:00- 8:15pm  $134/159  3/16-6/1

**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
241701-H1 W 7:30- 8:45pm  $145/170  3/18-6/3

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**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
241720-B1 Th 12:15- 1:30pm  $145/170  3/19-6/4

**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
241722-B1 Sa 10:00-11:00am  $109/134  3/21-6/6
San Mateo High School Dance Studio, 506 N. Delaware St. (inside gym)
Instructor: Deb Stevens
241722-H1 M 6:00- 7:00pm  $109/134  3/16-6/1


## 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

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### Belly Dance Level II

Learn advanced movements and combinations that increase your ability to interpret music. Create your own choreography and improvise while using props such as veils. Scarves, finger cymbals and music can also be purchased at class for cost. Wear a leotard of other clothing that displays the shape and movements of your torso. Bring a large scarf to wrap around your hips.

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

Instructor: Malia DeFelice

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### Flamenco I/II

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

Dr. Martin Luther King Jr. Community Center

Instructor: Marco Ogo

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### Hula

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

Senior Center

Instructor: Valentina Linsangan

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### Mexican Folkloric Dance

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

Dr. Martin Luther King Jr. Community Center

Instructor: Martin Cruz

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<td>7:00-8:00pm</td>
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*Learning dances from other cultures is not only healthy and social, but its greatest value is that it brings a country past to life.*
social dance

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

Beresford Recreation Center
Instructor: Nancy & David Mendoza
241750-B1 Tu 7:30-8:30pm $100/123 3/17-5/19

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

Beresford Recreation Center
Instructor: Nancy & David Mendoza
241751-B1 Tu 8:30-9:30pm $100/123 3/17-5/19

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
241754-B1 F 7:45-8:45pm $42/52 3/20-4/24
241754-B2 F 8:45-9:45pm $42/52 3/20-4/24

Salsa I – Beginning
Salsa is fun! No experience or partner necessary! Our NEW instructor will teach the basics of Salsa with lots of repetition. Students will learn Latin dance motion, the basic step, side-breaks, back-breaks, basic turns and the cross-body lead. Our goal is for you to enjoy a whole new world of social dancing. All ages welcome.

Beresford Recreation Center
Instructor: Ernesto Caballero
241753-B1 Th 7:30-8:30pm $82/100 3/19-5/7

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

Beresford Recreation Center
Instructor: Ernesto Caballero
241756-B1 Tu 8:30-9:30pm $82/100 3/19-5/7

Road Runners
Square Dance Club – PLUS Level
Square dance experience required. Former returning dancers are welcome. You may register on Club Night or check their website, smroadrunners.org to express interest.

Beresford Recreation Center
Tuesdays 7:30-9:45PM $8/person/night 3/17-6/2

SAN MATEO CITY PARKS AND RECREATION FOUNDATION
We are a private, non-profit 501 c3 organization that works in collaboration with the City of San Mateo Parks and Recreation Department to support parks, recreation programs and capital projects that can be enjoyed by all San Mateo residents. We believe that parks play a vital role in creating a healthy and vibrant community by:

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

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

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

Interested in learning to play the ukulele? We have ‘pluckers’ and ‘strummers’ alike in our fun class. No prior experience is necessary. We’ll make you sound great and teach you how to read the notation for ukulele. Bring your ukulele.

Myriad Music School  
Instructor: Simone Bley  
241811-A1 M 8:00-8:45pm $275 3/9-6/1

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**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  
241802-A1 Tu 9:00-10:30am FREE 3/17-6/30

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**Acoustic Folk Session (Intermediate)**

Join us in playing acoustic covers and renditions from folk, country, Americana, even R & B and Hawaiian musical interests. Any kind of acoustic string instrument would be fun. Bring your guitar, Mandolin, Ukulele, etc. Capos are recommended for this intermediate class.

