

# SAN RAFAEL

ACTIVITIES GUIDE | FALL 24/WINTER 25



Online, Walk-In, &  
Mail Registration  
Begins August 19

Dia de los Muertos  
Day of the Dead  
Page 2

Exciting New  
Classes Added  
This Fall



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



**SAN RAFAEL**  
LIBRARY AND RECREATION



**FREE!**

36TH ANNUAL COMMUNITY CELEBRATION

**DIA DE LOS  
MUERTOS**

**SATURDAY  
NOVEMBER 2  
3-9PM**

**ALBERT J. BORO COMMUNITY CENTER  
50 CANAL ST SAN RAFAEL**

- |                         |                         |
|-------------------------|-------------------------|
| Altars                  | Altars                  |
| Art Workshops           | Talleres de Arte        |
| Live Music              | Música en Vivo          |
| Cultural Performances   | Espectáculos Culturales |
| Walking Procession      | Procesión Caminando     |
| Authentic Food for Sale | Venta de Comida         |

**DOWNTOWN SAN RAFAEL CAR PROCESSION &  
DOWNTOWN ALTERS: SATURDAY OCTOBER 19TH 3PM**



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





# IMPORTANT REGISTRATION DATES

## REGISTRATION

Online, Walk-In and Mail-In Registration begins at 9:00am on Wednesday, August 19  
[www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

Our Activities Guide can also be viewed online at:  
[www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

## ACCESS & INCLUSION

The City of San Rafael invites people with and without disabilities to enjoy our sites, facilities, and programs. Do you have any special needs that require specific accommodations, so you can fully participate in one of the City's programs? If so, please contact our Library & Recreation Department office at (415) 485-3333.

## CITY HOLIDAYS

Most Library & Recreation Department facilities and programs are closed on the following City holidays:

LABOR DAY	Monday, September 2
VETERANS DAY	Monday, November 11
THANKSGIVING	Thursday, November 28
DAY AFTER THANKSGIVING	Friday, November 29
CHRISTMAS DAY	Wednesday, December 25
NEW YEARS DAY	Wednesday, January 1
MARTIN LUTHER KING JR	Monday, January 20
PRESIDENTS DAY	Monday, February 17

## Community Centers

### Albert J. Boro Community Center

50 Canal Street  
(415) 485-3077  
[abc.counter@cityofsanrafael.org](mailto:abc.counter@cityofsanrafael.org)

### San Rafael Community Center

618 B Street  
(415) 485-3333  
[recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org)

### Terra Linda Community Center & Pool

670 Del Ganado Road  
Office: (415) 485-3344  
Pool: (415) 485-3346  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

## Cultural Center

### Falkirk Cultural Center

1408 Mission Avenue  
(415) 485-3328  
[falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org)

## What's Inside This Guide

5	City Manager's Message
6	San Rafael Public Library
7-9	Preschool
9	School-Age Child Care
10-15	Youth & Teens
16-23	Adult
24-26	Older Adults
27	Aquatics
28	San Rafael Parks Map
29	San Rafael Park Amenities
30	Picnic Area Rentals
31	Facility Rentals
32	How to Register
33	Activity Registration Form
34	Formulario de Inscripción
35	Falkirk Cultural Center



San Rafael is a thriving age-friendly community: inclusive, accessible, and collaborative.

San Rafael is designated as an "Age-Friendly" city by the World Health Organization (WHO) and AARP and is a member of the worldwide Network of Age-Friendly Communities.

The City enables older adults to:

- age safely in a place that is right for them.
- be economically secure.
- continue to develop personally.
- continue to contribute to the community while retaining autonomy, health, and dignity.

The work of the Age-Friendly San Rafael Community Partnership is focused on housing, employment, civic and social engagement, outdoor spaces and community building, and community preparedness. Learn more: [www.cityofsanrafael.org/departments/age-friendly](http://www.cityofsanrafael.org/departments/age-friendly)

*We are a group of older adult volunteers that work closely with the City and community organizations. Please join us in our work! Contact Sparkie Spaeth at [oksparkie@aol.com](mailto:oksparkie@aol.com) or Diana Lopez at [dlopez1052@gmail.com](mailto:dlopez1052@gmail.com).*



**Join the Age-Friendly San Rafael Community Partnership today.**



SAN RAFAEL GOLDENAIRES

# HOLIDAY CRAFT FAIR, BAKE SALE & CAFE

**SUPPORT LOCAL ARTISTS!**

UNIQUE GIFTS, KNIT WEAR, JEWELRY, WATERCOLORS, PHOTOGRAPHY, APPAREL, AND MORE

GIFT BASKET RAFFLE, BAKE SALE, VISIT WITH SANTA 12-2

Free Admission  
**NOVEMBER 2nd**  
 10AM-4PM

SAN RAFAEL COMMUNITY CENTER  
 618 B STREET, SAN RAFAEL  
 INFORMATION: (415) 485-3348  
 WWW.SRGOLDENAIRES.ORG

# TREAT WALK

TREATS!  
GAMES!  
FUN!  
FREE!

**OCT 25**

SAN RAFAEL COMMUNITY CENTER  
 618 B STREET, SAN RAFAEL, CA 94901  
 4PM - 6PM

**SAN RAFAEL**  
THE CITY WITH A MISSION

[recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org)  
 (415) 485-3333





**SAN RAFAEL**  
THE CITY WITH A MISSION

**CITY COUNCIL**

Kate Colin, *Mayor*

Maribeth Bushey, *Councilmember*

Maika Llorens Gulati, *Councilmember*

Eli Hill, *Councilmember*

Rachel Kertz, *Councilmember*

*City Council meetings are held the first and third Monday of each month at 6:00pm.*

**CITY MANAGER**

Cristine Alilovich

**PARK AND RECREATION COMMISSION**

Kela Cabrales

Cicily Emerson

Ariel Gutierrez

Andrei Pasternak

Robert Sandoval

*Park and Recreation Commission meetings are held the third Thursday of each month at 6:00pm.*

**BOARD OF LIBRARY TRUSTEES**

Lawrence Andow

Jaimi Cortes

Mary Kyle

Sunny Lee

Alex Vahdat

*Board of Library Trustees meetings are held the second Tuesday of each month at 6:00pm.*

# Message from City Manager

Dear San Rafael Community Members,

Have you visited Pickleweed Park recently? I encourage you to experience for yourself why this beautiful park located in the San Rafael Canal neighborhood attracts thousands of community members throughout the year. The park has always been a special place, serving as a gathering place where friends, families, and neighbors come together. With the adjacent community center, this crucial community hub hosts numerous events, sports leagues, childcare programs, library services, and recreational programs that strengthen community bonds and create a sense of belonging for our residents.



Much of the park infrastructure dates back over 30 years. While there have been some updates, the park is showing signs of aging, which presents opportunities for improvement to better serve the community. That's why I'm thrilled to announce that this fall marks the beginning of the Pickleweed Park Enhancement Project! This \$8.59M project, funded by a \$4.24 million grant from the National Park Service Land and Water Conservation Fund and substantial matching City investment, will bring significant upgrades. These include a new year-round, all-weather turf sports field, an outdoor basketball court, updated play and exercise equipment, improved park restroom facilities, a gazebo, pathway enhancements, landscaping improvements, and an additional 18 parking spaces. This project has been a community priority for over a decade and will notably enhance access to the City's only municipal soccer field.

These improvements will ensure that Pickleweed Park and the Albert J. Boro Community Center will continue to offer opportunities for everyone in our community to discover, learn, and play together. Construction will start in September 2024. During this time, portions of the park, including the soccer fields, will be closed temporarily until construction is complete. We'll do our best to limit disruptions during construction, and of course, we're looking forward to celebrating the reopening of the park once the work is complete in Spring 2025!

For more information about the Pickleweed Park Enhancement Project you can visit our website, here: <https://www.cityofsanrafael.org/pickleweed/>. Thank you to all our community partners who have helped bring this project to life!

Lastly, City of San Rafael was incorporated in 1874, so 2024 marks the City's 150th anniversary! The City is planning to celebrate its 150th anniversary and any information will be posted to the City's website.

Your City Manager,

*Cristine Alilovich*

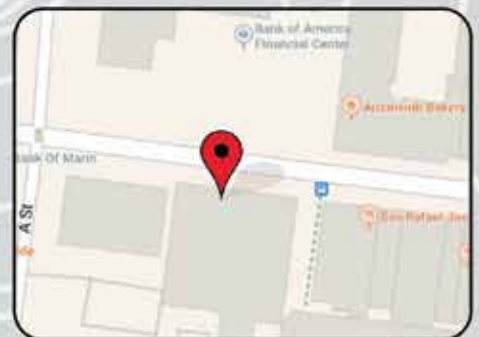
## The Downtown Library will be temporarily relocating!

In September, the Downtown San Rafael Public Library will be temporarily relocating to 1009 4th Street! Our pop-up location is in the heart of downtown San Rafael, across from the Bank of America, in the home of the former Beauty Expo.

While our current location gets much-needed safety and infrastructure updates, we are excited to take advantage of what the new space has to offer. Our services will include a range of public programs; free public Wi-Fi and access to laptops; space to sit, read and relax; as well as a variety of our most popular materials.

The Downtown Library will be closing on September 2nd, and we look forward to welcoming you to our Pop-Up Library, expected to open on September 16th!

For more information, visit our website: [srpubliclibrary.org](http://srpubliclibrary.org)



## Friends of the San Rafael Public Library Rare & Special Book Sale

First Presbyterian Church of San Rafael

1510 Fifth Avenue (enter Canoles Hall on the Mission Street side of the church).

Friday, October 18, 1:00 - 4:30 with a Members' Preview\* at 12:00

Saturday, October 19, 9:00 to 3:00

Leisurely browse tables of fine art, architecture, poetry, history (including a huge collection of California and Western History), fiction, vintage textbooks, handsome sets, textiles, antiques, charming children's books, music and much more.

The hall will be full to overflowing with wonderful finds.

For information call: 415.485.3104

\*Memberships will be available for purchase at the door

**Downtown Pop-Up**  
415-485-3323  
1009 4th St

**Pickleweed**  
415-485-3483  
50 Canal St

**Northgate**  
415-890-5670  
Northgate Mall



**SAN RAFAEL**  
LIBRARY AND RECREATION



# Preschool

## HOW TO READ THE CLASS INFORMATION

7340	Th	10:40am-12:00pm	6/6-7/18	\$120/\$132
↓	↓	↓	↓	↓
<b>CLASS CODE</b>	<b>DAY OF WEEK</b>	<b>START-END TIME</b>	<b>BEGIN/END DATE</b>	<b>RESIDENT FEE/ NON-RESIDENT FEE</b>

## Introduction to Classical Ballet

**Ages: 4Y-6Y**

**Location: Albert J. Boro Community Center**

This class will be an introduction to classical ballet.

8058	M	4pm-4:45pm	1/27-3/10	\$25/\$28
------	---	------------	-----------	-----------



## Jumping Jacks

**Location: San Rafael Community Center**

**Fees: \$54-Six classes / \$96-Twelve classes / \$10 drop-in**

Jumping Jacks is an hour-long class that consists of activities that encourage creative movement, balance, and hand-eye coordination in a high-energy, fun-filled atmosphere. The first half is free play with parents/caretakers interacting with children. The second half is group time where kids have fun dancing with scarves, playing with the parachute and of course popping bubbles!

*30-minute re-set/disinfecting between sessions*

Call 485-3333 for details!

Crawling-26 mos.	Tu/Th	9:30am-10:30am	ongoing
26 mos.-4 years	Tu/Th	11:00am-12:00pm	ongoing

## Little Angels Circle Time

**Ages: 3M-6Y**

**Location: Terra Linda Community Center**

**Drop-in Fees: \$17/class**

*Instructor Wendy Calderon's 13 years as a nanny helped her discover a passion for working with others. Children are always living in the moment and connecting with joy. Working as a medical assistant, she valued her connection with clients and loved to see them smile and hear about their families. She decided to combine these efforts to create the Little Angels program, which operates in multiple sites in Marin.*

Little Angels provides a safe environment for children of all abilities to explore, imagine, and create connection. Children will enjoy 50 minutes of entertainment and learning including a rotation of art, play time, story time, and much more! Guardians must remain on-site for this program.

8014	Th	10:40am-12:00pm	9/5-10/24	\$120/\$132
8015	Th	10:40am-12:00pm	10/31-12/12	\$90/\$99
8016	Th	10:40am-12:00pm	1/9-2/6	\$75/\$84
8017	Th	10:40am-12:00pm	2/13-3/27	\$105/\$116

# Preschool

## Soccer Stars

Backed by more than 20 years of experience, Soccer Stars offers a unique, age-specific curriculum for kids ages 1 & up. While the program has been successfully running nationwide for 2 decades, it is new to the majority of the North Bay, and we are so excited to bring it to the San Rafael community.

Soccer Stars teaches the fundamentals in a fun, non-competitive, educational environment. Our unique curriculum uses positive reinforcement and a low child-to-coach ratio to make sure each child feels confident in their own abilities, allowing kids to improve at their own rate. No matter their age, Soccer Stars has specific and progressive lesson plans built to your child's developmental needs. Many of our program ages overlap so that you and your child can be comfortable with the level of play during your session.

**Material Fee: \$20 due to instructor on first day. Jersey included. Discount: 25% discount offered for siblings.**

**No Class: 11/26, 11/30, 12/1**

### Parent & Me Ages: 1Y-2.5Y

With parents and caregivers, our coaches and puppet friends Mimi and Pepe, take toddlers through a world of exciting physical activity. We use play-based activities and engaging original music to develop pre-soccer skills in a fun and nurturing environment and use the soccer ball to develop skills, teach teamwork and build confidence.

