

2017 SPRING/SUMMER

# LIVE LIFE LOCALLY

SAN RAFAEL COMMUNITY SERVICES DEPARTMENT



[livelifelocally.org](http://livelifelocally.org)





Falkirk  
CULTURAL CENTER

## Spring & Summer Art Exhibitions and Open Calls to Artists

**OPENING RECEPTION: MARCH 17**  
**EXHIBITION DATES: MARCH 17-APRIL 29**  
***The Living Ocean at Falkirk Cultural Center***



New Beginnings by Internationally Respected Environmental Artist George Sumner

**Saturday, April 22**

### **Special Children's Earth Day Event!**

Join us as the ocean comes to the lawn of Falkirk Cultural Center. There will be hands on marine science adventure with local environmental education groups, artists and ocean advocates. Learn more about plastics in the ocean, whales, sharks and all things marine.

**OPENING RECEPTION: MAY 12**  
**EXHIBITION DATES: MAY 12-JUNE 23**  
***Marin Open Studios Special Exhibition***

This special extended show will feature six talented artists, displaying a range of mediums as well as both two dimensional and three dimensional works.  
MOS Open House: May 13 & 14 11am-6pm

### **OPEN CALL TO SCULPTORS**

Outdoor Sculpture Walk in the heart of San Rafael  
This uniquely outdoor exhibition will feature 11 site locations in total. Falkirk Cultural Center is opening a call for entry into a Bay Area-wide, open juried show for sculptors.

Call for entries will open in March 2017.

Announcements will be in June 2017.

Exhibition dates: July 14 – November 3.

Please visit: [www.Falkirkculturalcenter.org](http://www.Falkirkculturalcenter.org) for updates and further information or check the open call listing on:

[www.callforentry.org](http://www.callforentry.org).



### **OPEN CALL TO ARTISTS** **THE FALKIRK GALLERIES 2017 FALL** **OPEN JURIED EXHIBITION**

The Falkirk Galleries is excited to announce that our call for entry will open May 2017. The show will be not be themed and will accept both 3D and 2D works.

Call for entries will open May 2017.

Announcements, July 2017.

Exhibition dates: August 11 – September 29.

Please visit: [www.Falkirkculturalcenter.org](http://www.Falkirkculturalcenter.org) for updates and further information or check the open call listing on:

[www.callforentry.org](http://www.callforentry.org)

1408 MISSION AVE, SAN RAFAEL | 415.485.3328  
[www.FALKIRKCULTURALCENTER.org](http://www.FALKIRKCULTURALCENTER.org)

## EVENTS 2017



**SAN RAFAEL**  
THE CITY WITH A MISSION

**Downtown San Rafael Market**  
April through September  
Every Thursday 6 – 9pm • Fourth St.  
[www.sanrafaelmarket.org](http://www.sanrafaelmarket.org)  
415.717.8077

*Art Works Downtown presents*  
**2nd Friday Art Walk**  
Monthly (2nd Friday)  
4th St. • 5pm-9pm • 415.451.8119  
[artworksdowntown.org](http://artworksdowntown.org)

**Marin County Half Marathon**  
10k & 5k • Sunday, April 30  
[www.marinmarathon.com](http://www.marinmarathon.com)

**Bay Area Color Stride**  
2017 Titanium Racing, Inc.  
July 4 • [www.colorstride.com](http://www.colorstride.com)

**Italian Street Painting Marin**  
June 24: 10am-8pm  
June 25: 10am-6pm  
[www.italianstreetpaintingmarin.org](http://www.italianstreetpaintingmarin.org)  
415.884.2423

**Toyota San Rafael Sunset**  
Criterium & 1 Mile Run  
July 29 • 2pm-9pm • Fourth St.  
[www.sanrafaelsunset.com](http://www.sanrafaelsunset.com)

**Trick or Treat**  
Fourth Street • October 28  
<http://downtownsanrafael.org/Events>

**Marin County Triathlon**  
Oct. 28 & 29 • [marintriathlon.com](http://marintriathlon.com)

**40th Mill Valley Film Festival**  
October 5-15 • [www.mvff.com](http://www.mvff.com)

**Winter Wonderland | Parade of Lights**  
Friday after Thanksgiving • 12 noon  
[SRESproductions.com](http://SRESproductions.com)  
or 800.310.6563

**Lighted Boat Parade**  
December TBA\*

\* For further information & updates check our website:

**City of San Rafael**

[www.cityofsanrafael.org/econdev-events](http://www.cityofsanrafael.org/econdev-events) or call 415.485.3465

**San Rafael Chamber** [www.srchamber.com](http://www.srchamber.com) • 415.454.4163

**San Rafael Business Improvement District**  
415.720.5591 • [www.downtownsanrafael.org](http://www.downtownsanrafael.org)

**Falkirk Cultural Center**  
[www.falkirkculturalcenter.org/events-new](http://www.falkirkculturalcenter.org/events-new) • 415.485.3328

## Message from the City Manager

This winter's heavy rains and resulting flooding and mudslides serve as a reminder to all of us to be prepared for an emergency. San Rafael is exposed to a wide variety of hazards, such as earthquakes, fires, and severe storms. In a major disaster, it might be several days before vital city services are restored. Your best defense is to be informed and prepared for emergencies, both at home and in your place of business.

How prepared are you? Here are a few tips to get you started:

**Get Alerts:** Sign up on Alert Marin at <http://alertmarin.org> and Nixel at <https://nixel.com/> to receive critical information quickly in a variety of situations, such as severe weather, flooding, wildfire, earthquakes, missing persons and evacuations of buildings or neighborhoods. You'll get time-sensitive messages wherever you specify, such as your home, mobile or business phones, email address, text messages and more.

**Get Prepared:** Prepare an emergency plan for your family and practice! Build an emergency kit, including a flashlight, batteries, fire extinguisher, first aid kit, prescription medications, manual can opener, sanitation supplies, cash in small denominations, and water and food for at least 3-5 days.

**Get Involved:** The City of San Rafael offers Community Emergency Response Team (CERT) training to help neighbors work with each other and to be self-sufficient during a disaster. For more information, visit their website at <http://readymarin.org/cert/>.

**Get your Kids Involved:** Get Ready 5th Grade, available to all 5th graders in the Bay Area, is a 1-hour lesson to learn about possible disasters in our area and how to take action and lead their family to prepare for emergencies at home. If you have a child in the 5th Grade, ask their teacher if the program is being conducted in your school.

Stay safe San Rafael!

Your City Manager,

*Jim Schutz*



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## Director’s Thanks

Finally, for those who may have wondered, my explanation why I have devoted a 40-year career to municipal park and recreation service:

- Local government is the most responsive branch of government in our country. Local government has the capacity to make the most impact on residents, our families and our neighbors.
- City recreation services provide opportunities and experiences designed to explore and practice creative and satisfying use of personal time. Individuals from early to old age grow and communities bond through common recreation experiences. Those opportunities and experiences, by way of events, classes, camps, leagues etc. are made available through City recreation programs and services
- Parks are community assets as critical as roads and sidewalks. They provide relief from urban environment, contact with nature, spaces for self-expression, physical activity and social interaction. Parks are not “vacant land”, and they require strong stewardship from each generation.
- Open Spaces define a community giving it visual, environmental, historical, habitat and recreational context. Open Space is a community commitment to preservation of what is good about our home town.

I have received personal and professional gratification almost every day on the “job”. Occasionally it comes from finishing a project with the community like the Albert J Boro Community Center, Terra Linda Community Pool or Parkside Children’s Center. More often it comes from listening to children play in their neighborhood parks, watching seniors dance to Big Band music in their community center, attending an art exhibition at Falkirk Cultural Center or observing families discover local places like the Jean and John Starkweather Shoreline Park for the first time.

I am rewarded by and grateful for my 18+ years with the City of San Rafael that allowed me contribute to our community. Throughout my tenure, though, it was you, our families and our future generations that inspired, motivated and supported me.

My heart is filled with appreciation as I retire from my position as of March 31, 2017. I will always be passionate and optimistic for our local government and the parks, open spaces and recreation services in our City.

Thank you, San Rafael!

*Carlene McCart.*

Director, San Rafael Community Services Department

# Albert J. Boro Community Center

50 Canal Street San Rafael (415) 485-3077

## Canal Arts

Arts & crafts projects for the whole family! Join us in the Albert J. Boro Community Center Art Room from 10:30am to 12:30pm on March 11, April 8, June 10, July 8 and August 12 for food, art and music! This program, funded by donations from Marin Charitable, the Bill Graham Memorial Foundation, families and individuals and is brought to you by the Canal Youth & Family Council and the San Rafael Community Services Department. Each class will feature a different art project or holiday theme. FREE TO ALL PARTICIPANTS.

## Pickleweed Advisory Board

The Pickleweed Advisory Board is looking for new members. Are you someone who uses this wonderful facility? Perhaps you have used the Pickleweed Park Community Center Gymnasium or soccer fields, taken a class, used the library or participated in one of the many events held at the Center. The Pickleweed Advisory Board decides on the right combination of programs to meet the needs of the community. The Board meets on the first Wednesday of each month. For more information please contact the Albert J. Boro Community Center at 485-3077.

## Non ACBL Duplicate Bridge

Bring a sack lunch and partner and join us every Wednesday for Non ACBL Duplicate Bridge. If you need a partner call Leona at 453-1430. Come join us. We have fun!  
Wednesdays 10:30am -2:30pm • \$5  
Albert J. Boro Community Center

## Duplicate Bridge at the Boro Community Center

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game, and the same deals are played at other tables. The cards you get do not determine whether you win, but rather the way you play the cards you are dealt! Reservations are not required, but a partner is. Improve your play and meet other bridge players! Director: Michael Hartnett.  
M & Tu On-Going 11:45am-3:00pm \$10  
(No Bridge on 5/29, 7/4 & 9/4)

## Jr Giants Summer Camp

Come enjoy a fun filled baseball camp sponsored by the San Francisco Giants at Pickleweed Park from mid June through mid August. This program is designed for boys and girls ages 6-11 and includes basic instruction with focus on teamwork and sportsmanship. This is a non-competitive program designed to have fun and build lasting memories for young ballplayers and Giants fans! There is no charge for this program. For more information contact canalbaseballacademy@gmail.com or 415 509-7039.

## Boro Community Center Open Gym Sports

The Gymnasium in the Albert J. Boro Community Center is open Monday, Wednesday and Friday evenings for drop-in basketball and/or volleyball. Admission is \$2.00 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the Albert J. Boro Community Center at 485-3077 for exact days and times.



# Falkirk in the Galleries

1408 Mission Avenue, San Rafael • (415) 485-3328

Risa De Ferrari, Program Coordinator & Curator | 415-485-3328 | Risa.deferrari@cityofsanrafael.org

## The Ocean Show

Saturday, April 22  
SPECIAL EARTH DAY EVENT

Join us as the ocean comes to the lawn of Falkirk Cultural Center. There will be hands on marine science adventure with local environmental education groups, artists and ocean advocates. Learn more about plastics in the ocean, whales, sharks and all things marine. Opening Reception: March 17; Exhibition dates: March 17 – April 29



## Marin Open Studios Special Exhibition

This special extended show will feature six talented artists, displaying a range of mediums as well as both two dimensional and three dimensional works.

Opening Reception: May 12  
Exhibition dates: May 12-June 23  
MOS Open House:  
May 13 & 14 11am – 6pm

## The Falkirk Galleries 2017 Fall Open Juried Exhibition

The Falkirk Galleries is excited to be announcing our call for entry will open May 2017, the show will be not be themed and will accept both 3D and 2D works.

Call for entries will open May 2017  
Announcements, July 2017  
Exhibition dates: August 11-September 29

Please visit: [www.Falkirkculturalcenter.org](http://www.Falkirkculturalcenter.org) for updates and further information or, check for open call listing on: [www.callforentry.org](http://www.callforentry.org)

## Open Calls to Artists

### Outdoor Sculpture Walk in the heart of San Rafael

This uniquely outdoor exhibition will feature 11 site locations in total. Falkirk Cultural Center is opening a call for entry into a Bay Area wide, open juried show for sculptors. Call for entries will be opening in March 2017.

Announcements, June 2017 | Exhibition dates: July 14-November 3.

Please visit: [www.Falkirkculturalcenter.org](http://www.Falkirkculturalcenter.org) for updates and further information or, check for open call listing on: [www.callforentry.org](http://www.callforentry.org).

## Arts & Crafts

### Creative Sewing Camps

Your child will learn the basics of machine and hand sewing. All materials are included in fee along with a daily snack. Please bring a lunch each day of camp. We look forward to sewing with you this summer! Instructor: Halleh Besharati practiced fashion design growing up in Iran. She always wanted share the joy and meaningful lost art of sewing with students. Halleh will bring out the creativity in each student to create artwork that will last forever.

#### Age: 5-12

M-F	Jun 26-30	9:00am-3:00pm	\$500R/\$550N
	FCC	27330	
M-F	Jul 31-Aug 4	9:00am-3:00pm	\$500R/\$550N
	FCC	27331	

## Aquatics

### Junior Lifeguard Camp

Looking for a few good Junior Lifeguards! Learn what it takes to be a lifeguard. Train to be a Lifeguard. Junior Lifeguards will learn the skills needed to help and respond in emergencies. An introduction into water rescues, entries, head and back injuries and first aid will be covered. Junior Lifeguards will work on their swimming skills and endurance so they can be the best they can be when it's time to respond! Junior Lifeguards will learn how to teach swim lessons and will get a chance to shadow a lifeguard and swim Instructor and serve as extra eyes on the pool. Games, team building and new fun challenges daily. Participants must be able to swim at least two lengths of the pool and be able to submerge to the bottom of the pool with little assistance. Participants should pack a lunch, swim suit and towel along with closed toed shoes and sunscreen. This program is for those that enjoy being at the pool, working with others and want to learn what it takes to be a lifeguard. There is a \$5 discount per session if you sign up for more than one session.

#### Age: 10-12

M-F	Jun 12-16	8:30am-2:30pm	\$150R/\$165N
	TLCC	27279	
M-F	July 31-Aug 4	8:30am-2:30pm	\$150R/\$165N
	TLCC	27280	
M-F	Jul 17-21	8:30am-2:30pm	\$150R/\$165N
	HP	27281	
M-F	Jul 24-28	8:30am-2:30pm	\$150R/\$165N
	HP	27282	



## Splash Camp I

Summer Camp and swim lessons all rolled into one. Games, arts and crafts, playground time, supervised pool time and sports all packed into a week full of fun in the sun. In addition, children will receive four thirty minute swim lessons. Children will be assigned to a swim level and Instructor based on their swimming experience. Please have your child pack a snack, lunch, swim suit, towel and closed-toed shoes they can run in. Camp is held outside so please have your child wear and pack sunscreen. Sign up for more than one week and receive \$5 off each week registered. To qualify for discount, multiple sessions must be registered for at the same time. Registration for the discounted rate must be done by fax, mail or in person. This camp is geared for entering 1st grade to entering 2nd grade. Entering 1st -Entering 2nd grade

#### At Hamilton Pool

M-F	Jun 12-16	8:00am-1:30pm	\$160R/\$175N
	HP	27283	
M-F	Jun 19-23	8:00am-1:30pm	\$160R/\$175N
	HP	27287	
M-F	Jun 26-30	8:00am-1:30pm	\$160R/\$175N
	HP	27284	
M-F	Jul 10-14	8:00am-1:30pm	\$160R/\$175N
	HP	27285	
M-F	Jul 17-21	8:00am-1:30pm	\$160R/\$175N
	HP	27286	
M-F	Jul 24-28	8:00am-1:30pm	\$160R/\$175N
	HP	27288	
M-F	Jul 31-Aug 4	8:00am-1:30pm	\$160R/\$175N
	HP	27289	

#### At Terra Linda Pool

M-F	Jun 12-16	8:00am-1:30pm	\$160R/\$175N
	TLCC	27206	
M-F	Jun 19-23	8:00am-1:30pm	\$160R/\$175N
	TLCC	27207	
M-F	Jun 26-30	8:00am-1:30pm	\$160R/\$175N
	TLCC	27208	
M-F	Jul 10-14	8:00am-1:30pm	\$160R/\$175N
	TLCC	27209	
M-F	Jul 17-21	8:00am-1:30pm	\$160R/\$175N
	TLCC	27210	
M-F	Jul 24-28	8:00am-1:30pm	\$160R/\$175N
	TLCC	27211	
M-F	Jul 31-Aug 4	8:00am-1:30pm	\$160R/\$175N
	TLCC	27212	

### Triathlon Camp at Hamilton Pool

This is an introduction to triathlon camp for kids 8-16. Emphasis is on skills work in three different disciplines -swim, bike, run -for the first four days and the week will culminate with an age appropriate distance race on the final day. Participants will learn firsthand to train for and participate in a triathlon race. They will learn proper techniques for successfully completing a swim, bike and run as well as how to transition from one part to the next. They will experience different modalities of training, learning proper nutrition and etiquette, equipment care and race day preparation. Please bring a sack lunch, sunscreen, hat. For the swim: goggles, swim suit, towels. For bike: helmet, eye protection, mountain bike with gears, bike lock, riding clothes. For the run: running or athletic shoes, running clothes. Instructor Bio: Seth Davis is a USA Triathlon certified coach. He coached the University of California at Berkeley Triathlon Team for 15 years. He is currently Head Coach of Otter Tri, the Bay Area's only youth and junior high performance team.

#### Age: 8-14

M-Th	Jun 12-15	9:00am-1:00pm	\$190R/\$209N
F	Jun 16	9:00am-12:00pm	\$190R/\$209N
	HP	26512	

## Cooking

### Cooking Camp

Learn to chop, stir and sauté! Young Chefs will learn cooking techniques and skills to create a variety of dishes to share with friends and family. No need to bring lunch or snacks to camp as campers will prepare their own food at camp and enjoy it at the end! There will be an emphasis on healthy foods and campers will take home their very own cookbook at the end of class. Instructor: Ms. Kristin is a teacher and coach and loves to share her knowledge of cooking with children. She wants to encourage every child to do what they love!

#### Age: 7-12

M-F	Jun 26-30	9:00am-1:00pm	\$180R/\$198N
	SRCC	27347	
M-F	Jul 10-14	9:00am-1:00pm	\$180R/\$198N
	SRCC	27346	

#### Age: 10-12

M-F	Jul 24-28	9:00am-1:00pm	\$180R/\$198N
	SRCC	27349	

## Dance

### Kid Dance Brigade

Kid Dance Brigade Summer Camp 2016 (4th year) offers contemporary, cultural and creative dance and music making for incoming 1st-5th graders. Campers will explore and perform contemporary dances such as Beach Party, and other camp favorites. Camp days will include movement and music games, instrument making and other outdoor and indoor activities. InstructorS: Tom Mayock is a Teaching Artist for SFartsED, the Director of Kid Dance Brigade Afterschool and Performing Ensemble. Cathy Lenz is certified in the Orff Schulerk approach to music education and has been teaching music in San Rafael City Schools for 14 years. The two Instructors choreograph the Classroom Connections Festival each year at Sun Valley School and art passionate about the arts and art education. Tom Mayock is a Teaching Artist for SFartsED, the Director of Kid Dance Brigade Afterschool and Performing Ensemble. Cathy Lenz is certified in the OrffSchulerk approach to music education and has been teaching mushic in San Rafael City Schools for 14 years. The two Instructors choreograph the Classroom Connections Festival each year at Sun Valley School and art passionate about the arts and art education.

#### Age: 6-12

M-F	Jun 19-23	9:00am-3:00pm	\$319R/\$329N
	SVS	27371	
M-F	Jun 12-16	9:00am-3:00pm	\$319R/\$329N
	SVS	27372	

**Classes fill quickly. Register Early.**

## Games & Sports

### Basketball Camp

Rebound Basketball Academy, Inc.'s Basketball Camp emphasizes skills through fun activities and games at the end of the day. Students should wear appropriate sport clothing; bring snacks and a water bottle.

#### Age: 5-14

M-F	Apr 10-14	9:00am-12:00pm	\$160R/\$176N
	ABCC	26354	

### Basketball Clinic with Coach Jim

Get ready for the upcoming basketball season! Boys and girls in grades 3-6 will work hard and feel good about themselves in a disciplined highly structured, motivated environment of fun! Positive encouragement and fundamental focus are the trademarks for these skill sessions. Players will learn to work together in a teaching setting. Daily work will be directed toward the hands, feet and body balance. The majority of the time will be spend with drills designed to teach the fundamentals of basketball. Please be sure to wear appropriate shoes. And bring a lunch and water bottle every day. Instructor: Jim Hallroan has been coaching youth basketball for the past 8 years and at the High School level for the past 3 years. Jim played basketball through high school and played on the 1982 Drake High State Championship basketball team.

#### Age: 5-12

M-F	Jun 12-16	9:00am-3:00pm	\$220R/\$242N
	GES	27405	
M-F	Jul 10-14	9:00am-3:00pm	\$220R/\$242N
	GES	27428	

### Jordan Richter Skateboard Academy

Put down the iPad and head out to the Skate Park! Campers will learn the value of social skills and healthy interactions while having a blast. Our low camper to Instructor ratio helps each child get the attention they deserve so they can build their skills and confidents on their skateboard. Camps are held at McInnis Skateboard Park. All participants must comply with posted park rules including mandatory wearing of a helmet, elbow and knee pads. Camp will be held at McInnis Park Skate Park.

#### Age: 6-12

M-F	Jun 19-23	9:00am-12:00pm	\$199R/\$218N
	MP	27429	
M-F	Jul 10-14	9:00am-12:00pm	\$199R/\$218N
	MP	27430	
M-F	Jul 17-21	9:00am-12:00pm	\$199R/\$218N
	MP	27431	
M-F	Jul 31-Aug 4	9:00am-12:00pm	\$199R/\$218N
	MP	27432	
M-F	Aug 14-18	9:00am-12:00pm	\$199R/\$218N
	MP	27433	

## Glenwood Sports-O-Rama Camp

Girls and boys team together to learn sports skills, play games and compete in tournaments with Glenwood's Coach Jim! Self-confidence, good sportsmanship and FUN are emphasized. Don't miss Coneball, Capture the Flag, Gaga Ball, Dr. Dr. Dodgeball, Home Run Derby, Flag Football and much more! Campers will need to bring a bag lunch, water bottle and wear appropriate shoes to camp each day. Instructor: Jim Hallroan has been working with youth in camps, afterschool, coaching and P.E. settings for over 20 years in San Rafael.

### Age: 5-12

M-F	Jun 19-23 GES	9:00am-3:00pm 27406	\$220R/\$242N
M-F	Jul 24-28 GES	9:00am-3:00pm 27407	\$220R/\$242N
M-F	Aug 7-11 GES	9:00am-3:00pm 27408	\$220R/\$242N

## Jr Giants Summer Camp

Come enjoy a fun filled baseball camp sponsored by the San Francisco Giants at Pickleweed Park from mid-June through mid-August. This program is designed for boys and girls ages 6-11 and includes basic instruction with focus on teamwork and sportsmanship. This is a non-competitive program designed to have fun and build lasting memories for young ballplayers and Giants fans! There is no charge for this program. For more information contact canalbaseballacademy@gmail.com or 415 509-7039.

## Unlimited Tennis Summer Camp

Tennis and Swim camp at Terra Linda High School. Campers will learn all the shots in tennis, have contests, play games and, most importantly, have fun! Camp includes three hours of tennis in the morning, followed by a free swim after lunch. The remainder of the afternoon is contests and games! Instructor: Mike Downs has been teaching tennis and operating tennis camps for over 20 years. He played tennis in Marin as a junior and was a standout at TLHS and the University of California at Irvine. He operates the camp with his wife Angela, a Personal Trainer and group exercise Instructor who shares his love of tennis. Camp meets at the Tennis Courts.

