

ACTIVITY GUIDE

Creating Community Through People, Parks, and Programs



Pase a las
páginas 2, 5 y 6
para información
en Español.



WINTER 2026

PROGRAMS, CLASSES, EVENTS

JANUARY | FEBRUARY | MARCH

  @smparksandrec | [cityofsanmateo.org](https://www.cityofsanmateo.org) | (650) 522-7400

Events & Activities



Contamos con personal bilingüe disponible para ayudarle con la guía de actividades y el proceso de inscripción.
¡Comuníquese con nosotros para más información!

Centro Comunitario Dr. Martin Luther King Jr.

(650) 522-7470

Austin Davis

Centro Recreativo de Beresford **Centro para Personas Mayores**

(650) 522-7447

Jessica Lira

(650) 522-7490

Maria Gomez-Valverde

Oficinas del Ayuntamiento - City Hall

(650) 522-7400

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



**WE
ARE
HIRING!**

www.calopps.org/city-of-san-mateo

Jobs will be posted as they become available.

Save the Date

**49th Annual
Eggstravaganza**

**SATURDAY
APRIL 04, 2026** **CENTRAL PARK
50 E. 5TH AVE**

www.cityofsanmateo.org/specialevents

**SAN MATEO POLICE
ACTIVITIES LEAGUE**

**BUILDING THE BOND
BETWEEN COPS AND KIDS**

**2025
ANNUAL REPORT**

Year In Review
July 1, 2024 to June 30, 2025

Head over to: www.sanmateopal.org/about/annual-reports to see what PAL has been up to this year!

Registration Information

Tuesday, November 18, 2025 at 9:00 a.m.
San Mateo Residents can begin registering

Thursday, November 20, 2025 at 9:00 a.m.
Non-Residents can begin registering

Registration can be done online at
www.sanmateorec.org.

Please visit any of our recreation/
 community centers for a hard
 copy of registration forms or
 access them online at
www.cityofsanmateo.org/ActivityGuide



QUESTIONS?

parksandrecreation@cityofsanmateo.org
 (650) 522-7400

Follow us to stay up to date!



We Do Our Best

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

General Information

Registration & General Information	4
Registro e Información General (Español)	5
Age Friendly Resources	38
City Contacts	39
Partner Agencies	40
San Mateo Parks	41
Dog Community	42
Facility & Picnic Rentals	43

Child and Youth Development

Police Activities League/Liga de Actividades Policiales (PAL)	6
Preschool Building Blocks	7
Preschool Classes	8-9
Afterschool Care/School Break Camps	10

Active and Healthy Lifestyles

Youth Sports and Fitness	11-14
Golf	21
Adult Sports	22-23
Adult Fitness	24-26
Adult Movement Awareness	27-28

Creative Outlets

Youth Dance	15-18
Youth Music	18
Youth Arts & Crafts	19
Adult Dance	29-30
Adult Cooking	30
Adult Arts and Crafts	31-32
Adult Music	33

Enrichment and Lifelong Learning

Youth Adventures and Learning	20
Adult Games & Lifelong Learning	34 -35
Adult Technology Education	36
Adult Health and Wellness	37

Centers Closed – No Programs

New Year's Day	Thursday, January 1, 2026
Martin Luther King Jr. Day	Monday, January 19, 2026
President's Day	Monday, February 16, 2026
Holiday Facility Closures	Monday, Dec 22 – Friday, Jan 2*
*King Center Closure:	Thurs, Dec 25, Fri, Dec 26, Thurs, Jan 1

Registration & General Information

Verification of Residency

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

Household Credit Balances

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

Waitlist

If you are placed on a waitlist for a class, you will not be required to pay the registration fees unless you're selected for an available spot. Please note that we cannot guarantee any waitlist enrollments, staff will contact you if a spot becomes available, otherwise you can assume enrollment is not available.

Refund Policy

Class withdrawal for a prorated refund or credit (minus the non-refundable administrative fee) must be processed by the end of the 3rd class/course gathering. No refunds or credits will be issued beginning the day after the 3rd class/course meeting. Participants may withdraw for a camp up to 7 calendar days prior to the camp start date for a refund or credit (minus the non-refundable administrative fee). No refunds or credits will be issued beginning within a week of a camp start date.

Convenience Fee Reminder

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

Recreation Fee Assistance Program

The Recreation Fee Assistance Program is designed to allow access to our programs for City of San Mateo residents. For those residents with financial hardships, assistance is available to help offset the costs of classes. Applications can be downloaded at www.cityofsanmateo.org and must be submitted at least 10 business days before course start date.

Americans with Disabilities Act

The City of San Mateo does not discriminate on the basis of disability in its programs, services, activities and employment practices. If you need auxiliary aids and services for effective communication (such as a sign language interpreter, an assistive listening device or print material in digital format) or reasonable modification to programs, services or activities contact Community Services Supervisor, Michele Veneri at (650)522-7484 as soon as possible, but no later than 10 business days before the activity or program. A grievance procedure is available to resolve complaints. Upon request, this notice is available in alternative formats such as large print or Braille.

Key Dates

Online/Mail/Walk-In Registration Begins	11/18/25 residents 11/20/25 non-residents
Session Begins	1/5/26
Session Ends	3/8/26
CENTERS CLOSED	
New Year's Day	1/1/26
Martin Luther King Jr. Day	1/19/26
President's Day	2/16/26
Holiday Facility Closures	12/22/25-1/2/26*
*King Center	12/25-26/25, 1/1/26

Registration Options



ONLINE REGISTRATION

Online registration is available at www.sanmateorec.org. You can register for most classes online 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



WALK-IN REGISTRATION

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

Satisfaction Guarantee

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

Verificación de residencia

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

Créditos de cuenta

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

Listas de espera

Si el participante es colocado en una lista de espera para una clase, no tendrá que pagar las cuotas de registración a menos que lo seleccionen para un espacio disponible. Tenga en cuenta que no podemos garantizar ninguna registración en la lista de espera, el personal se comunicará con usted si hay un lugar disponible; de lo contrario, puede asumir que la registración no está disponible.

Política de reembolso

El retiro de una clase para obtener un reembolso o crédito prorrateado (menos la tarifa administrativa no reembolsable) debe procesarse antes del final de la tercera reunión de la clase/curso. No se emitirán reembolsos ni créditos a partir del día siguiente de la tercera reunión de la clase/curso. Los participantes pueden retirarse de un campamento hasta 7 días antes de la fecha de inicio del campamento para obtener un reembolso o crédito (menos la tarifa administrativa no reembolsable). No se emitirán reembolsos ni créditos dentro de una semana antes de la fecha de inicio del campamento.

Recordatorio de tarifa de conveniencia

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

Programa de ayuda financiera

El Programa de Ayuda para Cuotas de Recreación está diseñado para permitir el acceso a nuestros programas para los residentes de la Ciudad de San Mateo. Para aquellos residentes con dificultades financieras, la asistencia está disponible para ayudar a compensar los costos de las clases. Las solicitudes se pueden descargar en www.cityofsanmateo.org y deben enviarse por lo menos 10 días hábiles antes de la fecha de inicio del curso.

Ley de estadounidenses con discapacidades

La Ciudad de San Mateo no discrimina por motivos de discapacidad en sus programas, servicios, actividades y prácticas de empleo. Si necesita ayudas y servicios auxiliares para una comunicación efectiva (como un intérprete de lenguaje de señas, un dispositivo de asistencia auditiva o material impreso en formato digital) o una modificación razonable a los programas, servicios o actividades, comuníquese con la Supervisora de Servicios Comunitarios, Michele Veneri al (650) 522-7484 tan pronto como sea posible, pero a más tardar 10 días hábiles antes de la actividad o programa. Existe un procedimiento de quejas para resolver las quejas. Previa solicitud, este aviso está disponible en formatos alternativos, como letra grande o Braille.

Fechas Importantes

Registro en línea, correo o en persona comienza el

11/18/25 residentes
11/20/25 no residentes

La sesión comienza el

1/5/26

La sesión termina el

3/8/26

CENTROS CERRADOS

Día de Año Nuevo

1/1/26

Día del Dr. Martin Luther King Jr.

1/19/26

Día de los Presidentes

2/16/26

Cierre de instalaciones durante días festivos

12/22/25-1/2/26*

***Centro de King**

12/25-26/25, 1/1/26

Opciones de registro



REGISTRO EN LÍNEA

El registro en línea está disponible en www.sanmateorec.org. Puede registrarse para la mayoría de las clases en línea pagando con Visa o MasterCard. Algunas clases con inscripción especial o los requisitos de pago no están disponibles en línea.



REGISTRO POR CORREO

Envía el formulario de inscripción a: Departamento de Parques y Recreación de San Mateo, 330 W. 20th Ave, San Mateo, CA 94403



REGISTRO SIN CITA PREVIA

Puede registrarse en persona en Beresford Recreation Center, Dr. Martin Luther King Jr. Community Center, Senior Center y City Hall.

Garantía de satisfacción

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

Police Activities League/Liga de Actividades Policiales



Building the Bond Between Cops and Kids

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

Construyendo el Vínculo Entre Policías y Niños

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

Benefits of Being a PAL Member

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

Membership and Registration:

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

All PAL activities and programs are available for registration online through www.sanmateorec.org and in-person at Dr. Martin Luther King Jr. Community Center: 725 Monte Diablo Ave.

PAL staff is on-site Monday, Tuesday and Thursday from 4-8 p.m.

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

Beneficios de ser miembro de PAL

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

Membresía y Registro:

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

Todas las actividades y los programas de PAL están disponibles para registrarse en línea a través de www.sanmateorec.org y en persona en el Centro Comunitario Dr. Martin Luther King Jr.: 725 Monte Diablo Ave.

El personal de PAL está disponible los lunes, martes y jueves de 4 a 8 p.m.

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

For additional information regarding PAL:

Para obtener información adicional sobre PAL:



@SanMateoPAL



200 Franklin Parkway - San Mateo, CA 94403



(650) 522-7725



www.sanmateopal.org



smpal@cityofsanmateo.org

Preschool Building Blocks



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

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

Building Blocks Explorers: age 2-3 yrs.

Is your child ready for independence at school, but not yet fully toilet trained? This class offers an opportunity for your child to learn independence, and participate in social activities, movement, and exploration with our trained Building Blocks teachers. A \$50.00 non-refundable registration processing fee and a \$10 non-refundable administration fee are due at the time of registration.

Beresford Center			10 payments of		
610112-B1	M W F	9:00am-11:30am	\$350	8/18-6/3	
610112-B3	Tu Th	9:00am-11:30am	\$250	8/19-6/2	
Shoreview Recreation Center			10 payments of		
610112-B5	M W F	9:00am-11:30am	\$350	8/18-6/3	
610112-B7	Tu Th	9:00am-11:30am	\$250	8/19-6/2	



Building Blocks Discoverers: age 3-5 yrs.

It's never too early to get your child excited about learning! Children in our Discoverers program will be exposed to social, cognitive, and physical activities that promote lifelong exploration and learning. Curriculum will include hands-on learning activities, early literacy and math skills, and group play opportunities. Your child will graduate from this foundational program well-adjusted and ready for Transitional Kindergarten. A \$50.00 non-refundable registration processing fee and a \$10.00 non-refundable administration fee are due at the time of registration.

Shoreview Recreation Center			10 payments of		
610113-C1	M W F	8:30am-12:30pm	\$560	8/18-6/3	
610113-C2	Tu Th	8:30am-12:30pm	\$400	8/19-6/2	

My Grown Up & Me

NEW!

Baby Bonding with Infant Massage: age 18+ yrs.

Slow down, tune in, and connect. In this virtual class, you will learn massage techniques that support baby's sleep, digestion, and development while deepening your bond and learning to read your baby's cues with confidence. For babies from birth to pre-crawling. The instructor, Jessica Sirias, is a Licensed Mental Health Therapist, Certified Infant Massage Instructor, and Founder of Nurture and Bloom.

Instructor: Jessica Sirias

Virtual Program (Hosted via Zoom)

130862-A1	Tue	10:30am-12:30pm	\$59	1/13
130862-A2	Tue	10:30am-12:30pm	\$59	2/10
130862-A3	Sat	10:30am-12:30pm	\$59	3/7

Zumbini®: age 0-3 yrs.

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

Instructor: Kalina Kotseva

Beresford Recreation Center

130800-A2	Thu	10:00-10:50am	\$365	1/8-3/5
-----------	-----	---------------	-------	---------

Ballet Baby & Me: age 18 mos.-3 yrs.