#### Location: Albert Park Community Lawn

7869	Sa	9:00am-9:40am	9/14-10/26	\$154/\$169
7870	Sa	9:00am-9:40am	11/2-12/21	\$154/\$169
7871	Sa	9:00am-9:40am	1/18-3/1	\$154/\$169

7881	Su	9:30am-10:10am	9/15-10/27	\$154/\$169
7882	Su	9:30am-10:10am	11/3-12/22	\$154/\$169
7883	Su	9:30am-10:10am	1/19-3/2	\$154/\$169

#### Location: Terra Linda Park

8018	Tu	9:30am-10:10am	9/3-10/15	\$154/\$169
8022	Tu	9:30am-10:10am	10/29-12/17	\$154/\$169
8031	Tu	9:30am-10:10am	1/7-2/25	\$176/\$193

8020	Tu	4:00pm-4:40pm	9/3-10/15	\$154/\$169
8023	Tu	4:00pm-4:40pm	10/29-12/17	\$154/\$169
8032	Tu	4:00pm-4:40pm	1/7-2/25	\$176/\$193

8021	Sa	3:30pm-4:10pm	9/7-10/19	\$154/\$169
8024	Sa	3:30pm-4:10pm	11/2-12/21	\$154/\$169
8033	Sa	3:30pm-4:10pm	1/11-3/1	\$176/\$193



### Toddler Ages: 2Y-3.5Y

#### Location: Albert Park Community Lawn

7872	Sa	9:50am-10:30am	9/14-10/26	\$154/\$169
7873	Sa	9:50am-10:30am	11/2-12/21	\$154/\$169
7874	Sa	9:50am-10:30am	1/18-3/1	\$154/\$169

7884	Su	10:00am-11:00am	9/15-10/27	\$154/\$169
7885	Su	10:00am-11:00am	11/3-12/22	\$154/\$169
7886	Su	10:00am-11:00am	1/19-3/2	\$154/\$169

#### Location: Terra Linda Park

8025	Tu	10:20am-11:00am	9/3-10/15	\$154/\$169
8027	Tu	10:20am-11:00am	10/29-12/17	\$154/\$169
8034	Tu	10:20am-11:00am	1/7-2/25	\$176/\$193

8026	Sa	4:20pm-5:00pm	9/7-10/19	\$154/\$169
8028	Sa	4:20pm-5:00pm	11/2-12/21	\$154/\$169
8035	Sa	4:20pm-5:00pm	1/11-3/1	\$176/\$193

### Preschool Ages: 3Y-4.5Y

#### Location: Albert Park Community Lawn

If your child attends Parkside Preschool on Fridays, please talk with your child's teacher as we have made arrangements for Soccer Stars staff to pickup and drop-off kids while they are there!

7866	F	11:15am-11:55am	9/13-10/25	\$154/\$169
7867	F	11:15am-11:55am	11/1-12/20	\$154/\$169
7868	F	11:15am-11:55am	1/17-2/28	\$154/\$169

7875	Sa	10:40am-11:20am	9/14-10/26	\$154/\$169
7876	Sa	10:40am-11:20am	11/2-12/21	\$154/\$169
7877	Sa	10:40am-11:20am	1/18-3/1	\$154/\$169

#### Location: Terra Linda Park

8029	Tu	4:50pm-5:30pm	9/3-10/15	\$154/\$169
8030	Tu	4:50pm-5:30pm	10/29-12/17	\$154/\$169
8036	Tu	4:50pm-5:30pm	1/7-2/25	\$176/\$193



# Preschool Programs

## Parkside Preschool

51 Albert Park Lane, San Rafael 94901  
Director: Jackie Newsom Phone: 485-3388

Parkside Preschool is a year-round, full-time program, which provides a developmentally appropriate play-based program that focuses on exploration, discovery, and social interaction. The two classrooms are set up with a variety of activity centers: art, science, language arts, library, dramatic play, blocks, and math. Activities are planned and prepared 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 skills, and creativity.

## Pickleweed Preschool

40 Canal Street, San Rafael 94901  
Interim Director: Karina Velasquez Phone: 485-3101

Pickleweed Preschool is a state funded, part-day preschool program. Our highly experienced and caring teachers create an environment that offers a range of experiences to encourage and foster children's independence and academic growth. The children begin to develop self-discipline and the ability to concentrate while exercising their choice of materials in various activity centers during work time. Children will participate in small and large group activities to study and explore their expanding world and will learn practical life and social skills through their work and play. All activities and curriculum will encourage children's English Language Development and Acquisition.



# School-Age Child Care

Serving the San Rafael and Miller Creek School Districts, the City of San Rafael offers year-round childcare to children in Transitional 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 childcare, each center offers a variety of flexible schedules to meet your needs. Please note that our centers have a limited capacity and program enrollment is first-come first-served, so please contact us early and inquire about rates and availability.

**Registration is conducted at the various school sites.**

## Glenwood Children's Center

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

## Lucas Valley Children's Center

Lucas Valley Elementary School  
1175 Idylberry Road, San Rafael 94903  
Director: Diana Muller Phone: 485-3189

## 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  
Director: Trisha Cerutti-Saylors Phone: 485-3103



SCAN THE CODE TO SEE  
JOB DETAILS AND APPLY TODAY!

## WE'RE HIRING!

Come join a great team!  
City of San Rafael Childcare Division

# Youth & Teens

## HOW TO READ THE CLASS INFORMATION

7340	Th	10:40am-12:00pm	6/6-7/18	\$120/\$132
↓	↓	↓	↓	↓
<b>CLASS CODE</b>	<b>DAY OF WEEK</b>	<b>START-END TIME</b>	<b>BEGIN/END DATE</b>	<b>RESIDENT FEE/ NON-RESIDENT FEE</b>

## DANCE

### Introduction to Ballet

**Location:** Albert J. Boro Community Center

This class will be an introduction to classical ballet.

**Ages:** 4Y-6Y

8058	M	4pm-4:45pm	1/27-3/10	\$25/\$28
------	---	------------	-----------	-----------

**Ages:** 7Y-10Y

8052	Th	4pm-4:45pm	9/5-10/10	\$25/\$28
8053	Th	4pm-4:45pm	10/17-11/21	\$25/\$28
8057	Th	4pm-4:45pm	1/23-2/27	\$25/\$28

**Ages:** 11Y+

6836	W	4:45pm-5:30pm	9/6-10/11	\$25/\$28
------	---	---------------	-----------	-----------

### Introduction to Ballroom & Latin Dance

**Ages:** 8Y-12Y

**Location:** Albert J. Boro Community Center

In this class, students will learn the fundamentals of partner dancing in a fun, relaxed environment. Participants will be introduced to various partner dances such as salsa, bachata, merengue, waltz, and swing.

8054	F	3:30pm-4:15pm	9/6-10/11	\$25/\$28
8055	F	3:30pm-4:15pm	10/18-11/22	\$25/\$28
8056	F	3:45pm-4:30pm	1/24-2/28	\$25/\$28



## ARTS & CRAFTS

### Terra Linda Ceramics

Award winning artist, Nadia Tarzi-Saccardi, is the director for the Terra Linda Ceramic Artists program since 2017. Nadia first studied ceramics and sculpture forty years ago in Strasbourg, France and for the last 15 years has been teaching ceramics to adults & children across the Bay Area. She was recently awarded the **Best of Marin 2020, 2021, 2022, 2023** and **2024** for **Best Art Instructor** and **Best Art Studio**. Visit: [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com)

For all ceramics classes:

**Location:** Terra Linda Community Center - Room 1

**Material Fee:** \$30 due to instructor 24 hrs. before first class

**No Classes:** 11/11, 11/25, 11/26, 4/7, 4/8

### Mud Masters

**Ages:** 8.5Y-13.5Y

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. Sign up early as class size is limited.

7531	Tu	4pm-5:30pm	9/24- 10/22	\$136/\$150
7532	Tu	4pm-5:30pm	11/5 – 12/10	\$136/\$150
7988	Tu	4pm-5:30pm	1/ 7 – 2/4	\$140/\$154
7997	Tu	4pm-5:30pm	3/4 – 4/1	\$140/\$154

### Hang Out with Clay-All Level Teen Class

**Ages:** 14Y-18Y

This after school program is designed to give you the opportunity to express and explore your creative ideas through the amazing medium of clay. You will be taught all the techniques that you need to create what you imagine and encouraged to develop your own style. All levels are welcome. There will be many opportunities to explore glazing and surface decorations as well as working on a portfolio if desired. Sign up early as class size is limited.

7527	M	4pm-6pm	9/23-10/28	\$180/\$198
7528	M	4pm-6pm	11/4-12/16	\$150/\$165
7998	M	4pm-6pm	1/6-2/10	\$155/\$170
7999	M	4pm-6pm	3/3-4/21	\$186/\$204

### Holiday Family Workshop

**Ages:** 6Y & Up

**Location:** Terra Linda Community Center

Enjoy family time with clay. Make holiday crafts with your children, choose a glaze color from our event's palette that makes you happy and pick up your fired pieces just in time for the holidays.

Registration includes one parent and one child. \$15 for any additional child and \$25 for parent. To register additional people, please call 415-485-3344.

7533	Su	2pm-4pm	12/1	\$90/\$99
7534	Su	2pm-4pm	12/8	\$90/\$99



# Youth & Teens

## Nutcracker Workshop

**Ages: 5Y & Up**

**Location: Falkirk Cultural Center - Upstairs**

Families and individuals are invited to “crack it up” at the Falkirk Cultural Center. Join us to create a festive Nutcracker to be on display at Falkirk and then go home with you for the season. What will you name your Cracker? How will you decorate them? Each family/individual will receive one 2-foot-tall wooden nutcracker. Paint, jewels, fabric and more will be provided, but you are welcome to bring decorative items from home to create a specially themed Nutcracker. Nutcrackers will be on display at Falkirk until Thanksgiving. Children need to be accompanied by an adult. Don't delay in registering as we have a limited number of Nutcrackers.

8062	F	3:30pm-5:30pm	11/1	\$25/\$28
8063	Sa	10am-12pm	11/2	\$25/\$28



## ATHLETICS

### San Rafael Basketball Academy

**Ages: 5Y & Up**

**Location: Albert J. Boro Community Center - Gymnasium**

The San Rafael Basketball Academy is a fun way to introduce your kids to the world of basketball. With drills and games focused on building motor skills and teaching basic basketball principles such as dribbling, passing, shooting and teamwork, kids will develop a love for the game in a fun, safe enriched setting.

8008	Sa	11:30am-12:30pm	9/14-10/19	\$25/\$28
------	----	-----------------	------------	-----------

## Soccer Stars TK/K

**Ages: 4Y-7Y**

**Location: Albert Park Community Lawn**

**Material Fee: \$20 due to instructor on first day. Jersey included.**

**Discount: 25% discount offered for siblings.**

**No Class: 11/30, 12/1**

*Backed by more than 20 years of experience, Soccer Stars offers a unique, age-specific curriculum for kids ages 1 & up. While the program has been successfully running nationwide for 2 decades, it is new to the majority of the North Bay, and we are so excited to bring it to the San Rafael community.*

Soccer Stars teaches the fundamentals in a fun, non-competitive, educational environment. Our unique curriculum uses positive reinforcement and a low child-to-coach ratio to make sure each child feels confident in their own abilities, allowing kids to improve at their own rate. No matter their age, Soccer Stars has specific and progressive lesson plans built to your child's developmental needs. Many of our program ages overlap so that you and your child can be comfortable with the level of play during your session.

7878	Su	11:15am-11:55am	9/14-10/26	\$154/\$169
7879	Su	11:15am-11:55am	11/2-12/21	\$154/\$169
7880	Su	11:15am-11:55am	1/18-3/1	\$154/\$169

## Classical Fencing

**Location: San Rafael Community Center - Rooms 2-4**

Classical Fencing is the art and science of defense. Students will learn the proper structure and form, basic footwork, defenses, and attacks, as well as the etiquette for how to interact with other students and maintain awareness for safety. Masks and gloves must be purchased but are not required for the first couple of lessons. Instructor will provide purchasing information. Students must wear long sleeves, pants, and closed-toe shoes.

**Ages: 9Y-14Y**

7849	Tu	5:30pm-6:30pm	9/10-10/15	\$100/\$110
7850	Tu	5:30pm-6:30pm	10/29-12/3	\$100/\$110
7851	Tu	5:30pm-6:30pm	1/14-2/18	\$100/\$110
7852	Tu	5:30pm-6:30pm	3/4-4/8	\$100/\$110

**Ages: 14Y & Up**

7853	Tu	6:30pm-7:30pm	9/10-10/15	\$100/\$110
7854	Tu	6:30pm-7:30pm	10/29-12/3	\$100/\$110
7855	Tu	6:30pm-7:30pm	1/14-2/18	\$100/\$110
7856	Tu	6:30pm-7:30pm	3/4-4/8	\$100/\$110

# Youth & Teens

## MARTIAL ARTS

### Canal Karate

**Ages: 5Y & Up**

**Location: Albert J. Boro Community Center**

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This self-defense program will help students achieve improved focus and strength while having fun. Various class levels to match student's Karate experience. \$10 discount for multiple siblings.

<b>Age:</b>	<b>Time:</b>
Beginning (5Y+)	5:00pm-6:00pm
Youth/Intermediate (7Y+)	6:00pm-7:00pm
Adult/Intermediate	7:00pm-8:00pm
Adult/Advanced	8:00pm-9:00pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos.