Senior Center  
241803-A2 Tu 11:00am-12:15pm $43/51 3/31-5/19

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**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  
241901-A1 W 7:00-9:30pm $48/60 3/11-3/25  
241901-A2 W 7:00-9:30pm $48/60 4/29-5/13  
241901-A3 W 7:00-9:30pm $48/60 5/20-6/3  
241901-B1 Th 1:00-3:30pm $48/60 3/12-3/26  
241901-B2 Th 1:00-3:30pm $48/60 4/30-5/14  
241901-B3 Th 1:00-3:30pm $48/60 5/21-6/4

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**Crochet**

Have you always wanted to learn to crochet or learn more techniques in crochet? This class will cover beginning levels to advanced. Learn to chain, single crochet, double crochet, read patterns, and much more. Students will need 2 balls of worsted weight (#4) variegated yarn and 5mm hook. All levels welcome.

Instructor: Jodi Pavey  
241911-A1 F 9:00-10:30am $55/67 3/13-4/3  
241911-A2 F 9:00-10:30am $55/67 4/24-5/15

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**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  
241912-A1 M 7:00-8:30pm $111/136 3/9-5/11

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**Spring Time Stamp-A-Stack**

You will create four sets of three cards each, making and taking home a ‘stack’ of 12 beautiful cards with matching envelopes, all with a Springtime, ‘Season of Renewal’ theme. A variety of rubber stamping styles, accessories and techniques will be used. Open to all levels. A $10 material fee will be payable to instructor.

Senior Center  
Instructor: Maya Togashi  
241913-A1 M 6:15-8:45pm $25/31 3/23

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**Creative Punches and Die Cuts**

We will make several cards using punches, and the die cut machine for shapes and textures. It’s amazing how a shape can be used so differently when one thinks “outside of the punch!” Open to all levels. A $10 material fee will be payable to instructor.

Senior Center  
Instructor: Maya Togashi  
241925-A1 M 6:15-8:45pm $25/31 5/18
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.
Beresford Recreation Center
Instructor: Marty Springer
241919-A1 M 7:00-9:30pm $130/155 4/6-5/4

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. For more information visit William Dunn at williamdunnstudio.com.
Senior Center
Instructor: Bill Dunn
241910-A1 Tu 6:00-8:30pm $271/296 3/17-6/2

Travel Sketch in Watercolor
Make every stop on your agenda a meaningful and memorable experience. You'll learn how 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.
Senior Center
Instructor: Bill Dunn
241935-A1 Tu 1:00-4:00pm $329/354 3/17-6/2

Dragonfly Designs: Painting 101
Always wanted to learn how to paint but was too intimidated to try? Understand value, color and perspective in this painting for beginners' class and pick up a new form of creative expression with ease. A different watercolor painting project will be taught each meeting.
Beresford Recreation Center
Instructor: Dragonfly Designs Staff
241940-A1 F 7:00-8:30pm $70/84 4/3
241940-A2 F 7:00-8:30pm $70/84 5/1
241940-A3 F 7:00-8:30pm $70/84 6/5

NEW!

Dragonfly Designs: Jewelry Making
Dive headfirst into the world of jewelry making and create some truly unique bling to show off your personality! From copper etching and metalworking to experimenting with resin and cement, this class walks you through a wide array of techniques.
Beresford Recreation Center
Instructor: Dragonfly Designs Staff
241941-A1 F 7:00-8:30pm $70/84 3/20
241941-A2 F 7:00-8:30pm $70/84 4/17
241941-A3 F 7:00-8:30pm $70/84 5/15

NEW!

Ceramics: Colored Clay Workshop
Ever wanted to learn how to make colored clay? Well here's your chance. In this two-day workshop you will learn how to make colored clay recipes and how to use them to enhance your work by incorporating various techniques such as press molds, and marbling.
241932-A1 Th F 4:00-7:00pm $55/64 5/7-5/8

NEW!

Ceramics: Skill Building Workshop
A short but intensive workshop to help students build their ceramic skill set. Students will be challenged through exploring their work inside and out while trying new forms to expand their current talents. This class is not aimed at production, or the end pieces, but the journey to them.
241934-A1 Tu Th 7:00-10:00pm $97/116 3/3-3/12

NEW!

Ceramics Open Studio
Open Studio time is for intermediate to advanced students to use towards self-directed projects. No major instruction will be given during this time.
241929-A1 M 6:00-9:00pm $233/258 3/16-6/1
241929-A2 Th 1:30-3:30pm $175/200 3/19-6/4
241929-A3 Sa 2:00-5:00pm $233/258 3/21-6/6

NEW!