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

Instructor: Broadway Babies and Kids Staff

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

130801-A1	Tue	9:15-10:00am	\$270	1/6-3/3
130801-A3	Sat	11:00-11:45am	\$240	1/10-3/7

The Awesome Me (and my grownup): age 4-7 yrs.

Yoga meets Zumba in this fun and energizing class for you and your amazing kid! If you're looking to squeeze in a workout while dancing, moving, and bonding with your child, this is the perfect fit. No experience necessary—just come ready to have a great time together. This class is designed for caregivers and kids together.

Instructor: Kalina Kotseva

Beresford Recreation Center

130806-A2	Thu	4:30-5:20pm	\$305	1/8-3/5
-----------	-----	-------------	-------	---------

Let's Make Art Together: Caregiver & Me:

age 1.5-3 yrs.

In this Caregiver & Me visual arts class, you and your toddler will be exposed to a variety of developmentally appropriate, material-centered experiences. You will engage with artmaking through material exploration, play, and stories. Session theme is Textures & Forms.

Instructor: A-Z Creativity Staff

Beresford Recreation Center

131015-A1	Tue	10:00-10:45am	\$245	1/6-3/3
-----------	-----	---------------	-------	---------

Dance & Tumbling

Creative Movement: age 1-3 yrs.

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

Instructor: Better Together Dance Theatre Instructors

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

130809-A1	Thu	9:45-10:30am	\$288	1/8-3/5
130809-A2	Fri	9:00-9:45am	\$288	1/9-3/6
130809-A3	Sat	9:00-9:45am	\$288	1/10-3/7

Kinderdance: age 4-6 yrs.

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

Instructor: Tina Burke

Beresford Recreation Center

130804-B2	Sat	9:30-10:15am	\$172	1/10-3/7
-----------	-----	--------------	-------	----------

Music

Infant Music Bonding with Baby:

age 6 mos.-1.5 yrs.

Your baby loves your voice, and singing brings incredible benefits! Connect with other parents, enrich your baby's life, and help them build early bonds with the world around them through music. Gain confidence, community, and new friendships while you sing, play, and make memories together.

Instructor: Broadway Babies and Kids Staff

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

130913-A1	Sat	9:00-9:45am	\$240	1/10-3/7
-----------	-----	-------------	-------	----------

JAMaROO Kids

The following classes are offered by JAMaROO Kids and are held at Beresford Recreation Center. For additional information, call (415) 614-2001 or email jamarookids@gmail.com.

Preschool Art, Music & Storytime:

age 20 mos.-3 yrs.

This class is perfect for caregivers and their child who is new to preschool or will be entering preschool soon! Work on fostering all 5 key areas of development in early childhood education: cognitive, speech and language, fine and gross motor development, and social/emotional. We'll explore different art mediums while encouraging speech and language development and exploring textures, colors, and shapes! Children will also enjoy some music and a story.

130947-A1	Thu	10:45-11:25am	\$300	1/8-3/5
-----------	-----	---------------	-------	---------

Baby Music Class: age 0-2 yrs.

Baby Music Class provides an opportunity for parents and/or caregivers to sing and dance with their infants and toddlers to build and strengthen connections! Music and movement support and nurture all areas of child development. We'll sing traditional songs and learn many new ones, often using visual props to help support language development and symbolic thinking. Our classes offer a joyful experience and socialization for both adults and children.

130948-A1	Thu	11:45am-12:15pm	\$300	1/8-3/5
-----------	-----	-----------------	-------	---------

Family Music Time: age 1-4 yrs.

In our Family Music Time classes, we'll sing and move to traditional and original songs after a good day's work! Families will clap their hands, stomp their feet, and shake their hips to the rhythm and beats. With the use of hands-on props such as bean bags, scarves, rhythm sticks, puppets, and other equipment, classes offer a fun, interactive, and educational experience. Price includes two caregivers plus one child, with an option for sibling discount.

130949-A1	Mon	4:30-5:00pm	\$237	1/5-3/2
-----------	-----	-------------	-------	---------

Preschool Sports

REBOUND BASKETBALL

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

Rebound Basketball - Parent/Tot: age 2-3.5 yrs.

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

Beresford Park Basketball Courts

130516-B1	Sat	9:35-10:00am	\$145	1/10-3/7
130516-LP1	Sun	9:35-10:00am	\$125	1/11-3/1

Rebound Basketball - Pre-K: age 3.5-5 yrs.

Learn the fundamentals of basketball in a fun recreational environment. Preschool classes include age-appropriate activities and emphasize basketball skills such as shooting, dribbling, and passing. Fun games will be played in each class.

Beresford Park Basketball Courts

130537-A2	Sat	10:05-10:35am	\$155	1/10-3/7
130537-LP1	Sun	10:05-10:35am	\$135	1/11-3/1

Preschool Tennis: age 3-5 yrs.

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

Instructor: Todd Dissly Athletics

Central Park Tennis Courts

130540-C1	Sat	9:20-9:55am	\$208	1/10-3/7
-----------	-----	-------------	-------	----------

Skyhawks Multi-Sport Tots: age 2-3.5 yrs.

Get your little athlete moving with Skyhawks Peninsula's Multi-Sport Tots class! This fun-filled program introduces young children to the basics of indoor soccer, basketball, and volleyball through imaginative games, skill-based activities, and tons of encouragement.

Each session helps develop important motor skills, hand-eye coordination, and teamwork—all while building confidence in a positive, play-focused environment. Our friendly coaches lead kids through exciting drills tailored just for tots, keeping them engaged and moving from start to finish.

Instructor: Skyhawks Sports Staff

Beresford Park Upper Turf

120754-B1	Thu	3:30-4:15pm	\$129	1/8-3/5
120754-B2	Thu	4:30-5:15pm	\$129	1/8-3/5

Afterschool Care/School Break Camps

Afterschool Care

MLK Kids Club 2025/26: age 6-11 years

The **MLK Kids Club** at the Martin Luther King Jr. Community Center, offers a dynamic and engaging afterschool experience. Our caring staff will provide safe and reliable school pick-up for children enrolled at Fiesta Garden's International School, followed by a healthy and delicious snack to fuel the fun ahead. Kids will get homework help to stay on top of their studies, plus enjoy an exciting mix of games, arts and crafts, and hands-on activities that inspire creativity and teamwork. MLK Kids Club is the perfect place for your child to learn, play, and thrive in a welcoming and supportive environment. A \$60 non-refundable registration processing fee is required. Payments made in 10 installments.

Dr. Martin Luther King Jr. Community Center			10 payments of	
610212-A2	M/W/F	2:30-6:00pm (M & F) 12:30-6:30pm (W)	\$242	8/18-6/3
610212-B1	Tu/Th	2:30-6:00pm	\$124	8/19-6/2

PAL's Place 2025/26: age 6-10 grades

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

Dr. Martin Luther King Jr. Community Center

610213-A2	Mon-Fri	3:00-6:00pm 2:30-6:00pm (W)	FREE	8/18-6/3
-----------	---------	--------------------------------	------	----------

Beresford Kids Club 2025/26: age 5-11 yrs.

Beresford Kinder Kids and Kids Club are licensed programs for children in grades TK-5. Daily, our trained staff pick up children from Beresford and Meadow Heights Elementary Schools and bring them to Beresford Recreation Center. A \$60 non-refundable registration processing fee is required. Payments made in 10 installments.

Beresford Recreation Center			10 payments of	
Grades: TK-K				
610211-A2	Mon-Fri	12:30-6:00pm	\$764	8/18-6/3
Grades: 1-5				
610212-B1	Mon-Fri	2:30-6:00pm	\$578	8/18-6/3

School Break Camps

Looking for fun and flexible childcare during winter & spring breaks? Each day brings a new theme and exciting activities! Campers will spend their break creating crafts, learning new games, exploring science, making art masterpieces, and singing their favorite camp songs. Families can register for individual days based on their needs or combine multiple days for a full week of care. Children must currently be enrolled in TK through 5th grade to join this camp.

Instructor: City Staff

Winter Camp: age 5-11 yrs.

Dr. Martin Luther King Jr. Community Center

510208-A1	Thu	8:30am-5:30pm	\$103	12/18
510208-A2	Fri	8:30am-5:30pm	\$103	12/19
510208-A3	Mon	8:30am-5:30pm	\$103	12/22
510208-A4	Tue	8:30am-5:30pm	\$103	12/23
510208-A5	Wed	8:30am-5:30pm	\$103	12/24
510208-A6	Mon	8:30am-5:30pm	\$103	12/29
510208-A7	Tue	8:30am-5:30pm	\$103	12/30
510208-A8	Wed	8:30am-5:30pm	\$103	12/31

Spring Camp: age 5-11 yrs.

Beresford Recreation Center

110207-A1	Mon-Fri	8:30am-5:30pm	\$475	3/30-4/3
-----------	---------	---------------	-------	----------



No School-Kids Day: age 5-11 yrs.

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

Dr. Martin Luther King Jr. Community Center

110205-A1	Fri	8:30am-5:30pm	\$103	1/16
-----------	-----	---------------	-------	------

Beresford Recreation Center

110205-A2	Fri	8:30am-5:30pm	\$103	3/27
-----------	-----	---------------	-------	------

Basketball

REBOUND BASKETBALL

The following basketball classes are offered by Rebound Basketball.

For additional information, contact Manuel Minzer at manuelminzer@yahoo.com or (408) 499-6707.

Rebound Basketball: age 5-7 yrs.

Basketball classes focus in personal skill training through fun activities. We encourage participation and self-improvement. Fee includes a ribbon award at the end of the season. Participants should wear appropriate sport clothing, and bring water.

Beresford Park Basketball Courts

130538-A3	Sat	10:45-11:30am	\$180	1/10-3/7
130538-A1	Mon	3:15-4:00pm	\$155	1/12-3/2

Los Prados Basketball Courts

130538-LP2	Sun	10:45-11:30am	\$155	1/11-3/1
130538-LP3	Fri	3:15-4:00pm	\$180	1/9-3/6

Rebound Basketball - Clinic: age 8-14 yrs.

Our Rebound Basketball Clinic is a perfect way for kids ages 8-14 to hone their hoop skills - no matter their experience level! We'll use fun exercises to help improve each player's offense, defense, dribbling, passing, and shooting abilities. Students will get the chance to experience playing with a team through games and scrimmage during class.

Beresford Park Basketball Courts

130539-A2	Sat	11:35am-12:30pm	\$195	1/10-3/7
130539-A1	Mon	4:05-5:00pm	\$165	1/12-3/2

Los Prados Basketball Courts

130539-LP1	Sun	11:35am-12:30pm	\$165	1/11-3/1
130539-LP2	Fri	4:05-5:00pm	\$195	1/9-3/6

Go to page 9 for information on Rebound Basketball: Parent/Tot & Pre-K.



Skateboarding

Getting Started: age 5-14 yrs.

This beginner skateboard class teaches kids the basics of skateboarding with the proper techniques. The focus is on fun, safety, and progressing beyond the initial learning curve.

Instructor: Mike Manidis (Staff)

Beresford Skate Park

130556-B3	Sat	9:00-10:00am	\$134	1/10-2/7
-----------	-----	--------------	-------	----------

Basic Tricks: age 5-14 yrs.

This intermediate skateboard program builds upon the fundamentals learned in the Getting Started class. The focus is on learning elementary and intermediate skateboard tricks in a safe and fun environment.

Instructor: Mike Manidis (Staff)

Beresford Skate Park

130556-B2	Sat	10:00-11:00am	\$134	1/10-2/7
-----------	-----	---------------	-------	----------



Soccer

The following soccer class is taught by World Cup Soccer Camps and Clinics.

For additional information, contact clinics@worldcupsocceramps.com or call (408) 354-4949.

World Cup Soccer - Skills Clinic: age 4-9 yrs.

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

Instructor: World Cup Soccer Staff

Dr. Martin Luther King Community Park

130525-A1	Fri	4:00-5:00pm	\$239	1/23-3/6
130525-B1	Fri	5:00-6:00pm	\$239	1/23-3/6
130525-A2	Sat	10:00-11:00am	\$209	1/24-3/7
130525-B2	Sat	11:00am-12:00pm	\$209	1/24-3/7
130525-A3	Mon	4:00-5:00pm	\$209	1/26-3/9
130525-B3	Mon	5:00-6:00pm	\$209	1/26-3/9

Youth Sports & Fitness

Martial Arts

KARATE

The following Karate classes are taught by Sensei Bernard Edwards and are held at the San Mateo Senior Center.

For additional information, please call (650) 207-3550.