### Age: 6-12

M-F	Jun 12-16 TLHS	9:00am-3:00pm 27410	\$319R/\$329N
M-F	Jun 19-23 TLHS	9:00am-3:00pm 27411	\$319R/\$329N
M-F	Jul 10-14 TLHS	9:00am-3:00pm 27412	\$319R/\$329N
M-F	Jul 17-21 TLHS	9:00am-3:00pm 27413	\$319R/\$329N
M-F	Jul 31-Aug 4 TLHS	9:00am-3:00pm 27414	\$319R/\$329N

## Z-Experience Fishing Camp

This program offers boys and girls a chance to enjoy and explore the wonder of the outdoors. The camp is for fishing enthusiasts who would like to learn basic techniques for fishing Lakes, Ocean and Bay. One day of camp will be spent on the 50 foot New Rayann a chartered fishing boat fishing the Bay or Ocean! The total fees for this course are \$450 (residents of San Rafael) and include a materials fee. The material fees do not show up online until you register your child. The material fee is listed under 'options', but they are not optional fees! Instructor: Zane Wiley has worked with children for 40 years. He is currently the Athletic Director and Physical Education teacher at Brandeis Marin. Zane has developed and directed youth programs all over Marin County and the Bay Area.

### Age: 8 - 15

M-F	Jun 12-16 SRCC	9:00am-4:00pm 27304	\$450R/\$481N
M-F	Jun 19-23 SRCC	9:00am-4:00pm 27305	\$450R/\$481N
M-F	Jun 26-30 SRCC	9:00am-4:00pm 27306	\$450R/\$481N
M-F	Jul 24-28 SRCC	9:00am-4:00pm 27307	\$450R/\$481N
M-F	Jul 31-Aug 4 SRCC	9:00am-4:00pm 27308	\$450R/\$481N

## Marin Juniors Volleystart Camp

Northern California's best value for Volleyball Camp Instruction! Volleystart Camps are limited to 30 campers as we strive to have the best environment for learning Volleyball! This camp for incoming 2nd-6th graders has a coach-to-player ratio of 4:1. Players will be split into teams of 5 and play fast-paced, high energy games built upon the most contemporary strategies for teaching the sport of Volleyball in a fun, safe and supportive environment. Instructor: Kevin Seeley is the Director and Co-founder of the hugely popular and successful Volleystart program. He is the former head coach of championship winning teams at UC Berkeley (Men's Team) and the former assistant coach (Offensive Coordinator) in the US Professional Indoor Volleyball League. Kevin is a former standout College Player and holds a Master's Degree in Education.

### Age: 7-12

M-F	Jun 26-30 ABCC	9:00am-3:00pm 27355	\$350R/\$385N
M-F	Jul 10-14 DMS	9:00am-3:00pm 27356	\$350R/\$385N





### Marin Juniors Elite Volleyball Camp

This fast-paced camp is strictly geared to motivated and experienced players (Incoming 4th-6th graders) who are on, or are approaching the club level. Players will be grouped by skill level and will play fast-paced, high level games build upon the most contemporary strategies for teaching the sport of Volleyball in a fun, safe and supportive environment. Instructor: Kevin Seeley is the Director and Co-founder of the hugely popular and successful Volleystart program. He is he former head coach of championship winning teams at UC Berkeley (Men's Team) and the former assistant coach (Offensive Coordinator) in the US Professional Indoor Volleyball League. Kevin is a former standout College Player and holds a Master's Degree in Education.

**Age: 9-12**

M-F	Jul 24-28	9:00am-3:00pm	\$375R/\$410N
	ABCC	27357	

### Sun Valley Sports Camp

Join the fun at Sports Camp at Sun Valley! This sporty class will incorporate a number of fun and engaging games like Get 16, Jedi, Kick the Cone and ZZJ! The focus of the program will be on sportsmanship and teamwork, personal athletic growth, confidence and body control. Instructor: Jackson Lombardi is the PE Instructor at Sun Valley School. Drop in for the day for \$70

**Age: 6-12**

M-Th	Jun 12-15	9:00am-3:00pm	\$210R/\$231N
	SVS	27373	
M-Th	Jun 19-22	9:00am-3:00pm	\$210R/\$231N
	SVS	27374	
M-Th	Jun 26-29	9:00am-3:00pm	\$210R/\$231N
	SVS	27375	

### National Academy of Athletics Camps

Since 1991 over 115,000 players, parents, coaches, & officials have taken part in the amazing programs offered by the National Academy of Athletics Founder, Aaron Locks. All of our programs are led by a highly trained team of coaches and teachers who are carefully chosen to ensure each campers safety, skill development, & individual enjoyment. At all National Academy of Athletics programs, we encourage the campers to play with confidence, enthusiasm and a love of the game. We believe that there is no better teaching tool than team sports. Through inspiration, motivation and perspiration, the experienced, positive and passionate National Academy of Athletics coaches help everyone become more successful both on and off the field. Campers have the option of Full Day 9:00am - 3:00pm or Half Day 9:00am - 12:00pm for each Camp. Please bring a lunch and water bottle to each day of camp. We hope to see you out on the field!

**Age: 7-13**

### All Sorts of Sports

A great way to introduce your youth to the world of sports, teamwork and athletics. This camp will help to build your child's motor skills, hand-eye coordination, agility and many sports specific skills. Your child will have a blast playing sports that may include baseball, basketball, dodge ball, soccer, flag football, capture the flag, relays and obstacle races and a whole lot more! Features: Personal Player Video, RSBQ Workouts, Confidence Builders Program, Daily Chalk Talks and Skill of the Day.

**Age: 7-13**

M-F	Jun 19-23	9:00am-3:00pm	\$319R/\$329N
	APPA	27358	
M-F	Aug 7-11	9:00am-3:00pm	\$319R/\$329N
	APPA	27359	

### Air Attach Flag Football

This non-contact Flag Football camp is great for boys and girls. Players are grouped by age and ability and every camper gets to learn QB, Receiver, running back and defensive skills. Each day is packed with quality instruction, individual and team challenges and games. Emphasis will be on proper warm-ups, footwork drills, agility, passing, receiving, game strategies and all out football fun and games without worrying about the contact! Features: Personal Player Video, RSBQ Workouts, Confidence Builders Program, Daily Chalk Talks and Skill of the Day.

**Age: 7-13**

M-F	Jul 10-14	9:00am-3:00pm	\$319R/\$329N
	APPA	27361	

### Hit & Run Baseball and Softball Camp

Each day is filled with fundamental baseball and softball skill progression drills, easy to understand instruction, as well as games and competitions. These baseball and softball camps offer beginner to intermediate players the opportunity to build a solid foundation. Boys and girls receive positive reinforcement throughout the day to help build their confidence. This is a great place to develop their individual skills in a fun and positive environment. Features: Personal Player Video, RSBQ Workouts, Confidence Builders Program, Daily Chalk Talks and Skill of the Day.

**Age: 7-13**

M-F	Jul 24-28	9:00am-3:00pm	\$319R/\$329N
	APPA	27360	

## Good Times Camps

### Camp Lemonade

Come and join us for a fun first camp experience! Camp Lemonade emphasizes learning through experiences in arts and crafts, movement games, songs and stories. Camp fees include: daily snack and camp T-shirt. Camp Lemonade is based at the beautiful Falkirk Mansion. Children must be 3 years old and potty-trained to participate in camp!

**Age: 3-5**

M-F	Jun 12-16	9:00am-12:00pm	\$120R/\$126N
	FCC	27324	
M-F	Jun 19-23	9:00am-12:00pm	\$120R/\$126N
	FCC	27325	

## Outdoor Adventure

Outdoor Adventures is a great way for your 'expert camper' to discover the unique features of the Bay Area. Our experienced camp counselors lead daily outings such as: Trips to favorite spots like Stinson Beach, Six Flags, Rebounderz Indoor Trampolines, Cal Skate, and Exploring San Francisco. Outdoor Adventurers will meet each morning at the San Rafael Community Center, located at 618 B Street, and head out 'on location' for the camp day. Camp weekly itineraries will be available in June.

### Age: 8-12

Tu-F	Jul 11-14	9:00am-3:00pm	\$255R/\$280N
	SRCC	27333	
M-F	Jul 17-21	9:00am-3:00pm	\$255R/\$280N
	SRCC	27335	

## Park Adventures – NEW

Come join your community for fun filled camp days in your local park. Our experience staff will make sure your children have a enjoyable experience at camp. Activities include Art and Crafts, Playground Fun, Sports, Themed Days and much more! Camp will be held at a different park each week and you are welcome to join all camp sessions to experience what each park has to offer. Please bring your lunch and we will provide snacks. This camp is designed for campers 6-10 years old. Hope to see you at Park Adventures Camp!

### Age: 6-10

M-F	Jun 26-30	9:00am-3:00pm	\$200R/\$220N
	RGGP	27403	
M-F	Jul 17-21	9:00am-3:00pm	\$200R/\$220N
	VJP	27404	
M-F	Aug 7-11	9:00am-3:00pm	\$200R/\$220N
	FMP	27420	

## Imagination & Invention

## Carpentry for Kids Summer Camp

Carpentry for Kids is an education enrichment program for K-6 designed to teach boys and girls practical woodworking skills with an emphasis on the safe use of hand tools. These skills include measuring, fractions, sawing, drilling, rasping, fastening, sanding, shaping, and assembly. In the process of learning these skills, students will have an opportunity to create fun, functional and beautiful projects, and will be exposed to a variety of valuable concepts such as abstract reasoning, applied mathematics, problem solving, craftsmanship, fine motor skills, respect for tools, and patience. This rich opportunity for learning is created by the students' motivation to use tools, and create fun projects. Instructor Bio: Nat Davis has been teaching carpentry skills to K-8 for 14 years and he established Carpentry for Kids in 2008. \$60 materials fee is due and paid directly to Instructor upon first day.

### Age: 5-12

M,W-F	Jul 3-7	9:00am-12:00pm	\$152R/\$168N
	FCC	27295	
M,W-F	Jul 3-7	1:00pm-4:00pm	\$152R/\$168N
	FCC	27296	
M-F	Jul 17-21	9:00am-12:00pm	\$190R/\$209N
	FCC	27297	
M-F	Jul 17-21	1:00pm-4:00pm	\$190R/\$209N
	FCC	27382	
M-F	Jul 17-21	1:00pm-4:00pm	\$190R/\$209N
	TLCC	27294	
M-F	Jul 24-28	1:00pm-4:00pm	\$190R/\$209N
	TLCC	27298	
M-F	Jul 31-Aug 4	1:00pm-4:00pm	\$190R/\$209N
	TLCC	27290	

## RC Car Mechanics Shop

Students will learn to operate, maintain and repair remote control race cars on a custom racetrack. Professional Hobby RC race cars are provided for the course. All tools and materials for maintaining and repairing the cars are on hand. All parts are interchangeable, and when students crash and break parts on their car, we have a valuable opportunity to learn a variety of practical basic and advanced skills. This includes using tools such as screwdrivers, pliers, wrenches, crimpers, wire strippers, basic and advanced electrical circuits, mechanical and engineering concepts. Hands on experience working with brushless motors/speed control, chargeable batteries, servos, suspension, transmission and more! Instructor Bio: Nat Davis established Carpentry for Kids/Kids Choice in 2008, and has been running after school and summer enrichment programs for 14 years. \$40 materials fee due to the Instructor on the first day of class. No class 7/4.

### Age: 5-13

M, W-F	Jul 3-7	1:00pm-4:00pm	\$156R/\$172N
	TLCC	27300	
M-F	Jul 10-14	1:00pm-4:00pm	\$195R/\$205N
	TLCC	27301	

## STEM Exploration Camp

Students in grades 1-3 will enjoy a variety of A-STEM (Art+Science, Technology, Engineering and Math) activities. We incorporate reading, math, science, art and even a little reader's theatre as we explore magnetism, making parachutes, designing a marble run, creating 3-D structures, and other fun explorations. Kids will experience hands-on activities to encourage inquiry, creativity, perseverance, teamwork and fun. Instructor: Maribeth Davies has over 15 years of elementary teaching experience and specializes in multi-age instruction.

### Age: 6-9

M-F	Aug 14-18	9:00am-12:00pm	\$220R/\$240N
	GES	27376	

## Techsplosion - Junior Minercrafters

Come explore the world of Minecraft with us! Junior Minercrafters will have tons of fun as they learn the basics of the world famous game. We'll learn about the different game modes, how to craft some crazy contraptions, and even build an awesome house together! In between sessions of computer time, we'll do other fun Minecraft stuff like paper-craft, a camp-made costume party, outdoor games, and on Friday, a Minecraft potluck party!

### Age: 5-7

M-F	Jun 12-16	9:00am-4:00pm	\$470R/\$494N
	SRCC	27321	



## Techsplosion - Minecraft Challenge

Spawn into the curious world of Minecraft! Learn the fundamentals of video game design as you create epic worlds with the help of your fellow campers and powerful tools like WorldEdit, make awesome screencasts like your favorite YouTubers, and during free time, compete in Minecraft Hunger Games, Sky Wars, and more! This is the Minecraft summer camp you've been waiting for.

### Age: 7-12

M-F	Jun 19-23	9:00am-4:00pm	\$470R/\$494N
	SRCC	27319	
M,W-F	Jul 3-7	9:00am-4:00pm	\$400R/\$440N
	SRCC	27320	

## Techsplosion - Xtreme Minecraft

It's time to take your craft to the next level! We'll learn the basics of coding mods using Java and Eclipse IDE, and dive deep into video production and game design concepts. We'll focus on what makes great games, screencasts and mods great, and learn to use a variety of powerful tools to help make our ideas a reality.\*\*\*All campers who attend Minecraft Challenge first are invited to attend Xtreme Minecraft, regardless of age.

### Age: 10-14

M-F	Jul 17-21	9:00am-4:00pm	\$470R/\$494N
	SRCC	27322	

## Techsplosion - Techstravaganza!

Brace yourselves for an awesome week of the best Techsplosion has to offer. Build and battle autonomous robots, program an awesome original video game, make a stop-motion movie, build a Minecraft fortress, fight with friends in our epic marshmallow gun battle, and launch a helium-powered craft to 100,000 feet taking pictures and video of the edge of the earth! You'll never forget your week of Techstravaganza!

### Age: 6-14

M-F	Jul 31-Aug 4	9:00am-4:00pm	\$370R/\$407N
	SRCC	27323	



## Kindergarten Camp

### Kindergarten Camp

This program, for children entering Kindergarten in Fall 2017, is designed to introduce your child to the Kindergarten environment in a stress free way that will build friendships and chase away the first day butterflies! Any child entering Kindergarten at Coleman, Glenwood, Sun Valley or Vallecito Schools for the 2017-2018 school year is welcome and would benefit from this camp experience. In the session, we will provide fun projects and activities that will engage the imagination and promote creativity. With activity center like letter an number practice, outdoor games, drawing and painting...there will always be something fun for every child to do! Activities will vary from day to day and difference in each camp will depend on the credentialed teachers and additional staff working at each site.

### Age: 5-6

M-F	Aug 14-18	9:00am-12:00pm	\$200R/\$220N
	CES	27384	
M-F	Aug 14-18	9:00am-12:00pm	\$200R/\$220N
	GES	27383	
M-F	Aug 14-18	9:00am-12:00pm	\$200R/\$220N
	SVS	27385	
M-F	Aug 14-18	9:00am-12:00pm	\$200R/\$220N
	VS	27386	

## Language

### Spanish Summer Camp

Your Language and Cultural Center is offering a total immersion summer program in Spanish. All of our students will take a weekly journey with us to discover a variety of Latin American countries. As soon as your child arrives in the designated country of the week, Spanish will be the only language spoken. All lessons, games, sports, entertainment and even lunch time will be in Spanish! Students will have bountiful amounts of fun experiencing the culture of each country and will learn and improve their Spanish skills. Your child will participate in interactive games while learning grammar, vocabulary and more. We will even have indoor and outdoor activities such as soccer, while learning the rules and regulations all in Spanish! Arts and crafts, dance and so much more for every child to experience! Your Language and Cultural Center summer camp is designed for children in Kindergarten through Grade 5. There is an additional \$30 materials fee on top of the course fee in order to provide quality instructional materials, equipment and snacks for your children (Payable to Instructor on the first day of camp). We hope your children leave our camp with a sense of wonder and delight learning about the Spanish language from around the globe!

### Age: 5-11

M-F	Jul 10-14	9:00am-3:00pm	\$315N/\$345N
	FCC	27377	
M-F	Jul 24-28	9:00am-3:00pm	\$315R/\$345N
	FCC	27378	

**Personal Growth**

**Babysitter University!**

The camp is geared for those who are entering 6th to entering 8th grade. Become a role model for children! This camp is an action-packed week where you will learn skills that can help you become a great babysitter! At the end of the week you will be American Red Cross certified in Babysitter Training including Pediatric First Aid and CPR. In addition, in this course we will learn how to safely build your babysitting business as well as how to facilitate a safe play environment, prevent accidents, and respond to emergencies. Basic care giving, age appropriate games, play, activities will be covered. We will also learn First Aid and CPR for Infants and Children, both of which will make you a knowledgeable babysitter. Games, team building exercises and plenty of fun in the sun! Participants should bring swim suit, towel, change of clothes, tennis shoes, water bottle, pen/pencil, sunscreen and a lunch. Course fee includes babysitter handbook, CD-Roms to keep for future use and reference and certificate. Participants must pass a written and skills test to be certified in First Aid and CPR for Infants and Children. Babysitter Training and First Aid are Red Cross courses.

**Age: entering 6th-entering 8th grade**

M-F	Jun 19-23	8:30am-2:30pm	\$175R/\$192N
	TLCC	27302	
M-F	Jun 26-30	8:30am-2:30pm	\$175R/\$192N
	TLCC	27303	

**Theatre**

**Summer Theatrical Camp - Les Miserables 2017**

San Rafael Young Performers Theatre proudly presents the musical production Les Miserables School Edition! Under the direction of Sharon Boucher, students ages 12 to 18 years will be introduced to music, dance and acting, culminating in a series of performances for the community. Auditions will be held Tuesday, March 28 and Wednesday March 29 from 3:30-5:30pm at the San Rafael Community Center. A \$50 non-refundable audition fee will be charged at the auditions. Rehearsals will be held at the San Rafael Community Center, 618 B Street, Mondays through Thursdays from 2:30-5:00pm beginning June 26 through July 27, 2017. Performances will be held at the Marin Center Showcase Theater. Marin Center, 10 Avenue of the Flags San Rafael, CA 94903. Director: Sharon Boucher is a local Marin performer, director of children's theatre, vocal and acting coach and professional singer. She has produced several fabulous productions during the summer including PETER PAN, THE KING & I, GREASE, and RENT School Edition.

**Age: 7-18**

M-Th	Jun 26-Jul 27	2:00pm-5:00pm	\$525R/\$550N
	SRCC	26511	

**THE CITY OF SAN RAFAEL IS NOW HIRING:**



- **Child Care Aides**
- **Lifeguards**
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For a fun and rewarding job experience.**

# Preschool Programs

**Parkside Children's Center** is located at 51 Albert Park Lane near downtown San Rafael. This state license preschool program serves 48 children between the ages of 3 and 5. Parkside Preschool provides a developmentally appropriate, play-based program that focuses on exploration, discovery, and social interaction. Activities are planned and presented to spark a child's sense of curiosity and wonder. The stimulating and supportive environment, coupled with caring professionals, nurtures a love for learning with an emphasis on problem solving, self-regulation, and creativity. For more information please call 485-3388.

**Pickleweed Preschool** is located in the Pickleweed Children's Center, 40 Canal Street at the Pickleweed Community Center. Pickleweed Preschool is a State-funded, part-day preschool program that readies low-income children for their first year of elementary school. We are a Montessori based Preschool program that offers a range of experiences in activity centers that encourage and foster children's play and independence. Children will participate in movement and circle activities, receive academic support and learn practical life skills, social skills and play. All activities will encourage Children's English Language Development. For eligibility requirements and an application please call 485-3101.

## Art

### Jumping Jacks Art & Sensory Workshop

Jumping Jacks Art and Sensory Workshop: Come and get messy at this fun first art class with all of your Jumping Jacks friends! Annie will provide a playful, nurturing and process oriented environment where little hands can explore and experiment with a variety of materials and tools. This class is parent/guardian participation... Just like Jumping Jacks! Meet us on Fridays to get creative with your little one! Age: Babies are welcome, but most activities will be appropriate for children 18 months-4 years old. Instructor: Annie Byrnes. Drop in \$10; 6 classes for \$54 or 12 classes for \$96.

#### Age: 18M Falkirk Freewrite Meetings-4Y

F	Apr 7-Jun 16	9:30am-11:00am
	SRCC	26485

## Dance

### Pre-Ballet

For children who want to try a ballet class this is a fun introduction. This is an imaginative class where children develop gross and fine motor skills, learn cooperation, self-control and dance class etiquette. For class children should wear simple leotards, tights and ballet slippers in any color. For questions about the class curriculum please contact the Instructor, Matrisha, at (415) 722-8281 or [matrishadance@gmail.com](mailto:matrishadance@gmail.com). Visit her website at [matrishadance.com](http://matrishadance.com) for more information and class schedule options. She is reviewed on Yelp and has a Facebook page too. Children must be 3 years old by the first day of class.

#### Age: 3-4

Tu	Jul 11-Aug 15	10:30am-11:15am	\$84R/\$92N
		27233	

### Pre-Ballet First Class

Moms, Dads & Nannies are encouraged to participate in this fun introduction to creative movement and dance. This is a playful class that improves motor skills and social skills; develops musicality and builds self-confidence. Children learn to follow the teacher in rhythm to a variety of music. They hop like frogs, tip toe like mice and have a fun time with props like balls and scarves. Wear comfortable clothing that is easy to move in. Teacher Bio: Matrisha Person is trained in ballet, tap and Theater Arts. She has been teaching dance to young children throughout the Bay Area for over 15 years. With her creative and nurturing technique she inspires children to dance and learn while having fun. Visit her website at [matrishadance.com](http://matrishadance.com) for more information and class schedule options. She is reviewed on Yelp and has a Facebook page as Matrisha Dance. Children must be 2 years old by the first day of class.

#### Age: 2-3

Tu	Jul 11-Aug 15	9:30am-10:15am	\$81R/\$89N
	TLCC	27239	

## Martial Arts

### Parent and Child Capoeira

The focus of this class is to engage children and parents to interact and learn capoeira in a very fun and lighthearted way. Child and parent will be instructed on capoeira movements, music and percussion at their own pace. For more information about our organization and Instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Instructor: Diego Freitas 'Instructor Prego' brings over twenty years of experience in the art of Capoeira to our community. He is originally from Rio de Janeiro and has taught extensively in Brazil and New York. He recently relocated to San Francisco to train and work under the guidance and support of Mestre Márcia Cigarra and ABADÁ-Capoeira San Francisco. He is well-known for his ever present smile and energetic character. Drop in fee \$30.

#### Age: 1.5-4

Sa	Jul 8-Aug 5	10:00am-11:00am	\$125R/\$135N
	SRCC	26752	

### Toddler Capoeira

Toddlers are introduced to Capoeira in a play-based and nurturing format with musical elements to make them feel comfortable while simultaneously inspiring them to exercise and learn new movements. Balance, Coordination and awareness of the body is the focus for this class. For more information about our organization and Instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Instructor Diego Freitas 'Instructor Prego' brings over twenty years of experience in the art of Capoeira to our community. He is originally from Rio de Janeiro and has taught extensively in Brazil and New York. He recently relocated to San Francisco to train and work under the guidance and support of Mestre Márcia Cigarra and ABADÁ-Capoeira San Francisco. He is well-known for his ever present smile and energetic character. Drop in \$20

**Age: 2-4**

Sa,Tu	Apr 1-Jun 6	9:00am-9:30am	\$288R/\$298N
	SRCC	26723	
Tu	Jun 20-Aug 1	4:15pm-4:45pm	\$96R/\$106N
	SRCC	26724	

### Taekwondo-Kicking Cubs

Our Kicking Cubs program is designed to help children improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun and exciting learning environment. Le Moi's Martial Arts focuses on each person as an individual and invites them to be the best they can be! Instructor: Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. His history of teaching includes children and adults of all ages including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time.