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.
241930-A1 W 4:00-6:30pm $213/238 3/18-6/3

Core Ceramics
Have you ever wanted to create your own pots? Whether you're a novice or advanced student, these classes will introduce you to new pottery skills including hand building with coil, pinch techniques, drape molds, and glazing! The Tuesday core class is beginning/intermediate and the Wednesday core class is intermediate/advanced.
241927-A1 Tu 6:00-9:00pm $252/277 3/17-6/2
241927-A2 W 7:00-10:00pm $252/277 3/18-6/3
241927-A3 Sa 10:00am-1:00pm $233/258 3/21-6/6

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 with basic ceramics experience.
241922-A1 Th 10:00am-1:00pm $252/277 3/19-6/4
technology

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.

242700-A1  TBD  $15  April
242700-A2  TBD  $15  May
242700-A3  TBD  $15  June

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

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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 will cover how to manage your device, stay connected, browse the web, take photos, and much more.

242706-A1  W  10:00am-12:00pm  $20  3/25-4/8

Tech Help Desk
Baffled with a tech problem on your PC, MAC, Tablet, or Smartphone? Join us at our weekly drop-in Help Desk where our tech volunteers will help you get past your issue. Also, in a group setting we can learn from each other’s tech problems and solutions.

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<th>Fee</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>3:00-4:45pm</td>
<td>FREE</td>
<td>3/30-6/1</td>
<td></td>
</tr>
<tr>
<td>W</td>
<td></td>
<td>10:00am-12:00pm</td>
<td>FREE</td>
<td>4/15-6/3</td>
<td></td>
</tr>
</tbody>
</table>

Caption Phones 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.

<table>
<thead>
<tr>
<th>Instructor: Elli Tehrani, Clear Captions Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>242606-A1 W 1:15-2:00pm FREE 4/8</td>
</tr>
<tr>
<td>242606-A2 W 1:15-2:00pm FREE 5/13</td>
</tr>
<tr>
<td>242606-A3 W 1:15-2:00pm FREE 6/3</td>
</tr>
</tbody>
</table>

Smart Phone Training
Free 1-day smart phone training. Is your smart phone challenging you? Learn how to make the sound louder, make the font size bigger and much more.

<table>
<thead>
<tr>
<th>Instructor: Crystal Lin, Telephone Access Program Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>242710-A1 Tu 10:00am-12:00pm FREE 4/7</td>
</tr>
<tr>
<td>242710-A2 Tu 10:00am-12:00pm FREE 5/5</td>
</tr>
<tr>
<td>242710-B1 Tu 10:00am-12:00pm FREE 6/2</td>
</tr>
<tr>
<td>Android</td>
</tr>
<tr>
<td>iPhone</td>
</tr>
</tbody>
</table>

Classes on pages 45 - 48 require pre-registration.
# Keeping Safe from Financial Fraud

According to recent studies, almost $2.9 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 & Officer Nicole Von Glahn

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242300-A1</td>
<td>W</td>
<td>10:00-11:00am</td>
<td>FREE</td>
<td>3/18</td>
</tr>
</tbody>
</table>

# Reduce the Impact of Falls

Approximately 1/3 of seniors who live at home fall at least once a year! Do you know the UNSEEN causes for a FALL? Sutter Safe at Home Your Personal Emergency Alert Device-Lifeline sponsored: learning how to deal with an emergency/fall when you’re alone.

**Senior Center**
**Instructor:** Rudy Frandsen, MPMC Lifeline Health Representative

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242513-A1</td>
<td>Th</td>
<td>9:00-10:00am</td>
<td>FREE</td>
<td>3/12</td>
</tr>
<tr>
<td>242513-A2</td>
<td>Th</td>
<td>1:00-2:00pm</td>
<td>FREE</td>
<td>4/9</td>
</tr>
<tr>
<td>242513-A3</td>
<td>Th</td>
<td>9:00-10:00am</td>
<td>FREE</td>
<td>5/14</td>
</tr>
</tbody>
</table>

# Know Your Legal Rights Regarding Electronic Fund Transactions

Ever have a problem with an unauthorized transaction on your bank account or credit? Learn about what legal rights you have and what legal obligations a financial institution has in handling your dispute taught by a consumer protection attorney.