Karate 1: Intro/Beginning: age 5-13 yrs.

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

130510-A1	Tue/Thu	5:45-6:30pm	\$388	1/13-3/5
-----------	---------	-------------	-------	----------

Karate 2-3: Intermediate/Advanced: age 9-17 yrs.

Karate 2-3 classes are for more advanced beginners and intermediate/advanced level students. You must be at an equivalent Karate level and/or have the instructor's approval before joining this class. We will work on refining Karate skills and movements of the Traditional Art of Japanese Karate Do while building self-confidence and physical strength.

130531-A1	Tue/Thu	6:30-7:30pm	\$417	1/13-3/5
-----------	---------	-------------	-------	----------



TAEKWONDO

OLYMPIC SPARRING/SELF-DEFENSE

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

Students will have fun and improve strength, speed, agility, overall acuity, and fitness while developing and/or improving motor and self-defense skills. This class uses Kukkiwon, World Taekwondo/Olympic training drills and techniques, including flag-tag, Mad Dog Visual Acuity System, SAQ, in a safety-first environment. Classes are adapted to meet the needs of every level from Beginner to Adults. Students of all ages and levels are welcome!

Beginner - Age: 3-6 yrs. (ability to use the toilet independently)

130571-A1	Mon	5:30-6:00pm	\$185	1/5-3/2
130571-A2	Wed	5:30-6:00pm	\$236	1/7-3/4
130571-A3	Fri	5:30-6:00pm	\$236	1/9-3/6
130571-A4	Mon/ Wed	5:30-6:00pm	\$371	1/5-3/4
130571-A5	Mon/ Fri	5:30-6:00pm	\$371	1/5-3/6
130571-A6	Wed/ Fri	5:30-6:00pm	\$416	1/7-3/6
130571-A7	Mon/Wed/Fri	5:30-6:00pm	\$505	1/5-3/6

Junior - Age: 5-11 yrs.

132810-A1	Mon	6:00-7:00pm	\$219	1/5-3/2
132810-A2	Wed	6:00-7:00pm	\$276	1/7-3/4
132810-A3	Fri	6:00-7:00pm	\$276	1/9-3/6
132810-A4	Mon/ Wed	6:00-7:00pm	\$419	1/5-3/4
132810-A5	Mon/ Fri	6:00-7:00pm	\$419	1/5-3/6
132810-A6	Wed/ Fri	6:00-7:00pm	\$469	1/7-3/6
132810-A7	Mon/Wed/Fri	6:00-7:00pm	\$541	1/5-3/6

Advanced - Age: 10-17 yrs.

132811-A1	Mon	7:00-8:00pm	\$219	1/5-3/2
132811-A2	Wed	7:00-8:00pm	\$276	1/7-3/4
132811-A3	Fri	7:00-8:00pm	\$276	1/9-3/6
132811-A4	Mon/ Wed	7:00-8:00pm	\$419	1/5-3/4
132811-A5	Mon/ Fri	7:00-8:00pm	\$419	1/5-3/6
132811-A6	Wed/ Fri	7:00-8:00pm	\$469	1/7-3/6
132811-A7	Mon/Wed/Fri	7:00-8:00pm	\$541	1/5-3/6

Kendo: age 9+ yrs.

Kendo, Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through demanding exercises. Additional yearly fees are not included in this class fee.

Visit www.sanmateokendo.org for additional fees.

Instructor: San Mateo Kendo Dojo (Staff)

Dr. Martin Luther King Jr. Community Center

Beginner				
130553-C1	Tue	6:00-7:00pm	\$35	1/6-3/3
Advanced				
130553-D1	Tue	7:00-8:30pm	\$40	1/6-3/3

Youth Sports & Fitness

KUK SOOL

The following Kuk Sool classes are taught by Tim Sheehan and held at the Central Park Recreation Center.

For additional information, contact Tim Sheehan at (650) 570-5991 or email kuksoolmastertimsheehan@gmail.com

Beginner/Intermediate Martial Arts: age 6-14 yrs.

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

130576-A1	Tue	5:15-5:50pm	\$230	1/6-3/3
130576-A2	Thu	5:15-5:50pm	\$230	1/8-3/5
130576-A3	Tue/ Thu	5:15-5:50pm	\$401	1/6-3/5

Intermediate/Advanced Marial Arts: age 8-17 yrs.

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

130535-A1	Tue	6:00-7:00pm	\$230	1/6-3/3
130535-A2	Thu	6:00-7:00pm	\$230	1/8-3/5
130535-A3	Tue/ Thu	6:00-7:00pm	\$401	1/6-3/5



Skyhawks Sports

The following classes are taught by Skyhawks Staff

Basketball Drills: age 5-10 yrs.

Shoot for success with Skyhawks Peninsula's basketball class, where young athletes develop fundamental skills and a love for the game in a high-energy, supportive environment.

Los Prados Park

120554-B1	Mon	3:30-4:15pm	\$129	1/5-3/2
120554-B2	Mon	4:30-5:15pm	\$129	1/5-3/2

Indoor Volleyball: age 5-8 yrs.

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

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

San Mateo High School

120755-B3	Sun	3:45-4:45pm	\$149	1/11-3/1
120755-B4	Sun	5:00-6:00pm	\$149	1/11-3/1

Go to page 9 for information on Skyhawks Multi-Sport Tots.

Youth Sports & Fitness

Tennis & Pickleball

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

Pre-Rallyball Tennis: age 5-6 yrs.

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

Beresford Park Tennis Courts

130541-B1	Wed	4:15-4:55pm	\$284	1/7-3/4
-----------	-----	-------------	-------	---------

Jr. Rallyball Tennis 1: age 7-10 yrs.

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

Beresford Park Tennis Courts

130542-B1	Wed	5:00-5:55pm	\$284	1/7-3/4
-----------	-----	-------------	-------	---------

Central Park Tennis Courts

130542-B2	Fri	4:00-4:55pm	\$284	1/9-3/6
130542-C2	Sat	10:00-10:55am	\$222	1/10-3/7

Jr. Rallyball Tennis 2: age 7-10 yrs.

Prerequisite: Rallyball 1 and instructor's approval.

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

Central Park Tennis Courts

130543-C2	Fri	5:00-5:55pm	\$284	1/9-3/6
-----------	-----	-------------	-------	---------



Jr. Beginning Tennis: age 11-17 yrs.

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

Central Park Tennis Courts

130544-C1	Fri	4:00-4:55pm	\$284	1/9-3/6
-----------	-----	-------------	-------	---------

Jr. Intermediate Tennis: age 11-17 yrs.

Prerequisite: Jr. Beginning and instructor's approval.

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

Central Park Tennis Courts

130545-C1	Mon	5:00-5:55pm	\$222	1/5-3/2
130545-C2	Fri	5:00-5:55pm	\$284	1/9-3/6

Jr. Rallyball Tennis 3: age 7-10 yrs.

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

Central Park Tennis Courts

130558-C1	Mon	4:00-4:55pm	\$222	1/5-3/2
-----------	-----	-------------	-------	---------

**Go to page 9 for information on
Preschool Tennis.**



Jr. Pickleball - Beginner/Intermediate:

age 10-17 yrs.

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

Central Park Tennis Courts

130640-C1	Wed	5:00-5:55pm	\$284	1/7-3/4
-----------	-----	-------------	-------	---------

YOUTH WINTER DANCE & FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Street Dance 4:00-4:50pm 7-16 years MLK	Ballet Baby & Me 9:15-10:00am 18 mos-3 years BBK	Creative Dance-Neuro 4:00-4:45pm 7-11 years BRC	Creative Movement 9:45-10:30am 1-3 years BTDT	Creative Movement 9:00-9:45am 1-3 years BTDT	Creative Movement 9:00-9:45am 1-3 years BTDT
K-Pop 4:30-5:30pm 7-17 years BRC	Infant Massage 10:30am-12:30pm 18+ years ZOOM	Mexican Folkloric II/III 4:10-5:00pm 7-13 years MLK	Zumbini® 10:00-10:50am 0-3 years BRC	Advanced Jazz 4:00-5:00pm 12-19 years BRC	Kinderdance 9:30-10:15am 4-6 years BRC
Boys Dance 5:00-5:50pm 7-16 years MLK	Creative Ballet 4:30-5:15pm 5-9 years BRC	Mexican Folkloric IV/V 5:10-6:00pm 11-16 years MLK	Irish Dance Beginner 4:00-4:45pm 5+ years BRC	Contemporary/Lyrical 5:05-6:05pm 7-16 years BRC	Infant Massage 10:30am-12:30pm 18+ years ZOOM
Mexican Folkloric ! 5:00-5:50pm 5-10 years MLK	Hip Hop I & II 5:00-6:00pm 7-17 years MLK		The Awesome Me 4:30-5:20pm 4-7 years BRC	Ballet Teen/Adult 6:15-7:30pm 12+ years BRC & ZOOM	Ballet Baby & Me 11:00-11:45am 18 mos-3 years BBK
K-Pop Performance 6:00-7:00pm 12-17 years MLK	Petite Ballet 5:00-5:45pm 6-8 years ECB		Irish Dance Adv. Beg. 4:30-5:15pm 5+ years BRC		Creative Dance 10:30-11:15am 6-9 years BRC
	Beginning/Int. Jazz 5:20-6:20pm 8-16 years BRC		Petite Ballet 5:00-5:45pm 6-8 years ECB		Creative Ballet 11:30am-12:20pm 6-10 years BRC
			Irish Dance Novice 5:00-6:00pm 5+ years BRC		
			Irish Dance Advanced 5:45-6:45pm 5+ years BRC		

BBK = Broadway Babies & Kids
BRC = Beresford Recreation Center
BTDT = Better Together Dance Theatre
ECB = El Camino Ballet
MLK = Dr. Martin Luther King Jr. Community Center
SMHS = San Mateo High School (Dance Studio, inside gym)
ZOOM = Virtual Class via Zoom
Questions? Call (650) 522-7440 for more information.
Check your confirmation receipt for class requirements; bring water.



Youth Dance

Adult & Child Fitness

The Awesome Me (and my grownup): age 4-7 yrs.

Yoga meets Zumba in this fun and energizing class for you and your amazing kid! If you're looking to squeeze in a workout while dancing, moving, and bonding with your child, this is the perfect fit. No experience necessary—just come ready to have a great time together. This class is designed for caregivers and kids together.

Instructor: Kalina Kotseva

Beresford Recreation Center

130806-A2	Thu	4:30-5:20pm	\$305	1/8-3/5
-----------	-----	-------------	-------	---------

Ballet

Creative Ballet: age 5-10 yrs.

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

Instructor: Tina Burke

Beresford Recreation Center

Age: 5-9 yrs

130814-B2	Tue	4:30-5:15pm	\$172	1/6-3/3
-----------	-----	-------------	-------	---------

Age: 6-10 yrs.

130814-B1	Sat	11:30am-12:20pm	\$172	1/10-3/7
-----------	-----	-----------------	-------	----------

Petite Ballet: age 6-8 yrs.

This program is designed to spark creativity, enhance musicality, and foster a passion for ballet within a supportive environment. We believe the development of these skills is essential for each student to thrive in whatever they choose to pursue.

Instructor: El Camino Ballet Staff

El Camino Ballet, 102 S. El Camino Real, San Mateo

130812-A1	Tue	5:00-5:45pm	\$326	1/6-3/3
-----------	-----	-------------	-------	---------

130812-A2	Thu	5:00-5:45pm	\$326	1/8-3/5
-----------	-----	-------------	-------	---------

Ballet Teen/Adult: Mixed Levels: age 12+ yrs.

Our mixed level, traditional ballet class is for experienced and new ballet dancers. The instructor dances professionally and has over 20 years of experience. She emphasizes good technique and posture to prevent injury and build strength while making classes fun.

Instructor: Kristine Chambers

Beresford Recreation Center

141701-H2	Fri	6:15-7:30pm	\$185	1/9-3/6
-----------	-----	-------------	-------	---------

Virtual Program (Hosted via Zoom)

141701-H1	Fri	6:15-7:30pm	\$185	1/9-3/6
-----------	-----	-------------	-------	---------



Creative Dance

Kinderdance: age 4-6 yrs.

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

Instructor: Tina Burke

Beresford Recreation Center

130804-B2	Sat	9:30-10:15am	\$172	1/10-3/7
-----------	-----	--------------	-------	----------

Creative Dance: age 6-9 yrs.