<b>Age:</b>	<b>Time:</b>
Juventud/Comienzo (5Y+)	5:00pm-6:00pm
Jóvenes/Intermedios (7Y+)	6:00pm-7:00pm
Adulto/Intermedio	7:00pm-8:00pm
Adulto/Avanzado	8:00pm-9:00pm

8001	Tu/Th	5pm-9pm	9/17-10/24	\$80/\$88
8002	Tu/Th	5pm-9pm	10/29-12/5	\$80/\$88
8003	Tu/Th	5pm-9pm	1/7-2/13	\$80/\$88
8004	Tu/Th	5pm-9pm	2/18-3/27	\$80/\$88



Adult  
Martial Arts  
on  
page 23

## TAEKWONDO CLASSES FOR YOUTH

The Taekwondo classes listed below are taught by Greg Le Moi who has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate and has taught 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.

**Location: Terra Linda Community Center - Rooms 2 & 3**  
**Uniform Fee: \$45 due to instructor on first day of class**  
**Sibling Discount: -\$10**  
**No Classes: 11/28, 12/17, 12/19, 12/24, 12/26, 12/31, 1/2**

### Taekwondo Tiny Tigers

**Ages: 4Y-6Y**

Our Tiny Tigers program is designed to help children, ages 4 to 6, 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!

7969	Tu/Th	3:30pm-4:00pm	11/5-1/9	\$134/\$147
7970	Tu/Th	3:30pm-4:00pm	1/21-3/13	\$134/\$147

### Taekwondo Youth-Beginning

**Ages: 7Y & Up**

White - Green Belt: For ages 7 and up, beginning classes are based on a lifetime learning concept in addition to technical skills. Camo and Green Belt members of this class are invited to Thursday Sparring as scheduled. A \$45 uniform fee is due to the instructor.

7971	Tu/Th	4:05pm-4:50pm	11/5-1/9	\$164/\$180
7972	Tu/Th	4:05pm-4:50pm	1/21-3/13	\$164/\$180

### Taekwondo Youth-Advanced & Black Belt

**Ages: 7Y & Up**

Youth Advanced and Black Belt program is for ages 7 & up. Purple-Black belt rank. Our classes are based on a lifetime learning concept in addition to advanced technical skills. The building blocks for our system are the Life skills, which we use as our monthly themes. This is a combined class. Youth will train until 5:40pm. Black Belts until 6:05pm.

7973	Tu/Th	4:55pm-6:05pm	11/5-1/9	\$164/\$180
7974	Tu/Th	4:55pm-6:05pm	1/21-3/13	\$164/\$180



# Youth & Teens

## MARTIAL ARTS WITH SCOTT JENSEN

Scott Jensen is a traditionally trained Kung Fu and Tai Chi master with more than 40 years of teaching experience and an international gold medalist. He enjoys sharing his love of the martial arts with everyone from beginning to more experienced students. Scott studied with grandmasters of traditional Chinese martial arts, which includes Northern Shaolin, Lohan, Xing Yi Quan and Tai Chi Chuan, as well as Chi Chuan, Xing Yi Quan, Ba Gua Zhang, and Lan Shou Quan with the lineage masters in each style.

**NOTE:** Please wear loose clothes or a Kung Fu uniform and flat shoes with soft soles, such as skateboarding shoes. Remember to bring a water bottle.

**Ages: 15Y & Up**

**Location: San Rafael Community Center - Auditorium**

**No Classes: 11/25, 11/27, 1/20, 2/17, 3/31**

### Qigong

Qi Gong is breathing and stretching exercises based on traditional Chinese medicine and practicing these exercises can dramatically improve your health. Systematically stretch and strengthen every part of your body. Link your breath and movement while you calm your mind.

7938	M/W	6:00pm-6:45pm	9/16-10/9	\$144/\$158
7939	M/W	6:00pm-6:45pm	10/14-11/6	\$144/\$158
7940	M/W	6:00pm-6:45pm	11/13-12/16	\$144/\$158
7941	M/W	6:00pm-6:45pm	1/13-2/10	\$144/\$158
7942	M/W	6:00pm-6:45pm	2/12-3/12	\$144/\$158
7943	M/W	6:00pm-6:45pm	3/17-4/14	\$144/\$158

### Tai Chi

Start with learning the first section of the Tai Chi form and improve your health, balance, energy level while relieving stress, making new friends, and having fun. As you progress, you will learn Tai Chi Sword and Tai Chi Push Hands, which is a stand-up grappling game where both players attempt to use their Tai Chi moves to off balance the other.

7956	M/W	6:45pm-8:00pm	9/16-10/9	\$160/\$176
7957	M/W	6:45pm-8:00pm	10/14-11/6	\$160/\$176
7958	M/W	6:45pm-8:00pm	11/13-12/16	\$160/\$176
7959	M/W	6:45pm-8:00pm	1/13-2/10	\$160/\$176
7960	M/W	6:45pm-8:00pm	2/12-3/12	\$160/\$176
7961	M/W	6:45pm-8:00pm	3/17-4/14	\$160/\$176

### Kung Fu

This Kung Fu class includes Northern Shaolin, Xing Yi Quan, sparring, partner forms and self-defense. Northern Shaolin is extremely athletic with high and flying kicks, ultra-low ground sweeps, acrobatic tumbling and ground rolling, long low stances, and all the classical Kung Fu weapons. Xing Yi Quan is a power punching style providing excellent practical fighting skills and great health benefits. Build your skills in this safe and closely supervised program where everyone learns control and accuracy. New students begin with systematic and extensive training in dodging, covering up, and footwork to guarantee excellent defensive skills. As students progress, they learn to use and defend against all levels of kicking, trips, throws, joint locks, and ground defenses.

7950	M/W	6:45pm-8:30pm	9/16-10/9	\$160/\$176
7951	M/W	6:45pm-8:30pm	10/14-11/6	\$160/\$176
7952	M/W	6:45pm-8:30pm	11/13-12/16	\$160/\$176
7953	M/W	6:45pm-8:30pm	1/13-2/10	\$160/\$176
7954	M/W	6:45pm-8:30pm	2/12-3/12	\$160/\$176
7955	M/W	6:45pm-8:30pm	3/17-4/14	\$160/\$176

### Combined Qigong & Tai Chi or Qigong & Kung Fu

Please see the respective class descriptions.

7944	M/W	6:00pm-8:30pm	9/16-10/9	\$224/\$246
7945	M/W	6:00pm-8:30pm	10/14-11/6	\$224/\$246
7946	M/W	6:00pm-8:30pm	11/13-12/16	\$224/\$246
7947	M/W	6:00pm-8:30pm	1/13-2/10	\$224/\$246
7948	M/W	6:00pm-8:30pm	2/12-3/12	\$224/\$246
7949	M/W	6:00pm-8:30pm	3/17-4/14	\$224/\$246



# Youth & Teens

## PERFORMING ARTS

### Happy Lane Drama - Roald Dahl's Willy Wonka Jr.

**Ages:** 7Y-12Y

**Location:** San Rafael Community Center - Auditorium

**Material Fee:** \$105 due to instructor on first day of class

**No Class:** 10/1, 10/3, 10/31

Lets put on a show! Join Happy Lane Drama, as we go on a delicious adventure with Willy Wonka, in this captivating adaptation of Roald Dahls fantastical tale. Featuring enchanting songs from the 1971 film, in addition to a host of fun new songs, with memorable characters like Charlie, his grandpa, Oompa Loompas, and more, Roald Dahls Willy Wonka JR. is a scrumpdidilyumptious musical, guaranteed to delight everyone's sweet tooth. Parents, please check the rehearsal and performance schedule carefully, and write down all important dates, i.e. shows and tech week. Also, consider up to 6 hours of volunteer time, which may include Backstage, Props, Sets, Costumes, Bake Sale, Tickets, Promo, Video, Photos, etc.!

Performances dates:

December 5, 6, 12, 13 and 14 (Matinee/Evening)

7964	Tu/Th	4pm-6:30pm	9/3-12/14	\$495/\$544
------	-------	------------	-----------	-------------

### Happy Lane Drama - Shrek the Musical Jr.

**Ages:** 7Y-12Y

**Location:** San Rafael Community Center - Auditorium

**Material Fee:** \$105 due to instructor on first day of class

**No Class:** 2/18, 2/20

Beauty is in the eye of the ogre in Shrek The Musical JR., based on the Oscar-winning DreamWorks Animation film and fantastic Broadway musical. It's a "big bright beautiful world" as everyone's favorite ogre, Shrek, leads a cast of fairytale misfits on an adventure to rescue a princess and find true acceptance. Part typical and part twisted fairy tale, Shrek JR. is an irreverently fun show, filled with several prominent roles (Shrek, Fiona, Donkey, Lord Farquaad, Gingy, Pinocchio...) and a vibrant ensemble, with a powerful message for the whole family. Also, consider up to 6 hours of volunteer time, which may include Backstage, Props, Sets, Costumes, Bake Sale, Tickets, Promo, Video, Photos, etc.!

Performances dates:

March 20, 21, 27, 28, and 29 (Matinee/Evening)

Registration for Shrek available November 15th

8009	Tu/Th	4pm-6:30pm	1/7-3/29	\$495/\$544
------	-------	------------	----------	-------------

## TECHNOLOGY

**FUN ONLINE CLASSES**  
Code, games, robots, mobile apps, and more.

★★★★★

Experts-Designed Curriculum  
Highly Experienced Teachers  
Develop Creativity & Critical Thinking  
Have Fun!

Create & Learn  
Brought to You by Tech & Education Experts from Silicon Valley  
Google  
Stanford University  
Apple

### VIRTUAL CODING CLASSES FOR KIDS

Join Create & Learn inc. with their award-winning, top-rated kids coding classes online. The small group classes with a maximum of five students each, along with live video experience, and awesome teachers set every child up for success. This program was founded by tech experts who worked for Google, Uber and Stanford.

Participants will receive emails from classes@createandlearn.us. However, sometimes emails from our platform are redirected to spam/junk/trash folders. We encourage guardians to search and mark it as not spam in order to receive emails going forward. For technical issues please e-mail support@createandlearn.us or call 650-670-8867

**Technical Requirements:** Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity

### Minecraft Modding Quest - Units 1-3

**Ages:** 8Y-12Y

**Location:** Virtual Class via Zoom

Does your child enjoy Minecraft? Minecraft: Education Edition is built on top of the regular Minecraft game and includes additional features to teach kids coding and other STEM skills. In these carefully designed Minecraft modding classes, we cover a broad set of coding concepts. We start by introducing kids to the very basic concept of stacking commands together to make computers accomplish tasks - the fundamentals of coding. Kids will control agents to solve puzzles while interacting with different in-game characters. We will then move on to learn core coding concepts such as loop, operations, conditional, events, function, variables, and more. As students become increasingly proficient in these coding skills, they will progress to constructing more intricate structures and even coding mini-games. Our enjoyable online modding courses employ an inquiry-based approach, providing your children with ample opportunities not only to learn but also to create - an idea enriching experiences! iPad is not supported.

7912	Tu	2:30pm-3:25pm	9/10-11/26	\$215/\$236
7913	M	5:30pm-6:25pm	9/16-12/2	\$215/\$236



# Youth & Teens

## Beginner Roblox Game Coding Units 1-3

**Ages: 8Y-14Y**

**Location: Virtual Class via Zoom**

*Prerequisites - Completion of Scratch Ninja 3 or equivalent advanced Scratch coding experiences.*

Does your kid love Roblox? With this coding class, your child will be able to create their own games for Roblox in no time. The coding approach is similar to Scratch but is tailored specifically for developing Roblox games. It is a lot more effective for younger students compared to using Lua. Your child will learn and practice advanced coding skills, apply their imaginations, and create!

7926	Th	4pm-5:15pm	1/16-4/3	\$269/\$295
7927	Sa	11am-12:15pm	2/1-4/19	\$269/\$295
7928	Tu	4pm to 5:15pm	2/18-5/6	\$269/\$295

## Scratch Ninja

This class uses Scratch, a coding platform developed by MIT, as a tool to teach core computer science and coding concepts such as loop, conditional, motion, and sensing. Students will also work on a project in each session ranging from animation, games, to graphic design and storytelling, etc. The class employs a variety of interesting topics to teach logical thinking and inspire creativity, so your kids are not only learning but also creating starting from day one. Kids will be challenged to be creative and solve tough problems while learning the deeper computer science concepts.

## Scratch Ninja: Units 1 & 2

**Ages: 7Y-12Y**

**Location: Virtual Class via Zoom**

7921	M	1pm-1:55pm	9/9-10/28	\$151/\$166
7922	W	5:30pm-6:25pm	9/11-10/30	\$151/\$166
7923	Sa	11am-11:55am	9/14-11/2	\$151/\$166
7924	Tu	5:30pm-6:25pm	9/17-11/5	\$151/\$166
7934	Sa	9:30am-10:25am	1/18-3/8	\$151/\$166
7935	W	2:30pm-3:25pm	1/29-3/19	\$151/\$166
7936	Su	2:30pm-3:25pm	2/16-4/6	\$151/\$166
7937	F	4pm-4:55pm	2/21-4/11	\$151/\$166

## Scratch Ninja: Units 4 & 5

**Ages: 8Y-12Y**

**Location: Virtual Class via Zoom**

**No Class: 11//28**

*Prerequisite-Students need to have taken Scratch Ninja 2 or have at least 20 hours of Scratch coding experiences and are familiar with all coding blocks in Scratch*

7925	Th	4pm-5:10pm	10/10-12/5	\$189/\$208
------	----	------------	------------	-------------

## NEW! Create with ChatGPT 1

**Ages: 9Y-14Y**

**Location: Virtual Class via Zoom**

*Prerequisites - It would be ideal if students have some basic knowledge of coding such as block based coding like Scratch Ninja*

Your children's learning today, and their future, have changed drastically with the recent launch of ChatGPT. The impact and capabilities of such AI systems will only grow overtime. Whoever can master AI tools will be in a more advantageous position to succeed. In this fun and informative course, students will start to learn how to use ChatGPT more effectively, understand its strengths and weaknesses, and develop important skills to master this very valuable tool.