**Age: 3-4**

Tu,Th	May 9-Jun 29	4:15pm-4:45pm	\$122R/\$134N
	TLCC	26730	
Tu,Th	Jul 11-Aug 31	4:15pm-4:45pm	\$122R/\$134N
	TLCC	26731	

## Movement

### Jumping Jacks

Jumping Jacks is an hour-long class that consists of activities that encourage creative movement, balance and hand-eye coordination. These activities are done in a high-energy, fun-filled atmosphere. The first half of each class is free play- parents/caretakers are expected to have fun interacting with their child/children! The last half hour of class is group time... have fun dancing with scarves, playing with the parachute and of course popping bubbles! New schedule starting on April 1, please use the following to determine which class is appropriate for your child: Jump-up (for children crawling to 26 months) class is from 9:30-10:30am High Jump (for children 26 months to 4 years) is from 10:45-11:45am Come and check out this fun program! Fees: 6 classes for \$54, 12 classes for \$96. Drop-in fee is \$10. 25% sibling discounts available. Call 485-3333 for details! Instructor: Jason Foote

**Age: 6M-4Y**

Tu,Th	Starting Sep 3	9:30am-11:45am	
	SRCC	26486	



Come enjoy your birthday at the  
**TERRA LINDA COMMUNITY CENTER**  
where there is convenient access  
to the park and pool.

### JUMPEE HOUSE PARTY

(weather permitting • 3+ years)

Enjoy a fun filled party with your friends and a jumpee. **Fee: \$340 Refundable Deposit \$100. Your party package includes:**

The use of a party room including tables and chairs. Jumpee of your choice for two hours. Jumpee will be located right outside the room that is reserved for you. Room is reserved for you for 3 hours. No alcohol. Maximum of 25 children are allowed and you're responsible for supervising your guests while using the Jumpee. Parties can be booked between 9am-5:30pm, weekends only.

### MARTIAL ARTS PARTY (ages 3+ years)

Enjoy the kind of party you and your kids want! The first half of your party will be fast paced and action packed, for all guests in a positive, fun and safe environment. Your kids will learn Basic Martial Arts Techniques in a fun filled, nonstop 45 minute "workout" that emphasizes courtesy, respect, self control and discipline followed by another 45 minutes of games and activities. **Fee: \$300. Refundable Deposit: \$100. Your party package includes:** The use of party room including tables and chairs for 2.5 hours. Maximum of 20 children. Instructor Greg Le Moi will provide a 45-minute "workout" followed by 45 minutes of "game time". Birthday child will receive a souvenir wooden demo board.

### TERRA LINDA POOL PARTY:

**Fee: \$38/per hour & \$4 per person. Refundable Deposit: \$50. Your party package includes:** Two reserved tables under shade structure. Pool entry and in& out privileges. Free entry for party organizer and birthday person. Please note, for children under 10 years of age, we require the presence of minimum of 2 adults for every 10 children. For patrons between the ages 10 and 18 years we require 2 adults for every 20 children. Pool parties can be booked during public swim times. Park picnic area available for a minimal fee for pool parties.

For more information, please contact:  
Terra Linda Community Center, 670 Del Ganado Road, San Rafael  
**Phone: (415) 485-3344**  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

**Pool Birthdays & Party Packages**

# SCHOOL-AGE CHILD CARE

Serving the San Rafael and Dixie School Districts, the City of San Rafael offers state-licensed, year-round child care to children in Kindergarten through 5th grade. The centers provide a safe, enriching, and enjoyable atmosphere where school-age children can learn and grow through positive experiences. Our professional staff provides a wide variety of group and individual activities to support and enhance your child's physical, social and emotional development.

Whether you are looking for a part day play experience or full time child care, each center offers a variety of flexible schedules to meet your needs. Please note that our centers have a licensed capacity and program enrollment is first-come first-served, so please contact us early and inquire about rates and availability.

Child Care



## Coleman Children's Center

Coleman Elementary School  
800 Belle Avenue, San Rafael 94901  
Director: Theresa Fullmer  
Phone 485-3121

## Dixie Children's Center

Dixie Elementary School  
1175 Idylberry Road, San Rafael 94903  
Director: Gaby Farias  
Phone 485-3189

## Glenwood Children's Center

Glenwood Elementary School  
25 W.Castlewood Drive, San Rafael 94901  
Director: Jocelyn Hallroan  
Phone 485-3102

## Mary Silveira Children's Center

Mary Silveira Elementary School  
375 Blackstone Drive, San Rafael 94903  
Director: Angie Stunz  
Phone 485-3190

## Parkside Children's Center

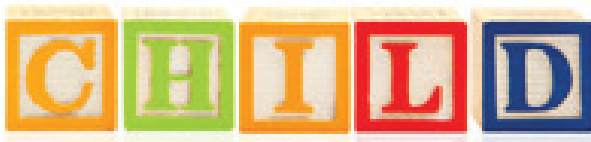
51 Albert Park Lane, San Rafael 94901  
Director: Sonda Sockolov  
Phone 485-3387

## Vallecito Children's Center

Vallecito Elementary School  
50 Nova Albion Way, San Rafael 94903  
Directors: Trisha Cerutti-Saylors & Jannette Braa  
Phone 485-3103

## Venetia Valley Children's Center

Venetia Valley Elementary School  
177N San Pedro Road, San Rafael 94903  
Director: Diana Muller  
Phone 485-3105



# AFTER SCHOOL ENRICHMENT PROGRAM

Focusing on educational and recreational activities for Elementary School-Age students, our classes will enhance your child's school experience. Classes in subjects such as: arts and crafts, Foreign Language, computers and science, dance and drama, chess, music and sports programs may be offered at your school site! Our programs are now offered in both the Dixie and San Rafael School Districts! Currently, we have classes at: Coleman, Dixie, Glenwood, Mary Silveira, Sun Valley and Vallecito!

We also offer afterschool sports programs in partnership with the Physical Education staff at Davidson Middle School! Call us for details and additional locations!

These fee-based classes are offered on a first-come, first-served basis. A limited number of scholarships are available for families who qualify. Look for flyers to be distributed at school. If you have questions, please call (415) 485-3333.

## Arts & Crafts

### Canal Arts

Arts and craft projects for the whole family! This FREE program, funded by donations from families and individuals, is made possible through collaboration with the Marin Charitable, The Canal Youth & Family Council and the San Rafael Community Services Department. Classes will be held the second Saturday of the month from 10:30am to 12:30pm in the Art Room at the Albert J. Boro Community Center. Each class will feature a different art project. FREE

Este programa, financiado por donaciones de familias e individuos, es posible gracias a la colaboración del Marin Charitable, el Concilio de Jóvenes y Familias del Canal y el Departamento de Servicios Comunitarios de San Rafael. Las clases se ofrecerán cada Segundo Sábado del mes, de 10:30am a 12:30pm en el Salón de Arte del Centro Comunitario del Albert J. Boro. Cada clase presentará un proyecto de arte diferente.

#### All Ages

Sa	Mar. 11	10:30am-12:30pm
	ABCC	
Sa	Apr 8	10:30am-12:30pm
	ABCC	
Sa	Jun 10	10:30am-12:30pm
	ABCC	
Sa	Jul 8	10:30am-12:30pm
	ABCC	
Sa	Aug 12	10:30am-12:30pm
	ABCC	



### Clay Time

Explore this exciting approach to art. Students learn about slab building, coiling, sculpture and glaze application. A new project is demonstrated each session and individual expression is encouraged. Beginning and advanced students are welcome. \$20 material fee due to the Instructor the first class. Instructor: Susan Hontalas has a BFA from the SF Art Institute in ceramic sculpture, has shown her work in SF and Marin and has been teaching ceramic sculpture at the Terra Linda Community Center for 20 years.

#### Age: 6-8

Tu	Mar 7-Apr 4	3:30pm-4:25pm	\$53R/\$58N
	TLCC	26361	
Tu	May 9-Jun 6	3:30pm-4:25pm	\$53R/\$58N
	TLCC	27262	

### Mud Masters/Teen Clay

Join this artistic group of teens and preteens who love creating in clay. Students will learn slab building, coiling and sculpting. A new project is demonstrated each class and individual expression is encouraged. There will be many opportunities to explore glazing. All levels are welcome. Bring a notebook with your ideas to first class. Sign up early class size is limited. A \$20 material fee is due to the Instructor the first class. Instructor: Susan Hontalas has a BFA from the SF Art Institute in ceramic sculpture, has shown her work in SF and Marin and has been teaching ceramic sculpture at the Terra Linda Community Center for 20 years.

#### Age: 9-16

Tu	Mar 7-Apr 4	4:30pm-6:00pm	\$68R/\$74N
	TLCC	26365	
Tu	May 9-Jun 6	4:30pm-6:00pm	\$68R/\$74N
	TLCC	27264	

**Classes fill quickly. Register Early.**



## Athletics

### Youth Volleyball

Looking for a fun environment to learn how to play volleyball, improve skills, or become more competitive?

**Volleystart** Series of developmental clinics for young players to introduce them to the sport and teach solid fundamentals. Focus is on skill development.

Girls and Boys, Ages 7-12 years

On-going clinics and camps. Please call (415) 485-3333 for session dates.

Develop skills in Volleystart so you're ready for league tryouts in November.

**Marin Juniors 2** Local volleyball league. Emphasis is on skills but will include competition.

Girls grades 5-8. Competitive level is low-medium and there are 9-10 players per team.

Season runs January-April 2017. Team tryouts are in November.

**Marin Juniors Girls Club** Competitive volleyball league. Emphasizes skill development, confidence, and teamwork in a competitive, yet supportive, environment. Girls grades 5-12.

Competitive level is medium-high, depending on age. League includes tournament play, travel expenses, and a higher level of commitment from participants and families. There are 11-13 players per team. Season runs January-May 2017. Team tryouts are in November.

Information available at [www.marinjuniors.com](http://www.marinjuniors.com)  
Register through ePlay at [eplay.livelifelocally.com](http://eplay.livelifelocally.com) or by calling (415) 485-3333

### Mini Soccer League

In this fun recreation program, parents and children will bond together as they enjoy the popular game of soccer. Children will be split into age appropriate groups with ages 4-6 years participating on Mondays from 3:15-4:45pm and Saturdays from 2:00-3:30pm. Children age 7-9 will play on Mondays from 4:45pm-6:15pm and Saturdays from 3:30pm-5:00pm. Instruction is primarily in Spanish. Program provided in connection with volunteers from Voces Del Canal. Additional \$20 material fee due at registration. For registration information call (415) 574-1078.

#### Age: 5-13

Sa,M Jun 17-Aug 12 ABCC \$25

#### Age: 5-9

Sa,M March 11- May13 ABCC \$25

## Dance

### Ballet/Tap

In this fun class children learn basic ballet and tap techniques. They enjoy tapping to the beat of the music while practicing shuffles and digs. In ballet they are introduced to the ballet barre and then waltz and dance to classical music. A vocabulary of steps and positions are built upon until a complete dance is learned. At the end of class the children dance freely with scarves. This class requires both ballet and tap shoes. Children must be 4 years old by the first day of class. For more information contact Matrisha Person: 415-722-8281 or [matrishadance@gmail.com](mailto:matrishadance@gmail.com). Teacher Bio: Matrisha Person is trained in ballet, tap and Theater Arts. She has been teaching dance to young children throughout the Bay Area for over 15 years. With her creative & nurturing technique she inspires children to dance & learn while having fun. Visit her website at [matrishadance.com](http://matrishadance.com) for more info & class schedule options.

#### Age: 4-5

Tu Jul 11-Aug 15 3:00pm-3:45pm \$84R/\$92N  
TLCC 27238

### Ballet/Tap Class: Kindergarten

In this fun class children learn basic ballet and tap techniques. They enjoy tapping to the beat of the music while practicing a variety of tap steps including shuffles and combination steps. In ballet they are introduced to the ballet barre. As beautiful classical music plays they learn basic ballet positions and steps including the waltz. IN both ballet and tap a vocabulary of steps and positions are built upon until a complete dance is learned. At the end of class the children dance freely with scarves. This class requires both ballet and tap shoes. For more information contact Matrisha Person: 415-722-8281 or [matrishadance@gmail.com](mailto:matrishadance@gmail.com). Teacher Bio: Matrisha Person is trained in ballet, tap and Theater Arts. She has been teaching dance to young children throughout the Bay Area for over 17 years. With her creative and nurturing technique she inspires children to dance and learn while having fun. Visit her website at [matrishadance.com](http://matrishadance.com) for more info & class schedule options.

#### Age: 5-6

Th Jul 13-Aug 17 4:00pm-4:45pm \$84R/\$92N  
TLCC 27235

### Kids Flamenco

Feel the rhythms clapping and stomping your feet to flamenco guitar, move your arms to build strength, as you learn Spanish flamenco dancing. Moving across the floor, turns & freestyle dance add to the fun. A short dance will be included in our routine. Instructor Andrea La Canela has performed in Spain, Mexico, New York City, North Carolina, Oregon & 25 years in California for a lifetime flamenco career. Teaching lessons for children & adults, beginners to professional. As a grade school artist-in-residence five years in Santa Cruz and guest teacher at San Jose State and West Valley College, she has now taught in Marin for two years. For information call Andrea at 805-708-2621.

#### Age: 5-10

W Mar 1-Apr 5 4:00pm-4:45pm \$90R/\$100N  
SRCC 26462  
W Apr 19-May 31 4:00pm-4:45pm \$105R/\$115N  
SRCC 26703

### Pre-Ballet Pre-Kindergarten

Children have fun as they stretch, leap and dance to music. This class introduces young dancers to the ballet barre. They learn basic ballet foot and arm positions and simple choreography. At the end of each class children have an opportunity for creative expression as they dance freely with scarves. Dancers should wear simple leotards with tights and ballet shoes. Children must be 4 years old by the first day of class. For more info contact Matrisha Person: 415-722-8281 or matrishadance@gmail.com. Teacher Bio: Matrisha Person is trained in ballet, tap and Theater Arts. She has been teaching dance to young children throughout the Bay Area for over 15 years. With her creative and nurturing technique she inspires children to dance and learn while having fun. Visit her website at matrishadance.com for more information and class schedule options. She is reviewed on Yelp and has a Facebook page too.

**Age: 4-5**

Tu	Jul 11-Aug 15	11:30am-12:15pm	\$84R/\$92N
	TLCC	27236	

### Hip Hop: Dance for Children

This diverse dance style is such a blast! New and old moves will be broken down to make learning quick, easy and fun. A warm-up and combination will round out the class. Comfortable clothes and athletic shoes are recommended. Expect high energy and great music. Instructor: Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. She enjoys sharing her love of dance through teaching. Lucy has been teaching in Marin County since 1985. No class: 4/12. Recital May 31st.

**Age: 6-10**

W	Mar 29-May 24	5:00pm-5:45pm	\$96R/\$106N
	TLCC	26424	

### Tap Dance for Children

Have fun while learning basic Tap steps. This class uses great music to teach children rhythm and Tap dance combinations. Tap exercises and vocabulary are covered as well. Come join the excitement of learning tap in a positive learning environment. And don't forget your Tap shoes! (Some shoes are available to borrow from the Instructor) Teacher Bio: Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. Lucy has taught gymnastics and was also a physical education specialist for various elementary schools in Marin County. She has an upbeat look on life and enjoys sharing her love of dance through teaching children. No class: 4/12. Recital May 31st.

**Age: 4-6**

W	Mar 29-May 24	4:00pm-4:40pm	\$96R/\$106N
	TLCC	26474	

### Tap and Jazz Dance for Children

Have fun and make new friends while learning steps, moves, rhythms and techniques. This class teaches two dance styles with a warm-up and routine for each. Great music and an upbeat environment add to the enjoyment of learning dance. Some tap shoes are available to borrow from the Instructor. Teacher Bio: Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. Lucy has taught gymnastics and was also a physical education specialist for various elementary schools in Marin County. She has an upbeat look on life and enjoys sharing her love of dance through teaching children. No class: 4/10. Recital May 29th.

**Age: 7-10**

M	Mar 27-May 22	5:00pm-5:45pm	\$96R/\$106N
	TLCC	26471	

## Imagination & Invention

### Carpentry for Kids

Carpentry for Kids is an education enrichment program for K-6 designed to teach boys and girls practical woodworking skills with an emphasis on the safe use of hand tools. These skills include measuring, fractions, sawing, drilling, rasping, fastening, sanding, shaping, and assembly. In the process of learning these skills, students will have an opportunity to create fun, functional and beautiful projects. They will be exposed to a variety of valuable concepts such as abstract reasoning, applied mathematics, problem solving, craftsmanship, fine motor skills, respect for tools, and patience. Instructors: Nat Davis and his team have been teaching woodworking skills to kids for fifteen years, and they are passionate about hands-on learning. A \$42 material fee is due at the first class payable to the Instructor. NO CLASS: 4/11.

**Age: 5-12**

Tu	Mar 21-May 9	2:15pm-3:30pm	\$154R/\$169N
	TLCC	26510	
Tu	Mar 21-May 9	3:30pm-4:45pm	\$154R/\$169N
	TLCC	26493	
Tu	Mar 21-May 9	4:45pm-6:00pm	\$154R/\$169N
	TLCC	27458	



## Language

### Spanish Immersion

Our program offers a rich, bilingual experience for children at a young age when they are developmentally best able to acquire a new language. We promote small class sizes in order to develop a high degree of proficiency and literacy with a focus on achieving a native accent in the language. Most instructions are given indirectly and the child 'acquires' new information as opposed to 'learning' it. In short, play is not a break from learning - it is the way young children learn. Our curriculum is fashioned to teach students specific academic subjects and also topical themes like the seasons and holidays of the year. In addition to the well-rounded class schedule that takes place on site, we take our Spanish immersion students to external environments. This offers the children a chance to experience alternative settings where the use of different themes can help spur their imagination while using another language. Our curriculum includes specific comprehension, speaking, reading, and writing skills as defined at each curriculum level. We will also be learning about country customs and culture as part of the many themes in class. Instructor: Teacher Patty is described by her students' parents as sweet, supportive, diligent, patient, and warm. The quality of her teaching is agreed to be top-notch, and the environment she creates for the children is welcoming and loving. Throughout her life, Patty has taught Spanish in Guatemala, France, and in the Bay Area.

#### Age: 5-8

Sat	April 15-May 13	9:00am-12:00pm	\$216R/\$240N
	FCC	27399	
Sa	May 27-June 17	9:00am-12:00pm	\$216R/\$240N
	FCC	27400	
Sat	June 24-July 15	9:00am-12:00pm	\$216R/\$240N
	FCC	27401	
Sat	July 22-Aug 12	9:00am-12:00pm	\$216R/\$240N
	FCC	27402	

## Martial Arts

### Canal Karate

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award winning self defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. \$10 discount for multiple siblings. Canal Karate Youth 4, 5 & 6 Years Old 5-6pm; Canal Karate Beginning Age 7 years to Adults 6-7pm; Canal Karate Intermediate (Blue & Green Belts) 7-8pm; Canal Karate Advance (Brown & Black Belts) 8-9pm.

#### Age: 4-104

Tu,Th	Feb 28-Apr 6	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26373	
Tu,Th	Apr 11-May 18	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26771	
Tu,Th	May 23-Jun 29	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26772	
Th,Tu	Jul 6-Aug 15	5:00pm-8:30pm	\$70R/\$77N
	ABCC	26756	
Th,Tu	Aug 17-Sep 26	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26757	

### Canal Karate Black Belt Training

A class specifically for black belt karate students. Further your training with our award winning Canal Karate program.

#### Age: 8-108

M	Apr 10-May 15	5:45pm-6:45pm	\$35R/\$39N
	ABCC	26773	
M	May 22-Jul 3	5:45pm-6:45pm	\$35R/\$39N
	ABCC	26906	
M	Jul 10-Aug 14	5:45pm-6:45pm	\$35R/\$39N
	ABCC	26907	

### Taekwondo-Tiny Tigers

Our Tiny Tigers program is designed to help children improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun and exciting learning environment. Members of this class are invited to attend Tuesday Sparring as it is scheduled. Speak to your Instructor for more details. A \$45 uniform fee is due to the Instructor. Instructor: Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. His History of teaching includes children and adults of all ages including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time.

#### Age: 4-6

Tu,Th	Mar 7-Apr 27	4:45pm-5:15pm	\$122R/\$134N
	TLCC	26441	
M,W	Mar 6-Apr 26	3:30pm-4:00pm	\$122R/\$134N
	SRCC	26487	
M,W	May 8-Jun 28	3:30pm-4:00pm	\$122R/\$134N
	SRCC	26734	
Tu,Th	May 9-Jun 29	4:45pm-5:15pm	\$122R/\$134N
	TLCC	26732	
M,W	Jul 10-Aug 30	3:30pm-4:00pm	\$122R/\$134N
	SRCC	26735	
Tu,Th	Jul 11-Aug 31	4:45pm-5:15pm	\$122R/\$134N
	TLCC	26733	



### Taekwondo-Youth-Beginning

White-Camo Belt-There are many reasons for kids to become involved in the Martial Arts. Our Beginning classes are based on a lifetime learning concept in addition to technical skills. The building blocks for our system are the Lifeskills, which we use as our monthly themes. Members of this class are invited to Tuesday Sparring as scheduled. Speak with your Instructor for more details. A \$45 uniform fee is due to the Instructor. Instructor: Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. His History of teaching includes children and adults of all ages including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time.

#### Age: 7-12

M,W	Mar 6-Apr 26	4:45pm-5:30pm	\$149R/\$163N
	SRCC	26489	
Tu,Th	Mar 7-Apr 27	5:15pm-6:00pm	\$149R/\$163N
	TLCC	26446	
Tu,Th	May 9-Jun 29	5:15pm-6:00pm	\$149R/\$163N
	TLCC	26736	
Tu,Th	Jul 11-Aug 31	5:15pm-6:00pm	\$149R/\$163N
	TLCC	26737	
M,W	May 8-Jun 28	4:45pm-5:30pm	\$149R/\$163N
	SRCC	26738	
M,W	Jul 10-Aug 30	4:45pm-5:30pm	\$149R/\$163N
	SRCC	26739	

### Taekwondo-Youth-Advanced

Green-Black Belt: There are many reasons to become involved in the Martial Arts. Our Advanced classes are based on a lifetime learning concept in addition to technical skills. The building blocks for our system are the Lifeskills, which we use as our monthly themes. Members of this class are invited to Tuesday Sparring as scheduled. Speak to your Instructor for more details. A \$45 uniform fee is due to the Instructor. Instructor: Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. His History of teaching includes children and adults of all ages including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time.