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

Instructor: Tina Burke

Beresford Recreation Center

130805-B1	Sat	10:30-11:15am	\$172	1/10-3/7
-----------	-----	---------------	-------	----------

Creative Dance for Neurodivergent

Individuals : age 7-11 yrs.

In this class, dancers will explore the fundamentals of creative dance, including levels, shapes, and locomotion. We will move with scarves, bean bags, and place dots—come join the excitement! This class is designed for caregivers and kids together.

Instructor: Tina Burke

Beresford Recreation Center

130818-B1	Wed	4:00-4:45pm	\$172	1/7-3/4
-----------	-----	-------------	-------	---------

Contemporary/Lyrical-Mixed Levels:

age 7-16 yrs.

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

Instructor: Kristine Chambers

Beresford Recreation Center

130807-B2	Fri	5:05-6:05pm	\$185	1/9-3/6
-----------	-----	-------------	-------	---------



Jazz

Beginning/Intermediate Jazz: age 8-16 yrs.

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

Instructor: Tina Burke

Beresford Recreation Center

130822-B1	Tue	5:20-6:20pm	\$172	1/6-3/3
-----------	-----	-------------	-------	---------

Advanced Jazz: age 12-19 yrs.

Mastery of single pirouettes and competence of (or progressing toward) double pirouettes are the suggested prerequisites for this fun class. Emphasis placed on proper technique during warm up and across the floor exercises with combinations including more advanced turns and jumps will prepare you for successful auditions and dance performances.

Instructor: Kristine Chambers

Beresford Recreation Center

130825-B2	Fri	4:00-5:00pm	\$185	1/9-3/6
-----------	-----	-------------	-------	---------

K-Pop/Hip Hop

K-Pop: age 7-17 yrs.

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

Instructor: Gyabi Tompkins

Beresford Recreation Center

130827-K1	Mon	4:30-5:30pm	\$85	1/12-3/2
-----------	-----	-------------	------	----------

K-Pop Performance: age 12-17 yrs.

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

Instructor: Gyabi Tompkins

Dr. Martin Luther King Jr. Community Center

130828-K1	Mon	6:00-7:00pm	\$105	1/12-3/2
-----------	-----	-------------	-------	----------

Hip-Hop I/II: age 7-17 yrs.

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

Instructor: Gyabi Tompkins

Dr. Martin Luther King Jr. Community Center

130831-K1	Tue	5:00-6:00pm	\$112	1/13-3/3
-----------	-----	-------------	-------	----------



Youth Dance/Music

Specialty Dance

Boys Dance: age 7-16 yrs.

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

Instructor: Kevin Stanford

Dr. Martin Luther King Jr. Community Center

130851-K1	Mon	5:00-5:50pm	\$135	1/5-3/2
-----------	-----	-------------	-------	---------



Traditional Irish Dance: age 5+ yrs.

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

Instructor: Mary-Jo Feeney

Beresford Recreation Center

Beginner				
130860-B1	Thu	4:00-4:45pm	\$185	1/8-3/5

Advanced Beginner				
130860-B2	Thu	4:30-5:15pm	\$185	1/8-3/5

Novice				
130860-B5	Thu	5:00-6:00pm	\$215	1/8-3/5

Advanced				
130860-B4	Thu	5:45-6:45pm	\$215	1/8-3/5

Street Dance: age 7-16 yrs.

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

Instructor: Kevin Stanford

Dr. Martin Luther King Jr. Community Center

130852-K1	Mon	4:00-4:50pm	\$135	1/5-3/2
-----------	-----	-------------	-------	---------

Mexican Folkloric: age 5-16 yrs.

Celebrate Mexico's colorful and diverse culture through dance. You will learn traditional and modern dances to Mexican music. Please expect to pay an additional amount for appropriate shoes and skirt for this class.

Dr. Martin Luther King Jr. Community Center

Instructor: Karina Vela

Level I: age 5-10 yrs.

130861-K1	Mon	5:00-5:50pm	\$122	1/5-3/2
-----------	-----	-------------	-------	---------

Instructor: Martin Cruz

Level II/III: age 7-13 yrs.

130861-K2	Wed	4:10-5:00pm	\$155	1/7-3/4
-----------	-----	-------------	-------	---------

Level IV/V: age 11-16 yrs.

130861-K3	Wed	5:10-6:00pm	\$155	1/7-3/4
-----------	-----	-------------	-------	---------



Music

Introduction to Group Piano: age 7-12 yrs.

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

Instructor: Willie Wong

Beresford Recreation Center

130901-A1	Thu	6:00-7:00pm	\$221	1/15-3/5
-----------	-----	-------------	-------	----------

Arts & Crafts

Ceramics - Doing Art Together: age 5-11 yrs.

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

Instructor: Meral Agi

Central Park Ceramics Studio

131012-A1	Sun	2:30-4:00pm	\$131	1/4-1/18
-----------	-----	-------------	-------	----------

Ceramics - Pottery for Teens: age 12-17 yrs.

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

Instructor: Meral Agi

Central Park Ceramics Studio

131013-A1	Mon	4:15-5:45pm	\$110	1/26-2/23
-----------	-----	-------------	-------	-----------



Build & Create: Art Sculpture: age 5-10 yrs. NEW!

In this class we'll explore sculpture materials and processes, including recycled sculpture, soft sculpture, wire sculpture, and air-dry clay! The open-ended format allows room to build knowledge while problem solving, ideating, and imagining.

Instructor: A-Z Creativity Staff

Beresford Recreation Center

131049-A1	Sat	9:30-10:30am	\$155	1/24-2/28
-----------	-----	--------------	-------	-----------

Tiny Treasures: Beads, Charms, and More:

age 7-12 yrs. NEW!

Your child will learn techniques and practice steps of the jewelry design process as they explore with beads, wires, charms, and more to make one-of-a-kind jewelry that is as unique as they are!

Instructor: A-Z Creativity Staff

Beresford Recreation Center

131048-A1	Sat	11am-12pm	\$155	1/24-2/28
-----------	-----	-----------	-------	-----------

The following programs are offered by

CREATE MIX AND MINGLE

and are held at 25 N Kingston Street, San Mateo.

For additional information, contact info@createmixandmingle.com or call (650) 434-2781.

Artistic Medley: age 6-13 yrs.

Artistic Medley camp will challenge your child to explore new artistic mediums. Campers will engage in projects that stimulate their minds by combining sculpture, painting, and drawing in creative ways!

121006-A1	Mon	9:00am-3:00pm	\$145	1/5
-----------	-----	---------------	-------	-----

Mixed Media: age 6-13 yrs.

This Mixed Media camp will stimulate your child's creative mind by letting them use a variety of materials and artistic mediums to create unique pieces of art that they'll have as much fun making as they will showing off!

121005-A1	Mon	9:00am-3:00pm	\$145	1/19
-----------	-----	---------------	-------	------

Acrylic Painting: age 6-13 yrs.

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

121004-A1	Fri	9:00am-3:00pm	\$145	1/16
121004-A2	Mon	9:00am-3:00pm	\$145	2/16

Sparkle and Shine-

Beginning Jewelry Making: age 7-12 yrs.

Spark your child's confidence through creativity! In this joyful beginner's jewelry making class, young makers will explore vibrant colors, textures, and patterns as they learn foundational beading techniques.

Instructor: Dragonfly Designs Staff

Beresford Recreation Center

131006-A1	Tue	3:30-4:30pm	\$166	1/6-1/27
131006-A2	Tue	3:30-4:30pm	\$206	2/3-3/3



Youth Adventures & Learning

Chess

Chess Academy: age 5-14 yrs.

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

Instructor: Manuel Minzer (Staff)

Beresford Recreation Center

Starters

131166-A1	Thu	3:35-4:30pm	\$245	1/8-3/5
131166-A2	Sat	10:05-11:00am	\$215	1/10-3/7

Intermediate

131166-B1	Thu	4:35-5:30pm	\$245	1/8-3/5
131166-B2	Sat	11:05am-12:00pm	\$215	1/10-3/7



Cooking

Junior Bake Stars: age 7-13 yrs.

Whisk, mix, and bake your way to fun in Junior Bake Stars! Each session is packed with hands-on activities, sweet and savory recipes, and tasty fun. Students will build skills, boost confidence, and discover the joy of baking - one delicious bite at a time!

Instructor: Junior Chef Stars Staff

Dr. Martin Luther King Jr. Community Center

131119-A1	Wed	4:15-5:45pm	\$325	1/14-3/4
-----------	-----	-------------	-------	----------

Debate & Public Speaking

The following academic camps are offered by
Communication Academy
and are held at Beresford Recreation Center.
For additional information, email
info@communicationacademy.com
or call (408) 777-8876.

Public Speaking: Creative Expression:

age 8-11 yrs.

Students will learn famous speeches from history and movies and practice putting their own spin on them! They will master expressing themselves by exploring and presenting speeches from history, movies, and literature.

Beresford Recreation Center

131109-A1	Wed	3:45-4:45pm	\$320	1/21-3/4
-----------	-----	-------------	-------	----------

Confident Flash Debate: age 8-11 yrs.

Students will learn to present their ideas and win arguments with Flash Debate! They will learn how to think on their feet with exciting one-on-one debates using age-appropriate topics in this fast-paced, fun, and educational class.

Beresford Recreation Center

131110-A1	Wed	5:00-6:00pm	\$320	1/21-3/4
-----------	-----	-------------	-------	----------

Creative Expression and Confident Flash Debate: age 8-11 yrs.

Receive two courses at an automatic discount! Students will gain confidence mastering skills in speaking, debate, and critical thinking. See single course descriptions for more details. Includes supervision between courses.

Beresford Recreation Center

131180-A1	Wed	3:45-6:00pm	\$580	1/21-3/4
-----------	-----	-------------	-------	----------





Get Golf Ready Group Lessons

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

Get Golf Ready 1 Group Lessons Fee \$125

Get Golf Ready 2 Group Lessons Fee \$150

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

Get Golf Ready 3 Group Lessons Fee \$195

Instruction will be on the course and includes green fee, cart fee and clubs if needed.

Are you looking for a place to practice and work on your game? Poplar Creek has an 18-stall driving range with brand new mats, a large practice putting green, and a short game practice area (\$6.00 daily fee applies). Range ball prices range bucket prices are \$5.00 warm-up, \$8.00/small, \$11.00/medium, \$14.00/large.

VIP Membership

Join our VIP program and enjoy a 14-day tee time booking window, discounts on range cards, early access to afternoon rates, free use of the practice chipping green, and more. Please visit our website www.poplarcreekgolf.com for more information and to sign-up.

Golf at Poplar Creek Golf Course

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

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

Golf at Poplar Creek Golf Course is year round. Warm up on our driving range and get out and play. Private and group lessons are available - learn more by calling (650) 522-7515. Book your tournament now - call (650) 522-4653. 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, Foot-Joy, Sun Mountain, Cleveland Golf, Ashworth, Adidas, Bridgestone, ProActive and many others.



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.

For Green Fees & Reservations:

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

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

GREEN FEES (effective 7/1/2025)

Weekdays (Mon-Fri)	Fee
General	\$45
SM Resident (with Resident Card)	\$40
Twilight	\$34
Super Twilight	\$24
Early AM Back 9 (1st Hour)	\$27
Senior Resident (60 & over)	\$34
Junior (17 & under)	\$17
10 Play – Senior General	\$340/card \$34/round
10 Play – Senior SM Resident	\$290/card \$29/round
Weekends & Holidays	Fee
General	\$62
SM Resident (with Resident Card)	\$54
Twilight	\$42
Super Twilight	\$32
Early AM Back 9 (1st Hour)	\$31
Junior (after 2:00 PM)	\$22

ADULT 18+ OPEN GYM

AT THE DR. MARTIN LUTHER KING JR. COMMUNITY CENTER
725 MONTE DIABLO AVE, SAN MATEO, CA 94401

JANUARY 5 – MARCH 8

BASKETBALL

Wednesday:
9:00am-1:00pm



VOLLEYBALL

Tuesday & Thursday
9:00am-1:00pm



PICKLEBALL

Monday & Friday
9:00am-1:00pm

SCHEDULE SUBJECT TO CHANGE DUE TO CENTER PROGRAMS,
EVENTS AND/OR CLOSURES.

San Mateo High School Open Gym age 18+ yrs.

The open gym schedule is subject to change due to potential conflicts with San Mateo High School sports.