7929	Tu	2:30pm-3:45pm	1/14-2/11	\$100/\$110
7930	W	5:30pm-6:45pm	2/12-3/12	\$100/\$110

## NASA STEM Club

**Ages: 6Y-10Y**

**Location: Virtual Class via Zoom**

From Mars and aliens, to galaxies and rockets, space fascinates many kids and adults alike, and is the source of powerful imaginations. In this series of classes, your kids will learn a wide range of topics related to space science, NASA, and practice other STEM skills. All classes are project based to encourage curiosity and develop problem solving skills. In each session, we will learn cool new things about space and science, then build small projects and play games sometimes to make it fun and strengthen the learning.

7931	Tu	1:30pm-2:25pm	1/14-3/4	\$151/\$166
------	----	---------------	----------	-------------

## Python for AI - Units 1, 2 & 3

**Ages: 10Y-18Y**

**Location: Virtual Class via Zoom**

*Prerequisites - Strongly recommend Scratch 1-3 with us or equivalent; familiarity with basic coding concepts such as conditional, loop, variable, and events. For students grades 6 or lower, extensive prior coding experiences in platforms like Scratch are required. For grades 7 or older, you can start with Python without prior coding experiences, as long as you are willing to spend some moderate amount of extra time to practice.*

Students take a deeper dive into coding using Python. Students will transition from block coding, which they learned in Scratch, to text-based coding. They will learn fundamental Python skills as they build creative stories, animations and games. Basic topics will include using Python syntax, variables, loops, functions, and built-in data structures. In these classes, students will begin using Python for AI and data science. We will explore more advanced elements of Python such as dictionaries and files, and learn how to employ Python's powerful modules to build games, stories and real-world data projects.

7919	Sa	11am-12:10pm	9/14-11/30	\$269/\$296
7920	Tu	4pm-5:10pm	9/17-12/3	\$269/\$296
7932	Th	2:30pm-3:40pm	1/16-4/3	\$269/\$296
7933	Tu	4pm-5:10pm	1/21-4/8	\$269/\$296

# Adults

## ARTS & CRAFTS

### TERRA LINDA CERAMICS

Award winning artist, Nadia Tarzi-Saccardi, is the director for the Terra Linda Ceramic Artists program since 2017. Nadia first studied ceramics and sculpture forty years ago in Strasbourg, France and for the last 15 years has been teaching ceramics to adults & children across the Bay Area. She was recently awarded the **Best of Marin 2020, 2021, 2022, 2023 and 2024 for Best Art Instructor and Best Art Studio**. Visit: [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com).

Join our unique and vibrant ceramics community.  
Learn all about clay and let your imagination soar!

PLEASE NOTE, WE DO NOT OFFER ALL LEVEL CLASSES.

**IF YOU ARE A BEGINNER OR RETURNING TO CLAY AFTER A LONG HIATUS**, please sign up for the Fundamentals class. In the Fundamentals class, you will master the needed techniques to get you going in your new creative adventure.

**TO ATTEND AN INTERMEDIATE, INTERMEDIATE/ADVANCED CLASS** the requirements are knowing the fundamental building techniques, including and not limited to how to use the slab roller, scoring & slipping, pinching, coiling, using molds, and knowing how to glaze.

A master class demonstration is offered during the second week of each intermediate/advanced session, and individual artistic and technical support is given throughout the session. TLCA also offers exhibiting opportunities to its advanced ceramic artists.

For all ceramics classes:

**Ages: 18Y & Up**

**Location: Terra Linda Community Center - Room 1**

**Material Fee: \$70 due to the instructor 24hr prior to the first class. Fee includes a bag of regular clay.**

**No Class: 10/31, 11/26, 11/27, 4/8, 4/9, 4/10**

Classes starting in September will open August 20 at 9am, November classes will open October 1 at 9am, January classes will open December 10 at 9am, and March classes will open February 4 at 9am.

### Fundamentals - Introduction of Ceramics

This class is dedicated to beginners ONLY and to people who have not done ceramics in many years and need a re-fresher in techniques.

After Fundamentals is completed, if students want to continue taking ceramics classes they must sign up for a different session of classes. Fundamentals is not a repeat class.

7515	W	5:30pm-8:30pm	9/25-10/30	\$240/\$264
7523	W	5:30pm-8:30pm	11/6-12/18	\$240/\$264
7984	W	5:30pm-8:30pm	1/8-2/12	\$245/\$269
7993	W	5:30pm-8:30pm	3/5-4/16	\$245/\$269

### Ceramics - Advanced & Intermediate

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

This class is not designed for a beginners level.

**ADVANCED CERAMICS** (Instructor approval required.)

7513	W	9:00am-12:00pm	9/25-10/30	\$240/\$264
7521	W	9:00am-12:00pm	11/6-12/18	\$240/\$264
7982	W	9:00am-12:00pm	1/8-2/12	\$245/\$269
7991	W	9:00am-12:00pm	3/5-4/30	\$326/\$359

### INTERMEDIATE CERAMICS

7512	Tu	6:00pm-9:00pm	9/24-10/29	\$240/\$264
7516	Th	9:00am-12:00pm	9/26-10/31	\$240/\$264
7518	Sa	10:00am-1:00pm	9/28-11/2	\$240/\$264
7520	Tu	6:00pm-9:00pm	11/5-12/17	\$240/\$264
7524	Th	9:00am-12:00pm	11/7-12/19	\$240/\$264
7526	Sa	10:00am-1:00pm	11/9-12/21	\$240/\$264
7981	Tu	6:00pm-9:00pm	1/7-2/11	\$245/\$269
7985	Th	9:00am-12:00pm	1/9-2/13	\$245/\$269
7987	Sa	10:00am-1:00pm	1/11-2/15	\$245/\$269
7990	Tu	6:00pm-9:00pm	3/4-4/29	\$326/\$359
7994	Th	9:00am-12:00pm	3/6-5/1	\$326/\$359
7996	Sa	10:00am-1:00pm	3/8-5/3	\$326/\$359

### INTERMEDIATE/ADVANCED CERAMICS

7511	Tu	9:00am-12:00pm	9/24-10/29	\$240/\$264
7514	W	1:00pm-4:00pm	9/25-10/30	\$240/\$264
7517	Th	6:00pm-9:00pm	9/26-10/31	\$240/\$264
7519	Tu	9:00am-12:00pm	11/5-12/17	\$240/\$264
7522	W	1:00pm-4:00pm	11/6-12/18	\$240/\$264
7525	Th	6:00pm-9:00pm	11/7-12/19	\$240/\$264
7980	Tu	9:00am-12:00pm	1/7-2/11	\$245/\$269
7983	W	1:00pm-4:00pm	1/8-2/12	\$245/\$269
7986	Th	6:00pm-9:00pm	1/9-2/13	\$245/\$269
7989	Tu	9:00am-12:00pm	3/4-4/29	\$326/\$359
7992	W	1:00pm-4:00pm	3/5-4/30	\$326/\$359
7995	Th	6:00pm-9:00pm	3/6-5/1	\$326/\$359



# Adults

## HOW TO READ THE CLASS INFORMATION

7340	Th	10:40am-12:00pm	6/6-7/18	\$120/\$132
↓	↓	↓	↓	↓
<b>CLASS CODE</b>	<b>DAY OF WEEK</b>	<b>START-END TIME</b>	<b>BEGIN/END DATE</b>	<b>RESIDENT FEE/ NON-RESIDENT FEE</b>

## Japanese Flower Arranging - Sogetsu Ikebana

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Rooms 2-4**

**No Class: 10/17**

**Materials Fee: \$25 paid to instructor on the first day of class.**

*Fee covers instructor materials for weekly demonstration.*

*Required textbook and additional supplies are available for purchase at class. Please contact instructor Rachel at [rachel@simplygrounded.com](mailto:rachel@simplygrounded.com) for any questions about the course.*

Beginners welcome! The practice of Ikebana cultivates floral well-being - that sense we feel when our hands, eyes and imaginations are absorbed in the limitless originality of nature. Learn techniques to create simple yet dynamic Ikebana designs. Develop your creative self-expression and explore the beauty of flowers, through this exquisite art form. Each class includes a demonstration, practice time, and individual assistance in a relaxed atmosphere.

7804	Th	11:00am-2:00pm	9/5-11/14	\$300/\$330
7805	Th	11:00am-2:00pm	1/16-3/20	\$300/\$330



## Tole Painting

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

This open lab for acrylic painters is an opportunity to paint and be inspired by other painters. Lab Director Shirley Macpherson has run the tole painting lab for over 30 years at the Terra Linda Community Center. She was a member of the National Society of Decorative Painters and attended seminars and conferences throughout the United States to keep up with new trends and ideas. Four of her original designs are part of the permanent collection of the Smithsonian Institute.

F	9:30am-12:30pm	Ongoing-Resumes Oct 18	Drop-in \$6
---	----------------	------------------------	-------------



## Watercolor Painting - All Levels

**Ages: 18Y & Up**

**Location: Falkirk Cultural Center**

**No Class: 11/19, 11/26**

Through a combination of review and practice with fundamentals, students will explore methods and techniques to make watercolor paintings interesting, dynamic, fresh, and appealing. Each class starts out with a lesson and then students paint along with the instructor. After class, students are encouraged to email a picture of their piece to the instructor for feedback. You must bring all your own materials. Please email [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) for a materials list.

7976	Tu	10:00am-1:00pm	9/17-9/24	\$55/\$61
7977	Tu	10:00am-1:00pm	10/8-10/29	\$110/\$121
7546	Tu	10:00am-1:00pm	11/5-12/10	\$110/\$121
7978	Tu	10:00am-1:00pm	1/7-1/28	\$110/\$121
7979	Tu	10:00am-1:00pm	2/4-2/25	\$110/\$121

## Pastel Plein Air Drawing Class

**Ages: 18Y & Up**

**Location: Falkirk Cultural Center**

Learn soft pastel blending principles. Warm and cool colors will be discussed as well as techniques to create soft edges. Students will learn tips on how to work in changing light and principles of atmospheric perspective. The supply list includes a basic set of Soft Pastels and Pastel Toned Paper. No prior experience is needed, and individual expression is encouraged. Please email [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) for a materials list. Falkirk has easels to borrow. During cold or inclement weather, class will be held indoors.

7914	W	10:00am-12:00pm	8/21-9/11	\$110/\$121
7915	W	10:00am-12:00pm	10/2-10/23	\$110/\$121
7916	W	10:00am-12:00pm	11/6-11/20	\$83/\$91
7917	W	10:00am-12:00pm	1/8-1/29	\$110/\$121
7918	W	10:00am-12:00pm	2/5-2/26	\$110/\$121

# Adults

## ATHLETICS

### Open Gym Sports **Ages: 16Y & Up**

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 \$4 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the Center at (415) 485-3077 for exact days and times.

El Gimnasio en el Centro Comunitario Albert J. Boro está abierto los lunes, miércoles y viernes por la noche para jugar baloncesto y / o voleibol sin cita previa. La entrada cuesta \$4 por persona, y todos deben registrarse. No hay programa en los días festivos de la ciudad. El horario está sujeto a cambios Comuníquese con el Centro al (415) 485-3077 para conocer los días y horarios exactos.

### Marin Bocce Federation [www.marinbocce.org](http://www.marinbocce.org)

Marin Bocce Federation has multiple day and night leagues. We host a number of local and regional tournaments with a nice blend of competition and social fun. Residents in our county and surrounding areas are invited to join leagues.

We are open to the public for “open play” on certain days of the week. We love teaching new players. We encourage families to join open play—children six years and older are welcome to play.

Join us and see what it’s all about. We will be happy to introduce the game to you. We have clinics and instructional lessons for new players and existing players, to sharpen their skills and improve their game.

Whether it is a beautiful sunny weekday or a magical night under the lights, Marin Bocce Federation is filled with fun, friendship and fair spirited competition.

Bocce is a game for everyone and is guaranteed to provide a lifetime of fun!



### Classical Fencing

**Ages: 14Y & Up**

**Location: San Rafael Community Center - Rooms 2-4**

Classical Fencing is the art and science of defense. Students will learn the proper structure and form, basic footwork, defenses, and attacks, as well as the etiquette for how to interact with other students and maintain awareness for safety. Masks and gloves must be purchased but are not required for the first couple of lessons. Instructor will provide purchasing information. Students must wear long sleeves, pants, and closed-toe shoes.

7853	Tu	6:30pm-7:30pm	9/10-10/15	\$100/\$110
7854	Tu	6:30pm-7:30pm	10/29-12/3	\$100/\$110
7855	Tu	6:30pm-7:30pm	1/14-2/18	\$100/\$110
7856	Tu	6:30pm-7:30pm	3/4-4/8	\$100/\$110

### Pickleweed Drop-in Open Gym Pickleball

**Ages: 16Y & Up**

**Location: Albert J. Boro Community Center**

Drop-in recreational Pickleball will be available on three courts in the Albert J. Boro Community Center Gymnasium. No supervision or instruction provided. Please bring your own equipment, including balls. Limited rackets are available for those who need to borrow one.