#### Age: 7-12

Tu, Th	Mar 7-Apr 27	6:00pm-6:45pm	\$149R/\$163N
	TLCC	26438	
M, W	Mar 6-Apr 26	4:00pm-4:45pm	\$149R/\$163N
	SRCC	26488	
M, W	May 8-Jun 28	4:00pm-4:45pm	\$149R/\$163N
	SRCC	26742	
Tu, Th	May 9-Jun 29	6:00pm-6:45pm	\$149R/\$163N
	TLCC	26740	
M, W	Jul 10-Aug 30	4:00pm-4:45pm	\$149R/\$163N
	SRCC	26743	
Tu, Th	Jul 11-Aug 31	6:00pm-6:45pm	\$149R/\$163N
	TLCC	26741	

### Taekwondo-Black Belt Class

All students with the rank of 1st degree recommended and above any may attend this class. Each student is trained to do their best and is considered an individual, never compared to anyone else. A few of the benefits you can expect from your training are: Physical Fitness, Self-Defense, Self-Confidence, Coordination and Flexibility. Members of this class are invited to attend Tuesday sparring as scheduled. Additional class material fees may apply. Speak to your Instructor for more details. Instructor: Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. His history of teaching includes children and adults of all ages, including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time.

#### All Ages

Tu,Th	Mar 7-Apr 27	6:45pm-7:30pm	\$149R/\$164N
	TLCC	26442	
Tu,Th	May 9-Jun 29	6:45pm-7:30pm	\$149R/\$164N
	TLCC	26744	
Tu,Th	Jul 11-Aug 31	6:45pm-7:30pm	\$149R/\$164N
	TLCC	26745	

### Youth Capoeira Classes

Children are taught more challenging movements as well as fundamental percussion and musical skills. We have found these classes to be a powerful means of teaching young people valuable life skills-confidence, leadership, goal-setting, teamwork, cooperation, and respect-that can lead to a lifetime of good health and civic involvement. For more information about our organization and Instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Instructor: Diego Freitas 'Instructor Prego' brings over twenty years of experience in the art of Capoeira to our community. He is originally from Rio de Janeiro and has taught extensively in Brazil and New York. He recently relocated to San Francisco to train and work under the guidance and support of Mestra Márcia Cigarra and ABADÁ-Capoeira San Francisco. He is well-known for his ever present smile and energetic character. Drop in fee is \$20

#### Age: 5-12

Sa, Tu	Apr 1-Jun 6	9:45am-10:45am	\$288R/\$298N
	SRCC	26747	
Tu	Jun 20-Aug 1	5:00pm-6:00pm	\$96R/\$106N
	SRCC	26748	



## Teen and Adult Capoeira

The focus of this class is to build and/or refine capoeira technique skills amongst teens and adults. A typical class consists of a guided warm-up using capoeira movements followed by practicing sequences of capoeira movements both individually and in partners and general physical conditioning exercises to build strength, balance, and agility. On most occasions, class ends with a game of capoeira open to all students. All levels are welcome. Both beginners and more advanced students will be appropriately challenged according to their skill level. For more information about our organization and Instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Drop in \$20

### Age: 13 & up

Tu	Apr 4-Jun 6	6:30pm-8:00pm	\$144R/\$154N
	SRCC	26750	
Sa	Apr 1-Jun 3	9:45am-11:15am	\$144R/\$154N
	SRCC	26749	
Tu	Jun 20-Jul 25	6:30pm-8:00pm	\$96R/\$106N
	SRCC	26751	

## Beginning T'ai Chi for Health, Balance, and Longevity

In this class you will learn Yang Style T'ai Chi Long Form. This sequence of movements is beautiful to watch and enjoyable to practice. The Harvard Medical Journal reported that over 600 medical studies have overwhelmingly proven the health benefits of T'ai Chi. Its all gain and no pain. Instructor: Scott Jensen is an International Gold Medalist in Tai Chi. Jensen used T'ai Chi to recover from severe trauma in auto accidents including breaking his pelvis in five places. With decades of experience and patience he can help you improve your health. Drop in \$20

### Age: 12 & up

M	Jun 26-Aug 28	6:30pm-7:15pm	\$144R/\$154N
	SRCC	27213	

## Advanced T'ai Chi Sword and Push Hands

Learn either T'ai Chi Sword or T'ai Chi Push Hands. Push hands are exercises done with a partner teaching you how to use the art of T'ai Chi for self-defense. Learn how to avoid the opponent's strength and easily off balance them. Instructor: Scott Jensen is international Gold medalist in T'ai Chi famous for both his sword performances and competitions and real skill in Push Hands. Drop in fee \$20

### Age: 13 & up

M	Apr 3-Jun 19	6:30pm-7:30pm	\$72R/\$82N
	SRCC	27219	
M	Jun 26-Aug 28	7:15pm-8:00pm	\$144R/\$154N
	SRCC	27218	



## Personal Growth

### Child and Babysitting Safety

Are you a babysitter? Do you want to start babysitting? Take our Child and Babysitting Safety (CABS) course. Class teaches CPR & choking, water hazards, fun activities to entertain children of various age groups, infant and child feeding, diapering procedures, providing emergency care, basic first aid care and much more! Class includes a certification card to show parents that you are a certified CABS babysitter, and a book to review everything you will learn in the class. Book and card included in fee. Please bring a lunch to class. Instructor: All Instructors are EMTs, RNs, Respiratory Therapists, and have taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com).

### Age: 11-16

Sa	Mar 25	9:00am-1:00pm	\$50R/\$55N
	TLCC	26413	
Sa	May 6	9:00am-1:00pm	\$50R/\$55N
	TLCC	27421	

### Community CPR

This three-hour class includes: Recognizing a life-threatening emergency; activating the EMS system; anatomy of heart and lungs; definitions of heart attack/stroke; risk factors; symptoms; AEDs (Automatic External Defibrillators); Good Samaritan laws; Standard precautions; adult, child & infant CPR & Heimlich maneuver for choking victims. Video demonstration of CPR for all age groups with group manikin practice between video segments; Video demonstration of FBAO (airway obstruction); Heimlich techniques for all age groups followed by group practice with participants pairing up for simulated practice for conscious adult & manikin practice for unconscious for all age groups. The certification is through ASHA, American Safety & Health Institute and it is valid for 2 years. Instructor: All Instructors are EMTs, RNs, Respiratory Therapists. They have all taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com)

### Age: 11 & up

Th	Mar 16	6:00pm-9:00pm	\$50R/\$55N
	TLCC	26409	
Th	July 6	6:00pm-9:00pm	\$50R/\$55N
	TLCC	27423	

## Theatre

### Color Theatre- Dance Art Experience

Color Theatre is the blending of Art and Theater. We use music, dance, drama, color, and art to tell stories. Kids learn basics of performing and collaborating to create a unique theatrical experience. This class is excellent for kids who love to perform. Instructor Mundi Gove has directed several musicals for Ross Valley School District, Stapleton Theater Company, and has an extensive background in professional theatre. A costume fee of \$20 is due to Instructor at first class. No class 4/12

### Age: 7-11

W	Mar 15-May 10	3:30pm-5:45pm	\$50R/\$55N
	ABCC	26755	

### Beginner's Acrylic Workshop

In The Beginner's Acrylic Workshop, we will ease into the fun and beauty of working with acrylic paint as we experiment with basic techniques and exercises. For inspiration, we will study the applications and techniques of artists of today and throughout history. This class is perfect for someone new to painting as well as the experienced artist, wanting to refresh their techniques. Students will have an opportunity to be in a group student art show at Falkirk. Elizabeth Flanagan is a freelance artist and art instructor, as well as a co-owner of Fairiecool Art Studio. A professional artist for 26 years, she was mentored by Robert Bechtle and Paul Pratchenko while studying at SFSU. Elizabeth hosts Art On the Lawn, an annual art show for local artists, and organizes the Secret Santa Shoebox Community Project. Her artwork is held in both corporate and private collections, in Europe, Canada, and the United States. Please email Elizabeth at fairiecool@gmail.com for a MATERIALS LIST. Materials available with a \$10 material fee (per class). No class week of 7/4.

Th	April 6-April 27	3:00pm-5:00pm	\$100R/\$110N
	FCC	27394	
Th	May 4-May 25	3:00pm-5:00pm	\$100 R/ \$110N
	FCC	27395	
Th	June 1-June 22	3:00pm-5:00pm	\$100R/\$110N
	FCC	27396	
Th	June 29-July 27	3:00pm-5:00pm	\$100R/\$110N
	FCC	27397	
Th	Aug 3-Aug 24	3:00pm-5:00pm	\$100R/\$110N
	FCC	27398	

### Beginner's Watercolor Workshop

In The Beginner's Watercolor Workshop, we will ease into the fun and beauty of mixing colors and moving the water on paper, as we explore and experiment the basic techniques, exercises, and tools of watercolor. For inspiration, we will study the applications and techniques of artists of today and throughout history. Students will have an opportunity to be in a group student art show at Falkirk. This class is perfect for someone new to painting as well as the experienced artist, wanting to refresh their techniques. Please email instructor, Elizabeth at fairiecool@gmail.com for a material's list. Materials available with a \$10 material fee (per class). Limited to 10 spaces. No classes on 7/4

Tu	April 4-April 25	3:00pm-5:00pm	\$100R/\$110N
	FCC	27388	
Tu	May 2-May 23	3:00pm-5:00pm	\$100R/\$110N
	FCC	27389	
Tu	May 30-June 20	3:00pm-5:00pm	\$100R/\$110N
	FCC	27391	
Tu	June 27-July 25	3:00pm-5:00pm	\$100R/\$110N
	FCC	27392	
Tu	Aug 8-Aug 29	3:00pm-5:00pm	\$100R/\$110N
	FCC	27393	

### Japanese Flower Arranging-Sogetsu Ikebana with Rachel Johnson

Develop creative self-expression, and explore the beauty of nature, as you learn this exquisite art form. The dynamic art of Ikebana reveals the power of line and use of space. Each class includes a demonstration of various Ikebana arrangements, followed by student practice time, and individual assistance, in a relaxed atmosphere. The Instructor will collect a \$10 fee toward demonstrations at the first class. Beginning students may expect to purchase textbooks, tools, and additional supplies. Instructor Biography: Rachel's Ikebana practice brings together her interests in Asian philosophy, the creative arts, and the natural world. She loves to teach and share ikebana with others, and regularly exhibits her work in the San Francisco Bay Area.

#### Age: 18 & up

F	Apr 14-May 19	11:00am-2:00pm	\$125R/\$135N
	SRCC	26706	
F	Apr 14-Jun 30	11:00am-2:00pm	\$250R/\$260N
	SRCC	26707	

### Paint Nights

Falkirk Cultural Center is excited to bring Paint Nights for adults to the Mansion in 2017! Paint nights consist of a fun evening of either watercolor or acrylic painting instruction with a professional teacher, guiding you step by step, so that you will come away with both an introduction to art and a piece that is uniquely your own! Beginners to advanced are welcome! Wine and cheese is served to help you feel at ease when stepping into your creative side. Creativity, learning, connecting with friends, partners, and fellow participants are all part of these nights! Make a night out of it by planning dinner just down the hill in Central San Rafael at one of San Rafael's many tasty restaurants! \$40 per person to register. No cost for materials. Beginners and art novices welcome to register. Dates coming soon! For more information, go to [www.falkirkculturalcenter.org](http://www.falkirkculturalcenter.org) or email us at: [Falkirk.art@cityofsanrafael.org](mailto:Falkirk.art@cityofsanrafael.org).

### Soul Painting

Soul Painting classes engage you in the present moment as you feel and explore your authentic self. You are making a creative connection with your soul's true voice and are guided into your own Divine source of inspiration and intuitive expression. The class begins with a guided meditation then follows your creative flow so that you can spontaneously paint from your imagination. Feel your freedom as you can paint in any medium you choose: watercolor, acrylics, oils, color crayons, pastels. We also writing, as well. No art experience is necessary. Instructor: Cristina Marcu is an accomplished pianist, fine artist and teacher. Her education includes a BA from USC in piano performance and Art Center College of Design. Cristina created her unique style of spiritual creativity by using sound, imagery and visualization to bring forth one's soul connection. Her students find joy and inspiration as they explore their own truth and creative process. Cristina teaches private piano at San Domenico Music Conservatory and private art and yoga sessions. She spends her free time composing music for film productions. \$30 drop in fee.

#### Age: 18 & up

F	Apr 7-May 19	11:00am-1:00pm	\$180R/\$198N
	FCC	27270	
F	June 16-July 28	3:00pm-5:00pm	\$180/\$198N
	FCC	27438	

## Acrylic Painting (Tole Painting)

Open lab for acrylic painters. An opportunity to paint and be inspired by other artists. Instructor: Shirley Macpherson has held classes at the Terra Linda Community Center has more than twenty years. She is a member of the National Society of Decorative Painters and attends seminars and conferences all over the country to keep up with new trends and ideas. Two of her original design ornaments are part of the permanent collection of the Smithsonian Institute. Call (415) 485-3344 for more information.

### Age: 18 & up

F Now until June 2 9:30am-12:30pm

## Terra Linda Ceramics-All Levels

Explore sculpting, coiling, slab building, how to use drape molds, make plates and bowls, mosaics, tiles and jewelry. Wheels are available for students with prior knowledge of throwing. A beginning wheel demonstration is given each session. Many kinds of low-fire clays are available, a wide selection of low fire glazes, crystals, underglaze, glaze pencils & crayons, bisque stains, gold leaf, luster and more. Bring a notebook to the first class and the \$25 material fee to the Instructor. Sign up early class size is limited. Instructor: Susan Hontalas has a BFA from S.F. Art Institute in Ceramic Sculpture and has shown her work in Marin and San Francisco. Nadia Tarzi-Saccardi has worked in ceramics and sculpture in Europe and the U.S. Some of her pieces have earned awards, and her work can be seen in regional shows. No class 4/11, 4/12, 4/13.

### Age: 18 & up

#### All Levels

W	Mar 8-May 3	6:30pm-9:30pm	\$137R/\$151N
	TLCC	26415	
W	May 10-Jun 14	6:30pm-9:30pm	\$120R/\$132N
	TLCC	26685	
W	Jul 12-Aug 30	6:30pm-9:30pm	\$137R/\$151N
	TLCC	26686	
Th	May 11-Jun 15	6:30pm-9:30pm	\$120R/\$132N
	TLCC	26687	
Th	Jul 13-Aug 31	6:30pm-09:30pm	\$137R/\$151N
	TLCC	26688	

#### Intermediate/Advanced

Tu	Mar 7-May 2	9:00am-12:00pm	\$137R/\$151N
	TLCC	26417	
Tu	May 9-Jun 13	9:00am-12:00pm	\$120 R/\$132N
	TLCC	26689	
Tu	July 11-Aug 29	9:00am-12:00pm	\$137 R/\$151N
	TLCC	26691	

#### Advanced

W	Mar 8-May 3	9:00am-12:00pm	\$137R/\$151N
	TLCC	26419	
W	May 10-Jun 14	9:00am-12:00pm	\$120R/\$132N
	TLCC	26690	
W	Jul 12-Aug 30	9:00am-12:00pm	\$137R/\$151N
	TLCC	26692	

## Terra Linda Ceramics Lab

Ceramics Lab is offered to those students who are enrolled in Susan or Nadia's Ceramic classes. There is no instruction given during the open lab. Bring your own tools and clay. The consent of the Instructor is required. Lab fee is \$2.25/hour

### Age: 18 & up

W	Mar 8-Apr 26	12:00pm-3:00pm	TLCC
Th	Mar 9-Apr 27	10:00am-2:00pm	TLCC
Th	Mar 9-Apr 27	5:00pm-8:00pm	TLCC
F	Mar 10-Apr 28	1:00pm-4:00pm	TLCC
W	May 10-Jun 14	12:00pm-3:00pm	TLCC
Th	May 11-Jun 15	9:00am-12:00pm	TLCC
F	May 12-Jun 16	1:00pm-4:00pm	TLCC
W	Jul 12-Aug 30	12:00pm-3:00pm	TLCC
Th	Jul 13-Aug 31	9:00am-12:00pm	TLCC
F	Jul 14-Sep 1	1:00pm-4:00pm	TLCC

## Watercolor in Action

No wishy-washy watercolors here! Learn to paint intense, glowing colors instead of 'muddy' washed-out tones. Students learn to mix clean and vibrant colors both on the palette and with wet-in-wet techniques. This comprehensive class caters to beginning and advanced watercolorists. Beginners will work on basic techniques: wet-in wet, mixing color, washes, and familiarizing themselves with paint. Advanced students will work from studio Still Life and assigned projects. Students are encouraged to work on their own projects and consult with the Instructor. A supply list will be available upon registration. Please bring any watercolor supplies you have to the first class. Materials will be discussed in class and students are responsible for purchasing their own supplies. Teacher Bio: Melissa Adkison's watercolors have received numerous awards at National and International shows. Her work was published in The National Magazine, Watercolor Magic and Best of Watercolor. She has been teaching in Marin for over 20 years. She now teaches at Novato Community Center and Villa Marin. Melissa participates in Marin Open Studios at her home studio in Novato. Her other activities include conducting demonstrations and workshops, writing columns for art magazines and judging shows in Northern California. No class 4/10

### Age: 18 & up

M	Apr 3-May 15	10:30am-12:30pm	\$100R/\$110N
	TLCC	26630	
M	Jun 5-Jul 10	10:30am-12:30pm	\$100R/\$110N
	TLCC	26629	



## Watercolors with Michael Friedland

This watercolor class is intended for beginner to intermediate level painters. We will focus on simplifying watercolor by breaking it down to its most basic technique. Painting with watercolor has a misguided reputation as being very difficult to control because the way we paint with watercolor is quite the opposite from painting with opaque media. Our white is not white paint, it's the white of the paper. So we need to learn how to approach a watercolor painting in this way. We will break down the ways to apply watercolor paint to paper and practice them through exercises as we work on making simple to more complex paintings. We will also discuss the materials needed to make watercolor paintings. Other things that we will learn in this class are about the all-important values used to make strong compositions, colors and color theory, drawing as well as the very interesting and important history of watercolor painting and painters here in California. There is lots of one on one discussion and assistance in this class as you make your paintings. This is a fun, constructive and light-hearted approach to learning about the joy of watercolor. There are no group critiques, only individual advice and encouragement. Teacher Bio: Michael Friedland has been painting and teaching for over 40 years. He studied painting at Paier School of Art in New Haven, Connecticut and went on to Coronado School of Fine Art in San Diego, finishing at Philadelphia College of Art, majoring in Design.

### Age: 18 & up

Su	Mar 5-26 FCC	9:00am-12:00pm 27251	\$85
Su	Apr 9-May 7 FCC	9:00am-12:00pm 27251	\$85
Su	May 21-Jun 11 FCC	9:00am-12:00pm 27250	\$85
Su	Jul 2-23 FCC	9:00am-12:00pm 27252	\$85
Su	Aug 6-27 FCC	9:00am-12:00pm 27253	\$85

## Yoga and Art

This class is for those who want to explore the depth of bringing presence and awareness into the vastness of creative imagination. First, we will practice yoga asanas and feel the flow of our inner rhythm. Asana sequences will end with a deep relaxation opening us to our creative space. Then, Cristina will guide you with a visualization for the opening of your imagination and creativity. You will release any preconceived ideas of 'how to paint' opening yourself to the flow of the present moment. Music, poetry and writing are also included in this Soul journey. The balance of yoga followed with spontaneous creativity can be rejuvenating and insightful. You can paint in any medium you choose: acrylics, oil, color crayons or pastels. No art or yoga experience is necessary. Instructor: Cristina Marcu is an accomplished pianist, fine artist and teacher. Her education includes: BA from USC in piano performance and Art Center College of Design. Cristina created her unique style where spiritual creativity through sound, imagery and visualization brings forth one's soul connection. Her students find joy and inspiration as they explore their own truth and creative process. She spends her free time composing music for film productions. Her music is on [www.reverbnation.com/InfiniteGround](http://www.reverbnation.com/InfiniteGround). You may view her art at [www.cristinamarcu.com](http://www.cristinamarcu.com). \$30 drop in fee.

### Age: 18 & up

Tu	Apr 4-May 9 FCC	11:00am-1:00pm 27271	\$180/\$198N
W	June 21-Aug 2 FCC	3:00pm-5:00pm 27436	\$180/\$198N

## Athletics

### Boro Community Center Open Gym Sports

The Gymnasium in the Albert J. Boro Community Center is open Monday, Wednesday and Friday evenings for drop-in basketball and/or volleyball. Admission is \$2 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the Albert J. Boro Community Center at 485-3077 for exact days and times.

### Marin Bocce Federation

The Marin Bocce Federation operates the 10 state-of-the-art synthetic courts on B Street adjacent to the San Rafael Community Center. To sign-up for their leagues or to simply reserve a court for drop-in play, contact them at 485-5583.

### Basketball

The Adult Basketball League plays Monday thru Thursday nights. Play is offered in Men's & Women's A, B, B-II, C, D, and Men's 35 years & over divisions. Contact Ashley for more information and deadlines at [ashley.howe@cityofsanrafael.org](mailto:ashley.howe@cityofsanrafael.org) or (415) 485-3343.

Spring 2017 league games begin the week of March 20th. Contact Ashley by March 1st if you plan to register a team. We offer a division for over 35 years, and would like to offer additional divisions & need at least 4 teams to run.

Over 35 League: Thursdays @ Hall Middle School, Larkspur March 23-June 8. Games begin at 6:30pm. Important dates: March 1- team commitment due March 10- team fee & roster due Team fees: \$750 (+ \$25 late fee after 3/10/17) for Spring, 10-game season + playoffs. Course #27216

Summer/Fall season is late June- November, information available in May.

### Adult Softball

Spring 2017 Adult Softball season begins in April and currently includes leagues for Fast Pitch, Slow Pitch, and COED Slow Pitch. Additional leagues may be formed. A minimum of 4 teams per league are required.

Spring registration forms and deadlines available in February, Summer/Fall information available in June. League fees are \$750 per team for 10-game seasons. New and veteran players are encouraged to join as a team or individual.

### League Breakdown:

- **Sunday COED** is open to all abilities and is the most relaxed of our leagues. Games are played late mornings and afternoons at McInnis Park.
- **Men's Fast Pitch** games are played Saturday mornings and Monday/Thursday evenings at Albert Park depending on the division.
- **Men's Slow Pitch** games are played Wednesday and Sunday evenings at Albert Park depending on the division.



## Softball FunFest: Saturday, March 4th

11:00am-5:00pm @ Albert Park

Join us for batting practice, pick-up games, homerun derby, and to register for Spring adult leagues. Music, Fun, and Food! BBQ provided by the San Rafael Elk's Club. Participation is open to Ages 16+. Minors need guardian signature to participate. Waivers may be completed in advanced or on site.

If the March 4th date is rained out, event will be held March 11th. Contact Ashley for more information at ashley.howe@cityofsanrafael.org or (415) 485-3343.

## Computers

### Android Basics 1: Getting to Know Your Device

You finally got your very own smart phone or tablet! There is only one problem, you have no idea how to use it! This course is specifically designed for Android products. In this personalized, two week course, you'll be guided through how to make calls, send emails, take pictures, download music and add applications. A course for those new to the smart phone/wireless device world each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that mazing technology sit in its box any longer! For Android devices only, including Samsung and LG.

#### Age: 18 & up

Th	Jun 1 & 8	10:30am-12:00pm	\$65R/\$71N
	TLCC	27247	

### Android Basics 2: Apps for Seniors

Have you been using a smart phone or tablet for a little while but still feel like you don't know what you are doing? Need to review some of the basic features of your device and see what else it can do? This course will review some of the basics of using your device and also show you a few of the apps that come built in that you might have missed or be afraid to try. We will show you how to get the most out of your built-in apps including Photo editing, storing and retrieving photos, Calendar, E-mail, Texting, Maps/GPS, and more! We'll introduce the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access. A perfect sequel to the Using Android Smart Phone & Tablets Basics 1 course (although not a prerequisite).

#### Age: 18 & up

Th	Aug 10 & 17	10:30am-12:30pm	\$65R/\$71N
	TLCC	27249	

**Classes fill quickly. Register Early.**

## Managing Your Photos

You've taken all these great photos on your camera or phone, now what do you do with them? In this class, you will learn how to get photos from your digital camera and smart phones to your computer and print them. You will also learn how to take in old photos, how to organize and catalog photos, and basic photo editing to fix color problems, crop, remove red-eye and other simple repairs. Bring your digital camera or smart phone (and necessary cables and power cords!) and printed photos to class. Two classes.