**Senior Center**
**Instructor:** Ben Dupré, Consumer Protection Attorney

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242306-A1</td>
<td>Tu</td>
<td>6:30-7:30pm</td>
<td>FREE</td>
<td>3/17</td>
</tr>
<tr>
<td>242306-A2</td>
<td>Tu</td>
<td>6:30-7:30pm</td>
<td>FREE</td>
<td>5/19</td>
</tr>
</tbody>
</table>

# Coping with Dementia: Caregivers

Caring for an older adult is a demanding job. Learn proven strategies & practical tips to build up your skill & confidence to do this challenging job without risking serious illnesses that could limit your ability to continue to care for your loved one.

**Senior Center**
**Instructor:** Catholic Charities Representative

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242509-A1</td>
<td>Sa</td>
<td>10:00am-12:00pm</td>
<td>FREE</td>
<td>4/25</td>
</tr>
</tbody>
</table>

# Freedom from Fractures

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

**Senior Center**
**Instructor:** American Bone Health Representative

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242518-A1</td>
<td>Sa</td>
<td>10:00-11:30am</td>
<td>FREE</td>
<td>5/9</td>
</tr>
</tbody>
</table>

# Your Memory

Alzheimer’s, dementia or just forgetful? Join Dr. Sharon Ou to learn about the various techniques that you can do to improve your memory power.

**Senior Center**
**Instructor:** Dr. Sharon Ou, M.D., Kaiser Permanente

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242506-A1</td>
<td>W</td>
<td>2:00-3:00pm</td>
<td>FREE</td>
<td>5/20</td>
</tr>
</tbody>
</table>

# Medicare/Medi-Cal 101

This course would encompass the basics of Medicare, Medi-Cal, Medicare Health Plan options, and other Low-Income options for seniors. This would be a strictly educational course, with no private health plan endorsement or sales activity.

**Senior Center**
**Instructor:** Derek Brown, Kaiser Permanente Representative

<table>
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<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>242517-A1</td>
<td>Tu</td>
<td>10:00-11:00am</td>
<td>FREE</td>
<td>4/21</td>
</tr>
<tr>
<td>242517-A2</td>
<td>W</td>
<td>1:15-2:15pm</td>
<td>FREE</td>
<td>6/3</td>
</tr>
</tbody>
</table>

# 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Date</th>
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</thead>
<tbody>
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<tr>
<td>242504-A2</td>
<td>Sa</td>
<td>10:30am-12:00pm</td>
<td>FREE</td>
<td>5/16</td>
</tr>
<tr>
<td>242504-A3</td>
<td>Sa</td>
<td>10:30am-12:00pm</td>
<td>FREE</td>
<td>6/6</td>
</tr>
</tbody>
</table>

Ben Dupre is a consumer protection trial attorney in the Bay Area. In 2004, Ben was admitted to the State and Federal courts of California. He is a graduate of Santa Clara University School of Law (graduating in the top 20% of his class). Ben concentrates his practice on behalf of victimized consumers throughout the Bay Area with a focus on assisting folks with the following types of problems: electronic funds transaction errors, credit report problems, identity theft, mortgage servicer problems, and other related consumer protection type problems. Ben has lectured before attorneys, law students, companies, and other organizations on the topics of credit reports and other consumer law topics. Ben very much enjoys educating folks in the community about important consumer laws that in an easy to understand manner.
Leveraging Resources and Redefining Aging

MidPeninsula Village is a nonprofit organization fueled by volunteers, that are redefining aging. They provide social events, access to services and help member 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
242612-A1  Th  10:00-11:00am  FREE  4/2

Movie Preview: Too Soon to Forget

Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer’s at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER’S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.

Senior Center
Instructor: Catholic Charities, Adult Day Center Staff
242319-A1  Th  6:30- 8:00pm  FREE  4/2
242319-A2  Th  6:30- 8:00pm  FREE  4/30

personal enrichment
Establishing the Mineral Frontier

Treasure, sought by Spaniards in the West, never found. Discovered accidentally by Americans in 1848. Minerals galore, beneath every piece of land acquired from Mexico. Fantastic new wealth in gold, silver, copper and more.