8060	Tu/F	10am-1pm	12/3-12/20	\$4/day
8061	Tu/F	10am-1pm	1/14-3/28	\$4/day





# Adults

## BRIDGE

Come learn the fascinating game of contract bridge. There are many benefits to playing duplicate bridge including mental, social, and even physical but mostly it's fun! To grow into a strong bridge player, you need a strong foundation. Start at the very beginning in this thorough introduction for true beginners. In these classes we will look at Pat Harrington's Beginning Bridge series. Using her curriculum as a guide, players will learn and practice basic bridge techniques for declarer play, defense, and bidding. For flexibility of scheduling I have broken the lessons into two six-week sessions. Every lesson contains several hands that students will play to demonstrate each new concept. Students will take turns as declarer and defender, so everyone gets to try everything. There is plenty of time to talk about what worked and what didn't and why.

**Ages: 18Y & Up**

**Location: Terra Linda Community Center - Room 2**

**Drop-in: \$40 per class**

### Beginning Bridge 1

Lesson 1: Welcome, Tricks, Declarer, Dummy, Declarer Planning, Opening Lead

Lesson 2: Playing in No Trump, Playing in a Trump Suit, Choosing a Contract

Lesson 3: Introducing Bidding and Hand Evaluation

Lesson 4: 1NT Opener and Responses

Lesson 5: Opening One of a Major Suit, and Responding

Lesson 6: Opening One of a Minor Suit, and Responding

7966	Tu	6:30pm-8:30pm	9/3-10/8	\$180/\$198
------	----	---------------	----------	-------------

### Beginning Bridge 2

Lesson 7: Hand Reevaluation and Dummy Points

Lesson 8: Responder Bids No Trump

Lesson 9: Opener Bids No Trump

Lesson 10: Takeout Doubles

Lesson 11: Preempts

Lesson 12: For ALL Big Strong Hands Open 2 Clubs

Lesson 13: Mechanics and Scoring of Duplicate Bridge (drop-in only \$10)

7967	Tu	6:30pm-8:30pm	10/15-11/19	\$180/\$198
------	----	---------------	-------------	-------------

### Intermediate Bridge - Weak Twos, Doubles and more

Beyond fundamentals: a deeper look at some less frequent bidding situations.

Sept 5: Weak Twos

Sept 12: Negative Doubles

Sept 19: Takeout Doubles

Sept 26: Preempts & Penalty Doubles

Oct 3: Strong 2 Club

Oct 10: Putting it all together

8065	Th	1:30pm-3:30pm	9/5-10/10	\$180/\$198
------	----	---------------	-----------	-------------

## Introduction to No Trump Systems

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

**Drop-in: \$40 per class**

Finding the perfect contract over your partners opening no trump bid is easier with these awesome tools. Explore Stayman, Jacoby Transfers, Gerber, and Quantitative No Trump bids. Everyone will get a turn at defense and declarer play.

Nov 26: Quantitative No Trump and Gerber

Dec 3: The Stayman Convention

Dec 10: Jacoby Transfers

7968	Tu	6:30pm-8:30pm	11/26-12/10	\$110/\$121
------	----	---------------	-------------	-------------

## Duplicate Bridge

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs during 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 not required but a partner is necessary. Improve your play and meet other bridge players.

[www.marinbridge.com](http://www.marinbridge.com)

**Peggy Strong: (415) 299-7511.**

**Henry Kingdon: (415) 572 9458 or [h\\_kingdon@yahoo.com](mailto:h_kingdon@yahoo.com).**

M	12:00pm	Ongoing	Director: Henry Kingdon
W	12:00pm	Ongoing	Director: Henry Kingdon
F	12:00pm	Ongoing	Director: Peggy Strong



**INSTRUCTOR:** Henry Kingdon grew up playing cards and rubber bridge with family and continued that with friends in college. After a long hiatus he dipped his toe in the world of duplicate bridge and was quickly hooked by the game and the community. Earning his life master and directors certificate in 2016 he now looking to spread the word about this great game. Before his recent return to bridge Henry worked in software for 20 years and taught Math for several years in middle school and high school.

# Adults

## LANGUAGE

### Fun Conversation in Spanish

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Room 5**

**No Class: 2/18**

Adult fun Spanish conversation classes can be a great way to improve your language skills while enjoying the learning process. These classes typically focus on speaking and listening, with activities designed to engaged students and encourage conversation. We will practice role-playing scenarios, discuss interesting topics, play language games, or participate in cultural activities to make the learning experience more enjoyable. All levels are welcome!

7735	Tu	10:00am-11:00am	9/3-10/22	\$100/\$110
7736	Tu	10:00am-11:00am	10/29-12/17	\$100/\$110
7737	Tu	10:00am-11:00am	1/14-3/11	\$100/\$110



## PERSONAL GROWTH

### Voice Overs... Now Is Your Time

**Ages: 18Y & Up**

**Location: Virtual Class via Zoom**

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

8000	Tu	6:30pm-8:30pm	10/1	\$30/\$33
------	----	---------------	------	-----------

## FITNESS

### Ponle Estilo Fitness

**Ages: 18Y & Up**

**Location: Albert J. Boro Community Center - Rooms 4-5**

Come and enjoy 60 minutes of great dance cardio. We will burn calories dancing to Latin rhythms like salsa, cumbia and much more. Classes are taught in Spanish, but everyone is welcome to join this fun energetic class.

8007	M/W/F	7pm-8pm	9/4-10/11	\$80/\$84
8046	M/W/F	7pm-8pm	10/14-11/22	\$80/\$84
8069	M/W/F	7pm-8pm	1/6-1/31	\$80/\$84
8070	M/W/F	7pm-8pm	2/3-2/28	\$80/\$84
8071	M/W/F	7pm-8pm	3/3-3/28	\$80/\$84

### Yoga

**Ages: 18Y & Up**

**Location: Albert J. Boro Community Center - MP Room**

This yoga class will bring the awareness of your breathing through a flow of poses and body movements. Through a combination of Hatha, Yin, Restorative and mindful breath work participants will feel a sense of well-being while improving flexibility.

8005	M	10am-11am	9/9-10/7	\$30/\$34
8006	M	10am-11am	10/14-11/18	\$30/\$34

### Jazzercise

**Ages: 18Y & Up**

**Location: Terra Linda Community Center**

Get to know the New Jazzercise, "Cardio Sculpt and Power Sculpt" formerly known as Dance Mixx. Classes are ongoing at Terra Linda Community Center. Jazzercise classes are for all levels and incorporate HIIT cardio dance moves with strength training for the ultimate full-body workout that can help you meet your fitness goals. Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes cardio calories with strength training. Fresh moves and music transform your body while boosting your mood and energy. For pricing or more information, check out jazzercise.com or San Rafael Jazzercise on Facebook! No Jazzercise on holidays.

For questions, contact Tina at [tinaljazz@gmail.com](mailto:tinaljazz@gmail.com) or 246-7139.

**Sign up online at [www.jazzercise.com](http://www.jazzercise.com)**

M/W/F	9:15am-10:15am
M	5:30pm-6:30pm
Tu	5:15pm-6:05pm
Th	9:00am-10:00am
Sa	9:00am-10:00am



# Adults

## FITNESS WITH BARBARA

Instructor Barbara Colker has a lifetime experience of various fitness and sports activities, as well as teaching the following classes: Aerobics, (both High Impact and Low Impact), Step Aerobics, Strengthening and Toning, Belly Dance, Balance and Stretch, Yin Yoga.

## NEW! Yin Yoga

**Ages: 18Y-85Y**

**Location: San Rafael Community Center - Rooms 2-4**

**No Class: 10/24**

A Yin Yoga practice is a welcome addition to any yoga, fitness or healthy lifestyle routine. This slow, gentle form of yoga is the perfect complement to a hectic, fast paced life or intense workouts. Yin Yoga uses gentle, relaxing postures to increase flexibility, stretch the deep connective tissues of the body and alleviate tension. The class is slower paced and done entirely on the floor, either seated on mat or lying down. This class is great for both beginners, as well as experienced Yoga students. Both yoga mat or exercise mat AND a large beach towel or yoga blanket are required.

8050	Th	4:30pm-5:45pm	9/12-10/31	\$102/\$112
------	----	---------------	------------	-------------

## Balance, Stretch and Strengthening

**Ages: 18Y-85Y**

**Location: San Rafael Community Center - Auditorium**

**No Class: 10/29**

The goals of this class are to increase flexibility and range of motion, improve your balance, and make you stronger, all while having fun! We will spend an hour and fifteen minutes both standing, as well as seated on chairs, no floor work. We will be working on specific stretches for joints and muscle groups where we experience stiffness and tightness. Exercises to improve balance will also be included.

7844	Tu	2:15pm-3:30pm	9/10-10/15	\$96/\$105
7845	Tu	2:15pm-3:30pm	10/22-11/26	\$80/\$88
7846	Tu	2:15pm-3:30pm	12/3-12/17	\$48/\$53
7847	Tu	2:15pm-3:30pm	1/14-2/18	\$96/\$105
7848	Tu	2:15pm-3:30pm	2/25-3/25	\$80/\$88

## Basic Stretch and Balance Class

**Ages: 15Y-82Y**

**Location: Terra Linda Community Center - Rooms 3-4**

This class is for you if other exercise classes are too difficult. If you remember that you used to move better, try this class! Individual attention to address your particular issues. If you want to have less pain (neck, hips, shoulders, wrists, back, knees) and more flexibility, plus feel younger and look fantastic, start with this one, balance moves included.

6674	W	4:30pm-5:45pm	9/11-10/16	\$119/\$130
6675	W	4:30pm-5:45pm	11/6-12/18	\$139/\$153



## Tone Up and Get Fit!

**Ages: 45Y & Up**

**Location: Virtual Class via Zoom**

**No Class: 11/29, 12/24, 12/27, 12/31, 1/3**

Instructor Beth Zamichow is a certified movement therapist, certified Pilates instructor and specializes in senior body/brain fitness. Her passion is in helping and inspiring people to become more aware of their bodies, improve their postures and increase strength, balance and flexibility. To learn more about Beth go to [thebodycanvas.com](http://thebodycanvas.com).

A ZOOM class designed to promote full body movement to get you toned and moving! We will isolate and strengthen certain areas of the body as well as promote joint mobility and flexibility. Guaranteed to make you feel good in your body and enjoy more range of motion in your life! Each class incorporates balance work and light weight work and is primarily done standing although some exercises can be geared towards being seated in a chair. The class will conclude with a brief guided visualization meditation geared toward promoting inner and outer well-being. Guaranteed to make you feel good in your body and enjoy more range of motion in your life! We have a nice group, come join us! Zoom link will be sent by an email from the Instructor.

7825	Tu	8:45am-9:30am	9/17-10/22	\$90/\$99
7826	F	8:45am-9:30am	9/20-10/25	\$90/\$99
7827	Tu	8:45am-9:30am	10/29-12/3	\$90/\$99
7828	F	8:45am-9:30am	11/1-12/6	\$75/\$83
7829	Tu	8:45am-9:30am	12/10-1/28	\$90/\$99
7830	F	8:45am-9:30am	12/13-1/31	\$90/\$99
7831	Tu	8:45am-9:30am	2/4-3/11	\$90/\$99
7832	F	8:45am-9:30am	2/7-3/14	\$90/\$99
7833	Tu	8:45am-9:30am	3/18-4/22	\$90/\$99
7834	F	8:45am-9:30am	3/21-4/25	\$90/\$99

# Adults

## CLASSES BY DOT SPAET

Dot Spaet is an award-winning trainer and teacher. She holds certifications in Foundation Training, Personal Training, Core Conditioning, Stretching, Flexibility, Yoga, Pilates, Functional Muscle Training, Stability Ball, Kinetic Anatomy and many more. Dot's engineering background enables her to help people with issues such as back, neck, hip, knee, and shoulder pain.

**Ages: 15Y-80Y**

**Location: Virtual Class via Zoom**

### Basic Stretch and Balance Class Online

If most classes are difficult, take this one. If you used to move better, try this! Individual attention to address your specific issues: If you want less pain (neck, hips, shoulders, wrists, back, knees) more flexibility, plus feel younger, and look fantastic, start with this one, balance moves included, plus some core, some strength.

8041	M	4:30pm-5:45pm	9/2-10/28	\$119/\$130
8042	M	4:30pm-5:45pm	11/4-12/30	\$119/\$130
8043	M	4:30pm-5:45pm	1/6-2/24	\$119/\$130

### Osteoporosis Reversal and Prevention Online

Diagnosed with osteoporosis, need more information? This 4-week class will teach you the top non-pharmacological things you can do to improve your bones, from understanding your numbers, green soup, balance, specific weight training exercises, supplements, and more, to help you prevent any future fractures. Includes recordings and weekly Q&A.

8040	Th	10:30am-11:30am	8/8-9/5	\$97/\$106
------	----	-----------------	---------	------------

### Top 5 Keys to Reverse Osteoporosis Online

A 1-hour FREE Online workshop for those diagnosed with osteopenia or osteoporosis. Need more information? Come learn the top 5 non-pharmaceutical things, that you will rarely hear from your doctor, that you can do to help build your bones without drugs. Class will be recorded if registered; includes Q&A.

8039	Th	10:30am-11:30am	8/1	FREE
------	----	-----------------	-----	------

### Strength Training, Especially for Osteoporosis Reversal and Prevention Online

The best thing to do to build bone, whether to prevent Osteoporosis or reverse your numbers is Strength Training. No experience required! During this course, I will guide you through the best moves to build bone in a gradual and safe manner. Weekly recordings included so you can practice on your own. A set of stretchy bands (Smarter Life Products for non-latex or Fit Simplify for latex) OR dumbbells and ankle weights are required. Dumbbells should be 2#, 3#, 5# and 8#. Ankle weights should be adjustable up to 7.5# each leg.