#### Age: 18 & up

Th	Mar 2 & 9	10:30am-12:30pm	\$65R/\$72N
	TLCC	26351	

## How to Make a Photobook

You've mastered taking photos on your smart phone or camera. Besides sharing them online, you can make your favorites into a permanent keepsake book. In this class, you'll get hands-on practice using photobook software. You'll learn tips for selecting photos, layout techniques, simple photo editing, and more! You will leave this class having completed several pages of your book. Bring your laptop to class (windows or Mac) or you can use one of the computers at school (bring your photos on a thumbdrive). This is a great follow up to the Managing Your Photos class (though not a prerequisite!)

#### Age: 18 & up

Th	May 25	10:30am-12:30pm	\$35R/\$39N
	TLCC	27246	

## Basic Computer Education in Spanish- Level 1

Are you an adult who finds PC Computers challenging or intimidating? If you need to start from scratch by learning how to use a Windows computer, this class is right for you. Course topics will include How to use a mouse to navigate a Windows computer, Creating an e-mail account and managing your e-mail, Searching for information on the Internet, How to use Word to design a flyer and How to build a résumé. No previous computer experience is required. Classes taught primarily in Spanish.

¿Es usted un adulto que necesita ayuda para usar un computador con Windows? Si usted necesita empezar de cero para aprender a usar un computador con Windows esta clase es para usted. Los temas serán Como usar el mouse para manejar el sistema operativo Windows Crear y usar su correo electrónico, Como buscar información en Internet, Como usar Word para diseñar un volante y Como construir su resume No se necesita experiencia

#### Age: 18-105

W-Th	Apr 12-May 17	7:00pm-10:00pm	\$45R/\$50N
	ABCC	26717	
W-Th	Jul 12-Aug 16	7:00pm-10:00pm	\$45R/\$50N
	ABCC	26718	

Adults

### Basic Computer Education in Spanish- Level 2

Do you understand the basics of PC computers like Email and the Internet but want to take the next step? In this class, the topics will include using Google Contacts and Calendar to set up appointments, and meetings; advanced job search techniques using Craigslist; using Google Docs to create and store documents online; how to stay safe on the Internet; how to troubleshoot minor computer hardware problems; all about online Education such as English, Driver license, GED, citizenship. Classes taught primarily in Spanish.

¿Sabe lo básico de usar una computadora como el internet y correo electrónico, pero le gustaría tomar un segundo paso y continuar aprendiendo? En esta clase, los temas incluyen: (a) aprender a utilizar los contactos de Google y calendario para establecer citas y reuniones; (b) técnicas avanzadas de búsqueda para empleo utilizando Craigslist; (c) el uso de Google Docs para crear y almacenar documentos en línea; (d) cómo utilizar el Internet con seguridad; (e) cómo solucionar los problemas físicos internos (hardware) de menor importancia; (f) todo sobre educación en línea, tales como inglés, licencia de conducir, GED, ciudadanía.

**Age: 18-105**

W-Th	Mar 1-Apr 5	7:00pm-10:00pm	\$45R/\$50N
	ABCC	26371	
W-Th	May 24-Jun 28	7:00pm-10:00pm	\$45R/\$50N
	ABCC	26719	

### iPad/iPhone I: Basics

Feel like a dummy when it comes to using your iPhone or iPad? This class will show you all the basics so you can stop feeling lost and start getting excited about the amazing technology you have at your fingertips! We will teach you how to get on the internet, check your email, text your family, take pictures, and much more! With hands on instruction, you will come away feeling confident and able to use your device without relying on friends and family. Confused by terms like iCloud, Siri, and Facetime? Not for long! Come take our class and walk away smarter! Two classes.

**Age: 18-125**

Th	Apr 27 & May 4	10:30am-12:30pm	\$65R/\$72N
	TLCC	27244	



### iPhone/iPad Basics 2: Essential Applications

Need a refresher for using your iPhone or iPad? Are you using the latest iOS 8? This course will review some of the basics of using your device. We will show you how to get the most out of your built-in apps including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, Maps/GPS, and more! In this two week course, you will practice using these essential applications included with your iPad/iPhone. We will show you how to find out what version of the device you are using and when/how to upgrade. We'll introduce the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access. If you understand the basics of your device and are ready to see what else it can do, this is the course for you! A perfect sequel to the 'Getting To Know Your Device' class. Bring your Apple iPhone or iPad to class along with your apple ID and password. Two classes.

**Age: 18 & up**

M	Feb 27 & Mar 6	10:00am-12:00pm	\$65R/\$72N
	ABCC	26345	
Th	Mar 23 & 30	10:30am-12:30pm	\$65R/\$72N
	TLCC	26346	
Th	Jun 22 & Jun 29	10:30am-12:30pm	\$65R/\$72N
	TLCC	27329	

### iPad/iPhone Basics 3: Maps, Uber, Photos & More

iPad and iPhone users, come discover the incredible world of applications! Find apps to help you manage your daily activities and feed your passions. In this two class course, we will focus on finding helpful, fun and interesting applications that you can download. Come discover how to use apps for shopping, brain training, fitness, internet radio, stock trackers, games, translation, travel, and much more. A perfect sequel to the 'How to Use Your iPad/iPhone' and 'Essential Built-in Applications' class. Don't forget to bring your device, Apple ID, and Apple password to class. Two classes.

**Age: 18 and up**

Th	Apr 6 & 20	10:30am-12:30pm	\$65R/\$72N
	TLCC	27242	
M	Mar 20 & 27	10:00am-12:00pm	\$65R/\$72N
	ABCC	26347	
Th	Jul 20 & 27	10:30am-12:30pm	\$65R/\$72N
	TLCC	27248	

## Dance

### Flamenco Dancing

Feel the rhythms through clapping and stamping your feet to flamenco guitar. Move your arms to build strengths as you learn Spanish flamenco dancing. Moving across the floor, turns, and freestyle dance add to the fun. A short dance will be included in our routine. Instructor Biography: Andrea La Canela has performed in Spain, Mexico, New York City, North Carolina, Oregon, in addition to 25 years in California for a lifetime flamenco career. Her teaching experience includes dance studios throughout California where she provided lessons for children and adults, beginners to professional. Andrea taught as an artist in residence in Santa Cruz and guest teacher at San Jose State & West Valley College, she now teaches in Marin 3 years. Information contact Andrea 805-708-2621.

**Age: 18 & up**

Th	Apr 20-May 25	12:30pm-1:30pm	\$90R/\$100N
	SRCC	26705	

### Tap Dance: Beginning/Intermediate

Put a spring in your step with this non-stop, fun-filled class. Learn simple tap steps and entire routines to the rhythms of the 30's through the present in a non-competitive atmosphere. Individualized attention allows students to progress at their own level. Tap vocabulary, steps, dance routines, as well as warm-up exercises and stretching are covered. A great way to get in shape! Just bring your tap shoes and a smile. Previous dance helpful but not necessary. Instructor: Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. She enjoys sharing her love of dance through teaching. Lucy has been teaching in Marin County since 1985. Drop in fee \$11

#### Age: 15 & up

M	Apr 17-May 22	6:00pm-7:00pm	\$60R/\$66N
	TLCC	27278	
M	Jun 12- Jul 17	6:00pm-7:00pm	\$60R/\$66N
	TLCC	27277	

### Joy of Dance

This is a Women's Dance class designed to bring joy and ease of movement. We'll be exploring different dance styles from belly dance to African. Come join me to enjoy a dance class where you can make friends and be part of a dance community. Enjoy learning new dance styles and have fun while learning the basics. Teacher Bio: Siham Elias is a certified massage therapist located in Marinwood. She grew up dancing in family gatherings and has always enjoyed dances that connect people to one another. She has been taking dance classes in Marin for many years. In this class she will combine her favorite elements of different styles of dance. If you have any questions, call Siham at (415) 497-4714 or email selias49@aol.com. Drop in for \$11

#### Age: 18 and up

M	Feb 27-Mar 27	7:15pm-8:15pm	\$50R/\$55N
	TLCC	26469	
M	April 1-May 1	7:15pm-8:15pm	\$50R/\$55N
	TLCC	27452	
M	May 8-June 12	7:15pm-8:15pm	\$50R/\$55N
	TLCC	27453	
M	June 19-July 17	7:15pm-8:15pm	\$50R/\$55N
	TLCC	27454	

### Tap Dance: Beginning/Intermediate

Put a spring in your step with this non-stop, fun-filled class. Learn simple tap steps and entire routines to the rhythms of the 30's through the present in a non-competitive atmosphere. Individualized attention allows students to progress at their own level. Tap vocabulary, steps, dance routines, as well as warm-up exercises and stretching are covered. A great way to get in shape! Just bring your tap shoes and a smile. Previous dance experience is helpful but not necessary. Instructor: Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. She enjoys sharing her love of dance through teaching. Lucy has been teaching in Marin County since 1985. Drop in fee \$11

#### Age: 15 & up

M	Feb 27-Mar 27	6:00pm-7:00pm	\$50R/\$55N
	TLCC	26421	
M	Apr 17-May 22	6:00pm-7:00pm	\$60R/\$66N
	TLCC	27278	
M	Jun 12-Jul 24	6:00pm-7:00pm	\$60R/\$66N
	TLCC	27277	

### Awareness Through Movement

Regain a sense of your youthful self as you lie on the floor exploring gentle movement sequences. Be surprised at how well you walk, reach, turn and bend easily and painlessly. Improve your balance, flexibility, coordination and wellbeing. Lessons are based on what you want to learn to make yourself comfortable in your daily life and in the activities you love. Instructor: Celeste Binnings has been studying the Feldenkrais Method for over 18 years and teaching Awareness Through Movement (ATM) classes since 1995. A Guild Certified Feldenkrais Practitioner, Celeste's great joy is in supporting people in learning to move with ease and grace utilizing group classes or one-on-one private lessons.

#### Age: 18 & up

F	Apr 7-May 19	12:30pm-1:30pm	\$60R/\$70N
	SRCC	26698	
F	Jun 2-Jul 14	12:30pm-1:30pm	\$60R/\$70N
	SRCC	26699	
F	Jul 21-Aug 25	12:30pm-1:30pm	\$60R/\$70N
	SRCC	26700	

### Dance Cardio

Come and enjoy 60 minutes of great dance cardio. We will burn calories dancing to Latin rhythms like Zamba, Merengue, Regueton, Salsa and much more. Instructor Anderson Espinoza has been teaching this course for the past 6 years and has had a great turnout. Drop in \$10

#### Age: 18 & up

M,W,Th	Apr 3-27	7:00pm-8:00pm	\$45R/\$50N
	SRCC	26697	
M,W,Th	May 1-31	7:00pm-8:00pm	\$45R/\$50N
	SRCC	26696	
Th,M,W	Jun 1-29	7:00pm-8:00pm	\$45R/\$50N
	SRCC	26695	
M,W,Th	Jul 3-31	7:00pm-8:00pm	\$45R/\$50N
	SRCC	26694	
W,Th,M	Aug 2-31	7:00pm-8:00pm	\$45R/\$50N
	SRCC	26693	

### Beginning Pilates Mat Class for Back Pain (or not)

Pilates is designed to stretch, strengthen and balance the body. Pilates is one of the best exercise modalities for remove weight loss and back pain. This mat class focused on muscles in the center of the body, toning and building core strength. Many feel invigorated after class. Modifications for each exercise can be made to accommodate all fitness levels. Please bring a mat or a large towel if you have one. Pre-registration requested. \$15 discount if enrolled in both Monday and Wednesday sections. Drop-in \$15. Teacher Bio: Dot Spaet is a Certified Personal Trainer and certified pilates Instructor with over 20 years of fitness experience. She has been teaching Pilates Mat to adults for 10 years and specializes in healing back pain. Dot has a passion for fitness and likes to make classes accessible to as many people as possible. Check her out at [www.fitnessbydot.com](http://www.fitnessbydot.com)

#### Age: 15-75

M	May 1-Jun 26	7:00pm-8:15pm	\$99R/\$109N
	TLCC	27449	
M	Jul 3-Aug 28	7:00pm-8:15pm	\$99R/\$109N
	TLCC	27450	

Adults

## Beginning Pilates Mat Class

Pilates is designed to stretch, strengthen and balance the body and is one of the best exercise modalities for remove weight loss and back pain and overall fitness. This mat class focuses on muscles in the center of the body, toning and building core strength. Many feel invigorated after class. This class is suitable for beginners and intermediates. Modifications for each exercise can be made to accommodate all fitness levels. Please bring a mat or a large towel if you have one. Preregistration is requested. \$15 discount if enrolled in both Monday and Wednesday sessions. Drop-in fee is \$15. Teacher Bio: Dot Spaet is a Certified Personal Trainer and Certified Pilates Instructor with over 20 years of fitness experience. She has been teaching Pilates Mat to adults for 10 years and specializes in healing back pain. Dot has a passion for fitness and likes to make classes accessible to as many people as possible. Check her out at [www.fitnessbydot.com](http://www.fitnessbydot.com)

### Age: 15-75

W	May 3-Jun 28	7:00pm-8:15pm	\$99R/\$109N
	TLCC	27274	
W	Jul 5-Aug 30	7:00pm-8:15pm	\$99R/\$109N
	TLCC	27275	

## Jazzercise



Dance Mixx classes

are held on-going at both the San Rafael and Terra Linda Community Centers. Burn fat, sculpt lean muscle and crush calories with this high intensity workout that mixes cardio with strength training. Fresh moves and music transform your body while boosting your mood and energy. Check out [Jazzercise.com](http://Jazzercise.com) or San Rafael Jazzercise on Facebook. More information, contact Tina at [tinaljazz@gmail.com](mailto:tinaljazz@gmail.com) or (415) 246-7139.

### Age: 18 & up

Terra Linda Community Center  
Monday/Wednesday/Friday, 9:15am-10:30am, Thursday 9am

San Rafael Community Center  
Tuesday/Thursday, 6:15pm-7:15pm  
Saturdays 8:30am-9:30am

## Beginning T'ai Chi for Health, Balance & Longevity

In this class you will learn Yang Style T'ai Chi Long Form. This sequence of movements is beautiful to watch and enjoyable to practice. Harvard Medical Journal reported that more than 600 medical studies have overwhelmingly proven the health benefits of T'ai Chi. Its all gain and no pain. Instructor: Scott Jensen is an International Gold Medalist in Tai Chi. Jensen used T'ai Chi to recover from severe trauma in auto accidents including breaking his pelvis in five places. With decades of experience and patience he can help you improve your health.

### Age: 18 & up

M	Apr 3-Jun 19	6:30pm-7:30pm	\$144R/\$154N
	SRCC	27214	

### Age: 12 & up

M	Jun 26-Aug 28	6:30pm-7:15pm	\$144R/\$154N
	SRCC	27213	

## Advanced T'ai Chi Sword and Push Hands

Learn either T'ai Chi Sword or T'ai Chi Push Hands. Push hands are exercises done with a partner teaching you how to use the art of T'ai Chi for self-defense. Learn how to avoid the opponent's strength and easily off balance them. Instructor: Scott Jensen is international Gold medalist in T'ai Chi famous for both his sword performances and competitions and real skill in Push Hands. Drop in fee \$20

### Age: 13 and up

M	Apr 3-Jun 19	6:30pm-7:30pm	\$144R/\$154N
	SRCC	27219	
M	Jun 26-Aug 28	7:15pm-8:00pm	\$144R/\$154N
	SRCC	27218	

## Yoga en Español

Tiene dolor, estrés, insomnio? Ven á yoga para sentirte mejor, dormir mejor y vivir mejor! Para todos los adultos, ninguna experiencia necesaria.

## Yoga in Spanish

Do you have pain, stress, insomnia? Come to yoga for feeling better, sleeping better and living better! For all adults, no experience required.

Th	Apr 20-May 25	6:30pm-8:00pm	\$30R/\$33N
	ABCC	26726	
Th	Jun 8-Jul 13	6:30pm-8:00pm	\$30R/\$33N
	ABCC	26728	

## Zumba Fitness at Terra Linda

Zumba fitness is physical conditioning that mixes music and dance moves for great fun! We change between fast and slow rhythms for a workout that will tone and mold the body while burning fat. The aerobic dance steps are simple to learn, and we maintain a happy, welcoming, and festive atmosphere. No experience necessary. Wear comfortable clothing and athletic shoes. Bring water and be prepared to have fun! Teacher Bio: Lucy Cochran is a certified Zumba Instructor. She is from Venezuela and has been practicing Zumba for 2 years. Drop in \$12.

### All Ages

Th	Feb 16-Mar 23	5:30pm-6:30pm	\$40R/\$44N
	TLCC	26390	

## Games

## Duplicate Bridge at the Terra Linda Community Center

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game and the same deals are played at other tables. The cards you get do not determine whether you win but rather the way you play the cards you are dealt! Reservations are not required but a partner is necessary. Improve your play and meet other bridge players! Check our web site at [www.marinbridge.com](http://www.marinbridge.com). Questions about duplicate bridge please contact Peggy Tatro, (415) 492-1784

### Age: 18 & up

Th-F, Su-M, W On-Going 12:00pm-3:30pm

## Duplicate Bridge at the Boro Community Center.

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game, and the same deals are played at other tables. The cards you get do not determine whether you win, but rather the way you play the cards you are dealt! Reservations are not required, but a partner is. Improve your play and meet other bridge players! Director: Michael Hartnett.  
M & Tu On-Going 11:45am-3:00pm \$10  
(No Bridge on 5/25, 7/4 & 9/4)

## Non ACBL Duplicate Bridge

Bring a sack lunch and a partner and join us every Wednesday for Non ACBL Duplicate Bridge. If you need a partner call Leona at 453-1430. Come join us. We have fun!  
Wednesdays 10:30am -2:30pm  
Albert J. Boro Community Center • \$5

## Martial Arts

### Canal Karate

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award winning self-defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. There is a \$10 discount for multiple siblings. Canal Karate Youth 4, 5 & 6 Years Old 5:00pm-6:00pm; Canal Karate Beginning Age 7 years to Adults 6:00pm-7:00pm; Canal Karate Intermediate (Blue and Green Belts) 7:00pm-8:00pm; Canal Karate Advance (Brown and Black Belts) 8:00pm-9:00pm.

#### Age: 4-104

Tu,Th	Feb 28-Apr 6	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26373	
Tu,Th	Apr 11-May 18	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26771	
Tu,Th	May 23-Jun 29	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26772	
Th,Tu	Jul 6-Aug 15	5:00pm-8:30pm	\$70R/\$77N
	ABCC	26756	
Th,Tu	Aug 17-Sep 26	5:00pm-9:30pm	\$70R/\$77N
	ABCC	26757	

### Canal Karate Black Belt Training

This is a class specifically for black belt karate students. Further your training with our award winning Canal Karate program.

#### Age: 8-108

M	Apr 10-May 15	5:45pm-6:45pm	\$35R/\$39N
	ABCC	26773	
M	May 22-Jul 3	5:45pm-6:45pm	\$35R/\$39N
	ABCC	26906	
M	Jul 10-Aug 14	5:45pm-6:45pm	\$35R/\$39N
	ABCC	26907	

## Teen and Adult Capoeira

The focus of this class is to build and/or refine capoeira technique skills amongst teens and adults. A typical class consists of a guided warm-up using capoeira movements followed by practicing sequences of capoeira movements both individually and in partners and general physical conditioning exercises to build strength, balance, and agility. On most occasions, class ends with a game of capoeira open to all students. All levels are welcome. Both beginners and more advanced students will be appropriately challenged according to their skill level. For more information about our organization and Instructors please go to [www.abadamarin.com](http://www.abadamarin.com).

#### Age: 13 & up

Tu	Apr 4-Jun	6:30pm-8:00pm	\$144R/\$154N
	SRCC	26750	
Sa	Apr 1-Jun 3	9:45am-11:15am	\$144R/\$154N
	SRCC	26749	
Tu	Jun 20-Jul 25	6:30pm-8:00pm	\$96R/\$106N
	SRCC	26751	

## Taekwondo-Black Belt Class

All students with the rank of 1st degree recommended and above may attend this class. Each student is trained to do their best and is considered individually, never compared to anyone else. A few of the benefits you can expect from your training are: physical fitness, self-defense, self-confidence, coordination and flexibility. Members of this class are invited to attend Tuesday sparring as scheduled. Additional class material fees may apply. Speak to your Instructor for more details. Instructor: Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. His history of teaching includes children and adults of all ages, including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at time.

#### All Ages

Tu,Th	Mar 7-Apr 27	6:45pm-7:30pm	\$149R/\$164N
	TLCC	26442	
Tu,Th	May 9-Jun 29	6:45pm-7:30pm	\$149R/\$164N
	TLCC	26744	
Tu,Th	Jul 11-Aug 31	6:45pm-7:30pm	\$149R/\$164N
	TLCC	26745	



Adults

## New Mom & Baby Group

We've all heard the saying 'it takes a village to raise a child'. This is because parenting, especially in the early weeks can be really hard. Everybody wants a village, but today many of us are raising our families away from traditional support networks so this magical village can often feel pretty elusive. Thankfully, Mom's Groups have been filling in this gap for the past generation and are now an integral part of postpartum life. Having other to share, vent, connect and empathize with in the early weeks of new parenthood not only helps normalize our experiences, but these honest and open interactions with our fellow parents are a powerful tool in establishing meaningful friendships, while boosting our postpartum emotional health. This group is a safe and welcoming space to talk openly about all the 'stuff' good and not so good, going on in your new life as a parent. From physical and emotional recovery/adjustment, breastfeeding and infant sleep to relationships, going back to work and childcare, feel free to come and let it all hang out. Facilitator: Kelly Phipps is a local Birth & Postpartum Doula with a private practice Milk & Swaddles ([www.milkandswaddles.com](http://www.milkandswaddles.com)). She is a Certified Lactation Educator Counselor and volunteer doula with Pro Bono Doulas of Marin. She lives in Lower Lucas Valley with her husband and three young children. Drop in \$10; 5 classes for \$40.

### Age: 18 & up

W	11:00am-12:30pm	
	TLCC	27427

## Community CPR

This three-hour class includes: Recognizing a life-threatening emergency; activating the EMS system; anatomy of heart and lungs; definitions of heart attack/stroke; risk factors; symptoms; AEDs (Automatic External Defibrillators); Good Samaritan laws; standard precautions; Adult, child & infant CPR and Heimlich maneuver for choking victims. Video demonstration of CPR for all age groups with group manikin practice between video segments; Video demonstration of FBAO airway obstruction; Heimlich techniques for all age groups followed by group practice with participants pairing up for simulated practice for conscious adult and manikin practice for unconscious for all age groups. The certification is through ASHI, American Safety & Health Institute and it is valid for two years. Instructor: All Instructors are EMTs, RNs, Respiratory Therapists and have all taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com)

### Age: 11 & up

Th	Mar 16	6:00pm-9:00pm	\$50R/\$55N
	TLCC	26409	
Th	July 6	6:00pm-9:00pm	\$50R/\$55N
	TLCC	27423	

## Child and Babysitting Safety

Are you a babysitter? Do you want to start babysitting? Take our Child and Babysitting Safety (CABS) course. Class teaches CPR & choking, water hazards, fun activities to entertain children of various age groups, infant and child feeding, diapering procedures, providing emergency care, basic first aid care and much more! Class includes a certification card to show parents that you are a certified CABS babysitter, and a book to review everything you will learn in the class. Book and card included in fee. Please bring a lunch to class. Instructor: All Instructors are EMTs, RNs, Respiratory Therapists, and have taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com).