Senior Center
Instructor: Michael Svanevik
242600-A1  Tu  1:30- 3:30pm  $65  3/24-5/12

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: Peter Jensen, AARP Representative
242603-A1  Tu  12:30- 5:00pm  Pay Instructor  5/14

AARP Driver 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: Warren Wong, AARP Representative
242604-A1  M Tu  12:30- 4:30pm  Pay Instructor  3/23 & 3/24

Classes on pages 45 - 48 require pre-registration.
games

Chinese Mah Jong
Stay mentally sharp and improve your memory skills. The famous historical Chinese game of Mah Jong is a great way to socialize and can also teach you patience. Choose between two skill levels: beginner and intermediate. Intermediate level should understand the fundamentals of the game.

Senior Center
Instructor: Senior Center Volunteers

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>M</td>
<td>1:15-3:00pm</td>
<td>FREE</td>
<td>3/16-6/1</td>
</tr>
<tr>
<td>Intermediate</td>
<td>M</td>
<td>1:15-3:00pm</td>
<td>FREE</td>
<td>3/16-6/1</td>
</tr>
</tbody>
</table>

Mexican Train Dominoes
Mexican Train Dominoes is a fun game the goal is to be the first player to lay down all your dominoes. This game is great for cognitive skills and eye hand coordination. Our goal is for everyone to have a good time, all levels are welcomed and as always, we encourage laughter.

Senior Center
Instructor: Senior Center Volunteers

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>T</td>
<td>10:00am-12:00pm</td>
<td>FREE</td>
<td>3/19-6/4</td>
</tr>
</tbody>
</table>

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
Instructor: Senior Center Volunteers

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>1st &amp; 3rd Fridays</td>
<td>1:15-3:00pm</td>
<td>FREE</td>
<td>3/20-6/5</td>
</tr>
</tbody>
</table>

Defense 1

Senior Center
Instructor: Carol Knowles

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defense 1</td>
<td>M</td>
<td>6:30-8:30pm</td>
<td>$135/165</td>
<td>3/23-5/18</td>
</tr>
</tbody>
</table>

Supervised Play: Sharpen Your Game
Join us for a fun afternoon of bridge. Ask all your bidding, play and defense questions during actual play. Bring problem hands for discussion. All students welcome who have experience with the game.

Senior Center
Instructor: Carol Knowles

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervised Play</td>
<td>T</td>
<td>1:00-3:00pm</td>
<td>$130/160</td>
<td>3/26-5/21</td>
</tr>
</tbody>
</table>

Afternoon At The Opera

Instructor: Shari Deghi

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afternoon At The Opera</td>
<td>Monday</td>
<td>2:30-4:30pm</td>
<td>$105</td>
<td>1/27-4/20 (no class 2/17)</td>
</tr>
</tbody>
</table>

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 is open to all intermediate painters. For materials list, email Jeri McGovern at jmcgovern@smuhsh.org

Instructor: Matt Crane

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watercolor – Intermediate</td>
<td>Thursday</td>
<td>9:30-12:00pm</td>
<td>$105</td>
<td>1/09-3/26</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memoirs Plus</td>
<td>Friday</td>
<td>1:00-3:00pm</td>
<td>$105</td>
<td>1/10-3/27</td>
</tr>
</tbody>
</table>

The following classes are sponsored by the San Mateo Adult School. For information & to register, contact: San Mateo Adult School at (650) 558-2100 or go to www.smuhsd.org.org/domain/816. All classes are held at San Mateo Senior Center. Fees listed include a $5 Facility/Administrative Fee.
All classes on this page are run by the San Mateo Consolidated Fire Department. Classes are offered to residents (12 years of age and older) of Belmont, Foster City, San Mateo, or individuals who work in these cities. Please visit www.smcfire.eventbrite.com for pre-registration (required). For questions, call (650) 522-7963 on weekdays between 9:30am and 4:30pm.