8044	M	12:30pm-1:45pm	10/7-12/30	\$297/\$326
8045	M	12:30pm-1:45pm	1/6-3/31	\$297/\$326

### Beginning Pilates Mat Class

**Ages: 15Y & Up**

**Location: Terra Linda Community Center - Rooms 3-4**

*Instructor Nancy Fox has been a certified Pilates instructor for over ten years and teaches mat Pilates in Marin County.*

Accessible, approachable, and fun, no matter what shape you're in, you will benefit from doing Pilates. Your balance and posture will improve as you strengthen your core. Classes are taught on multiple levels so it remains a challenge as you progress without being overwhelmed. Bring a mat.

6645	W	6pm-7pm	9/4-10/30	\$104/\$114
6646	W	6pm-7pm	11/6-12/11	\$75/\$83
8037	W	6pm-7pm	1/8-2/26	\$104/\$114

### Chair Yoga

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Room 5**

**No Class: 11/28**

*Instructor Beth Toomey embraces Yoga as therapy for the mind and body, integrating mindfulness into her practice and teachings, and as a tool to help balance life's daily changes.*

Chair Yoga class... where traditional yoga meets the support and versatility of a chair. This class is designed to provide students with a well-rounded yoga experience that emphasizes balance, strength, flexibility and relaxation. In this class, you will explore the use of a chair as a prop to enhance and deepen your yoga practice. The chair acts as a stable base, allowing you to perform a wide range of yoga poses with greater ease and comfort. Whether you are a beginner or more experienced yogi, this is a safe way to practice.

7823	Th	11:15am-12pm	10/24-12/5	\$90/\$99
7824	Th	11:15am-12pm	1/16-2/20	\$90/\$99

# Adults

## Tai Chi with Al Loren

**Ages: 55Y & Up**

**Location: San Rafael Community Center - Rooms 2-3**

**No Class: 11/27**

Instructor Al Loren is well known in Marin County for his expertise working with seniors. His 29 years of experience includes over 15,000 classes taught in 30 different retirement residences, skilled nursing and assisted living facilities.

This Tai Chi class is geared towards the specific needs of Seniors. The emphasis will be on balance enhancement, improved flexibility, and mind to body coordination. All physical levels of Seniors are welcome and encouraged to participate.

7748	W	11am-11:45am	8/21-9/25	\$65/\$72
7749	W	11am-11:45am	10/2-11/6	\$65/\$72
7750	W	11am-11:45am	11/13-12/18	\$65/\$72
7751	W	11am-11:45am	1/15-2/19	\$65/\$72
7752	W	11am-11:45am	2/26-4/2	\$65/\$72

## MARTIAL ARTS

### Canal Karate

**Ages: 5Y & Up**

**Location: Albert J. Boro Community Center**

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This self-defense program will help students achieve improved focus and strength while having fun. Various class levels to match student's Karate experience. \$10 discount for multiple siblings.

<b>Age:</b>	<b>Time:</b>
Beginning (5Y+)	5:00pm-6:00pm
Youth/Intermediate (7Y+)	6:00pm-7:00pm
Adult/Intermediate	7:00pm-8:00pm
Adult/Advanced	8:00pm-9:00pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos.

<b>Age:</b>	<b>Time:</b>
Juventud/Comienzo (5Y+)	5:00pm-6:00pm
Jóvenes/Intermedios (7Y+)	6:00pm-7:00pm
Adulto/Intermedio	7:00pm-8:00pm
Adulto/Avanzado	8:00pm-9:00pm

8001	Tu/Th	5pm-9pm	9/17-10/24	\$80/\$88
8002	Tu/Th	5pm-9pm	10/29-12/5	\$80/\$88
8003	Tu/Th	5pm-9pm	1/7-2/13	\$80/\$88
8004	Tu/Th	5pm-9pm	2/18-3/27	\$80/\$88

## MARTIAL ARTS WITH SCOTT JENSEN

Scott Jensen is a traditionally trained Kung Fu and Tai Chi master with more than 40 years of teaching experience and an international gold medalist. He enjoys sharing his love of the martial arts with everyone from beginning to more experienced students. Scott studied with grandmasters of traditional Chinese martial arts, which includes Northern Shaolin, Lohan, Xing Yi Quan and Tai Chi Chuan, as well as Chi Chuan, Xing Yi Quan, Ba Gua Zhang, and Lan Shou Quan with the lineage masters in each style.

**NOTE:** Please wear loose clothes or a Kung Fu uniform and flat shoes with soft soles, such as skateboarding shoes. Remember to bring a water bottle.

### NEW! Kickboxing - Combat Conditioning Class

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Rooms 2-4**

**No Class: 10/17**

This is an incredibly intense martial arts workout. Each month you will learn unique drills related to animals. You will learn martial virtue lessons of good mortality and character. This is a perfect warm up class for Kickboxing, MMA, Jujitsu, Kung Fu, Karate, Judo and other styles of martial arts. You will also earn animal patches as you complete phases of the course!

7962	Th	6:30pm-7:15pm	9/12-11/21	\$80/\$88
8038	Th	6:30pm-7:15pm	1/16-3/20	\$80/\$88

### NEW! Kickboxing - MMA Sparring

**Ages: 18Y & Up**

**Location: San Rafael Community Center - Rooms 2-4**

**No Class: 10/17**

You will learn classic punching, kicking, sparring, dodging, blocking, parrying, covering up, footwork and defensive skills. Great for beginners!

7963	Th	7:30pm-8:15pm	9/12-11/21	\$100/\$110
8019	Th	7:30pm-8:15pm	1/16-3/20	\$100/\$110

See page 13 for other adult Martial Arts Classes with Scott Jensen:  
Qigong, Tai Chi, Kung Fu  
and Combo Classes



# Older Adults

## Multicultural Older Adult Program

### ALBERT J. BORO COMMUNITY CENTER

50 Canal Street

Age: 50Y & Up

FREE

W	10:00am-1:00pm	Ongoing
---	----------------	---------

Older adults of all ethnicities in Marin are welcome to come to the Albert J. Boro Community Center-Pickleweed Park where we provide opportunities for socialization and integration. The group meets every Wednesday from 10:00am-1:00pm. Hot, nutritional lunches are served at 11:30am for a suggested contribution of \$3 for those who are 60 years of age and older. There is no obligation to contribute. To make reservations for lunch, call (415) 457-4636 by the prior Thursday. Funding for the meal portion of the program, at least in part, is made available by the Marin Department of Health and Human Services, Division of Social Services, Aging and Adult Services. Programs are organized by the City of San Rafael Library and Recreation Department.

Join in on the activities and meet new friends. Bring your ideas of 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 Albert J. Boro Community Center at (415) 485-3077.



## Programa Multicultural para Adultos Mayores

### CENTRO COMUNITARIO DE ALBERT J. BORO

50 Canal Street

Edades: 50 años en adelante

GRATIS

Mie	10:00am-1:00pm	En curso
-----	----------------	----------

Los adultos mayores de todas las etnias en Marin son bienvenidos a venir al Centro Comunitario Albert J. Boro / Pickleweed Park, donde brindamos oportunidades para la socialización y la integración. El grupo se reúne todos los miércoles de las 10am a 1pm. Se sirven almuerzos calientes y nutritivos a las 11:30am por una contribución sugerida de \$3, para personas mayores de 60 años. No hay obligación de contribuir. Para hacer reservaciones para el almuerzo, llame al (415) 473-INFO (4636) antes del jueves anterior. Este programa es posible gracias a los fondos de la Ley Federal de Mayores Estadounidenses y es administrado localmente por la División de Servicios para Adultos y Ancianos de Salud y Servicios Humanos del Condado de Marin. Los programas son organizados por el Departamento de Biblioteca y Recreación de la Ciudad de San Rafael.

Únete a las actividades y conoce nuevos amigos. Traiga sus ideas de qué tipo de programas y actividades le gustaría comenzar en el Centro. Nuestras poblaciones más grandes latinas y vietnamitas, sin embargo, todos los adultos mayores son bienvenidos. Para obtener más información, comuníquese con el Centro Comunitario Albert J. Boro al (415) 485-3077.



# Older Adults

JOIN OUR  
2025  
BOARD!

## Terra Linda Older Adults

### TERRA LINDA COMMUNITY CENTER

670 Del Ganado Road

Age: 55Y & Up

The Terra Linda Senior Citizen Organization meets from 9:30am-12:30pm every Tuesday. Activities include weekly bingo games and occasional luncheons and plenty of time to socialize. If you are 55 years and older, you are welcome to join the group for a fee of \$15 per year. For more information, please call (415) 485-3344.



## San Rafael Goldenaires

### SAN RAFAEL COMMUNITY CENTER

618 B Street

Age: 62Y & Up

The San Rafael Goldenaires is a non-profit organization that partners with the San Rafael Library and Recreation Department. The Goldenaires provides its members the opportunity to participate in a wide variety of classes, trips, social activities, and special events. Membership is \$40 per year and is available to all adults 62 years and older.

More information is available at [www.srgoldenaires.org](http://www.srgoldenaires.org) or inside the club's monthly newsletter, The Newsette. Membership applications are available by calling (415) 485-3348 or at the office located inside the San Rafael Community Center on Monday-Wednesday & Friday, 10:00am-2:00pm.

### GOLDENAIRES ONGOING EVENTS

Wednesday Bingo - Open to the public!

Bingo begins at 12:00pm - Doors open at 10:30am

Join us for an afternoon of 15 Bingo games. Prizes range from \$40-\$100. Buy-in \$5-\$10 for regular game packs, Special Games \$1 each. Must be 18 years or older to play. Congregate Meal Program is 11-11:30am. Donation is \$3. Please call (415) 473-4636 for reservations.

No bingo on the third Wednesday of the month. For more information call (415) 485-3348.

### GOLDENAIRES TRAVEL & TRIPS

Come explore the wonders of the world or your own backyard with the Goldenaires. We schedule monthly day trips to local shows and attractions and also offer longer adventures around the country and the world. Pick up a copy of the Newsette or go to [www.srgoldenaires.org](http://www.srgoldenaires.org) for the most current listing of trips.





# Older Adults

## GOLDENAIRES ONGOING CLASSES

### **HEALTHY STEPS – Mondays, 12pm-1pm**

Facilitated by Teresa Del Giorno, PTA, CMA, CLM. The Ledbed Method is a therapeutic exercise and movement program to help regain range of motion, strength, endurance and balance. No experience is required, it's non-aerobic and offers a sitting version. Call 415-485-3348 for session dates.

### **CONTRACT BRIDGE – Mondays, 10:30am-2:30pm**

Players must have some bridge experience. No reservations needed, but you **MUST** arrive no later than 10:15am and bring your own lunch. Chairperson Bill Nicholson.

### **ACRYLIC PAINTING – Mondays, 11:30am-3:30pm**

Practice your painting skills and create new things in a fun-loving, encouraging environment. Bring your own supplies. New persons may join at any time. Artist Yvonne Brown is willing to guide you and/or suggest painting techniques.

### **DOMINOES – Tuesdays, 10am-12pm**

Join us for a morning of dominoes which is a popular game of skill, strategy and some luck! It is a tile-based game played with rectangular "domino" tiles. If you can share your set with a table of 4, please bring it with you.

### **WATERCOLOR – Tuesdays, 10:30am-2:00pm**

Beginner and experienced students are welcome to join this friendly group for a day of painting. Bring your own supplies and instructor Ann Carroll will provide a still life display for you to paint or work on your own subject matter. Students work at their own pace. Instruction is given if desired. A small fee for the instructor's mileage is requested. Instructor: Ann Carroll.

### **LEARN TO PLAY BRIDGE – Tuesdays, 1pm-3pm**

If you've ever thought about learning to play bridge, there's no better time than now! Bridge has been proven to help maintain mental sharpness, boost immunity, strengthen communication and teamwork skills and provide meaningful social interaction. Players must have some familiarity with card games and we need at least three people present in order to have a game. The program is led/taught by Bill Nicholson, Goldenaires member, bridge player and all-around nice guy!

### **MAHJONG – Tuesdays, 1:30pm-3:30pm**

Come learn Chinese Mahjong with a free lesson. Instructors will assist in helping members learn the game. This is an ongoing program using Chinese tiles.

### **DUPLICATE BRIDGE (Non Sanctioned) – Wednesdays, 10:30am-2:00pm**

If you are an experienced duplicate bridge player, come join the fun! You must already know how to play as this is not a teaching class. If you would like to join the game, please call the office and we will put you in touch with the group leader.

### **WOOD WORKING – Fridays, 9am-12pm**

A great, inexpensive, fun group that promotes a truly rewarding hobby. Beginners welcome! **NO FEE**. Students help out, teaching each other with techniques and can show you how much fun wood carving can be!

### **CRAFTS BOUTIQUE – Fridays, 1pm-3pm**

Enjoy the fun of learning new crafts while making new friends. The craft group meets every Friday. Group members create and hand-make a wide range of craft items – new ideas are always welcome. Items are always on sale for a reasonable price, so come down and look at the lobby display case in the Goldenaires office. Better yet, if you have a talent you would like to share with the craft group, come on down and join this friendly group.

## GOLDENAIRES SPECIAL EVENTS

### **B STREET BALLROOM – Sunday Dances**

August 25, September 29, October 27, January 26, February 23, March 23, April 27, May 18

2:00-5:00pm • \$20 at the door - Open to the Public

Join us for a wonderful afternoon of dancing to the sounds of a live band, The Manny Gutierrez Quartet. All ages, singles and couples are welcome! There are plenty of mixers to get everyone out on the dance floor. Come enjoy the music and meet new friends.

