

SAN RAFAEL

ONLINE ACTIVITY GUIDE | SPRING 2021



SAN RAFAEL
LIBRARY AND RECREATION

WWW.CITYOFSANRAFAEL.ORG/RECREATION



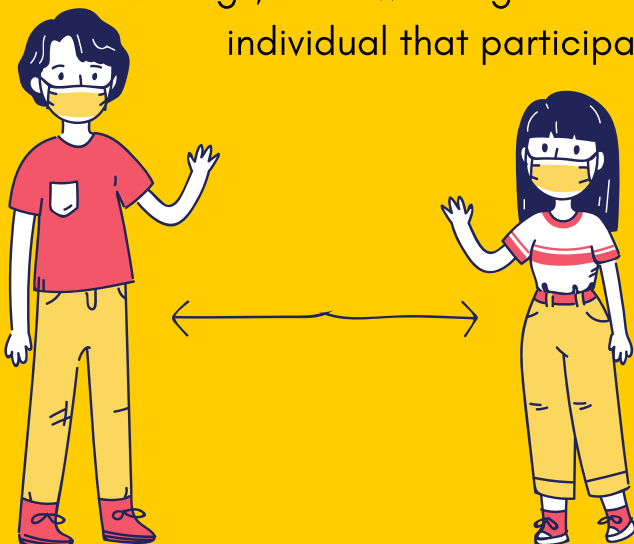
San Rafael Recreation is excited to offer in-person and virtual programming, including summer camps!
Visit cityofsanrafael.org/recreation to register online.

As Marin County advances through the State of California's Blueprint for a Safer Economy Tier System, we will offer more programming. We'll continue to closely monitor our status and keep our community informed of any changes.

We ask that you continue to check back as we add in-person and virtual classes.

Please call (415) 485-3333 or email recreation@cityofsanrafael.org for more information about programs or registration.

To maintain the health and safety of our staff members and participants, we strictly adhere to Covid 19 guidelines. This includes maintaining physical distance, properly wearing face coverings, hand washing and monitoring the health of each individual that participates in our programs.



The hunt is on to find the San Rafael Leprechaun!

March 8-17

Open to all ages

This rascally little fellow will be hiding in our city parks and outdoor recreation facilities for several days leading up to St. Patrick's Day. This mystical fairy will never be hiding in a location that requires you to tear anything up, damage landscaping, destroy property or put yourself in harm's way.

If luck is with you and you discover his whereabouts, take a photo of your hunting party with the leprechaun, and email it to us at recreation@cityofsanrafael.org.

The first five people each day to send us their photos will receive a prize.

Watch our Instagram page for clues as to where you might want to search.

Happy hunting and Good Luck!





FALKIRK EXHIBITS 2021

TERRA LINDA CERAMICS
FEATURING CORNELIA NEVITT
MARCH 5 - APRIL 2

CALIFORNIA WATERCOLOR ASSOCIATION
VIRTUAL SHOW
APRIL 16 - MAY 14

MARIN OPEN STUDIOS
FEATURING GAIL ANDERSEN, ERIC KELLY,
AND DON MCCARTNEY
APRIL 30 - MAY 16

SUMMER OPEN JURIED SHOW
JUNE 4 - JULY 2

As excited as we are to see you in-person, all exhibitions will be contingent upon the guidelines of the current health order. At this time, we are not planning on holding Artist Receptions, and will continue to review that decision as the health orders change.

For the latest information on our exhibits and events, please visit www.cityofsanrafael.org/falkirk-art-galleries/

VIRTUAL BINGO!



Join us for Virtual Bingo

2nd Wednesday of the Month

6:30 PM Via Zoom

March 10 - Luck of the Irish

April 14 - Spring Fling

May 12 - May Madness

Email recreation@cityofsanrafael.org
to join in the fun



**Join us for summer camps!
Sign up online beginning March 1**

**We'll offer both virtual
and in-person camps.**

**We look forward to seeing you!
www.cityofsanrafael.org/recreation**

YOUTH

IN-PERSON CERAMICS CLASSES TERRA LINDA COMMUNITY CENTER

Instructor Nadia Tarzi-Saccardi was recently awarded the *Best of Marin 2020* for *Best Art Instructor* and *Best Art Studio*. She first studied ceramics and sculpture thirty-five years ago in Strasbourg, France and for the last 14 years has been teaching ceramics to adults and children across the Bay Area.

Nadia has been the director for the Terra Linda Ceramics program since 2017.



Hang out with Clay

Ages 13 - 17

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. There will be many opportunities to explore glazing and surface decorations as well as working on a portfolio.

\$30 material fee is due to the instructor at the first class.

Mondays

4:00 PM - 6:00 PM

Check website for current dates and fees



Mudmasters

Ages 9 - 12

Join this artistic group of teens and preteens who love creating in clay. Students learn all about clay, pinch pot, slab building, coiling, sculpting and glazing. A fun new project is demonstrated each class and individual expression is encouraged. All levels are welcome. Bring a notebook with your ideas to first class. \$30 material fee is due to the instructor at the first class.

Tuesdays

3:30 PM - 5:00 PM

Check website for current dates and fees

Director and Instructor Nadia Tarzi-Saccardi

REGISTER ONLINE

[CITYOFSANRAFAEL.ORG/RECREATION](https://www.cityofsanrafael.org/recreation)

YOUTH

IN-PERSON ARTS & CRAFTS WITH NIKKI CONTINI SAN RAFAEL COMMUNITY CENTER AUDITORIUM

Teaching artist Nikki Contini is a local glass, clay, eco-artist, and educator. Nikki brings her love of art and crafts to her classes and is committed to helping her students joyfully explore their creativity! Her artwork and jewelry are colorful, whimsical creations and have been exhibited in juried crafts shows such as the Women's Crafts Fair in San Francisco's Fort Mason.