\$5.00 per session 10:00am-3:00pm

Pickleball Open Gym: Sundays, 10:00am-3:00pm

Join us every Sunday from 10:00 a.m. to 3:00 p.m. for open gym pickleball at San Mateo High School Gym (506 N. Delaware Street, San Mateo, CA 94401). Adults (18+) are welcome to drop in and enjoy friendly games with the community. Come play, meet other pickleball enthusiasts, and have some fun on the courts! If you wish to receive the pickleball newsletter, please email pickleball@cityofsanmateo.org.

San Mateo High School Gym 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 Sukh Thind, (650) 522-7436, sthind@cityofsanmateo.org.

Martial Arts

TAEKWONDO OLYMPIC SPARRING/SELF-DEFENSE

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

Students will have fun and improve strength, speed, agility, overall acuity, and fitness while developing and/or improving motor and self-defense skills. This class uses Kukkiwon, World Taekwondo/Olympic training drills and techniques, including flag-tag, Mad Dog Visual Acuity System, SAQ, in a safety-first environment. Classes are adapted to meet the needs of every level from Beginner to Adults. Students of all ages and levels are welcome!

Instructor: Luis Rosario

Adults

142810-A1	Mon	7:00-8:00pm	\$219	1/5-3/2
142810-A2	Wed	7:00-8:00pm	\$276	1/7-3/4
142810-A3	Fri	7:00-8:00pm	\$276	1/9-3/6
142810-A4	Mon/Wed	7:00-8:00pm	\$419	1/5-3/4
142810-A5	Mon/Fri	7:00-8:00pm	\$419	1/5-3/6
142810-A6	Wed/Fri	7:00-8:00pm	\$469	1/7-3/6
142810-A7	Mon/Wed/Fri	7:00-8:00pm	\$541	1/5-3/6



Kendo: age 9+ yrs.

Kendo, Japanese fencing, is rooted in the sword-fighting techniques of ancient samurai. This martial art conditions the body and spirit through demanding exercises. Additional yearly fees are not included in this class fee.

Visit www.sanmateokendo.org for additional fees.

Instructor: San Mateo Kendo Dojo (Staff)

Dr. Martin Luther King Jr. Community Center

Beginner

130553-C1	Tue	6:00-7:00pm	\$35	1/6-3/3
-----------	-----	-------------	------	---------

Advanced

130553-D1	Tue	7:00-8:30pm	\$40	1/6-3/3
-----------	-----	-------------	------	---------

Tennis & Pickleball

The following programs are offered by Todd Dissly Athletics. For additional information, email Director, Paul Lin, at paul@sanmateotennis.net or call (650) 743-1382. For weather updates: www.threads.net/@sanmateotp

Adult Beginning Tennis 1

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

Central Park Tennis Courts

141212-C1	Mon	8:00-8:55pm	\$222	1/5-3/2
141212-C2	Wed	6:30-7:25pm	\$284	1/7-3/4
141212-C3	Sat	11:00-11:55am	\$222	1/10-3/7

Adult Beginning Tennis 2

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

Beresford Park Tennis Court 4

141213-C2	Mon	8:00-8:55pm	\$271	1/5-3/2
-----------	-----	-------------	-------	---------

Central Park Tennis Courts

141213-C1	Mon	7:00-7:55pm	\$222	1/5-3/2
141213-C3	Thu	6:30-7:25pm	\$284	1/8-3/5
141213-C4	Fri	10:00-10:55am	\$284	1/9-3/6

Los Prados Park Tennis Courts

141213-LP1	Sun	9:00-9:55am	\$262	1/11-3/1
------------	-----	-------------	-------	----------

Adult Intermediate Tennis 1

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

Beresford Park Tennis Court 4

141214-B1	Mon	7:00-7:55pm	\$273	1/5-3/2
141214-B2	Thurs	8:00-8:55pm	\$347	1/8-3/5

Central Park Tennis Courts

141214-C1	Wed	7:30-8:25pm	\$284	1/7-3/4
141214-C2	Thu	7:30-8:55pm	\$398	1/8-3/5
141214-C3	Fri	11:00-11:55am	\$284	1/9-3/6
141214-C4	Fri	6:30-7:25pm	\$284	1/9-3/6

Los Prados Park Tennis Courts

141214-LP1	Sun	10:00-10:55am	\$257	1/11-3/1
------------	-----	---------------	-------	----------

Adult Intermediate Tennis 2

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

Beresford Park Tennis Court 4

141215-B2	Thurs	7:00pm-7:55pm	\$347	1/8-3/5
141215-B1	Wed	6:30-7:25pm	\$284	1/7-3/4

Central Park Tennis Courts

141215-C1	Sun	9:00-9:55am	\$129	2/1-3/1
141215-C2	Mon	10:00-11:25am	\$313	1/5-3/2
141215-C3	Tue	7:00-8:25pm	\$398	1/6-3/3

Adult Intermediate Tennis 3

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

Beresford Park Tennis Court 4

141217-B1	Wed	7:30-8:25pm	\$284	1/7-3/4
-----------	-----	-------------	-------	---------

Central Park Tennis Courts

141217-C1	Sun	10:00-10:55am	\$129	2/1-3/1
-----------	-----	---------------	-------	---------

Pickleball: Beginner 1 & 2

Be a part of the fastest growing sport in the U.S. Learn key skills and start playing the game at your first lesson. Beginner classes require no previous experience. Intermediate classes are suited for players with previous experience or approved by instructors from Beginner classes.

Beginner 2 Prerequisite: Beginner 1 or equivalent experience. Designed for players with solid fundamentals, this class aims to improve your consistency, movement, and court positioning, which are required to transition your game to the next level.

BEGINNER 1

Central Park Tennis Courts

141221-C2	Tue	10:00-10:55am	\$284	1/6-3/3
141221-C3	Wed	6:30-7:25pm	\$284	1/7-3/4
141221-C5	Fri	10:00-10:55am	\$284	1/9-3/6
141221-C6	Fri	7:30-8:25pm	\$284	1/9-3/6
141221-C8	Sun	2:00-2:55pm	\$222	1/11-3/1

Shoreview Park Tennis Courts

141221-C1	Mon	7:00-7:55pm	\$222	1/5-3/2
141221-C4	Thu	7:00-7:55pm	\$284	1/8-3/5
141221-C7	Sat	10:00-10:55am	\$222	1/10-3/7

BEGINNER 2

Central Park Tennis Courts

141221-C10	Tue	11:00am-11:55pm	\$284	1/6-3/3
141221-C13	Fri	11:00-11:55am	\$284	1/9-3/6
141221-C14	Fri	6:30-7:25pm	\$284	1/9-3/6

Shoreview Park Tennis Courts

141221-C9	Mon	8:00-8:55pm	\$222	1/5-3/2
141221-C11	Tue	7:00-7:55pm	\$284	1/6-3/3
141221-C12	Thu	8:00-8:55pm	\$284	1/8-3/5
141221-C15	Sat	11:00-11:55am	\$222	1/10-3/7

Pickleball Practice & Play: Intermediate

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

Central Park Tennis Courts

141222-C3	Wed	7:30-8:25pm	\$284	1/7-3/4
141222-C1	Sun	3:00-3:55pm	\$222	1/11-3/1

Shoreview Park Tennis Courts

141222-C2	Tue	8:00-8:55pm	\$284	1/6-3/3
-----------	-----	-------------	-------	---------

Adult Fitness

ADULT WINTER DANCE & FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Resistance 9:00-10:00am BRC	Cardio Strength 9:00-10:00am BRC & ZOOM	Strength/Resistance 9:00-10:00am BRC	Zumba Gold 9:00-9:50am BRC	Strength/Resistance 9:00-10:00am BRC	Cardio Kickboxing 9:15-10:15am BRC
Zumba® 9:30-10:30am BRC	Cardio Strength 50+ 10:00-11:00am SC	Cardio Blast & Toning 9:00-10:00am BRC & ZOOM	Cardio Strength 50+ 10:00-11:00am SC	Cardio Strength 50+ 10:00-11:00am SC	Zumba® 10:30-11:30am BRC
Staying Fit-Arthritis 10:00-11:00am SC	Strength Training 10:15-11:15am BRC	Pilates Mat 10:00-11:00am ZOOM	Strength/Posture 10:15-11:15am BRC	Pilates Mat Strength 10:00-11:00am BRC & ZOOM	
Pilates Mat 10:00-11:00am ZOOM	Gentle Aerobics 10:15-11:15am MLK	Staying Fit-Arthritis 10:00-11:00am SC	Gentle Aerobics 10:15-11:15am MLK	Cardio Dance 10:15-11:15am BRC	
Cardio Dance 10:15-11:15am BRC	Chair Yoga 12:30-1:30pm BRC & ZOOM	Yoga Flow 10:15-11:15am BRC	Chair Yoga 12:30-1:30pm BRC & ZOOM	Ballet Teen/Adult 6:15-7:30pm BRC & ZOOM	
Cardio Strength 6:00-7:00pm BRC	Yoga 1 6:00-7:00pm ZOOM	Cardio Dance 10:15-11:15am BRC	Qigong 1:00-2:00pm SC		
Zumba® 6:30-7:30pm SMHS & MLK	Hip Hop 6:10-7:10pm MLK	Int/Adv Jazz 11:45am-1:00pm BRC	Yoga 1 5:15-6:15pm SC		
Tap II 6:30-7:30pm BRC	Tai Chi-Beginning 6:00-7:00pm SC	Staying Fit-Arthritis 1:00-2:00pm SC	Zumba® 5:30-6:30pm BRC		
K-Pop I 7:15-8:30pm MLK	Zumba® 6:15-7:15pm BRC	Gentle Yoga 5:05-6:20pm SC	Zumba® 6:30-7:30pm MLK		
Tap I 7:45-8:45pm BRC	Piloxing 6:30-7:30pm SMHS	Zumba® Toning 6:30-7:30pm BRC	CIRCL Mobility™ 6:30-7:00pm BRC		
	Yoga Fusion 6:30-7:30pm BRC	Yoga 1 6:30-7:45pm SC	Hula - Introduction 6:30-7:30pm SC		
	K-Pop II 7:15-8:30pm MLK	Mexican Folkloric 6:10-7:00pm MLK	Belly Dance I 6:45-7:45pm SMHS		
	Tai Chi-Intermediate 7:15-8:30pm SC	Line Dance Beg. 6:30-7:30pm BRC	Hula - Intermediate 7:30-8:30pm SC		
	Argentine Tango I 7:30-8:20pm BRC	Line Dance Next Level 7:30-8:30pm BRC	Belly Dance II 7:50-8:50pm SMHS		
	Intro to Tap 7:45-8:45pm BRC				
	Argentine Tango II 8:30-9:20pm BRC				



BBK = Broadway Babies & Kids

BP = Beresford Park

BRC = Beresford Recreation Center

MLK = Dr. Martin Luther King Jr.
Community Center

SMHS = San Mateo High School

SC = Senior Center

ZOOM = Virtual Class via Zoom

Questions? Call (650) 522-7440 for more information.

Check your confirmation receipt for class requirements; for most classes bring water and a mat.

Cardio

Zumba®

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

Instructor: Shoko Boyd

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

141502-B5	Mon	6:30-7:30pm	\$115	1/5-2/23
-----------	-----	-------------	-------	----------

Instructor: Gaby Torres

Beresford Recreation Center

141502-B2	Mon	9:30-10:30am	\$133	1/5-3/2
141502-B1	Tue	6:15-7:15pm	\$170	1/6-3/3
141502-S1	Sat	10:30-11:30am	\$152	1/10-3/7

Dr. Martin Luther King Jr. Community Center

141502-K1	Mon	6:30-7:30pm	\$133	1/5-3/2
141502-K2	Thu	6:30-7:30pm	\$170	1/8-3/5

Instructor: Kalina Kotseva

Beresford Recreation Center

141502-B7	Thu	5:30-6:30pm	\$170	1/8-3/5
-----------	-----	-------------	-------	---------

Cardio Kickboxing

Get your heart pumping with this stress-relieving class! Enjoy lively punch and kick combinations set to upbeat music, along with core exercises offered with options so you can choose the level that's right for you. Everyone is welcome.