**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.

Cost: $51 per person (pre-registration required)
(class fee is subject to change)
Tuesday, April 7, 2020 • 6-8:30pm

**First Aid**
Be ready for Spring and Summer trips and adventures by updating your First Aid skills! The San Mateo Consolidated Fire Department offers this class using the curriculum of the American Heart Association. Learn how to handle everyday emergencies, including burns, cuts, broken bones, allergic reactions, seizures and more. As well as how to recognize symptoms before they escalate into something more serious. Learn how to use your First Aid kit more effectively! This class is lecture, video, and hands-on participation. All attendees will receive a Certificate of Completion.

Cost: $51 per person** (pre-registration required)
**Class fee is subject to change
Tuesday, May 5, 2020 6-8:30pm

Sandra Firpo is an Emergency Services Specialist with the San Mateo Consolidated Fire Department. She is part of the SMCFD Office of Emergency Services team, and handles public outreach and education. Her goal is to help build a “culture of preparedness” in our community. She is bilingual, and will also be offering the Get Ready class (Prepárese) in Spanish starting this year. Sandra also coordinates the Community Emergency Response Team (CERT) program for the three cities of San Mateo, Foster City, and Belmont.

**GET READY**
Join your neighbors for this basic preparedness class! This class is offered for FREE by the San Mateo Consolidated Fire Department. Learn skills to better protect yourself and your family before and after a disaster (ie: fire, earthquake, flood, etc.) Please note that minimum age is 15.

Cost: FREE (pre-registration required)
Saturday, April 18, 2020 10am – 12 noon

**GET READY - en Español**
Unase con sus vecinos para esta clase sobre la preparacion basica. Esta clase se ofrece gratuita para los residentes de las ciudades de San Mateo, Foster City, y Belmont a traves del Departamento de Bomberos de San Mateo Consolidated. Obtenga habilidades para mejor proteger a si mismo, y a su familia antes y después de un desastre (sea un incendio, terremoto, inundacion, etc.) Esta clase sera en español. La edad minima es de 15 años.

Cuota: GRATIS (reinscripcion es requerida)
Sábado, 18 de Abril de 2020 10am – 12 pm
Bay Tree Bistro Lunch Program

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.

Fun & Free!

Check out all the FREE opportunities available at the Senior Center! Holidays and events may alter this schedule. Please call (650) 522-7490 for more information and questions.

Meet new friends!
The Senior Center offers 3 drop-in areas available on a first come first serve basis for activities!

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! We have a few books and magazines to spare.

Movie Day

Thursdays are Movie Day 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 put it on the schedule. Make the afternoon complete, join us at 12 noon for Hotdogs and popcorn (sold at nominal cost) or bring your own lunch. Did we mention this is FREE?

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W/F</td>
<td>Book Discussion: 10-11:30am See page 47 or visit <a href="http://www.cityofsanmateo.org">www.cityofsanmateo.org</a> for more info. (2nd Tuesdays. Call for book list)</td>
<td>BINGO: 2-4pm (Doors open 1:45pm)</td>
<td>M/W/F</td>
<td>Band: 9-10:15am (Info on page 43)</td>
</tr>
<tr>
<td></td>
<td>*Chinese Mah Jong - Beginning &amp; Intermediate 1:15-3pm</td>
<td></td>
<td>*Mexican Train Dominoes: 10am-12pm</td>
<td></td>
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<tr>
<td></td>
<td>*British Mah Jong: 1st &amp; 3rd Fridays: 1:15-3pm</td>
<td></td>
<td>Hot Dog Lunch 12-12:45pm (Sold at nominal cost)</td>
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<td></td>
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<td></td>
<td>Movie Day: 1-3:15pm</td>
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</tbody>
</table>

*Please go to page 55 for registration.

Movie Day

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

Movies are subject to change.
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 on-line at [www.sanmateorec.org](http://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.

special events
In Honor of Our Heroes

This Memorial Day concert will honor all who have served in our armed forces. The music will include the official songs/marches of all 5 branches of the U.S. military and some songs which were popular during WW1, WW2, Korea, Vietnam and Iraq/Afghanistan.

Friday, 5/22 10:15-11:15am Senior Center FREE

No registration required. All are welcome!