### Age: 11-16

Sa	May 6	9:00am-1:00pm	\$50R/\$55N
	TLCC	27421	

## Summer and Fall Hive Management

Late summer can bring a variety of problems including increasing mite counts, yellow jacket attacks and lack of forage. Learn to identify the signs and symptoms and how you can assist the colony during difficult times. Your bees have already started getting ready for winter and so should you: how and when to reduce colony size, determining how much honey to remove, how to extract the honey and more. A field day on Saturday, August 12-location TBA- will include sugar rolls for mite testing, identifying food stores and colony needs, and how to 'read' your monitoring board. The drop in Fee for class room sessions only is \$30. Instructor: Bonnie & Gary Morse own Bonnie Bee & Company and are dedicated to providing a local source of bees and reliable support for local beekeepers. For more information on their work and local research projects, visit [www.bonniebeecompany.com](http://www.bonniebeecompany.com).

### Age: 10 & up

W,Sa	Jul 12-Aug 12	6:30pm-8:30pm	\$99/\$50
	SRCC	26729	

## Resilient Neighborhoods: Become Part of the Climate Solution

In this five-session course, participants will go on a 'low carbon' diet to reduce at least 5,000 lbs of CO2 in a fun and supportive atmosphere. Participants will learn ways to reduce their carbon emissions and save money by trimming energy and waste, conserving water and smarter driving. The course will be conducted by the Resilient Neighborhoods program, which has helped 690 Marin residents reduce more than 3 million pounds of carbon emissions. It will be beneficial to those who are just beginning to think about their carbon footprint as well as those who have already made a commitment to sustainable living. Participants must have access to their utility bill and a computer. Attendance at all five sessions is very important. [www.resilientneighborhoods.org](http://www.resilientneighborhoods.org) Instructor: Tamra's concern about our warming planet and knowledge that 60 percent of the CO2 emissions in Marin come from its residents, motivated her to create the Resilient Neighborhoods Program. Her work in the environmental movement for over 40 years convinced her that if people work together as part of a larger movement, great things can be accomplished. Tamra has been leading the program as a volunteer for five years. The program motto is 'Less Carbon-More Community.'

### Age: 18 & up

Th	May 25-Jul 20	7:00pm-9:00pm	
	SRCC	26715	

## Be Your Own Travel Agent: Online Tips & Tricks

Looking to save on flights and hotels? Want to know the best places to eat when you're on vacation? If you like to travel and want to make the most of your time and budget, then this is the workshop for you. Bring your smart phone, tablet or laptop to class and we will show you insidertips to fun and frugal travel. Through travel apps and internet site tips, we will help you plan your dream vacation so you can have a stress free trip when you get there.

### Age: 18 & up

Th	May 18	12:00pm-02:00pm	\$35R/\$39N
	TLCC	27245	

## Voice-Overs...Now Is Your Time! (Online Course)

In what could be the one of most enlightening two hours you've ever spent, this online class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class, you will learn about a unique, outside of the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! We encourage you to join us for one of our online, interactive classes which includes a live Q&A session and voice evaluation.

### Age: 18-105

Tu	Jun 13	6:00pm-8:00pm	\$25R/\$28N
		27223	
Tu	Jul 25	5:00pm-7:00pm	\$25R/\$28N
		27224	

## Garden Activities

### Garden Work Parties with the Experts

The UC Marin Master Gardeners hold work parties every week during the spring and summer at Falkirk Cultural Center. The public is welcome to join and work side by side with the experts in caring and maintaining our official demonstration gardens.

Mondays from 10am – 1pm

FREE to public.



## Workshops & Educational Talks

UC Marin Master Gardeners offer a Continuing Education Talk and Demonstration each month at Falkirk Cultural Center. It's a wonderful way to learn, gain hands-on experience, meet other Master Gardeners, and simply enjoy the beautiful gardens.

Every 2nd Saturday monthly, 9am- noon  
FREE to public with \$5 suggested donation.

### Native Plant Sale

The UC Marin Master Gardeners & the California Native Plant Society of Marin are teaming up once again to co-sponsor this very popular plant sale at Falkirk Cultural Center! Come find starters for all sorts of local, native plant varieties that will thrive in your gardens.

Saturday, April 1 • 9:00am-1:00pm  
Falkirk Greenhouse

### Pre-Mother's Day Succulents Sale

The UC Marin Master Gardeners are hosting their annual succulent sale just in time for Mother's Day! Find a variety of succulent miniatures in creative and decorative containers which will be perfect for your kitchen and last much longer than a bunch of flowers.

Saturday, May 13 • 9:00am-1:00pm  
Falkirk Greenhouse

### The Great Tomato Sale

The Annual Great Tomato Sale with heirloom varieties and starters is coming back for another year! Hosted by The Marin Master Gardeners, this outstanding sale always provides huge returns on investment! Make sure to pick up a few plants this year and you will be rewarded with sweet, garden fresh tomatoes all summer long! Sales at Falkirk will be on Wednesday and Thursday, April 5 – 6; at additional locations throughout the week.

10am- 2pm • Falkirk Greenhouse



Adults

## Seniors

### San Rafael Goldenaires

The San Rafael Goldenaires Senior Citizen Organization meets at the San Rafael Community Center, 618 B Street. The club offers adults over the age of 62 the opportunity to meet & socialize with other people. Fee: \$30 per year. Classes include: Three exercise programs, woodcarving, painting, mahjong, qigong classes, bocce, bridge, poker and a crafts boutique. Special events include monthly trips around the Bay Area, Reno, Indian Casinos, Broadway theatre productions, extended tours throughout the state, country and Europe. Weekly Bingo games include a hot meal provided on Wednesdays by Good Earth Natural Foods. If you are interested, please call (415) 457-4636 the Thursday prior for a reservation. Lunch Is Served From 11-11:30am. This program is made possible through funds from the Federal Olderamerican Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services. \$3 donation/\$6 donation for under 60 years old. Bingo to follow at 12 Noon. Other events include monthly themed luncheons, dinner dances and a craft fair. For a brochure call 415-485-3348. Office hours are Monday through Friday, 9:00-3:00pm.

### Terra Linda Seniors

Terra Linda Senior Citizen Organization meets at the Terra Linda Community Center, 670 Del Ganado Road from 9:30am-12:30pm every Tuesday. Activities include: weekly bingo games and occasional luncheons and plenty of time to socialize. Adults 55 years and older are welcome to join the group for a fee of \$15 per year. For more information call 415-485-3344/3341.

### Albert J. Boro Community Center Multi-Cultural Older Adult Programs

Older adults of all ethnicities in Marin are welcome to come to the Albert J. Boro Community Center-Pickleweed Park where we provide one with opportunities for socialization and integration. The group meets every Wednesday from 11-12Noon. Special programs are sponsored by Whistlestop, San Rafael Community Services and the Marin County Division of Aging and Adult Services. Good Earth Natural Foods provides a hot, nutritional lunch program served at 12:00 noon for a donation of \$3 for those over 60 years of age and a \$6 fee for those under 60 years. Reservations for lunch may be made by calling 415-457-4636 by the Thursday before. "This program is made possible through funds from the Federal Olderamerican Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services." Join in on the activities and meet new friends. Bring your ideas on what type of programs and activities you would like to start at the Center. Our largest populations at present are Hispanic/Latino and Vietnamese, although we welcome all older adults. For more information contact the Whistlestop at 415-456-9062 or the San Rafael Community Services Department at 485-3341. Additional multicultural programs are held at the Whistlestop which include: Spanish Discussion Group, Persian Social Club, German Social Club, French Social Club, ESL (English As A Second Language) Classes, Citizenship Classes, Spanish Class, Knitting & Jewelry Classes and Consultation Services. Call Whistlestop at 415-456-9062 for schedule and information.

## Travel

Come and explore the wonders of the world. The San Rafael Goldenaires have planned many wonderful adventures for you to enjoy. Brochures are available by calling the San Rafael Goldenaires at 415- 485-3348. Tours are offered by the following companies: Talbot Tours, Collette Vacation Tours & Barbara's Travel. Excursions include cruises, tours throughout the United States, Mexico & Europe. All trips INCLUDE air from SFO/OAKLAND, Air Taxes, Transportation from your home to and from the airport and cancellation/ waiver fees (optional).



## SPECIAL EVENTS

### Monday Night Bingo

**April 24th & August 14th, 2017**

**Doors open at 5:30pm • Buffet Dinner 6:00-6:45pm  
Bingo games begin promptly at 7:00pm**

#### Advance reservation

\$20 per person. Includes dinner, one (1) Bingo pack & dauber (Deadline is Thursday, April 21st & August 11th)  
Call (415) 485-3341

#### At the door

\$25.00 per person. BINGO ONLY is \$10. Must be 18 years and older to play. Sponsored by the San Rafael Goldenaires.

### Sunday Dances

**April 30th, May 28th, June 25th, July 30th & August 27th, 2017**

**2:00pm to 5:00pm. Tickets at the door are \$10.00 per person - Open to the public**

Come and enjoy the sounds of big band and pop music by THE MANNY GUTIERREZ BAND. Dances are held at the San Rafael Community Center, 618 "B" Street, San Rafael.

Plenty of parking, air conditioning, wooden floor and mixers. Cost includes snacks, refreshments and raffle prizes. For more information call (415) 485-3348



# Facility and Park Rentals



## Falkirk Mansion

1408 Mission Avenue, 485-3328,

email: [falkirk.rentals@cityofsanrafael.org](mailto:falkirk.rentals@cityofsanrafael.org).

“The most beautiful wedding spot in San Rafael” This beautiful facility is a 19th century country estate listed on the National Register of Historic Places. The property consists of an 1888 Queen Anne Victorian, and a 1927 greenhouse as well as a gardener’s cottage situated on 11 acres of sloping lawns, sunny gardens and a wooded hillside. Located in downtown San Rafael, Falkirk is available to rent for weddings, private parties, fundraisers, business seminars and meetings. Renters have use of the main floor, a foyer, parlor, dining room and kitchen, as well as a large verandah, second floor dressing room and a lovely ceremonial garden. The house offers spacious sun-filled rooms with graceful curves, unexpected angles and an abundance of charming detail including floor to ceiling art glass windows and hand-crafted fireplaces. Maximum capacity is 125. Rates are seasonal and the facility is accessible for disabled persons. Falkirk is open for viewing Tuesday–Friday from 1:00pm–5:00pm and Saturdays from 10:00am–1:00pm.

## Falkirk Reduced Rental Rates!

Falkirk has reduced its rental rates on Sundays to accommodate special events as well as weddings. If you’re planning you’re 50th birthday, a family reunion, reception or retreat, Falkirk might be just the place for you. Sunday rates have been reduced to \$100 per hour with a four hour minimum. For more info on all weekday and weekend rates, phone Risa DeFerrari at 485-3328, or email [Risa.deferrari@cityofsanrafael.org](mailto:Risa.deferrari@cityofsanrafael.org).

## Albert J. Boro Community Center

50 Canal Street, 485-3077

This beautiful facility offers state-of-the-art rental space for meetings, seminars, workshops, weddings and parties. It features three multi-purpose classrooms with large dry erase boards and projection screens, an art room, and a large community room that can accommodate up to

425, assembly-style. The community room features round tables, a sound system with podium, stage and a beautiful redwood deck overlooking the park and bay. Enjoy art, dance, computer, martial arts and sports programs that run day and night in this beautiful facility. In addition to these programs, the department has developed strong partnerships with many community-based organizations to provide English-as-a-Second-Language classes, youth education programs, literacy mentoring and many other important activities that serve local residents. Enjoy Albert J. Boro Community Center 8,300 square foot gymnasium with basketball and volleyball, as well as two outdoor sports fields. The facility is accessible for disabled persons.

## San Rafael Community Center

618 B Street, 485-3333, fax 485-3186

This community center has been designed as a multi-use facility to accommodate groups of all ages, from tiny tots to senior citizens. Individuals, groups, or organizations are welcome to rent any part of the facility for meetings, weddings, seminars, banquets, fundraisers or any other events. The center is complete with auditorium/theater, commercial-size kitchen, a complete lobby, separate lounge and four fill size meeting rooms – three of which can be opened up to one large room. The auditorium/theater, with a capacity 600 (assembled) 400 (seated) and 300 (dinner seating) can accommodate large groups. The adjacent kitchen contains four ovens, a large stove, refrigerator, sinks, ice machine and dishwasher. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons. For more information call the center.

## San Rafael Community Center - Kitchen

Is your kitchen being remodeled? Are you being displaced from the kitchen you usually use? If you need a kitchen for a day, month or longer, we can help. Rent the San Rafael Community Center kitchen for a day. The cost is only \$45/hour. Call 485-3333 to find out more.

## Terra Linda Community Center

670 Del Ganado Road, 485-3344, fax 485-3345

This community center has three large clubrooms that can serve up to three different groups at one time or open up for a great peaceful facility for a wedding reception, baptism, birthday party, etc. Each individual clubroom can accommodate 30-40 people and the entire hall can accommodate up to 100 people. We provide chairs and tables at no additional cost. Close to the clubrooms is the kitchen with refrigerator, sink, oven and plenty of counter space for food preparation.

## Park Rentals

Picnic areas at Gerstle, Boyd, Sun Valley, Santa Margarita, Freitas, Terra Linda and Victor Jones Park may be reserved for group picnics, barbecues or children’s parties by contacting 485-3333.

# Park Rentals

## Gerstle Park

Location: San Rafael Avenue @ Clark Street  
3 rental areas are available.

**The Redwood Grove** picnic area accommodates 100-125 people and includes an arbor with two tables. Alcohol is permitted with pre-approval. Insurance is required.

**Areas 1 & 2** are adjacent to the playground & basketball court. Area 1 accommodates 10-16 people and includes 1 BBQ & 2 tables. Area 2 accommodates 35-50 people and includes 1 BBQ & 6 tables.



## Victor Jones Park

Location: Enter on Robinhood or Maplewood Drive  
The lower area of Victor Jones Park has a shaded area near Basketball Court and Ball Field. Two large grills available. Picnic area accommodates 60 to 70 people. The upper area accommodates 20 to 30 people and has one large grill.



## Freitas Park (Terra Linda)

Location: Montecillo Road @ Trelis Drive.  
The water feature operates April through September. Picnic tables located through out park. Chess/Checker tables and large grassy area. Restrooms available. Not reservable. First Come First Serve.

## Terra Linda Park (Terra Linda)

Location: 670 Del Ganado Road.  
There are picnic tables adjacent to playground that are reservable. Basketball Court and swimming pool next to picnic area. Grills and other tables in park are first come first served.

## Pickleweed Park

Location: 50 Canal Street  
Picnic tables and three large grills available for use. Picnic area accommodates 80-96 people. Located in large park setting with playground and soccer field. Bathrooms available.



## Santa Margarita Park (in Terra Linda)

Location: Del Ganado Road to De La Guerra Road. Park at end of De La Guerra. The picnic area contains a grill and four tables for your event. There is a tennis court and basketball court along with two playgrounds. Restrooms available. Picnic area accommodates 32-36 people.

## Sun Valley Park

Location: End of Solano Street  
Sun Valley Park accommodates 24 people and is handicap accessible. There are four picnic tables for use. Basketball court, playground and large grassy area available for use. Upper Gazebo Area with Barbecue not rentable.





City Park Sites	Ball Diamond	Turf Field	Picnic BBQ	Tennis Courts	Pool	BBall Courts	Playlot	ADA Accessibility	Acres	Other Facilities
1 Albert Park	2	x	x	4			x	x	11.5	community center, bocce
2 Beach Park			x							boat dock, volleyball, bocce
3 Bernard Hoffman Field	2	x						x		
4 Boyd Park				1			x		4.2	hiking, turtle pond
5 Bret Harte Park			x			x	x	x	0.5	
7 Community Garden Site									4.2	Nova Albion location only
11 Freitas Memorial Park		x	x				x	x	3.5	water feature
13 Gerstle Park		x	x	1		x	x	x	6	fire museum, open space
17 McInnis Park	2	x		x					75	golf center, skateboard park, soccer, open space
18 Munson Park										
19 Oleander Park		x	x				x	x	2	
21 Peacock Park		x		2			x	x	17	golf course, hiking
22 Pickleweed Park		x	x			x	x	x		community center
25 Santa Margarita Park			x	1		x	x	x	0.1	open space
26 Schoen Park			x				x		2.1	
27 Jean and John Starkweather Shoreline Park								x		water front, walking path
28 Sun Valley Park		x	x			x	x		3.4	
30 Terra Linda Park		x	x		x	x	x	x		community center
15 Victor Jones Park	1		x			x	x		7	volleyball, shuffleboard, hiking
<b>School Sites</b>										
8 Davidson Middle School	x	x				x		x	15.3	music, exercise room, football
24 San Rafael High School	4	x		6	x	x		x	29.7	auditorium, stage gyms, track
29 Terra Linda High School	2	x		4	x			x		handball, gym, exercise room
<b>Child Care Sites</b>										
6 Coleman Children's Center								x		
9 Dixie Children's Center								x		
12 Venetia Valley Children's Center								x		
14 Glenwood Children's Center								x		
16 Mary Siveira Children's Center								x		
20 Parkside Children's Center								x		
22 Pickleweed Children's Center								x		
28 Sun Valley Children's Center								x		
31 Vallecito Children's Center								x		
<b>Community Center Facilities</b>										
23 San Rafael - B Street								x		
10 Falkirk Cultural Center								x		
22 Pickleweed								x		
30 Terra Linda Community Center & Pool								x		

Map of Parks

# Terra Linda Community Pool

670 Del Ganado Road  
 (415) 485-3344(office)  
 (415) 485-3346(pool)

[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)  
<http://www.livelifelocally.org>

**Pool Schedule  
 Available online  
 at  
[www.livelifelocally.org](http://www.livelifelocally.org)**

## Terra Linda Community Pool Daily Admission

Adult San Rafael Resident (16 and older)*	\$5
Adult Non-Resident (16 and older)	\$9
Youth San Rafael Resident (12 months to 15 years old)*	\$4
Youth Non-Resident (12 months to 15 years old)	\$7
Swim Punch Card   15 Admissions	\$67/R \$71/NR

\* Proof of San Rafael Residency or employment in San Rafael Required.

## Terra Linda Community Pool 2017 Season Pass Fees

Category	Description	Early Bird (Purchased on or before May 29)	Full Season (Purchased on or after May 30)
Individual	Unlimited admission for one person + 4 guest passes.	\$190/R \$201/NR	\$211/R \$222NR
Couple	Unlimited admission for two people in the same household + 4 guest passes.	\$245/R \$258/NR	\$272/R \$286/NR
Senior Citizen	Unlimited admission for one person age 50 and over + 4 guest passes.	\$126/R \$133/NR	\$141/R \$148NR
Senior Couple	Unlimited admission for two people in the same household + 4 guest passes. One pass holder must be at least 50 years of age.	\$190/R \$201/NR	\$211/R \$222/NR
Family of 3	Unlimited admission for up to three people in the same household + 4 guest passes.	\$280/R \$294/NR	\$308/R \$323/NR
Family of 4	Unlimited admission for up to four people in the same household + 4 guest passes.	\$315/R \$332/NR	\$350/R \$369/NR
Family of 5	Unlimited admission for up to five people in the same household* + 4 guest passes.	\$345/R \$363/NR	\$367/R \$385/NR
*	Additional family members in same household, after 5 people (Family of 5 pass)	\$40	\$40

### Terra Linda & Hamilton Pool Joint Pass Available

The City of San Rafael is offering a "Joint Facility" season pass with the Hamilton Pool. Sign up for a joint pass for one low price and get access to the great amenities at both pools.

### Terra Linda / Hamilton Joint Pass Two Pools, One Extra Cool Summer! (Before May 27)

Individual	\$250/R \$261NR	Family of 3	\$376/R \$390/NR
Couple	\$325/R \$338/NR	Family of 4	\$422/R \$439/NR
Senior Citizen	\$178/R \$185NR	Family of 5	\$464/R \$428/NR
Senior Couple	\$262/R \$273/NR		

## Aquatics

### Lifeguard Training - Blended Learning (Online Components)

Lifeguard Training Course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. To be eligible for the LGT course, candidates must be 15 years of age on or before the final scheduled session of the course and have access to a computer to do the online components required for class completion. \$35 will be due to the American Red Cross upon log in for the online component. Certification includes ARC Lifeguard Training, First Aid & CPR/AED for the Professional Rescuer. In addition, candidates must successfully complete various swimming prerequisites. Attendance is mandatory. No refunds or make-up classes offered. Students not passing the course are not eligible for a refund or a discounted price on another session. Books available on loan at no additional cost. If you wish to purchase a book please contact the office at 415-485-3344. Requires tablet or computer technology.

#### Age: 15 & up

F	Mar 31	4:00pm-9:00pm	\$195R/5213N
Sa,Su	Apr 1 & 2	8:30am-5:30pm	
	TLCC	27350	
F	Apr 28	4:00pm-9:00pm	\$195R/\$213N
Sa,Su	Apr 29 & 30	8:30am-5:30pm	
	TLCC	27351	
F	May 12	4:00pm-9:00pm	\$195R/\$213N
Sa,Su	May 13 & 14	8:30am-5:30pm	
	TLCC	27352	
Sa,Su	May 27 & 28	8:30am-4:30pm	\$195R/\$213N
M	May 29	8:30am-1:30pm	
	TLCC	27417	
F	Jun 9	4:00pm-9:00pm	\$195R/\$213N
Sa,Su	Jun 10 & 11	8:30am-5:30pm	
	TLCC	27353	
F	Jul 21	4:00pm-9:00pm	\$195R/\$213N
Sa,Su	Jul 22 & 23	8:30am-5:30pm	
	TLCC	27418	



### Water Safety Instructor Training

Do you like to swim and teach others? Become certified as an American Red Cross Water Safety Instructor! Students will learn how to teach American Red Cross swim lessons, Basic Water Safety and how to address common teaching issues. Water safety courses, swim lesson levels, stroke techniques, parent-child aquatics and customizing lessons for adults, teens and disabilities will be covered. Participants must demonstrate all skills correctly and pass a final written test. Course includes certification in Fundamentals of Instructor Training (FIT). Prerequisites: Participants must be 16 years old by the end of the course and pass a swimming skills test on the first day of instruction. Swim test includes front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, butterfly, back float one minute and tread water for one minute. Attendance is mandatory. No refunds or makeup classes offered. Students not passing the course will not receive a discounted price on another session. Online portion of class is required. \$35 ARC certification fee must be paid directly to American Red Cross.

#### Age: 16 & up

F	Mar 17	4:00pm-9:00pm	\$220R/\$240N
Sa,Su	Mar 18 & 19	8:00am-6:00pm	
	TLC	27354	

## Exercise Classes

### Aqua Zumba

Aqua Zumba is a pool party you wouldn't want to miss! It is dance in the water with Zumba styles such as Salsa, Mambo, Cha-Cha and more. This class is low impact with high energy and every step helps tone your muscles. Aqua Zumba is combined with fast and slow rhythms and has a natural resistance that the water creates. Come burn calories while having fun!



#### Age: 13 & up

Terra Linda Pool – June 20-September 26 (no class July 4)  
Tuesdays 10-11am

Hamilton Pool – June 22-August 31  
Thursdays 9:15-10:15am

### WaterGym

WaterGym™ is a fun, sports-oriented water aerobics workout that teaches you to use water as a powerful gym. You'll mimic sports workouts and exercises in the water, such as running, biking, weight lifting, and kick boxing, without impact or wear and tear on your joints! You'll get the benefits of weights, aerobics and stretching all in one workout, while focusing on calorie burning and improving all 5 aspects of physical fitness. WaterGym™ classes have been held in Marin County for over 25 years. Come join us! \$12 drop-in. No class on Holidays. QUESTIONS: visit [www.watergym.com](http://www.watergym.com) or call (415) 388-5099

#### Terra Linda Pool - May 2-Sept 28

Mondays & Wednesdays • 10-11:00am

#### Hamilton Pool - June 14-Aug 30

Tuesdays • 9:30-10:30am

## Aquatic Aide Institute Ages 12-14

Enjoy being poolside, in a high energy environment surrounded by kids? This is your chance to make a difference while having fun and gaining on the job experience. Become a Aquatic Aide and volunteer to work alongside realamerican Red Cross lifeguards, swim Instructors, and our very own Splash Camp Counselors.