Instructor: Mary Brinig

Beresford Recreation Center

141535-H1	Sat	9:15-10:15am	\$99	1/10-3/7
-----------	-----	--------------	------	----------



Cardio/Strength & Stretch for 50+

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

Instructor: Mary Furuta

Senior Center

141537-S2	Tue	10:00-11:00am	\$118	1/6-3/3
141537-S3	Thu	10:00-11:00am	\$118	1/8-3/5
141537-S1	Fri	10:00-11:00am	\$118	1/9-3/6

Cardio Dance

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

Instructor: Patti Michelsen

Beresford Recreation Center

141536-B1	Mon	10:15-11:15am	\$87	1/5-3/2
141536-B2	Wed	10:15-11:15am	\$110	1/7-3/4
141536-B3	Fri	10:15-11:15am	\$110	1/9-3/6

Cardio Blast & Toning

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

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

141538-S2	Wed	9:00-10:00am	\$95	1/7-3/4
-----------	-----	--------------	------	---------

Virtual Program (Hosted via Zoom)

141538-S3	Wed	9:00-10:00am	\$95	1/7-3/4
-----------	-----	--------------	------	---------

Adult Fitness

Strength

Strength & Resistance Training

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

Instructor: Patti Michelsen

Beresford Recreation Center

141540-B1	Mon	9:00-10:00am	\$81	1/5-3/2
141540-B2	Wed	9:00-10:00am	\$103	1/7-3/4
141540-B3	Fri	9:00-10:00am	\$103	1/9-3/6

Strength Training/Posture Power

The loss of muscle that occurs with age is reversible! Regain strength and freedom of movement while increasing your metabolism. Balance and correct posture are emphasized. Free weights and chairs are provided.

Instructor: Jill Daly

Beresford Recreation Center

141542-B2	Thu	10:15-11:15am	\$86	1/8-3/5
-----------	-----	---------------	------	---------

Strength Training/Healthy Living

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

Instructor: Mae Chesney

Beresford Recreation Center

141543-B1	Tue	10:15-11:15am	\$85	1/6-2/24
-----------	-----	---------------	------	----------

Cardio/Strength & Stretch

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

Instructor: Mary Brinig

Beresford Recreation Center

141546-B2	Mon	6:00-7:00pm	\$87	1/5-3/2
-----------	-----	-------------	------	---------

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

141546-B4	Tue	9:00-10:00am	\$95	1/6-3/3
-----------	-----	--------------	------	---------

Virtual Program (Hosted via Zoom)

141546-B3	Tue	9:00-10:00am	\$95	1/6-3/3
-----------	-----	--------------	------	---------

Zumba® Toning

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

Instructor: Gaby Torres

Beresford Recreation Center

141544-H1	Wed	6:30-7:30pm	\$170	1/7-3/4
-----------	-----	-------------	-------	---------

NEW!

Zumba® Gold

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

Instructor: Gaby Torres

Beresford Recreation Center

141545-B1	Thu	9:00-9:50am	\$170	1/8-3/5
-----------	-----	-------------	-------	---------



Specialty Fitness

Yoga Fusion

Yoga Fusion blends strength training, dance, and yoga. Pairing Yoga with other disciplines lets you burn more calories than yoga alone, while still getting the benefits of this ancient practice.

Instructor: Donna Lanam

Beresford Recreation Center

141553-B1	Tue	6:30-7:30pm	\$140	1/6-3/3
-----------	-----	-------------	-------	---------

Piloxing

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

Instructor: Shoko Boyd

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

141554-H1	Tue	6:30-7:30pm	\$152	1/6-3/3
-----------	-----	-------------	-------	---------

Adult Movement Awareness

Yoga I

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.

Instructor: Adriana Buenaventura

Senior Center

141601-B1	Wed	6:30-7:45pm	\$148	1/7-3/4
-----------	-----	-------------	-------	---------

Instructor: Peggy Guaraldi

Virtual Program (Hosted via Zoom)

141601-S1	Tue	6:00-7:00pm	\$152	1/13-3/3
-----------	-----	-------------	-------	----------

Senior Center

141601-S2	Thu	5:15-6:15pm	\$170	1/8-3/5
-----------	-----	-------------	-------	---------



Gentle Yoga

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

Instructor: Adriana Buenaventura

Senior Center

141607-B1	Wed	5:05-6:20pm	\$148	1/7-3/4
-----------	-----	-------------	-------	---------

Yoga Flow

NEW!

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

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

141604-B1	Wed	10:15-11:15am	\$125	1/7-3/4
-----------	-----	---------------	-------	---------

Chair Yoga

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

Instructor: Mae Chesney

Beresford Recreation Center

141605-S3	Tue	12:30-1:30pm	\$93	1/6-2/24
141605-S4	Thu	12:30-1:30pm	\$93	1/8-2/26

Virtual Program (Hosted via Zoom)

141605-S1	Tue	12:30-1:30pm	\$93	1/6-2/24
141605-S2	Thu	12:30-1:30pm	\$93	1/8-2/26

CIRCL Mobility™

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

Instructor: Kalina Kotseva

Beresford Recreation Center

141608-A1	Thu	6:30-7:00pm	\$155	1/8-3/5
-----------	-----	-------------	-------	---------

Staying Fit with Arthritis

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

Instructor: Mary Furuta

Senior Center

141632-B2	Mon	10:00-11:00am	\$93	1/5-3/2
141632-B5	Wed	10:00-11:00am	\$118	1/7-3/4
141632-B4	Wed	1:00-2:00pm	\$118	1/7-3/4

Adult Movement Awareness



Gentle Aerobics: age 55+ yrs.

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

Instructor: Peninsula Family YMCA Staff

Dr. Martin Luther King Jr. Community Center

142529-A1	Tue	10:15-11:15am	Free	1/6-3/3
142529-A3	Thu	10:15-11:15am	Free	1/8-3/5

* This class is FREE thanks to funding from the North Central Koshland Fellows.

Pilates Mat: Strong & Flexible

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

Instructor: Kim Moore

Virtual Program (Hosted via Zoom)

141620-S1	Mon	10:00-11:00am	\$65	1/12-3/2
141620-S2	Wed	10:00-11:00am	\$85	1/14-3/4

Pilates Mat & Strengthening

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

Instructor: Rhonda Fitzpatrick

Beresford Recreation Center

141621-S2	Fri	10:00-11:00am	\$110	1/9-3/6
-----------	-----	---------------	-------	---------

Virtual Program (Hosted via Zoom)

141621-S1	Fri	10:00-11:00am	\$104	1/9-3/6
-----------	-----	---------------	-------	---------

Qigong

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

Instructor: Kathleen McCarty

Senior Center

141635-B1	Thu	1:00-2:00pm	\$185	1/8-3/5
-----------	-----	-------------	-------	---------



Tai Chi Series

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

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

Instructor: Loren Chin

Senior Center

BEGINNER

141633-S1	Tue	6:00-7:00pm	\$125	1/6-3/3
-----------	-----	-------------	-------	---------

INTERMEDIATE

141636-S2	Tue	7:15-8:30pm	\$138	1/6-3/3
-----------	-----	-------------	-------	---------

Ballet Teen/Adult: Mixed Levels: age 12+ yrs.

Our mixed level, traditional ballet class is for experienced and new ballet dancers. The instructor dances professionally and has over 20 years of experience. She emphasizes good technique and posture to prevent injury and build strength while making classes fun.

Instructor: Kristine Chambers

Beresford Recreation Center

141701-H2	Fri	6:15-7:30pm	\$185	1/9-3/6
-----------	-----	-------------	-------	---------

Virtual Program (Hosted via Zoom)

141701-H1	Fri	6:15-7:30pm	\$185	1/9-3/6
-----------	-----	-------------	-------	---------

Tap Series

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

Instructor: Melissa Cheu

Beresford Recreation Center

INTRO TO TAP

141711-B1	Tue	7:45-8:45pm	\$118	1/6-3/3
-----------	-----	-------------	-------	---------

TAP I

141712-H1	Mon	7:45-8:45pm	\$93	1/5-3/2
-----------	-----	-------------	------	---------

TAP II

141713-H2	Mon	6:30-7:30pm	\$93	1/5-3/2
-----------	-----	-------------	------	---------

Intermediate/Advanced Jazz

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

Instructor: Patti Michelsen

Beresford Recreation Center

141719-B1	Wed	11:45am-1:00pm	\$155	1/7-3/4
-----------	-----	----------------	-------	---------



Hip Hop

Learn the latest Hip Hop and Street Dance moves! This class also helps students develop strength, coordination, and flexibility, all while having fun.

Instructor: Gyabi Tompkins

Dr. Martin Luther King Jr. Community Center

141721-K1	Tue	6:10-7:10pm	\$138	1/13-3/3
-----------	-----	-------------	-------	----------

K-Pop Series

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

Instructor: Gyabi Tompkins

Dr. Martin Luther King Jr. Community Center

LEVEL I

141722-K1	Mon	7:15-8:30pm	\$85	1/12-3/2
-----------	-----	-------------	------	----------

LEVEL II

141723-K1	Tue	7:15-8:30pm	\$138	1/13-3/3
-----------	-----	-------------	-------	----------

Belly Dance Series

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

Instructor: Malia DeFelice

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

LEVEL I

141730-H1	Thu	6:45-7:45pm	\$110	1/8-3/5
-----------	-----	-------------	-------	---------

LEVEL II

141731-H1	Thu	7:50-8:50pm	\$110	1/8-3/5
-----------	-----	-------------	-------	---------

Hula Series

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

Instructor: Valentina Linsangan

Senior Center

BEGINNER

141733-S1	Thu	6:30-7:30pm	\$151	1/22-3/5
-----------	-----	-------------	-------	----------

INTERMEDIATE

141734-S1	Thu	7:30-8:30pm	\$151	1/22-3/5
-----------	-----	-------------	-------	----------

Adult Dance/Cooking



Mexican Folkloric Dance

Learn the fun and traditional dances of Mexico in our Mexican Folkloric Dance class! Join us to experience another culture through dance while getting great exercise. No previous dance experience is required.

Instructor: Martin Cruz

Dr. Martin Luther King Jr. Community Center

141735-K1	Wed	6:10-7:00pm	\$155	1/7-3/4
-----------	-----	-------------	-------	---------

Line Dance Series

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

Instructor: Cathy Dacumos

Beresford Recreation Center

BEGINNING

141740-B1	Wed	6:30-7:30pm	\$65	1/7-3/4
-----------	-----	-------------	------	---------

NEXT LEVEL *Prior Line Dancing experience recommended.*

141741-B1	Wed	7:30-8:30pm	\$65	1/7-3/4
-----------	-----	-------------	------	---------

COMBO - 10% DISCOUNT

141742-B1	Wed	6:30-8:30pm	\$113	1/7-3/4
-----------	-----	-------------	-------	---------

Argentine Tango Series

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

Instructor: David & Nancy Mendoza

Beresford Recreation Center

BEGINNING BASICS

141750-B1	Tue	7:30-8:20pm	\$122	1/6-2/24
-----------	-----	-------------	-------	----------

INTERMEDIATE/ADVANCED

141751-B1	Tue	8:30-9:20pm	\$122	1/6-2/24
-----------	-----	-------------	-------	----------

Cooking

I'm Soy Into You

NEW!

I'm Soy Into You is a hands-on Asian-inspired class where you flirt with bold flavors! Mix, fold, and sizzle your way through fun, approachable dishes. Come ready to stir up some joy... because when it comes to flavor, we're soy into you!

Instructor: Junior Chef Stars Staff

Dr. Martin Luther King Jr. Community Center

141946-A1	Thu	6:00-8:00pm	\$108	1/8
-----------	-----	-------------	-------	-----

Taco 'bout Love

NEW!

Get ready to Taco 'bout Love! In this hands-on class, you'll create fusion tacos packed with bold flavors and creative twists. Mix, match, and make magic in this kitchen...because love (and great food) is best served wrapped in a tortilla!

Instructor: Junior Chef Stars Staff

Dr. Martin Luther King Jr. Community Center

141945-A1	Thu	6:00-8:00pm	\$108	2/12
-----------	-----	-------------	-------	------



Ceramics

Explore the wonderful world of ceramics. Whether you are a beginner or an advanced artist, we have the class for you. The following classes are taught at the Central Park Ceramics Studio located at 50 E. 5th Ave.

A \$25 glaze/firing fee is included in the registration. Clay can be purchased when registering for the class.

Instructors: Shikha Hutchins and Meral Agi

Pottery Basics

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

141921-A1	Wed	3:30-6:00pm	\$244	1/7-3/4
-----------	-----	-------------	-------	---------

Core Ceramics

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

Mixed Levels

141927-A1	Mon	6:00-9:00pm	\$230	1/5-3/2
141927-A4	Sat	10:00am-1:00pm	\$287	1/10-3/7

Beginning/Intermediate

141927-A2	Tue	6:00-9:00pm	\$287	1/6-3/3
-----------	-----	-------------	-------	---------

Intermediate/Advanced

141927-A3	Wed	6:30-9:30pm	\$287	1/7-3/4
-----------	-----	-------------	-------	---------

Coffee & Clay: Intermediate/Advanced

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

Intermediate/Advanced

141922-A1	Tue	10:00am-1:00pm	\$287	1/6-3/3
141922-A2	Thu	10:00am-1:00pm	\$287	1/8-3/5

Open Studio

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

Intermediate/Advanced

141926-A1	Thu	1:30-4:00pm	\$244	1/8-3/5
141926-A2	Sat	1:30-4:00pm	\$244	1/10-3/7

Cardmaking with New Techniques

Create projects using a variety of techniques with paper crafting, decorative papers, and rubber stamps! We'll use several methods that may be new to you and yet simple enough to still bring a touch of artfulness to your greetings. Open to all levels!