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 Callers (Wednesday and/or Friday afternoons)
- Crafty Corner (TBA)
- Hot Dog Lunch Program (Thursday mid-morning)
- 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](http://www.cityofsanmateo.org/volunteer) and complete your online application. For more information, contact Amber Shong, (650) 522-7493.
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

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 independence 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.

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/older/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: 650-260-4569 or check out our website at: www.villagesofsmc.org

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(650) 574-1506 or email sanmateogrdncntr@att.net

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
San Mateo Public Library

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

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

Celebrate Spring in the Library!

Día de los Niños/Day of the Child
April 30 is a day to celebrate children who represent the hopes and dreams and diversity in every community.

National Library Week – April 19 - 25
Enjoy the activities and offerings at all libraries with the theme “Find Your Place at the Library.”

Children's Book Week – May 4 - 10
A week to honor books for children and the joy of reading, with the theme of “Read, Dream, Share.”

Annual Spring Francis Bohannon Children’s Author Event

Teen Task Force
Teens ages 13 - 18 can work on library projects while earning an hour of community service credit. Meetings are on the 3rd Tuesday of the month from 4 to 5 PM in Main Library’s Teen Lounge. Come hang out and chat with friends, eat snacks and contribute to the Library. Free

AustenFest 2020
Sunday, March 22 from 1:10 to 4:00 PM at the Main Library. Celebrate the life and times of Jane Austen with dancing, lectures, and crafts. Enjoyed by Austen fans and friends. Co-sponsored by the Jane Austen Society of North America, Northern California Chapter. Go to www.smplibrary.org for more information.

JobSeekers@the Library
Monday – Friday 11am – 2pm at the Main Library, 2nd floor
Need job search assistance? Volunteers are available to provide one-on-one assistance with your job search including resume writing, online job searching, applications and interviewing.

Save the Date for this Summer’s Reading Program
Children up through grade 7 and teens in grades 8 - 12 will read over the summer and earn great prizes. Special free programs are held throughout the summer months, starting in June 2020.

San Mateo Arboretum Society
Sunday Garden Seminars, Workshops & More!

Creative & Functional Birdhouses
Sunday, March 1, 1 - 4pm
Children ages 8 - 12 welcome with accompanying adult. Fee: SMAS members $25/birdhouse; nonmembers $35/birdhouse. Reservations are required. Register online at: www.sanmateoarboretum.org/classes – events.html or call 650-579-0536 x3.

Help Prune Central Park’s Camellias
Sunday, April 5, 1 - 3pm
FREE, but please preregister at: www.sanmateoarboretum.org/classes – events.html or call 650-579-0536 x3.
The San Francisco Peninsula Camellia Society (https://camelliasfpcs.org) experts will teach you how to shape your Camellia bushes to encourage beautiful profuse flowering with pruning and proper care. After instruction, you will have the opportunity to learn by pruning SM Central Park's Camellias. Bring pruning shears and gloves. Heavy rain cancels.

Edible Container Gardening. FREE!
Sunday, May 3, 1 - 2:30 pm
Our speaker, Laurel Nagle, is a Master Gardener and owns the container gardening business Every Bloomin’ Thing (www.everybloominthingsf.com).

Grasses You’ll Love to Grow. FREE!
Sunday, June 7, 1 - 2:30 pm. FREE.
Bob Hornback, owner of Muchas Grasses, will be presenting a truly dazzling range of his favorite varieties of grasses. He’ll tell you where and how to grow them.

Master Gardener Plant Clinics. FREE!
Sunday, April 5, May 3 & June 7.
Come anytime between 11:30am - 1pm for this walk-in plant clinic. http://ucanr.org/sites/MGsSMSF/

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

Kohl Pumphouse Rental:
Information: www.SanMateoArboretum.org; pumphouse_rentals@sanmateoarboretum.org; or call (650) 579-0536 x0

Questions?
Visit www.SanMateoArboretum.org or call (650) 579-0536
Servicios adicionales en Español
Nosotros esperamos que estos servicios sean de gran ayuda y faciliten el uso de la Guía de Actividades y sus programas. Nosotros tenemos personal bilingüe Español/Ingles disponible para ayudarle a seleccionar e inscribirse en las actividades.