Aquatic Aides you will be assigned to work a minimum of one session (Monday - Friday, 1:30pm or (Monday - Thursdays 10:15am-12:15pm). No experience necessary, training is included. Times may vary.

**Requirement:** Must be able to swim 50 yards, tread water enjoy working with young children, and commit to a minimum of one full session. Candidates must complete an application.

**Application deadline May 6.** If accepted, fee is \$36. There will be a end of year celebration for all swim aides. Each participant receives a free season pass to the Terra Linda or Hamilton Pool (based on where they choose to volunteer), a certificate of completion, and a letter verifying volunteer hours. For more information please email [terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org), or call 415-485-3344. Applications available online at [www.cityofsanrafael.org](http://www.cityofsanrafael.org)



## Jr. Guards - NEW (Ages 12-14)

Do you enjoy being at the pool? Ready to serve in a volunteer role; working alongside the Terra Linda pool lifeguards? Jr. Guards will be assigned specific weeks and times to volunteer, based on availability and interest in the program. Interested applicants should contact the Terra Linda Community Center for an application or to find out more about the program. This is a great program for those who have a great attitude, like to be part of a team, and want to help at their community pool this summer. Training will be provided. Call (415) 485-3344 or email [terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

## Five Easy Ways To Register...

FAX: 415-485-3186  
ON-LINE: <http://eplay.livelifelocally.com>  
MAIL: 618 B St. San Rafael, CA 94901  
WALK-IN: Any of our four Community Centers.  
SCAN/EMAIL: Completed registration form in to one of the three community centers.

If you are registering by mail, please include payment for the full amount. We accept checks payable to the City of San Rafael. Other forms of payment include Visa, Mastercard, American Express and Discover. We accept registrations by Fax or scanned and emailed.

A registration can not be processed without payment. Quality Assurance: If after attending the first class, you are not happy with the quality of the program, please contact us right away. We welcome your feedback. If you call before the second class, we will give you a full refund. There are no credits for non-attendance, one day workshops, trips or material fees. Refund policy is different for Summer Camps and Theatre.



# Terra Linda Pool Happy Fish Swim School Swim Lessons

## SPRING SWIM LESSONS MONDAY & WEDNESDAY

<b>Session 1</b>	<b>4/17, 4/19, 4/24, 4/26</b>	
Level 1	3:30-4:00pm	26795
Level 2	4:05-4:35pm	26848
Level 3	4:40-5:10pm	26901
<b>Session 2</b>	<b>5/1, 5/3, 5/8, 5/10</b>	
Level 1	3:30-4:00pm	26809
Level 2	4:05-4:35pm	26864
Level 3	4:40-5:10pm	26902
<b>Session 3:</b>	<b>5/15, 5/17, 5/22, 5/24</b>	
Level 1	3:30-4:00pm	26810
Level 2	4:05-4:35pm	26863
Level 3	4:40-5:10pm	2690

## SATURDAY

<b>Session 1:</b>	<b>6/3, 6/10, 6/17, 6/24</b>	
Level 1	2:50-3:20pm	26801
Level 2	3:25-3:55pm	26853
Level 3	4:00-4:30pm	26893
Level 4	4:35-5:05pm	26935
6&UP Lev 2	5:10-5:40pm	26953
6&UP Lev 3	5:10-5:40pm	26964

<b>Session 2:</b>	<b>7/8, 7/15, 7/22, 7/29</b>	
Parent Tot	9:10-9:40am	26820
Level 1	10:55-11:25am	26802
Level 2	10:20-10:50am	26854
Level 3	9:45-10:15am	26894
Level 4	9:45-10:15am	26936
Level 5	11:30-12:10pm	26976
Level 6/7	11:30-12:10pm	26990
6&UP Lev 2	10:55-11:25am	26854
6&UP Lev 3	10:20-10:50am	26965

<b>Session 3:</b>	<b>8/5, 8/12, 8/19, 8/26</b>	
Parent Tot	9:10-9:40am	26819
Level 1	10:55-11:25am	26803
Level 2	10:20-10:50am	26855
Level 3	9:45-10:15am	26895
Level 4	9:45-10:15am	26937
Level 5	11:30-12:10pm	26977
Level 6/7	11:30-12:10pm	26991
6&UP Lev 2	10:55-11:25am	26955
6&UP Lev 3	10:20-10:50am	26966

## SUNDAY

<b>Session 1:</b>	<b>4/16, 4/23, 4/30</b>	
Level 1:	10:55-11:25am	26805
Level 2:	10:20-10:50am	26857
Level 3:	9:45-10:15am	26897
Level 4:	9:10-9:40am	26939
Level 5:	11:30am-12:10pm	26978

<b>Session 2:</b>	<b>6/4, 6/11, 6/25</b>	
	<b>NOTE: No Father's Day 6/18</b>	
Parent Tot	9:10-9:40am	26818
Level 1	10:55-11:25am	26806
Level 2	10:20-10:50am	26858
Level 3	9:45-10:15am	26898
Level 4	9:10-9:40am	26940
Level 5	11:30-12:10pm	26979
Level 6/7	11:30-12:10pm	26992

<b>Session 3:</b>	<b>7/9, 7/16, 7/23, 7/30</b>	
Parent Tot	9:10-9:40am	26821
Level 1	10:55-11:25am	26807
Level 2	10:20-10:50am	26859
Level 3	9:45-10:15am	26899
Level 4	9:10-9:40am	26941
Level 5	11:30-12:10pm	26980
Level 6/7	11:30-12:10pm	26993

<b>Session 4:</b>	<b>8/6, 8/13, 8/20, 8/27</b>	
Parent Tot	9:10-9:40am	26822
Level 1	10:55-11:25am	26808
Level 2	10:20-10:50am	26860
Level 3	9:45-10:15am	26900
Level 4	9:10-9:40am	26942
Level 5	11:30-12:10pm	26981
Level 6/7	11:30-12:10pm	26994

**TL SUMMER INTENSIVE SWIM LESSONS  
STARTS MONDAY, JUNE 13**

**SESSION 1: 6/12-6/15**  
**SESSION 2: 6/19-6/22**  
**SESSION 3: 6/26-6/29**  
**SESSION 4: 7/10-7/13**  
**SESSION 5: 7/17-7/20**  
**SESSION 6: 7/24-7/27**  
**SESSION 7: 7/31-8/3**  
**SESSION 8: 8/7-8/10**

<b>Session 1</b>	<b>6/12-6/15</b>	
Level 1	10:30-11:00am	26774
Level 1	11:05-11:35am	26776
Level 1	11:40-12:10pm	26790
Level 2	10:30-11:00am	26823
Level 2	11:05-11:35am	26831
Level 2	11:40-12:10pm	26840
Level 3	10:30-11:00am	26865
Level 3	11:05-11:35am	26873
Level 3	11:40-12:10pm	26881
Level 4	10:30-11:00am	26908
Level 4	11:05-11:35am	26916
Level 4	11:40-12:10pm	26924
Level 5	10:20-11:00am	26967
Level 6/7	10:20-11:00am	26982
6&UP Lev 2	11:05-11:35am	26945
6&UP Lev 3	11:40-12:10pm	26956
<b>Session 2</b>	<b>6/19-6/22</b>	
Parent	11:05-11:35am	26814
Level 1	10:30-11:00am	26775
Level 1	11:05-11:35am	26783
Level 1	11:40-12:10pm	26791
Level 2	10:30-11:00am	26824
Level 2	11:05-11:35am	26832
Level 2	11:40-12:10pm	26841
Level 3	10:30-11:00am	26866
Level 3	11:05-11:35am	26874
Level 3	11:40-12:10pm	26882
Level 4	10:30-11:00am	26909
Level 4	11:05-11:35am	26917
Level 4	11:40-12:10pm	26925
Level 5	10:20-11:00am	26968
Level 6/7	10:20-11:00am	26983
6&UP Lev 2	11:05-11:35am	26946
6&UP Lev 3	11:40-12:10pm	26957

<b>Session 3</b>	<b>6/26-6/29</b>	
Level 1	10:30-11:00am	26777
Level 1	11:05-11:35am	26784
Level 1	11:40-12:10pm	26792
Level 2	10:30-11:00am	26825
Level 2	11:05-11:35am	26834
Level 2	11:40-12:10pm	26842
Level 3	10:30-11:00am	26867
Level 3	11:05-11:35am	26875
Level 3	11:40-12:10pm	26883
Level 4	10:30-11:00am	26910
Level 4	11:05-11:35am	26918
Level 4	11:40-12:10pm	26926
Level 5	10:20-11:00am	26969
Level 6/7	10:20-11:00am	26984
6&UP Lev 2	11:05-11:35am	26947
6&UP Lev 3	11:40-12:10pm	26958

<b>Session 4</b>	<b>7/10-7/13</b>	
Parent	11:05-11:35am	26815
Level 1	10:30-11:00am	26778
Level 1	11:05-11:35am	26785
Level 1	11:40-12:10pm	26793
Level 2	10:30-11:00am	26826
Level 2	11:05-11:35am	26835
Level 2	11:40-12:10pm	26843
Level 3	10:30-11:00am	26868
Level 3	11:05-11:35am	26876
Level 3	11:40-12:10pm	26884
Level 4	10:30-11:00am	26911
Level 4	11:05-11:35am	26919
Level 4	11:40-12:10pm	26927
Level 5	10:20-11:00am	26970
Level 6/7	10:20-11:00am	26985
6&UP Lev 2	11:05-11:35am	26948
6&UP Lev 3	11:40-12:10pm	26959

<b>Session 5</b>	<b>7/17-7/20</b>	
Level 1	10:30-11am	26779
Level 1	11:05-11:35am	26786
Level 1	11:40-12:10pm	26794
Level 2	10:30-11:00am	26827
Level 2	11:05-11:35am	26836
Level 2	11:40-12:10pm	26844
Level 3	10:30-11:00am	26869
Level 3	11:05-11:35am	26877
Level 3	11:40-12:10pm	26885
Level 4	10:30-11:00am	26912
Level 4	11:05-11:35am	26920
Level 4	11:40-12:10pm	26928
Level 5	10:20-11:00am	26971
Level 6/7	10:20-11:00am	26986
6&UP Lev 2	11:05-11:35am	26949
6&UP Lev 3	11:40-12:10pm	26960



<b>Session 6</b>	<b>7/24-7/27</b>	
Parent	11:05-11:35am	26816
Level 1	10:30-11:00am	26780
Level 1	11:05-11:35am	26787
Level 1	11:40-12:10pm	27227
Level 2	10:30-11:00am	26828
Level 2	11:05-11:35am	26837
Level 2	11:40-12:10pm	26845
Level 3	10:30-11:00am	26870
Level 3	11:05-11:35am	26878
Level 3	11:40-12:10pm	26886
Level 4	10:30-11:00am	26913
Level 4	11:05-11:35am	26878
Level 4	11:40-12:10pm	27228
Level 5	10:20-11:00am	26972
Level 6/7	10:20-11:00am	26987
6&UP Lev 2	11:05-11:35am	26950
6&UP Lev 3	11:40-12:10pm	26961

<b>Session 7</b>	<b>7/31-8/3</b>	
Level 1	10:30-11:00am	26781
Level 1	11:05-11:35am	26788
Level 1	11:40-12:10pm	26796
Level 2	10:30-11:00am	26829
Level 2	11:05-11:35am	26838
Level 2	11:40-12:10pm	26846
Level 3	10:30-11:00am	26871
Level 3	11:05-11:35am	26879
Level 3	11:40-12:10pm	26887
Level 4	10:30-11:00am	26914
Level 4	11:05-11:35am	26922
Level 4	11:40-12:10pm	26929
Level 5	10:20-11:00am	26973
Level 6/7	10:20-11:00am	26988
6&UP Lev 2	11:05-11:35am	26951
6&UP Lev 3	11:40-12:10pm	26962

<b>Session 8</b>	<b>8/7-8/10</b>	
Parent	11:05-11:35am	26817
Level 1	10:30-11:00am	26782
Level 1	11:05-11:35am	26789
Level 1	11:40-12:10pm	26797
Level 2	10:30-11:00am	26830
Level 2	11:05-11:35am	26839
Level 2	11:40-12:10pm	26847
Level 3	10:30-11:00am	26872
Level 3	11:05-11:35am	26880
Level 3	11:40-12:10pm	26888
Level 4	10:30-11:00am	26915
Level 4	11:05-11:35am	26923
Level 4	11:40-12:10pm	26930
Level 5	10:20-11:00am	26974
Level 6/7	10:20-11:00am	26989
6&UP Lev 2	11:05-11:35am	26952
6&UP Lev 3	11:40-12:10pm	26963

**TL EVENINGS  
EVENING SUMMER INTENSIVE  
SWIM LESSONS**

<b>Session 1</b>	<b>7/10-7/13</b>	
Level 1	5:15-5:45pm	26798
Level 2	5:50-6:20pm	26849
Level 3	6:25-6:55pm	26889
Level 4	7:00-7:30pm	26931

<b>Session 2</b>	<b>7/17-7/20</b>	
Level 1	5:15-5:45pm	26799
Level 2	5:50-6:20pm	26850
Level 3	6:25-6:55pm	26890
Level 4	7:00-7:30pm	26932

<b>Session 3</b>	<b>7/24-7/27</b>	
Level 1	5:15-5:45pm	26813
Level 2	5:50-6:20pm	26851
Level 3	6:25-6:55pm	26891
Level 4	7:00-7:30pm	26933

<b>Session 4</b>	<b>7/31-8/3</b>	
Level 1	5:15-5:45pm	26800
Level 2	5:50-6:20pm	26852
Level 3	6:25-6:55pm	26892
Level 4	7:00-7:30pm	26934

**FALL SWIM LESSONS  
MONDAY & WEDNESDAY**

<b>Session 1:</b>	<b>8/14, 8/16, 8/21, 8/23</b>	
Level 1	3:30-4:00pm	26811
Level 2	4:05-4:35pm	26861
Level 3	4:40-5:10pm	26904
Level 4	5:15-5:45pm	26943

<b>Session 2:</b>	<b>8/28, 8/30, 9/6</b>	
Level 1	3:30-4:00pm	26812
Level 2	4:05-4:35pm	26862
Level 3	4:40-5:10pm	26905
Level 4	5:15-5:45pm	26944

**To view pool schedule, or get access  
to a season pass form please go to**

**[https://www.livelifelocally.org/  
departments/pools/](https://www.livelifelocally.org/departments/pools/)**

## Happy Fish Swim School Swim Lessons

We offer a wide variety of group and private swim lessons! The Happy Fish Swim School emphasizes fun and safety in the aquatic environment through guided instruction by a professional swim Instructor. Why not make this the year you dive right into aquatics?

Group lessons are available for children as young as 6 months! Private and group weekend lessons begin as early as mid April and continue through the summer! Our intensive summer swim program starts June 12, 2017. It's never too late to start thinking about skills that are not only fun but could also save you or your child's life.

Once your child has successfully demonstrated all required skills, he or she is eligible to move to the next level.

### Group Swim Lesson Policies:

- If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level at no charge to you. During the lesson, Instructors may move your child up or down a level to accommodate your swimmer's abilities.
- If a level does not meet the minimum registration, we may combine levels of students with similar skill ability.
- Refunds, credits or transfers may be requested a minimum of two working days prior to the start of a session. No refunds, credits or transfers will be provided less than two working days in advance. Transfer requests from different session dates will be assessed a \$5 transfer fee. Requests must be done in writing or in person.

- If you are coming to the TL or Hamilton Pool for a group or private swim lesson, you may arrive at the pool fifteen minutes prior to the lesson and stay fifteen minutes after the lesson is over. If you or any one else in your party would like to stay and swim, you must pay the daily admission fee or have a season pass.
- Children who are 3 & Under or are not potty-trained must wear an approved Swim Diaper. Please see the Swim Diaper Policy section.

\* Unfortunately, we can not take requests for specific Instructors for group lessons. If you would like a specific Instructor, please inquire about private lessons.

## GROUP SWIM LESSON FEES

<b>Parent Tot - Level 4</b>	
3 Day Session	\$34R/\$38NR
<b>Parent Tot - Level 4</b>	
4 Day Session	\$44R/\$48NR
<b>Level 5-7</b>	
3 Day Session	\$44R/\$48NR
<b>Level 5-7</b>	
4 Day Session	\$55R/\$60NR

## Private Swim Lessons/ Children & Adults

Private swim lessons are available. We offer one on one student to teacher ratio or you may sign up for a semi private lesson. A semi private lesson is designed for two students (similar swim level) assigned to one Instructor. Lessons are 30 minutes in length. Private lessons allow you the flexibility to schedule lessons around your availability. An Instructor is assigned based on your needs and will coordinate lessons based on your availability. You may sign up for one lesson or a block of five lessons at a discounted rate. Please note, you must pay for your lesson in advance. Refunds are not available for no-shows.

An Instructor will only wait 10 minutes. If you show up late for your lesson, you will still be charged for the full lesson.

Also, Instructors may have lessons arranged back to back so they may not be able to give you the full time if you show up late. Please download a private request form at [www.cityofsanrafael.org/comsvcs-pools-tp](http://www.cityofsanrafael.org/comsvcs-pools-tp) to request a private lesson.

- 1 lesson for 1 person - \$37R/\$40N
- 1 lesson for 2 people - \$58R/\$63N
- 5 lessons for 1 person - \$137R/\$150N
- 5 lessons for 2 people - \$187R/\$206N

# HAPPY FISH SWIM SCHOOL LEVEL CHART

Level Name	Skills Practiced in Each Level	Skills Needed to Pass Level	Length of Class	Instructor/ Student Ratio
<b>Pink Puffer Fishies - Water Baby Advanced</b>	* Blowing bubbles, jumping, basic arm swim skills * Slight submersion practiced * Begins to swim with instructor * Songs & Games * Parent participation required * Best for kids 6 - 36 months * This is a water adjustment class, not a Learn To Swim program	* Child comfortable in water with instructor for short periods * Child must want to be there and has fun playing in the water	30	1:12
<b>Level 1 - Orange Octopi</b>	* How to enter and exit water safely * Learns basic water safety * Actively interacts with instructor * "Swimming is Fun!" emphasized with games * No parent participation * Good beginning class for kids age 3 or older * Child is mainly on steps for entire class period	* Fully comfortable in water <b>with</b> instructor for entire class period * Child is excited & pushes the learning process to try harder	30	1:3
<b>Level 2 - Silver Sea Lions</b>	* Fundamental water skills and aquatic safety taught * Full Face Submersion Introduced * Floating Back & Front * Wall Push Offs on Back & Front * Explores entire pool * Supported alternating arm circles and kicking together	* Child pushes off wall alone on tummy * Child jumps to instructor alone * Must be able to use flotation device unsupported for 2 body lengths * Must be able to float on back & front unsupported	30	1:3
<b>Level 3 - Spring Green Stingrays</b>	* Practices alternating arm circles and kicking together * Begins discussion of side breathing * beginning backstroke * Streamline swimming introduced * Breastroke arms and legs introduced separately * Jumps in and swims directly to wall	* Fully submerges face 3 times with bobs * Swims front crawl 2 body lengths * Able to push off wall on back and float 2 body lengths	30	1:3
<b>Level 4 - Jewel Blue Jellyfish</b>	* Builds swimming stamina * Begins work on treading water & sitting/kneeling dives * Works on streamline kick on back * Ample practice time on breastroke & backstroke * Some refreshing of front crawl with side-breathing * Begins dolphin kicking practice * General technique work on front crawl, back and breast	* Able to swim front crawl at least 13 yards * Able to streamline kick for 10 yards w/o kickboard * Able to swim backstroke 3 body lengths * Able to swim breastroke 3 body lengths * Recognizable side-breathing	30	1:4
<b>Level 5 - Teal Tiger Sharks</b>	* Builds up to 25 yards front crawl with side-breathing * Practices front crawl, breaststroke, backstroke & treading water* Learns full butterfly * introduced to standing dives * Builds stamina and technique on all strokes	* Able to swim 25 yards front crawl, 25 yards backstroke, 10 yards breastroke and a recognizable butterfly for 2 body lengths * able to dive unperfected	40	1:5
<b>Level 6 - Purple Piranhas</b>	* Works on swimming 50 yards front crawl * Practices swimming refined strokes * Begins work on flip turns * Practice and stamina emphasized * Students should swim multiple laps during lesson with instruction inbetween * Provides skills needed to start a swim team	* Able to swim multiple laps during lesson with breaks inbetween * Swim strokes are all recognizable but need refinement * Able to maintain streamline and balance in water	40	1:6
<b>Level 7 - Rainbow Fish</b>	* Learns techniques for competitive swimming including racing dives, breathing strategies, turns & endurance practice * Provides students with additional Skills necessary to successfully start a swim team	* Able to swim multiple laps during lesson * Can successfully swim all 4 strokes, tread water for 3 min, dive and flip turn	40	1:6

Terra Linda/Hamilton Pool



# Hamilton Pool Swim Lessons

## SPRING SWIM LESSONS TUESDAY & THURSDAY

<b>Session 1</b>	<b>5/16, 5/18, 5/23, 5/25</b>	
Level 1	3:30-4:00pm	26995
Level 2	4:05-4:35pm	27032
Level 3	4:40-5:10pm	27070
Level 4	5:15-5:45pm	27108
<b>Session 2</b>	<b>5/30, 6/1, 6/6, 6/8</b>	
Level 1	3:30-4:00pm	26996
Level 2	4:05-4:35pm	27033
Level 3	4:40-5:10pm	27071
Level 4	5:15-5:45pm	27109

## WEEKEND SWIM LESSONS SATURDAY

<b>Session 1:</b>	<b>6/3, 6/10, 6/17, 6/24</b>	
Parent Tot	9:10-9:40am	27177
Level 1	10:55-11:25am	27018
Level 2	10:20-10:50am	27056
Level 3	9:45-10:15am	27102
Level 4	9:45-10:15am	27133
Level 5	11:30-12:10pm	27153
Level 6/7	11:30-12:10pm	27167
6&UP Lev 2	10:55-11:25am	27191
6&UP Lev 3	10:20-10:50am	27202

<b>Session 2:</b>	<b>7/8, 7/15, 7/22, 7/29</b>	
Parent Tot	9:10-9:40am	27178
Level 1	10:55-11:25am	27019
Level 2	10:20-10:50am	27057
Level 3	9:45-10:15am	27103
Level 4	9:45-10:15am	27134
Level 5	11:30-12:10pm	27154
Level 6/7	11:30-12:10pm	27168
6&UP Lev 2	10:55-11:25am	27192
6&UP Lev 3	10:20-10:50am	27203

<b>Session 3:</b>	<b>8/5, 8/12, 8/19, 8/26</b>	
Parent Tot	9:10-9:40am	27179
Level 1	10:55-11:25am	27020
Level 2	10:20-10:50am	27058
Level 3	9:45-10:15am	27104
Level 4	9:45-10:15am	27135
Level 5	11:30-12:10pm	27155
Level 6/7	11:30-12:10pm	27169
6&UP Lev 2	10:55-11:25am	27193
6&UP Lev 3	10:20-10:50am	27204