### **FRIDAY THEMED LUNCHEONS**

August 16, September 13, October 18, December 13, January 24, February 14, March 14, April 18, May 16

Each month join us for a delicious meal, entertainment, and socializing. Call office for details (415) 485-3348.

### **MONDAY NIGHT BINGO**

Monday, August 12, February 10 and May 12

Doors open 5:30pm / Buffet Dinner 6:00-6:45pm

Everyone 18 years or older is welcome to join us for an awesome night of friends, fun, food and BINGO! Cash prizes \$60-\$150 per game; 16 games played.

### **DINNER AND BINGO**

Includes one 6-on game pack, dauber and dinner

Advanced reservation is \$30

\$10 Bingo only • \$20 Dinner only

Additional packs available for purchase.

For complete event details, go to [srgoldanires.org](http://srgoldanires.org) or call (415) 485-3348.

### **AFTERNOON BINGO DAY • 12pm-3pm**

Lunch optional at 11am



# Aquatics

## ADMISSION RATES

Fees Valid April 2 - September 30

### DAILY DROP-IN

Youth (1-17 yrs)	\$5/Residents	\$8/Non-Residents
Adult (18-61 yrs)	\$7/Residents	\$10/Non-Residents
Older Adult (62 & older)	\$5/Residents	\$8/Non-Residents

### 15 ADMISSION PUNCH CARD

Youth (1-17 yrs)	\$67/Residents	\$107/Non-Residents
Adult (18-61 yrs)	\$94/Residents	\$134/Non-Residents
Older Adult (62 & older)	\$67/Residents	\$107/Non-Residents

For more information please go to [www.cityofsanrafael.org/pools](http://www.cityofsanrafael.org/pools) or scan the code below.



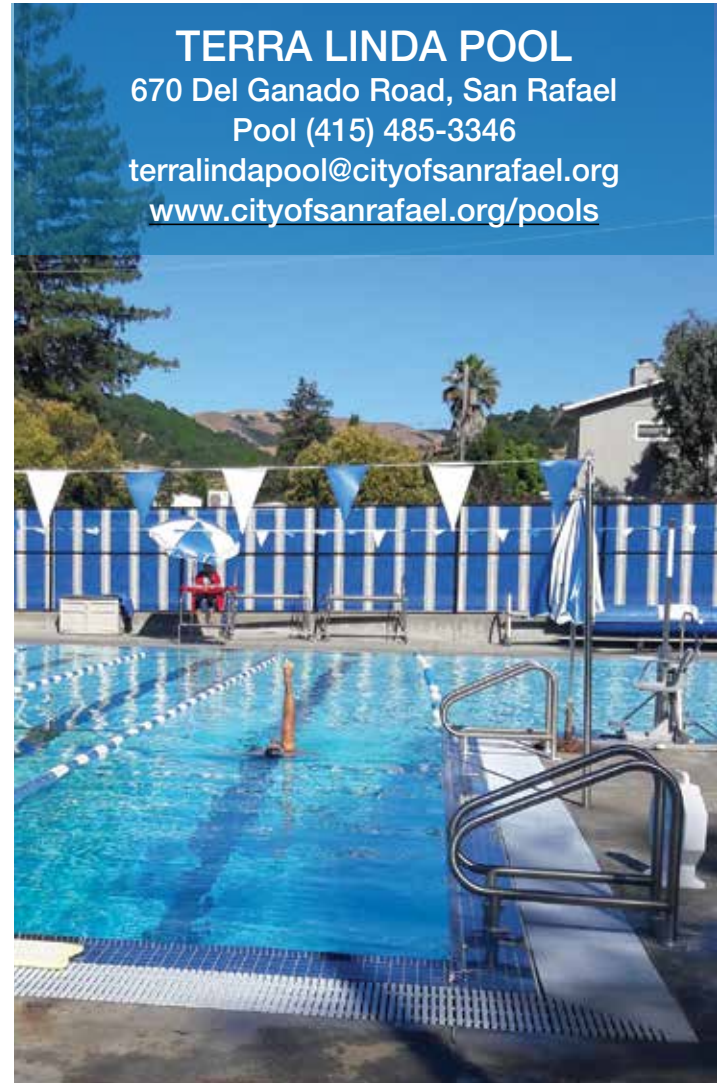
## Lifeguard Training

**Ages: 18Y & Up**

**Location: Terra Linda Community Pool**

This course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. To be eligible, 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. Certification includes ARC Lifeguard Training, First Aid, and 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. Requires tablet or computer technology.

8066	F	4:30pm-9:00pm	9/20-9/22	\$255/\$281
	Sa-Su	8:30am-5:30pm		
8067	F	4:30pm-9:00pm	10/18-10/20	\$255/\$281
	Sa-Su	8:30am-5:30pm		



## WaterGym®

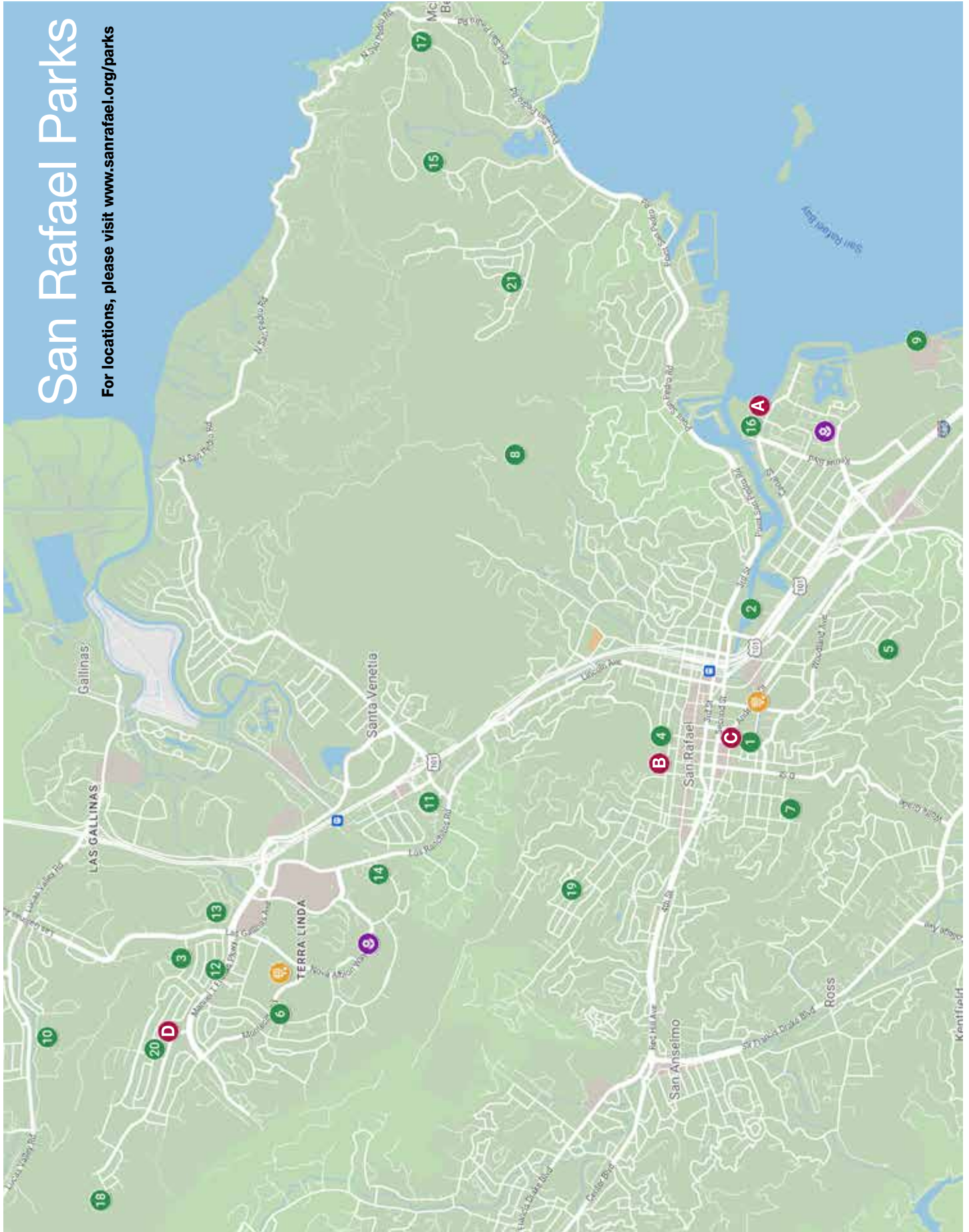
WaterGym provides the benefits of weights, aerobics and stretching in one workout, directly improving all five aspects of physical fitness: muscular strength, muscular endurance, flexibility, cardiovascular conditioning and body composition. And you'll have fun and feel good!

**Thursdays 10-10:45am. Drop in fee payable to Watergym.**  
For more information, visit [www.watergym.com](http://www.watergym.com)



# San Rafael Parks

For locations, please visit [www.sanrafael.org/parks](http://www.sanrafael.org/parks)



# San Rafael Park Amenities

PARKS	PLAY-GROUND	PICNIC TABLES	GRASSY AREA	BASKETBALL COURTS	SPORTS FIELDS	OTHER FACILITIES
1 Albert Park & Stadium	✓	✓	✓		✓	baseball/softball fields, bocce courts
2 Beach Park						currently closed
3 Bernard Hoffman Field			✓		✓	softball field
4 Boyd Park	✓	✓	✓			hiking
5 Bret Harte Park	✓	✓		✓		
6 Freitas Memorial Park	✓	✓	✓			water feature, chess tables
7 Gerstle Park	✓	✓	✓	✓		
8 Harry A. Barbier Memorial Park		✓				open space and trails
9 Jean and John Starkweather Shoreline Park						3-mile trail on the waterfront
10 Jerry Russom Memorial Park		✓				connects to County open space trails
11 Los Ranchitos Park	✓	✓	✓	✓		handball court
12 Munson Park		✓	✓			
13 Oleander Park	✓	✓	✓			
14 Oliver Hartzell Park	✓	✓	✓			
15 Peacock Gap Park	✓	✓	✓			tennis courts, hiking
16 Pickleweed Park	✓	✓	✓		✓	soccer fields
17 Riviera Park	✓	✓	✓			
18 Santa Margarita Park	✓	✓		✓		
19 Sun Valley Park	✓	✓	✓	✓		
20 Terra Linda Park	✓	✓	✓	✓		
21 Victor Jones Park	✓	✓	✓	✓	✓	t-ball, volleyball, shuffleboard, hiking

## COMMUNITY CENTERS

- A Albert J. Boro Community Center
- B Falkirk Cultural Center and Grounds
- C San Rafael Community Center
- D Terra Linda Community Center and Pool

✓ Reserve picnic tables at these parks.

## TENNIS COURTS

- Albert Park Tennis Courts
- Freitas Park Tennis Courts

## COMMUNITY GARDENS

- Canal Community Garden
- Terra Linda Community Garden





# Picnic Area Rentals

The Park Picnic Areas listed below are available to rent. Please contact us at 485-3333.

For more information, please see our Picnic and Park Rental Application on our website at [www.cityofsanrafael.org/rental-information](http://www.cityofsanrafael.org/rental-information)

**PLEASE NOTE:** We do not allow alcohol in any of our city parks. Also, outside equipment such as tables, chairs, inflatable bounce houses or grills are not allowed.

PARK	AMENITIES	SEATING CAPACITY
<b>6 FREITAS MEMORIAL PARK</b> 371 Montecillo Rd	Playground, picnic tables/barbecue, restroom, grassy area, water feature	Picnic area - 10
<b>7 GERSTLE PARK</b> San Rafael Avenue at Clark Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, walking trail	Redwood Grove picnic area - 126 Dragon Picnic Area - 48 Lower Playground Picnic Area - 48
<b>16 PICKLEWEED PARK</b> 50 Canal Street	Playground, picnic tables/barbecue, restroom, grassy area, community center, soccer fields	Group Picnic Area - 72
<b>18 SANTA MARGARITA PARK</b> At the end of De La Guerra Road	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 32
<b>19 SUN VALLEY PARK</b> 144 Solano Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 24
<b>20 TERRA LINDA PARK</b> 670 Del Ganado Rd.	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, community center, pool	Picnic Area One - 48 Picnic Area Two - 64
<b>21 VICTOR JONES PARK</b> Robinhood Drive	Playground, picnic tables/barbecue, basketball court, grassy area, t-ball diamond	Upper Picnic Area - 32 Lower Picnic Area - 40



Gerstle Park



Terra Linda Park

# Facility Rentals

## Albert J. Boro Community Center

50 Canal Street, 485-3077  
[abc.counter@cityofsanrafael.org](mailto:abc.counter@cityofsanrafael.org)

This beautiful facility offers 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 200 (seated). The community room features round tables, a sound system with podium, stage and a beautiful redwood deck overlooking the park and bay. Enjoy our 8,300 square foot gymnasium with basketball and volleyball, as well as two outdoor sports fields. The facility is accessible for disabled persons.



Albert J. Boro Community Center

## San Rafael Community Center

618 B Street, 485-3333  
[recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org)

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, kitchen, a complete lobby, separate lounge and four full size meeting rooms-three of which can be opened up to one large room. The auditorium/theater with a capacity of 400 (seated/theater) and 300 (dinner seating) can accommodate larger groups. The adjacent kitchen contains four ovens, a large stove, refrigerator, sinks and ice machine. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons.