Instructor: Maya Togashi

Beresford Recreation Center

141909-A1	Tue	6:30-8:30pm	\$50	2/24
-----------	-----	-------------	------	------

Japanese Calligraphy

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

Instructor: Akie Karahashi

Beresford Recreation Center

141912-A1	Mon	7:00-8:30pm	\$95	1/12-3/2
-----------	-----	-------------	------	----------



Crochet and Hand Knitting

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

Instructor: Paola Trombetta

Senior Center

141937-A1	Wed	10:30am-12:30pm	\$67	1/7-1/28
141937-A2	Wed	10:30am-12:30pm	\$67	2/4-2/25

Hand and Machine Knitting

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

Instructor: Paola Trombetta

Senior Center

141938-A1	Wed	1:00-3:00pm	\$67	1/7-1/28
141938-A2	Wed	1:00-3:00pm	\$67	2/4-2/25

Adult Arts & Crafts

The Joy of Watercolor

This class is designed for people who are fairly new to watercolor. You'll learn essential techniques and gain confidence as you have fun with composition, color theory, and perspective.

Instructor: William Dunn

Beresford Recreation Center

141939-A1	Tue	6:00-9:00pm	\$225	1/6-2/24
-----------	-----	-------------	-------	----------

More Joy of Watercolor

For more experienced students, this class will guide you to higher standards of creativity and skills. The instructor is experienced in leading students to produce their best and most skillful work!

Instructor: William Dunn

Beresford Recreation Center

141910-A1	Sat	9:15am-12:15pm	\$198	1/10-2/28
-----------	-----	----------------	-------	-----------

Watercolor with San Mateo Adult School: age 50+ yrs.

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

Instructor: Matt Crane

Senior Center

141902-A1	Thu	9:30am-12:00pm	\$172	1/8-3/5
-----------	-----	----------------	-------	---------

Watercolor Painting

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

Instructor: Richard Becker

Beresford Recreation Center

141915-A2	Fri	10:00am-1:00pm	\$203	1/9-3/6
-----------	-----	----------------	-------	---------

Acrylic & Oil Painting

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

Instructor: Richard Becker

Beresford Recreation Center

141917-A1	Wed	6:30-9:00pm	\$203	1/7-3/4
-----------	-----	-------------	-------	---------



Lend a Hand, Brighten a Life!

Our Senior Center is looking for caring volunteers to support programs, activities, and services that keep older adults in our community active, engaged and connected. Whether it's helping with classes or special events or just sharing a friendly smile, your time makes a real difference. Create a welcoming space where older adults can thrive – sign up to volunteer today!

Current Openings Include:

Lunch Program - Server/Kitchen Helper

(M-F, 10:30am-1:15pm)

Front Desk Assistant and Greeter

(M-F 10am-2pm)

Technology Program Volunteer

(Days and times TBA)

Monthly Walking with Friends

(Days and times TBA)

Do you have a skill or hobby that you would like to share? Perhaps you have thought about starting a quilting group or leading a discussion on current events and news? If so, we would love to hear from you!

Interested?

Visit www.cityofsanmateo.org/volunteer to complete an online application.

For more information, contact the Senior Center at (650) 522-7490.



Acoustic & Folk Music Sessions

Play along with a variety of multi-generational music using acoustic instruments. Current attendees play Guitar, Ukulele, Mandolin, bass and more. Song styles include folk, pop, folk rock, americana, western swing.

Instructor: Curtis Jeung

Senior Center

141804-A1	Tue	1:00-3:15pm	\$45	1/6-3/3
141804-A2	Thu	6:00-8:00pm	\$45	1/8-3/5

String Private Lesson

Find that NEW hobby! We offer individual music lessons on popular acoustic string instruments (Guitar, Bass, Ukulele, Mandolin). Learn the basics of playing through song, play and discussion. Approaches to technique, song structure, and basic theory will be applied. The times and dates listed below are the set meeting times so please register for your preferred day and time slot.

Instructor: Curtis Jeung

Senior Center

141805-A1	Mon	3:00-3:45pm	\$232	1/5-2/23
141805-A2	Mon	4:00-4:45pm	\$232	1/5-2/23
141805-B1	Tue	5:00-5:45pm	\$263	1/6-2/24
141805-B2	Tue	6:00-6:45pm	\$263	1/6-2/24
141805-C1	Wed	4:00-4:45pm	\$263	1/7-2/25
141805-C2	Wed	5:00-5:45pm	\$263	1/7-2/25
141805-C3	Wed	6:00-6:45pm	\$263	1/7-2/25
141805-D1	Thu	3:00-3:45pm	\$263	1/8-2/26
141805-D2	Thu	4:00-4:45pm	\$263	1/8-2/26
141805-D3	Thu	5:00-5:45pm	\$263	1/8-2/26

Karaoke and Sing Along

Singing is good for mental and physical health. Whether you think you are a good or bad singer, it doesn't matter! Singing is for fun. We have 7,000 songs, and we're sure you can find your favorite songs. Come sing with us!

Instructor: Senior Center Volunteers

Senior Center

141809-A1	Fri	1:00-3:00pm	Free	1/9-3/6
-----------	-----	-------------	------	---------

Ukulele, Play and Sing-a-Long

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

Instructor: Senior Center Volunteer

Senior Center

141800-A1	Tue	10:00-11:30am	Free	1/6-3/3
-----------	-----	---------------	------	---------

Fiddle Jam

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

Instructor: Curtis Jeung

Senior Center

141807-A1	Mon	10:00am-12:00pm	\$45	1/5-3/2
-----------	-----	-----------------	------	---------

The Senior Center Band

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

Instructor: Senior Center Volunteers

Senior Center

142210-A1	Fri	9:30-11:00am	Free	1/9-3/6
-----------	-----	--------------	------	---------

The Golden Tones Chorus

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

Instructor: Senior Center Volunteers



Senior Center

141812-A1	Fri	11:00am-12:00pm	Free	1/9-3/6
-----------	-----	-----------------	------	---------

Adult Lifelong Learning

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEMOIR WRITING 10:00-11:00am Senior Center		INTERMEDIATE MAHJONG 10:00am-12:00pm 1:00-3:00pm Senior Center	SENIOR CENTER BAND 9:30-11:30am Senior Center
	UKULELE PLAY & SING-A-LONG 10:00-11:30am Senior Center	LATINO(A) GROUP 11:00am-12:30pm Senior Center	PING PONG 10:30am-2:30pm MLK Center	GOLDEN TONES CHORUS 11:00am-12:00pm Senior Center
SENIOR LUNCH 12:00-1:00pm Senior Center	SHANGHAI RUMMY 10:30-11:30am MLK Center	SENIOR LUNCH 12:00-1:00pm Senior Center	YNA: GRIEF/LOSS 10:30-11:30pm Senior Center	SENIOR LUNCH 12:00-1:00pm Senior Center
HISTORY OF ROCK 'N ROLL 1:00-2:00pm Senior Center	SENIOR LUNCH 12:00-1:00pm MLK Center	BINGO 1:45-3:15pm Senior Center	SENIOR LUNCH 12:00-1:00pm MLK Center	DROP-IN GAME TIME THEMED WEEKS! 1:00-3:00pm Senior Center
INTERMEDIATE MAHJONG 1:00-3:00pm Senior Center			YNA: CAREGIVER 12:30-1:30pm MLK Center	KARAOKE 1:00-3:00pm Senior Center
				FRIDAY MOVIE 1:00-3:00pm Senior Center

Connect & Learn

Memoir Writing

Do you want to pass down a written legacy to the next generation? Write your first-person life narrative. You will learn proper technique, practice your craft, receive encouragement, partner up, and polish your text. Join us!

Instructor: Senior Center Volunteer

Senior Center

142630-A1	Tue	10:00-11:00am	Free	1/6-3/3
-----------	-----	---------------	------	---------

History of Rock 'n Roll

Continue to learn about the History of Rock 'n Roll! This class is PART 2 in a series of classes. PART 1 is not required, but recommended. PART 2 begins with Elvis Presley and focuses on the influences of radio and television on Rock 'n Roll in the late 1950s to early 1960s.

Instructor: Senior Center Volunteer

Senior Center

142632-A1	Mon	1:00-2:00pm	Free	1/5-3/2
-----------	-----	-------------	------	---------

Watercolor with San Mateo Adult School:

age 50+ yrs.

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

Instructor: Matt Crane

Senior Center

141902-A1	Thu	9:30am-12:00pm	\$172	1/8-3/5
-----------	-----	----------------	-------	---------

Games & Movies

Beginning California Mahjong

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

Instructor: Larry Kistler

Senior Center

142217-A1	Tue	10:00am-12:00pm	\$20	1/6-3/3
142217-A2	Tue	1:00-3:00pm	\$20	1/6-3/3



California Mahjong Open Play-Intermediate

Continue the fun and excitement of California Mahjong. Join your friends and other Mahjong enthusiasts in creating exciting hands. Please note that completion of two sessions of Beginning Mahjong is a requirement.

Instructor: Senior Center Volunteer

Senior Center

142406-A1	Mon	1:00-3:00pm	\$5	1/5-3/2
142406-A2	Thu	10:00am-12:00pm	\$5	1/8-3/5
142406-A3	Thu	1:00-3:00pm	\$5	1/8-3/5

Fridays at the Movies

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

Senior Center

142209-A1	Fri	1:00-3:15pm	Free	1/9-3/6
-----------	-----	-------------	------	---------



Bingo

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

Senior Center

742214-A1	Wed	2:00-3:30pm	Free	1/7-12/16
-----------	-----	-------------	------	-----------

Everyone is welcome at the San Mateo Senior Center!

Become a member today and receive our quarterly newsletter, email updates and more!
You can become a member by:

- Stopping by the front desk Monday-Friday 9:00am-3:00pm and fill out an application
- Download a [printable application](#) and mail it in or drop off to the Senior Center (2645 Alameda de las Pulgas, San Mateo, CA 94403)
- [Sign-up online!](#)

Shanghai Rummy

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

Instructor: Senior Center Volunteer

Dr. Martin Luther King Jr. Community Center

142023-A1	Tue	1:00-3:00pm	Free	1/6-3/3
-----------	-----	-------------	------	---------

Adult Lifelong Learning

Support Groups

Caregiving and Aging Support

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

Instructor: Tri Tran

Senior Center

Navigating Tough Talk with Aging Loved Ones

142543-A1	Fri	1:00-2:00pm	Free	1/16
-----------	-----	-------------	------	------

Long Term Care Insurance: Do you know how to use it?

142543-A2	Fri	1:00-2:00pm	Free	2/13
-----------	-----	-------------	------	------

You're Not Alone Support Group

Caring for others can be both meaningful and exhausting and doing it alone makes it even harder. Our "Talk, We Listen" group offers a supportive space for older adults and caregivers to connect, share experiences, and feel heard. Come as you are, no judgment, just support.

Instructor: Peninsula Family Services

Dr. Martin Luther King Jr. Community Center

Caregiver and Peer Support Group

142509-A1	Thu	12:30-1:30pm	Free	1/8-3/5
-----------	-----	--------------	------	---------

Senior Center

Grief and Loss Support Group

142509-A2	Thu	10:30-11:30am	Free	1/8-3/5
-----------	-----	---------------	------	---------

Latino/Latina Discussion Group

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

Senior Center

142211-A1	2 nd & 4 th Wed	11:00am-12:30pm	Free	1/14-2/25
-----------	---------------------------------------	-----------------	------	-----------

Grupo de Discusión Latino/Latina

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

Instructor: Voluntario del centro para personas mayores

Centro de Mayores

142211-A1	2 nd & 4 th Mier.	11:00am-12:30pm	Gratis	1/14-2/25
-----------	---	-----------------	--------	-----------

Technology

Tech Tutoring

Looking for one-on-one help to improve your technology skills? Get 2 one-hour sessions of individualized help from one of our tech experts. Working with a tech volunteer tutor will allow you to resolve your specific technology issues and get more out of your PC, tablet, and mobile devices.