## SUNDAY

<b>Session 1:</b>	<b>6/4, 6/11, 6/25</b>	
	<b>NOTE: No Father's Day 6/18</b>	
Parent Tot	9:10-9:40am	27180
Level 1	10:55-11:25am	27029
Level 2	10:20-10:50am	27067
Level 3	9:45-10:15am	27105
Level 4	9:10-9:40am	27136
Level 5	11:30-12:10pm	27156
Level 6/7	11:30-12:10pm	27170

<b>Session 2:</b>	<b>7/9, 7/16, 7/23, 7/30</b>	
Parent Tot	9:10-9:40am	27181
Level 1	10:55-11:25am	27030
Level 2	10:20-10:50am	27068
Level 3	9:45-10:15am	27106
Level 4	9:10-9:40am	27137
Level 5	11:30-12:10pm	27157
Level 6/7	11:30-12:10pm	27171

<b>Session 3:</b>	<b>8/6, 8/13, 8/20, 8/27</b>	
Parent Tot	9:10-9:40am	27182
Level 1	10:55-11:25am	27031
Level 2	10:20-10:50am	27069
Level 3	9:45-10:15am	27107
Level 4	9:10-9:40am	27138
Level 5	11:30-12:10pm	27158
Level 6/7	11:30-12:10pm	27172

**HP SUMMER INTENSIVE SWIM LESSONS  
STARTS MONDAY, JUNE 13**

**SESSION 1: 6/12-6/15**  
**SESSION 2: 6/19-6/22**  
**SESSION 3: 6/26-6/29**  
**SESSION 4: 7/10-7/13**  
**SESSION 5: 7/17-7/20**  
**SESSION 6: 7/24-7/27**  
**SESSION 7: 7/31-8/3**  
**SESSION 8: 8/7-8/10**

**Session 1 6/12-6/15**  
Parent 11:05-11:35am 27173  
Level 1 10:30-11:00am 26999  
Level 1 11:05-11:35am 27007  
Level 1 11:40-12:10pm 27021  
Level 2 10:30-11:00am 27036  
Level 2 11:05-11:35am 27044  
Level 2 11:40-12:10pm 27059  
Level 3 10:30-11:00am 27074  
Level 3 11:05-11:35am 27082  
Level 3 11:40-12:10pm 27094  
Level 4 10:30-11:00am 27112  
Level 4 11:05-11:35am 27119  
Level 4 11:40-12:10pm 27131  
Level 5 10:20-11:00am 27145  
Level 6/7 10:20-11:00am 27159  
6&UP Lev 2 11:05-11:35am 27183  
6&UP Lev 3 11:40-12:10pm 27194

**Session 2 6/19-6/22**  
Level 1 10:30-11:00am 27000  
Level 1 11:05-11:35am 27008  
Level 1 11:40-12:10pm 27022  
Level 2 10:30-11:00am 27037  
Level 2 11:05-11:35am 27045  
Level 2 11:40-12:10pm 27060  
Level 3 10:30-11:00am 27075  
Level 3 11:05-11:35am 27083  
Level 3 11:40-12:10pm 27095  
Level 4 10:30-11:00am 27113  
Level 4 11:05-11:35am 27120  
Level 4 11:40-12:10pm 27132  
Level 5 10:20-11:00am 27146  
Level 6/7 10:20-11:00am 27160  
6&UP Lev 2 11:05-11:35am 27184  
6&UP Lev 3 11:40-12:10pm 27195

**Session 3 6/26-6/29**  
Parent 11:05-11:35am 27174  
Level 1 10:30-11:00am 27001  
Level 1 11:05-11:35am 27009  
Level 1 11:40-12:10pm 27023  
Level 2 10:30-11:00am 27038  
Level 2 11:05-11:35am 27046  
Level 2 11:40-12:10pm 27061  
Level 3 10:30-11:00am 27076  
Level 3 11:05-11:35am 27084  
Level 3 11:40-12:10pm 27096  
Level 4 10:30-11:00am 27114  
Level 4 11:05-11:35am 27121  
Level 4 11:40-12:10pm 27139  
Level 5 10:20-11:00am 27147  
Level 6/7 10:20-11:00am 27161  
6&UP Lev 2 11:05-11:35am 27185  
6&UP Lev 3 11:40-12:10pm 27196

**Session 4 7/10-7/13**  
Level 1 10:30-11:00am 27002  
Level 1 11:05-11:35am 27010  
Level 1 11:40-12:10pm 27024  
Level 2 10:30-11:00am 27039  
Level 2 11:05-11:35am 27047  
Level 2 11:40-12:10pm 27062  
Level 3 10:30-11:00am 27077  
Level 3 11:05-11:35am 27085  
Level 3 11:40-12:10pm 27097  
Level 4 10:30-11:00am 27115  
Level 4 11:05-11:35am 27122  
Level 4 11:40-12:10pm 27140  
Level 5 10:20-11:00am 27148  
Level 6/7 10:20-11:00am 27162  
6&UP Lev 2 11:05-11:35am 27186  
6&UP Lev 3 11:40-12:10pm 27197

**Session 5 7/17-7/20**  
Parent 11:05-11:35am 27175  
Level 1 10:30-11:00am 27003  
Level 1 11:05-11:35am 27011  
Level 1 11:40-12:10pm 27025  
Level 2 10:30-11:00am 27040  
Level 2 11:05-11:35am 27048  
Level 2 11:40-12:10pm 27063  
Level 3 10:30-11:00am 27078  
Level 3 11:05-11:35am 27086  
Level 3 11:40-12:10pm 27098  
Level 4 10:30-11:00am 27116  
Level 4 11:05-11:35am 27123  
Level 4 11:40-12:10pm 27141  
Level 5 10:20-11:00am 27149  
Level 6/7 10:20-11:00am 27163  
6&UP Lev 2 11:05-11:35am 27187  
6&UP Lev 3 11:40-12:10pm 27198

<b>Session 6</b>	<b>7/24-7/27</b>	
Level 1	10:30-11:00am	27004
Level 1	11:05-11:35am	27230
Level 1	11:40-12:10pm	27026
Level 2	10:30-11:00am	27041
Level 2	11:05-11:35am	27049
Level 2	11:40-12:10pm	27064
Level 3	10:30-11:00am	27079
Level 3	11:05-11:35am	27087
Level 3	11:40-12:10pm	27099
Level 4	10:30-11:00am	27229
Level 4	11:05-11:35am	27124
Level 4	11:40-12:10pm	27142
Level 5	10:20-11:00am	27150
Level 6/7	10:20-11:00am	27164
6&UP Lev 2	11:05-11:35am	27188
6&UP Lev 3	11:40-12:10pm	27199

<b>Session 7</b>	<b>7/31-8/3</b>	
Parent	11:05-11:35am	27176
Level 1	10:30-11:00am	27005
Level 1	11:05-11:35am	27012
Level 1	11:40-12:10pm	27027
Level 2	10:30-11:00am	27042
Level 2	11:05-11:35am	27050
Level 2	11:40-12:10pm	27065
Level 3	10:30-11:00am	27080
Level 3	11:05-11:35am	27088
Level 3	11:40-12:10pm	27100
Level 4	10:30-11:00am	27117
Level 4	11:05-11:35am	27125
Level 4	11:40-12:10pm	27143
Level 5	10:20-11:00am	27151
Level 6/7	10:20-11:00am	27165
6&UP Lev 2	11:05-11:35am	27189
6&UP Lev 3	11:40-12:10pm	27200

<b>Session 8</b>	<b>8/7-8/10</b>	
Level 1	10:30-11:00am	27006
Level 1	11:05-11:35am	27013
Level 1	11:40-12:10pm	27028
Level 2	10:30-11:00am	27043
Level 2	11:05-11:35am	27051
Level 2	11:40-12:10pm	27066
Level 3	10:30-11:00am	27081
Level 3	11:05-11:35am	27089
Level 3	11:40-12:10pm	27101
Level 4	10:30-11:00am	27118
Level 4	11:05-11:35am	27126
Level 4	11:40-12:10pm	27144
Level 5	10:20-11:00am	27152
Level 6/7	10:20-11:00am	27166
6&UP Lev 2	11:05-11:35am	27190
6&UP Lev 3	11:40-12:10pm	27201

**EVENING SUMMER  
INTENSIVE SWIM LESSONS**

<b>Session 1:</b>	<b>7/10-7/13</b>	
Level 1	5:15-5:45pm	27014
Level 2	5:50-6:20pm	27052
Level 3	6:25-6:55pm	27090
Level 4	7:00-7:30pm	27127

<b>Session 2:</b>	<b>7/17-7/20</b>	
Level 1	5:15-5:45pm	27015
Level 2	5:50-6:20pm	27053
Level 3	6:25-6:55pm	27091
Level 4	7:00-7:30pm	27128

<b>Session 3:</b>	<b>7/24-7/27</b>	
Level 1	5:15-5:45pm	27016
Level 2	5:50-6:20pm	27054
Level 3	6:25-6:55pm	27092
Level 4	7:00-7:30pm	27129

<b>Session 4:</b>	<b>7/31-8/3</b>	
Level 1	5:15-5:45pm	27017
Level 2	5:50-6:20pm	27055
Level 3	6:25-6:55pm	27093
Level 4	7:00-7:30pm	27130

**FALL SWIM LESSONS  
WEDNESDAY & THURSDAY**

<b>Session 1:</b>	<b>8/16, 8/17, 8/23, 8/24</b>	
Level 1	3:30-4:00pm	26997
Level 2	4:05-4:35pm	27034
Level 3	4:40-5:10pm	27072
Level 4	5:15-5:45pm	27110

<b>Session 2:</b>	<b>8/30, 8/31, 9/6, 9/7</b>	
Level 1	3:30-4:00pm	26998
Level 2	4:05-4:35pm	27035
Level 3	4:40-5:10pm	27073
Level 4	5:15-5:45pm	27111

**To view pool schedule, or get access  
to a season pass form please go to**

**[https://www.livelifelocally.org/  
departments/pools/](https://www.livelifelocally.org/departments/pools/)**

# Hamilton Community Pool

203 El Bonito Rd. Novato CA 94949  
 (415) 883-7126: Pool Phone  
 (415) 485-3344: Terra Linda Community Center

[www.livelifelocally.org](http://www.livelifelocally.org)  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

**Pool Schedule  
 Available online  
 at**

[www.livelifelocally.org](http://www.livelifelocally.org)

## Hamilton Community Pool Daily Admission

Adult Novato Resident (16 and older)*		\$5
Adult Non-Resident (16 and older)*		\$9
Youth Novato Resident (12 months to 15 years old)		\$4
Youth Non-Resident (12 months to 15 years old)		\$7
Swim Punch Card	15 Admissions	\$67/R \$71/NR

\* Proof of Novato Residency or employment in Novato is required.

**Joint Pass** - Sign up for a joint pass and get access to both Terra Linda and Hamilton Pools for one low price.

## Season Pass Rates

Category	Description	Early Bird (before May 27)	Full Season (Purchased on or after May 28)
Individual	Unlimited admission for one person	\$150R/\$165NR	\$165R/\$182NR
Couple	Unlimited admission for up to two people in same household	\$200R/\$220NR	\$220R/\$242NR
Senior Citizen	Unlimited admission for one person age 50 and over	\$130R/\$143NR	\$143R/\$157NR
Senior Couple	Unlimited admission for two persons age 50 and over in the same household	\$150R/\$165NR	\$165R/\$182NR
Family of 3	Unlimited admission for up to three people in same household	\$240R/\$264NR	\$264R/\$290NR
Family of 4	Unlimited admission for up to four people in same household	\$275R/\$300NR	\$300R/\$330NR
Family of 5	Unlimited admission for up to five people in same household*	\$305R/\$335NR	\$335R/\$368NR
*	Additional family members in same house, over 5 people	\$40/person	\$40/person

## Terra Linda / Hamilton Joint Pass • Two Pools, One Extra Cool Summer! (Before May 27)

Individual	\$250/R \$261NR	Family of 3	\$376/R \$390/NR
Couple	\$325/R \$338/NR	Family of 4	\$422/R \$439/NR
Senior Citizen	\$178/R \$185NR	Family of 5	\$464/R \$428/NR
Senior Couple	\$262/R \$273/NR		

Hamilton Pool

## Exercise Classes

### Aqua Zumba



Aqua Zumba is a pool party you wouldn't want to miss! It is dance in the water with Zumba styles such as Salsa, Mambo, Cha-Cha and more. This class is low impact with high energy and every step helps tone your muscles. Aqua Zumba is combined with fast and slow rhythms and has a natural resistance that the water creates. Come burn calories while having fun!

**Age: 13 & up**

Terra Linda Pool – June 20-September 26 (no class July 4)  
Tuesdays 10-11am

Hamilton Pool – June 22-August 31  
Thursdays 9:15-10:15am

### WaterGym

WaterGym™ is a fun, sports-oriented water aerobics workout that teaches you to use water as a powerful gym. You'll mimic sports workouts and exercises in the water, such as running, biking, weight lifting, and kick boxing, without impact or wear and tear on your joints! You'll get the benefits of weights, aerobics and stretching all in one workout, while focusing on calorie burning and improving all 5 aspects of physical fitness. WaterGym™ classes have been held in Marin County for over 25 years. Come join us! \$12 drop-in. No class on Holidays. QUESTIONS: visit [www.watergym.com](http://www.watergym.com) or call (415) 388-5099

**Terra Linda Pool - May 2-Sept 28**

Mondays & Wednesdays • 10-11:00am

**Hamilton Pool - June 14-Aug 30**

Tuesdays • 9:30-10:30am



Hamilton Pool

## THE CITY OF SAN RAFAEL IS NOW HIRING:



- **Child Care Aides**
- **Lifeguards**
- **Swim Instructors**
- **Pool Attendants**

**APPLY NOW AT [WWW.CALOPPS.ORG](http://WWW.CALOPPS.ORG)**  
**For a fun and rewarding job experience.**



# LEGEND

## Facilities

### San Rafael Community Center

618 B Street San Rafael  
(415) 485-3333 Fax (415) 485-3186  
communityservices@cityofsanrafael.org

### Terra Linda Community Center & Pool

670 Del Ganado Road San Rafael  
Office: (415) 485-3344 Pool: (415) 485-3346  
Fax (415) 485-3345  
terralindapool@cityofsanrafael.org

### Albert J. Boro Community Center

50 Canal Street San Rafael  
(415) 485-3077 Fax (415) 485-3186  
communityservices@cityofsanrafael.org

### Falkirk Cultural Center

1408 Mission San Rafael  
(415) 485-3328  
falkirk.rentals@cityofsanrafael.org

### San Rafael City Council

Gary Phillips, *Mayor*  
Maribeth Bushey  
Kate Colin  
John Gamblin  
Andrew McCullough  
Jim Schutz, *City Manager*

### Park and Recreation Commission

Eric Holm, *Chair*  
Tom Obletz, *Vice Chair*  
Mark Bustillos  
Jeff Jones  
Stacy Laumann  
Mark Machado  
Ralph Mihan  
Cicily Emerson, *Alternate Commissioner*

### Community Services Department Staff

Carlene McCart, *Director*  
Kelly Albrecht, *Senior Supervisor - Child Care*  
Rochelle Grechman-Dibley, *Senior Supervisor - Youth Services*  
Jason Fong, *Program Coordinator - Youth Services*  
Ashley Howe, *Senior Supervisor*  
*San Rafael Community Center & Athletics*  
Steve Mason, *Senior Supervisor*  
*Albert J. Boro Community Center*  
Debbie Younkin, *Senior Supervisor*  
*Terra Linda Community Center & Aquatics Facility*  
Tiffany Haley, *Program Coordinator*  
*Terra Linda Community Center & Aquatics Facility*  
Risa De Ferrari, *Program Coordinator - Falkirk Cultural Center*  
Laura Washburn, *Program Coordinator - Marketing*  
Sharon Lange, *Bookkeeper - Child Care*  
Ross Morrison, Juan Carlos Sorto - *Custodians*

## Administrative Assistants

Becky Ordin  
Lidia Que  
Mary Ryan  
Jeannette Sotomayor, *Office Assistant*

## Facility Code

ABCC Albert J. Boro, Community Center  
APPA Albert Park, Park Area  
APBF Albert Park, Baseball Field  
APGC Albert Park, Grass Circle  
APSF Albert Park, Softball Field  
APTC Albert Park, Tennis Courts  
BHF Bernard Hoffman Field  
FCC Falkirk Cultural Center  
FMPTC Freitas Memorial Park, Tennis Courts  
MPGC McInnis Park Golf Course  
PP Pickleweed Park  
RMM Roots Music Marin  
SRCC San Rafael Community Center  
SRHS San Rafael High School  
SV Sun Valley Park  
TLCC Terra Linda Community Center  
TLHS Terra Linda High School  
VJP Victor Jones Park

## Phone Numbers To Know

### Senior Organization

Goldenaires Senior Organization 485-3348

### Sports/Fields

Community Services Sports – Game Schedules, Rain check/field closures, Sports Check Line 485-3349

### Children's Centers

Coleman 485-3121  
Dixie 485-3189  
Venetia Valley 485-3105  
Glenwood 485-3102  
Mary Silveira 485-3190  
Pickleweed 485-3101  
Parkside Preschool 485-3388  
Parkside School Age 485-3387  
Vallecito 485-3103  
Sun Valley 485-3350  
Bookkeeper 485-3119 & Fax 458-5009

### Sports Groups

St Isabella's/CYO Sports 507-2000  
Dixie Little League [www.eteamz.com/DTLLL](http://www.eteamz.com/DTLLL)  
Dixie Youth Soccer League <http://dixiesoccer.org>  
San Rafael Girls Softball, [www.maringirlssoftball.org](http://www.maringirlssoftball.org)  
San Rafael Little League [www.eteamz.com/srll.org](http://www.eteamz.com/srll.org)  
San Rafael Youth Soccer [www.sanrafaelsoccer.org](http://www.sanrafaelsoccer.org)  
Orca Swim Team [www.tlorca.org](http://www.tlorca.org)  
Marin Bocce Federation 485-5583  
Pacifics Baseball [www.pacificsbbaseball.com](http://www.pacificsbbaseball.com)



# PROGRAM REGISTRATION FORM

**Albert J. Boro Community Center**  
[Community.Services@CityofSanRafael.org](mailto:Community.Services@CityofSanRafael.org)  
 50 Canal St., San Rafael, CA 94901  
 Ph. (415) 485-3077 Fax (415) 485-3186

**San Rafael Community Center**  
[Community.Services@CityofSanRafael.org](mailto:Community.Services@CityofSanRafael.org)  
 618 B St., San Rafael, CA 94901  
 Ph. (415) 485-3333 Fax (415) 485-3186

**Terra Linda Community Center/  
 Hamilton Community Pool**  
[TerraLindaPool@CityofSanRafael.org](mailto:TerraLindaPool@CityofSanRafael.org)  
 670 Del Ganado Dr., San Rafael, CA 94903  
 Ph. (415) 485-3344 Fax (415) 485-3345

**Five Ways to Register:**  
 1. Online: [www.cityofsanrafael.org](http://www.cityofsanrafael.org)  
 2. FAX  
 3. Mail to address above  
 4. Walk-In to address above  
 5. Email/Scan Registration Form

*If registering for Summer Camps/Theatre, please complete a Summer Camp/Theatre Registration form.*

**Quality Assurance:** If after attending the first class, you are not happy with the quality of the program, please contact us right away. We welcome your feedback. If you call before the second class, we will give you a full refund or credit. There are no refunds or credits for non-attendance, one day workshops, trips or materials fees.

**Swim Lesson transfers:** Session transfers need to be requested at least two working days prior to the start of a session. Requests must be done in writing or in person at the Terra Linda Community Center.

**Please fill out your information and sign the form below.**

**Name of Primary Contact:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Hm Phone:** (\_\_\_\_) \_\_\_\_\_ **Cell Phone:** (\_\_\_\_) \_\_\_\_\_ **Wk Phone:** (\_\_\_\_) \_\_\_\_\_

**Email Address:** \_\_\_\_\_ (used only for communication with you.)

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_

**Emergency Contact Person's Relationship to Participant:** \_\_\_\_\_

Participant's Name	Age/ D.O.B	Course Title	Course Code	Day/Time	Fee

Please note any allergies or medications: \_\_\_\_\_

**Hold Harmless And Release Agreement:** The undersigned on behalf of himself/herself and on behalf of any child enrolled by the undersigned in the program, in consideration of participation in this program, agrees to indemnify and hold harmless, and to release, waive, and discharge, the City of San Rafael out of or in any way connected with participation by the undersigned or the enrolled child in this program, including injuries due to the active or passive negligence of the City, its offices, and employees. I HAVE READ THE ABOVE HOLD HARMLESS AND RELEASE AGREEMENT AND FULLY UNDERSTAND THAT I ASSUME RISKS FOR ANY INJURIES AND PROPERTY DAMAGE SUFFERED. I also certify that I (or my children) are knowledgeable as to all rules of conduct appropriate to the above-mentioned activity. Neither I or my child have any physical illnesses, conditions, disabilities or weaknesses that would interfere with safe participation in the activity. I recognize that bodily injury and/or property damage may be sustained through participation in this activity and acknowledge that I/we voluntarily accept all risks of injury to persons or property.

**Applicant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

By initialing, I do also hereby give my permission to the City of San Rafael to use any and/or all photographs of myself and/or my children for future agency publications. I understand that my name or my children(s) name(s) will not be published at any time in any publications. I give my permission for a photography of my child to be used for City of San Rafael marketing purposes. \_\_\_\_ **Initial**

**INDICATE METHOD OF PAYMENT:**  Cash  Check payable to City of San Rafael

Credit (VISA, MC, AMEX, Discover) Card # \_\_\_\_\_

**Exp. Date:** \_\_\_\_/\_\_\_\_

**CVC:** \_\_\_\_\_



## *Mother's Day Brunch* at the Falkirk Mansion

**SUNDAY, MAY 14  
10AM - 2PM**

Join your family and friends for a very special Mother's Day brunch at the elegant and historic Falkirk Mansion. Falkirk Cultural Center is proud to present a pop-up style brunch, hosted by Catered with Class, the Bay LLC., which will include; delicious brunch friendly fare for kids and adults, a special artist exhibition featuring six different artists participating in Marin Open Studios, demonstration gardens & grounds to explore, and a supervised children's play space with games and activities!

Please check out Falkirk Cultural Center's website for specific dates and ticket purchasing options.

Make your reservations early!

Email: [Falkirkart@cityofsanrafael.org](mailto:Falkirkart@cityofsanrafael.org) for further info.

**RESERVATIONS REQUIRED | [WWW.FALKIRKCULTURALCENTER.ORG](http://WWW.FALKIRKCULTURALCENTER.ORG)**

**San Rafael Young Performers Theatre Presents:**

# **Les Misérables<sup>®</sup>** **School Edition**

**FRIDAY JULY 28**  
**7:30PM**

**SATURDAY JULY 29**  
**2PM & 7:30PM**

**SUNDAY JULY 30**  
**2:00PM**

This epic story recounts the struggle against adversity in 19th century France. Imprisoned for stealing a loaf of bread, petty thief Jean Valjean is released from his 19-year term and not only becomes an honest man, but the mayor of a prosperous town and a loving adoptive father - violating his parole in the process. The relentless Inspector Javert, who makes a decent life for Valjean impossible, consequently pursues him. Only years later, after Valjean proves his mettle during a bloody student uprising and saves the life of a young man hopelessly in love with Valjean's adopted daughter, does the ex-convict finally feel fully redeemed.

**Shows will be performed at the Marin Center  
Showcase Theatre.**

**For more information, call (415) 485-3333**





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- Theater
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- Junior Lifeguards
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**REGISTRATION OPENS MARCH 1**

**[lifelocally.org](http://lifelocally.org)**