Dr. Martin Luther King Jr. Community Center
(650) 522-7470 (M-F 9am-5pm)
Personal bilingüe Español/Ingles:
Lauren Allen

City Hall Administrative Office
(650) 522-7400 (M-F 8am-5pm)
Personal bilingüe Español/Ingles:
Giovana Orozco

Athletics Office
(650) 522-7430 (M-F 8am-5pm)
Personal bilingüe Español/Ingles:
Vanessa Gutierrez

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, y la Piscina de Joinville y de King Center están disponibles 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 la feriados escolares tenemos cuidado de niños, campamentos, bellas artes, baloncesto, fútbol y otros. Nuestro programa PAL (Liga de Actividad Policiaca) es por todo el año; ofrece paseos gratis, ligas de fútbol, béisbol, hockey callejero y más.

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

Adultos

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

Alquiler del Salon
Los parques están disponibles para los picnics 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 56
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, it's 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 any my and/or the Minor’s participation in this Activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above.

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

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

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

Print Name: ____________________________________________ Name of Participant: ____________________________________________

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

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

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

Participants Name ____________________________________________ Date: ________________

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

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

VISA  MasterCard  Total Amount $ __________________ Card Holder Signature ____________________________________________

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
Registration Begins: Wednesday, February 12, 2020
Session Begins: March 9, 2020
Session Ends: June 6, 2020

CENTERS CLOSED
Monday, May 25, 2020 - Memorial Day

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>Non-resident Fee</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>159879</td>
<td>Th</td>
<td>7:00-9:00pm</td>
<td>$180/215</td>
<td>4/12-5/31</td>
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</tbody>
</table>
Parkside Boathouse and Marina Lagoon

Parkside Aquatic Park – Seal St. & Roberta Dr.
(650) 522-7467

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

Boating Fees & Staff Schedule


<table>
<thead>
<tr>
<th>2020 (January – December)</th>
<th>Annual</th>
<th>Daily*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Pass (power boats 5hp and up)</td>
<td>$450.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Annual Pass (under 5hp and sail over 8 ft.)</td>
<td>$250.00</td>
<td>$25.00</td>
</tr>
</tbody>
</table>


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

Meet Park Ranger Laurel!

“I grew up hiking, camping, and snowboarding so spending my time outdoors makes me feel at home. I am originally from South San Francisco then became a San Mateo resident seven years ago. Being a Park Ranger allows me to protect and serve our local parks to ensure a safe and fun place for outdoor recreation. I enjoy interacting with friendly patrons while we patrol and I look forward to growing in this career doing what I love.”
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 2020. You can make reservations by visitingsanmateorec.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! 6:00am to 10:00pm

Beresford Park on Chanteloup Field
Monday–Friday 6:00am to 8:00am

Central Park on Fitzgerald Field
Monday–Saturday 6:00am to 8:00am

Laurie Meadows Dog Park
Every day! Sunrise to Sunset

Seal Point Park – Dog Park
Every day! 6:00am to Sunset

Los Prados Park*
Every day! 6:00am to 10:00pm

* 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.

Check out the park!
Check out San Mateo’s popular Beresford Park. This park just might have it all! Beresford park has a unique children’s playground structure designed for children 5-12 years of age, 4 tennis courts, a full-sized basketball court, a giant grassy meadow, 4 separate picnic areas, 4 bocce ball courts, remodeled bathrooms, low-impact workout stations, a skate park, tennis courts, and three softball/baseball fields. For more information on this park or any of our parks please call (650) 522-7430.

Reserve a wonderful picnic area!
Please check out the City of San Mateo’s most popular picnic area, the Beresford Shelter. This area has 10 tables and 1 large BBQ. This shaded area is ideal for those who need a break from playing on the beautiful grassy meadow located right below. This location is perfect for birthday parties, family gatherings, or any other type of celebration or social event. Please visit www.cityofsanmateo.org/picnics to view any of our picnic areas!

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.
Eggstravaganza 2020
Saturday, April 11 from 9am-1pm in Central Park
Rain or Shine!