San Rafael Community Center

## Terra Linda Community Center

670 Del Ganado Road, 485-3344  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

This community center has three large meeting rooms that serve up to three different groups at one time or open up into a large space to accommodate meetings, memorials, birthday parties or other events. Each individual meeting room accommodates 30-40 people, and the entire space accommodates up to 100 people. We provide chairs and tables at no additional cost. The kitchen is close to the meeting rooms and provides a refrigerator, sink, oven, and counter space for food preparation.



Terra Linda Community Center

# HOW TO REGISTER

[www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

## REGISTRATION FOR CLASSES IS OPEN

**CONTACT US** Any questions? Need assistance? Please call (415) 485-3333 or email [recreation@cityofsanrafael.org](mailto:recreation@cityofsanrafael.org)

### REGISTRATION INFORMATION

- Only one family per registration form.
- All registrations are taken on a first-come, first-served basis.
- Programs/classes may be canceled if there is a low enrollment.
- Waiting lists will be established if a program is full. If waitlisted, we will notify you if space becomes available. Do not attend the first class if you have not been notified.
- Returned checks will incur a \$25 service charge.
- Registration for the School-age Child Care Program is conducted at the various school sites. For more information, please refer to page 16.

### PAYMENTS AND WAYS TO REGISTER

**CREDIT CARDS** We accept Visa, Mastercard and Discover for online, mail-in and walk-in registration.

**CHECKS** We accept checks for walk-in and mail-in registration

**CASH** We only accept cash for walk-in registration.

**ONLINE** To create a family account, visit the City of San Rafael's registration website at [www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation). We accept credit cards, which are recorded at the completion of the transaction.

**MAIL-IN** Please do not send cash! We will not call you to confirm your registration; however, we will mail receipts. Mail-in registrations will be processed beginning at 9:00am on Wednesday, August 10, regardless of mail-in date. MAIL TO: San Rafael Community Center 618 B Street San Rafael, CA 94901 ATTN: Registration

**WALK-IN REGISTRATION** You may register in-person at the following locations during posted business hours.

San Rafael Community Center | 618 B Street

Albert J. Boro Community Center | 50 Canal Street

Terra Linda Community Center | 670 Del Ganado

### REFUND POLICY

Full refunds will be issued if the activity is canceled by the Department. Refund requests received at least 14 days prior to the start of the class or program will receive a refund less a \$25 administrative fee, per refund request. No refunds will be issued for requests received less than 14 days prior to the start of the class or program, or for non-attendance, one-day workshops, pool admission, or trips.

Requests to transfer an existing registration to a different class or activity must be received at least 14 days prior to the start of the class or program and will be accommodated based on class availability. We are unable to process transfer requests received less than 14 days in advance of the program.

### QUALITY ASSURANCE POLICY

We welcome your feedback. If, after attending the first class, you are dissatisfied with the quality of the class/program, please contact us immediately. If you contact us prior to the second class, we will issue you a full refund.

### RESIDENT STATUS

A resident is any person with a residential San Rafael mailing address. A San Rafael P.O. Box or business address will not be accepted as proof of residency. A non-resident is someone who lives in another city.

### SCHOLARSHIPS

Limited scholarships available. For more information visit [www.cityofsanrafael.org/recreation-scholarship-and-application](http://www.cityofsanrafael.org/recreation-scholarship-and-application).

### ACCESS & INCLUSION

The City of San Rafael invites people with and without disabilities to enjoy our sites, facilities, and programs. Do you have any special needs that require specific accommodations, so you can fully participate in one of the City's programs? If so, please contact our Library & Recreation Department office at (415) 485-3333.

## CÓMO REGISTRARSE

Los pagos con tarjeta de crédito se procesan a través de nuestro sistema de registro en: [www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation)

También puede pagar con tarjeta de crédito, cheque o efectivo en persona en nuestro centro comunitario.

También puede encontrar un formulario rellenable en línea aquí: [www.cityofsanrafael.org/classes](http://www.cityofsanrafael.org/classes)



# Activity Registration Form

## City of San Rafael

The City's Liability Waiver and Photo Release portion must be signed by all parent/guardians or participants 18 and over. Registrations with unsigned waivers will not be processed. Thank you!

### 1. PRIMARY CONTACT (Adult) COMPLETE ENTIRE FORM

Name of Primary Contact \_\_\_\_\_ Birthdate \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Primary Phone ( ) \_\_\_\_\_ Secondary Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship to Participant \_\_\_\_\_

Emergency Daytime Phone ( ) \_\_\_\_\_ Emergency Evening Phone ( ) \_\_\_\_\_

### 2. ACTIVITY REGISTRATION

PARTICIPANT'S NAME First & Last (1 line per participant)	DATE OF BIRTH (mm/dd/yy)	COURSE NAME	COURSE #	FEE
1.				
2.				
3.				
4.				
5.				

Please note any allergies and/or medications:

I require an ADA accommodation due to a disability to participate in this program.

Total Fees \$ \_\_\_\_\_  
 I wish to donate to the Youth Scholarship Fund + \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

### 3. LIABILITY WAIVER & PHOTO RELEASE

**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 against any claim, demand, suit, judgment, loss, liability or expense of any kind, including attorney's fees and administrative costs, on account of personal injuries or damages sustained by any person or property arising 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 officers, employees, agents, and volunteers. 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 nor my child has 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 \_\_\_\_/\_\_\_\_/\_\_\_\_

**PHOTO RELEASE** 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 photograph of my child to be used for City of San Rafael marketing purposes. Initial \_\_\_\_\_

### 4. PAYMENT

Credit card payments are processed through our online registration system at [www.cityofsanrafael.org/recreation](http://www.cityofsanrafael.org/recreation). You may also pay with credit card, check or cash in-person at our community centers.

- San Rafael Community Center**  
618 B Street
- Terra Linda Community Center**  
670 Del Ganado
- Albert J. Boro Community Center**  
50 Canal Street

La porción de exención de responsabilidad y divulgación de fotos de la ciudad debe estar firmada por todos los padres/tutor legal o participantes mayores de 18 años. Las inscripciones con extensiones no firmadas no serán procesadas. ¡Gracias!

## 1. CONTACTO PRINCIPAL (Adulto)

Complete el formulario

Nombre del Contacto Principal: \_\_\_\_\_ Fecha de Nacimiento: \_\_\_\_\_

Dirección: \_\_\_\_\_ Ciudad: \_\_\_\_\_ Código Postal: \_\_\_\_\_

Correo Electrónico: \_\_\_\_\_

Teléfono Primario: \_\_\_\_\_ Teléfono Secundario: \_\_\_\_\_ Teléfono Celular: \_\_\_\_\_

Contacto de Emergencia: \_\_\_\_\_ Relación con el Contacto de Emergencia: \_\_\_\_\_

Teléfono de Emergencia: \_\_\_\_\_ Teléfono de Emergencia: \_\_\_\_\_

## 2. REGISTRO DE ACTIVIDAD

NOMBRE DEL PARTICIPANTE Primer y Apellido (una línea por cada participante)	Fecha de Nacimiento mm/dd/aa	NOMBRE DEL CURSO	# CURSO	PRECIO
1.				
2.				
3.				
4.				
5.				

Por Favor anota cualquier alergias y/o medicamentos:

Requero un alojamiento ADA por discapacidad para participar en el programa

Precio Total \$ \_\_\_\_\_  
 Quiero donar al fondo Youth de becas para niños + \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

## 3. Exención de responsabilidad y liberación de fotos

Acuerdo de Liberación y mantenimiento Indemne: El abajo firmante en nombre de sí mismo y en nombre de cualquier niño inscrito por el abajo firmante en el programa, en consideración de la participación en este programa, acuerda indemnizar y mantener indemne, y liberar, renunciar y exonerar a la Ciudad de San Rafael de cualquier manera conectada con la participación por el abajo firmante o del niño inscrito en este programa, incluyendo lesiones a causa de negligencia activa o pasiva de la Ciudad, sus oficiales, y empleados. HE LEÍDO EL ACUERDO DE LIBERACIÓN Y MANTENIMIENTO INDEMNIZACION Y LO ENTIENDO PERFECTAMENTE Y ASUMO LOS RIESGOS POR CUALQUIER LESIÓN Y CUALQUIER DAÑO SUFRIDO EN LA PROPIEDAD. También certifico que yo (o cualquiera de mis niños) son conocedores de todos los reglamentos de conducta apropiada a la actividad arriba mencionada. Ninguno, yo o mis niños tenemos ninguna lesión física, condición, discapacidad o debilidad que pudiera interferir con la participación segura en la actividad. Yo reconozco que lesiones corporales y daños a la propiedad pueden ser sostenidas mediante la participación en esta actividad y reconozco que yo/hosotros voluntariamente aceptamos los riesgos de lesión a personas o propiedad.

Firma del Apicante \_\_\_\_\_

Fecha: \_\_\_\_/\_\_\_\_/\_\_\_\_

Con mis iniciales, yo doy permiso a la Ciudad de San Rafael de usar cualquier y/o todas las fotografías mías y/o mis niños para futuras publicaciones de la agencia. Yo entiendo que mi nombre o el de mi niño o mis niños no será publicado en ningún momento en ninguna publicación. Yo doy mi permiso de que una fotografía de mi niño(s) sea usada por la Ciudad de San Rafael con propósito de marketing. Iniciales \_\_\_\_\_

## 4. PAGO

Los pagos con tarjeta de crédito se procesan a través de nuestro sistema de registro en [CityofSanRafael.org/Recreation](http://CityofSanRafael.org/Recreation). También puede pagar con tarjeta de crédito, cheque o efectivo en persona en nuestro centro comunitario.

**San Rafael Community Center**  
618 B Street

**Terra Linda Community Center**  
670 Del Ganado

**Albert J. Boro Community Center**  
50 Canal Street

# Falkirk Cultural Center

1408 Mission Avenue • (415) 485-3328 • [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) • [f @falkirkculturalcenter](https://www.facebook.com/falkirkculturalcenter)



This elegant three-story house is a blend of Queen Anne and Eastlake styles, built in 1888 on 11 acres. In keeping with the style of the period, it has a complex and intriguing roof line of gables and chimneys, variously shaped bays, and plenty of decorative details.

The interior is beautifully rendered in rich redwood panelling, and features ornate mantelpieces, hardwood floors, and elegant wall coverings. The foyer is especially striking with its huge decorative fireplace and floor-to-ceiling stained-glass windows.

The property was most notably owned by the Dollar family from 1906 until the early 1970s. The estate was named Falkirk in honor of Captain Robert Dollar's Scottish birthplace and to celebrate his civic involvement and generous donations to the City of San Rafael.

## Facility Rental Information

[www.cityofsanrafael.org/falkirk](http://www.cityofsanrafael.org/falkirk)

Falkirk Cultural Center is operated by the City of San Rafael and serves as a historic site, contemporary art gallery, and a popular event venue. When you reserve the venue, you have use of the grounds and entire first floor and access to changing suites on the second floor. Events can be hosted outdoors on the wedding lawn, in the rose garden or on the veranda, or indoors in the parlor.

Facility reservations are accepted one year prior to the date. A rental packet is available online and includes policies and procedures to reserve facilities, sample layouts, helpful resources and an application.

## Art Galleries

[www.cityofsanrafael.org/falkirk-art-galleries](http://www.cityofsanrafael.org/falkirk-art-galleries)

Our three spacious, light-filled galleries on the second floor of the mansion are open to the public and exhibit a variety of contemporary art throughout the year.

### UPCOMING EXHIBITS

**Cindy Ostroff & Susan Tureck "Double Vision"**

**7+1 Art Collective "What Now?"**

**Sniff Art Collective "Untitled"**

September 13 – October 25

Opening Reception: Friday, September 13 • 5:00-7:30pm

**Second Friday Salon "Beauty and Her Shadow"**

**Marie Krajan "Dreams"**

**Dana Christensen "Ephemera"**

November 8 – December 13

Opening Reception: Friday, November 8 • 5:00-8:30pm

### SPECIAL EVENT

#### Nutcracker Workshop

Families and individuals are invited to "crack it up" at the Falkirk Cultural Center. Join us to create a festive Nutcracker to be on display at Falkirk and then go home with you for the season.

Register online as space is limited.

Friday, November 1 • 3:30pm-5:30pm

Course#: 8062

Saturday, November 2 • 10am-12pm

Course#: 8063

\$25 per family/individual



### CALL FOR 2025 EXHIBITS

We are now accepting proposals for 2025 Exhibits at Falkirk. If you would like to exhibit, please go to the website [www.cityofsanrafael.org/falkirk/](http://www.cityofsanrafael.org/falkirk/). Application deadline is Monday, September 30, 2024.





**SAN RAFAEL**

THE CITY WITH A MISSION

618 B Street  
San Rafael, CA 94901

PRSR STD  
US POSTAGE  
PAID  
SAN RAFAEL, CA  
PERMIT #212

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*

**RESIDENTIAL CUSTOMER**



# Friday Night MOVIES IN THE PARK

PRESENTED BY CITY OF SAN RAFAEL RECREATION DIVISION



**KUNG FU PANDA 4**

Spanish w/ English subtitles  
Rated PG

Friday  
August 23

PICKLEWEED PARK  
50 Canal St



**TOY STORY 4**

Rated G

Friday  
September 20

SUN VALLEY PARK  
144 Sofano Street



**MIGRATION**

Rated PG

Friday  
September 27

TERRA LINDA PARK  
670 Del Ganado Rd



**E.T.**

Rated PG

Friday  
October 11

VICTOR JONES PARK  
60 Robinhood Dr

**Movies Begin 10 Minutes After Sunset.**

REMEMBER TO BRING LOW CHAIRS, BLANKETS, PICNIC/SNACKS AND FLASHLIGHT.