Once registered, a tutor will contact you to understand your needs and set up specific meeting times. This class is offered in-person.

Instructor: Senior Center Volunteer

Senior Center

142707-A1	Date/ Time to be determined	\$15	1/12-3/6
-----------	-----------------------------	------	----------

Tech Help Lab

Do you need help with your phone, tablet, computer, or just want to feel more confident using technology? This monthly session is designed to provide hands-on guidance with everyday technology capabilities- whether it's sending photos, managing emails, apps, or staying safe online. In a friendly group setting, we'll cover common tech challenges. Bring your device and your curiosity!

Instructor: Senior Center Volunteer

Senior Center (In Person)

142701-A1	Thu	1:00-2:15pm	\$15	1/8-3/5
-----------	-----	-------------	------	---------

iPhone and iPad Class

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

Instructor: Senior Center Volunteer

Senior Center

142711-A1	Tue	1:00-2:30pm	\$15	1/6-1/27
-----------	-----	-------------	------	----------

Having Trouble Talking on the Phone?

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

Instructor: Elli Tehrani

Senior Center

142606-A1	Wed	10:30-11:30am	Free	1/7
142606-A2	Wed	10:30-11:30am	Free	2/11
142606-A3	Wed	10:30-11:30am	Free	3/4

Health & Wellness

Understanding Your Medicare Options

Join us for our informative Medicare Educational Workshop designed for individuals turning 65 and those who have delayed their Medicare enrollment. Whether you are approaching your 65th birthday or considering your Medicare options after a delay, this workshop will provide valuable insights and answers to your questions.

Instructor: Daniela Farina

Senior Center (In Person)

142504-A1	Wed	5:00-6:30pm	Free	1/21
142504-A2	Wed	5:00-6:30pm	Free	2/25

Doctor Talk:

Strokes, Signs and How to Prevent Them

Join Dr. Ou, a Kaiser Permanente physician, for a virtual discussion on strokes, which is one of the leading causes for morbidity in the U.S. You will learn more about the different causes, types, how to see the signs, and ways to reduce your risk.

Instructor: Sharon Ou

Virtual Activity (Hosted on Zoom)

142503-V1	Wed	2:00-3:00pm	Free	1/21
-----------	-----	-------------	------	------

Health Screening

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

Instructor: Breathe California Team

Dr. Martin Luther King Jr. Community Center

142516-A1	Tue	11:00am-12:00pm	Free	2/17
-----------	-----	-----------------	------	------

Health Education:

Is it a Cold Flu or Pneumonia

The Breathe California Team is giving a presentation on colds, flu, and pneumonia, including the differences in symptoms and the proper actions to take to maintain health.

Instructor: Breathe California Team

Dr. Martin Luther King Jr. Community Center

142517-A1	Tue	11:00am-12:00pm	Free	2/24
-----------	-----	-----------------	------	------

Health Education:

Managing Asthma

Join us for an informative session focused on understanding and managing asthma more effectively. Led by the expert team at Breathe California, this class is designed for individuals living with asthma, caregivers, educators, and anyone interested in respiratory health.

Instructor: Breathe California Team

Senior Center

142532-A1	Tue	11:00am-12:00pm	Free	3/3
-----------	-----	-----------------	------	-----

Breathing Exercises

Improve muscle tone, circulation, and breathing, and increase the feeling of energy and well-being in this yoga-type program that concentrates on breathing exercises and can be done while sitting.

Instructor: Breathe California Team

Senior Center

142518-A1	Tue	12:00-1:00pm	Free	2/10
-----------	-----	--------------	------	------

Redefining Aging

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

Instructor: Eric Hanson

Senior Center

142533-A1	Fri	10:30-11:30am	Free	2/6
-----------	-----	---------------	------	-----



Age Friendly Resources

Senior Lunch Program

BAY TREE BISTRO



The Bay Tree Bistro is a nutritious lunch program for Seniors 60+. The meals include a salad, main course, and fruit or dessert.

Reservations are required.

The dining room doors open at 11:30 a.m.

Lunch is served at 12 p.m.

The room will remain open from 12-1 p.m.

Please note there are no arrivals past 12:15 p.m.

Check out the menus online at cityofsanmateo.org on the Aging Services webpage or visit the Senior Center. Reservations can be made by calling (650) 522-7490 or in person.

San Mateo Senior Center

2645 Alameda de las Pulgas, San Mateo
Monday, Wednesday, Friday - 12-1:00pm

The cost for lunch is \$7.00. Check-in at the front desk before entering the lunchroom.

Dr. Martin Luther King Jr. Community Center*

725 Monte Diablo Ave., San Mateo
Tuesday & Thursday - 12-1:00pm

The voluntary contribution for patrons 60+ is \$5.00.

*Partially funded by the Older Americans Act.



Get Around! Senior Rides Program

A safe and affordable means of transportation for City of San Mateo residents 60+ years old. Registration for the



program is required. Upon registration, participants will receive a membership card in the mail that will be pre-loaded with 8 one-way trips (or 4 round trips) and will reset at the beginning of every month. The fee is \$5.00 per one-way ride (\$2 per one-way ride if Recreation Fee Assistance is approved).*

If you are interested in participating in this program, register online at www.sanmateorec.org or call (650) 522-7490. Proof of residency may be required for program membership. After registration, you will receive additional information and a membership card for your rides within 7-10 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.*

For additional information, call (650) 522-7490.



For additional community resources and volunteer opportunities, please visit our website www.cityofsanmateo.org/640/Senior-Services or call (650) 522-7490

Stay Connected

CITY MANAGER | Alex Khojikian
citymanager@cityofsanmateo.org

DIRECTOR | Joanne Magrini
jmagrini@cityofsanmateo.org

DEPUTY DIRECTOR | Marie Silva
msilva@cityofsanmateo.org

PARKS & RECREATION ADMIN SERVICES
330 W 20th Ave. | (650) 522-7400
parksandrecreation@cityofsanmateo.org
Tree Applications: trees@cityofsanmateo.org
Picnics: picnicsreservations@cityofsanmateo.org

VISITOR SERVICES & HARBOR PATROL
Park Rangers: (650) 522-7485
Harbor Patrol: (650) 522-7467 (*May-Sep*)

POPLAR CREEK GOLF COURSE
1700 Coyote Point Dr. | (650) 522-7510
Reservations: (650) 522-4653(GOLF)

PARKS & LANDSCAPE SERVICES
2001 Pacific Blvd. | (650) 522-7421

POLICE ACTIVITIES LEAGUE (PAL)
200 Franklin Pkwy. | (650) 522-7725
Police Headquarters - 2nd Floor

COMMUNITY SERVICES MANAGER | Zachary Silva
zsilva@cityofsanmateo.org

RECREATION FACILITIES

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

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

DR. MARTIN LUTHER KING JR. COMMUNITY CENTER
725 Monte Diablo Ave. | (650) 522-7470
Athletics: (650) 522-7430
Field Conditions: (650) 522-7439
Pool (June-Aug): (650) 522-7465

JOINVILLE SWIM CENTER (June-Aug)
211 Kehoe Ave. | (650) 522-7460

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

SHOREVIEW CENTER
950 Ocean View Ave. | (650) 522-7500
Building Blocks Preschool

CITY COUNCIL | 1st & 3rd Mondays
www.cityofsanmateo.org/55/City-Council
Councilcitycouncil@cityofsanmateo.org

PARK & RECREATION COMMISSION | 1st Wed
www.cityofsanmateo.org/82/Park-Recreation-Commission
prcommission@cityofsanmateo.org

SENIOR ADVISORY COMMISSION | 2nd Mon (every other month)
www.cityofsanmateo.org/105/Senior-Advisory-Commission
seniorcommission@cityofsanmateo.org



Not sure who to call?

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

Partner Agencies

Age-Friendly Business Certification Program



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

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

www.cityofsanmateo.org/4826/Age-Friendly-Business-Certification

San Mateo Arboretum Society

Come grow with us



San Mateo Arboretum Society (SMAS), a 501(c)(3) California non-profit organization, is a "member and volunteer powered" organization dedicated to the preservation of San Mateo's rich horticultural heritage.



Our headquarters and most of our activities are focused around the Kohl Pump House area in Central Park. Ongoing activities include monthly free educational seminars and workshops – many specific to sustainable gardening practices, "Master Gardeners" free plant clinics, maintenance of beloved specialty gardens installed for beautification, education and more!

Plant Sale - Open Weekends, noon to 3 pm

Have Questions? Email - info@sanmateoarboratum.org

For information about:

Classes/Events - sanmateoarboratum.org/classes--events.html

Membership Benefits - sanmateoarboratum.org/membership.html

Volunteer Info - sanmateoarboratum.org/become-a-volunteer.html

Kohl Pumphouse Rental - sanmateoarboratum.org/pumphouse-rental

or call (650) 579-0536 x1

Instagram: [instagram.com/sanmateoarboratumsociety/](https://www.instagram.com/sanmateoarboratumsociety/)

Facebook: [facebook.com/sanmateoarboratumsociety/](https://www.facebook.com/sanmateoarboratumsociety/)



LOCATION:

San Mateo Central Park, Kohl Pumphouse
101 Ninth Avenue, San Mateo.

Enter the park at Ninth Ave. & Palm Ave.

www.sanmateoarboratum.org | (650) 579-0536 x3.



San Mateo Garden Center

605 Parkside Way, San Mateo

- Gardens
- Clubs
- Event Rentals



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

info@sanmateogardencenter.org
sanmateogardencenter.org



Self-Help for the Elderly

安老自助處

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



50 E Fifth Avenue, San Mateo, CA 94401

650-342-0822

info@selfhelpelderly.org

selfhelpelderly.org

San Mateo Parks

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

DOG PARKS AND OFF-LEASH AREAS

All of our dog parks and off-leash areas are open 7-days a week! For specific facility hours please check below:

Dog Parks

John Lee Dog Park at Bayside-Joinville Park	6am - 10pm
Laurie Meadows Park	Sunrise - Sunset
Los Prados Park	6am - 10pm
Seal Point Park	6am - Sunset

Off-Leash Dog Areas

Beresford Park (Chanteloup Field Only)	6am - 8am
Central Park (Fitzgerald Field Only)	6am - 8am

Use of natural 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 X.

www.cityofsanmateo.org/2332/Dog-Parks-Off-Leash-Areas

Friendly reminders to all dog owners:



Keep your pups on a leash in San Mateo parks and open spaces. It's the best way to ensure a safe and positive experience for all pets and people in our community and of course it's the law!



Nothing kills the mood of a walk like the an unexpected squish! It's not just polite to pick up after your pup, it's the law! Always carry a bag and dispose of dog waste in garbage cans.

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

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

Facility & Picnic Rentals



EVENT RENTALS

From our community centers to the serene Japanese & Rose Gardens, the City of San Mateo Parks and Recreation Department has facility rental options for every occasion! Call us for more information regarding our facilities.



DR. MLK JR. CENTER

(650) 522-7470



SENIOR CENTER

(650) 522-7490*



BERESFORD CENTER

(650) 522-7440

*SENIOR & CENTRAL CENTERS,
JAPANESE & ROSE GARDENS

www.cityofsanmateo.org/579/Meetings-Parties-Events



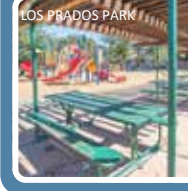
SHOREVIEW PARK

PICNIC RENTALS

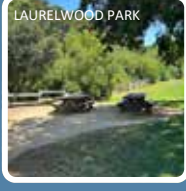
The City of San Mateo offers an abundance of parks with picnic areas of all sizes to meet your event needs. Whether you're planning a birthday party, a baby shower or a large celebration for 100, we have the picnic spot for you!



DR. MLK JR. PARK



LOS PRADOS PARK



LAURELWOOD PARK

FOR MORE INFORMATION CALL (650) 522-7434

www.cityofsanmateo.org/596/Picnic-Area-Online-Rentals

THANK YOU TO OUR CENTRAL PARK MUSIC SERIES PRESENTING SPONSOR



CHRIS ECKERT **kw** ADVISORS
REAL ESTATE TEAM
DRE 01456626
KELLERWILLIAMS.

[f @chris.eckert.real.estate.team](https://www.facebook.com/chris.eckert.real.estate.team) | www.chriseckert.us



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

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



Senior Programming is available city-wide!
Check out one of the many classes or
drop-in programs offered throughout our
recreation facilities in this guide!