Glass Fusing

Ages 7 - 12

In this unique class, students explore the ancient art of fused glass! They will learn to safely bend glass using a flame and to cut and layer glass into creative forms, which will then be kiln fired. You will be amazed at the beautiful collection of glasswork your child will produce. New projects are introduced weekly! Returning students welcomed. All materials are included.

\$325 Resident / \$342 Non-resident

Mondays

3:30 PM - 5:00 PM

March 1 - April 19

Code 13180



Oven Baked Clay

Ages 7 - 12

In this FUN class students will use a polymer clay that can be baked in a kitchen oven! Imaginations go wild as students decide what to make: tiny creatures and miniatures of any kind including food, robots, unicorns, monsters, beautiful jewelry, pinch pots, magnets, ornaments and other collectibles. Instructions, project ideas and guidance provided, but students are encouraged to create from their own vision! Students can make entire sets of characters and props for their imaginative stories and will be able to pull from Nikki's large collection of recyclable supplies and art materials to complete their projects. All clay and materials are included in the class.

\$275 Resident / \$289 Non-resident

Mondays

3:30 PM - 5:00 PM

April 26 - May 24

Code 13181

REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

IN-PERSON CANAL KARATE CLASSES

ALBERT J. BORO COMMUNITY CENTER

ALL CLASSES ARE \$80 RESIDENT/\$88 NON-RESIDENT



Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award-winning, self-defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. \$10 discount for multiple siblings. Classes will be held in a socially distanced environment indoors or outdoors.

Wednesdays & Thursdays

5 PM - 6 PM Beginner/Youth

6 PM - 7 PM Intermediate/Adult

March 10 - April 15

Code 13059

April 21 - May 27

Code 13061



REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

IN-PERSON TAEKWONDO CLASSES TERRA LINDA COMMUNITY CENTER

Instructor Greg Le Moi has been involved with martial arts for over 30 years and has a background in Taekwondo, Jujitsu and Karate. Greg has taught children and adults of all ages including those with physical and/or developmental disabilities.



Tiny Tigers

Ages 4 - 6

Our TinyTigers program is designed to help children improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun, and exciting learning environment. Le Moi's Martial Arts focuses on each person as an individual and invites them to be the best they can be!

Tuesdays & Thursdays

4:15 PM - 4:45 PM

Check website for current dates and fees



Taekwondo Youth & Blackbelt

Ages 7 and up

Our classes are based on a lifetime learning concept in addition to technical skills. The building blocks for our system are the Lifeskills, which we use as our monthly themes. This is a combined class, due to Covid-19 restrictions. Youth will train until 5:45 PM. Black belts will stay on for the extra 15min until 6:00 PM.

Tuesdays & Thursdays

5:00 PM - 6:00 PM

Check website for current dates and fees

REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

IN-PERSON FUNDAMENTAL ATHLETE SPORTS CAMP TERRA LINDA COMMUNITY CENTER GRASS AREA \$170 RESIDENT / \$184 NON-RESIDENT



Ages 8 - 13

At The FUNdamental Athlete camp our goal is to introduce, train, and provide the FUNdamentals of different sports such as football, basketball, and baseball. Coach Mike has worked at Coleman Childcare, coached football at Terra Linda and Redwood High Schools respectively and is currently coaching Varsity Football at Galileo High School in San Francisco.

Tuesdays & Thursdays

3:30 PM - 4:30 PM

March 2 - March 25

Code 13196



REGISTER ONLINE
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YOUTH

IN-PERSON KID DANCE BRIGADE CLASSES

Ages 7 - 12

The KDB Program is dance party with fun and easy to follow dance routines to contemporary music, such as Chihuahua, Fox, and Hamilton. With this fast paced, active and fun two-hour, in-person class we will practice the skills of movement and self-expression that are unique to dance. For more information, visit www.kiddancebrigade.com.

Thursdays

3:30 PM - 5:30 PM

\$99 Resident / \$109 Non-Resident

Terra Linda Community Center

Outside Basketball Courts

March 4 - March 18

Code 13182

March 25 - April 8

Code 13183

April 15 - 29

Code 13184

May 6 - May 20

Code 13185



Wednesdays

2:00 PM - 4:00 PM

\$132 Resident / \$146 Non-Resident

Sun Valley Park Grass Field

April 7 - 28

Code 13198

May 5 - 26

Code 13199

REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

IN-PERSON FUN WITH SPANISH CLASS FALKIRK CULTURAL CENTER - ART ROOM \$180 RESIDENT / \$198 NON-RESIDENT

Ages 5 - 12

A fantastic, fun Spanish-language program with tons of games and activities. There will be games, songs, dancing (Zumba!), arts & crafts, and so much more! This is a fantastic way to learn Spanish while also having fun! Don't know Spanish yet? No problem. Classes will be divided into multiple levels, so all children are encouraged and welcomed!

Tuesdays & Thursdays

3:30 PM - 5:00 PM

March 2 - March 18

Code 13176

March 23 - April 8

Code 13177

April 13 - 29

Code 13178

May 4 - May 20

Code 13179



REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

IN-PERSON MARIN YOUTH TELEVISION CLASS

FALKIRK CULTURAL CENTER - PARLOR

\$170 RESIDENT / \$187 NON-RESIDENT

Ages 10 - 13

Welcome to Marin Youth Television where kids' ideas become realities! At MYT, kids will learn how to create, produce, film and stream their own LIVE video podcast, talk show, game show or gaming stream. Our kids will learn to use some professional equipment as well as casual equipment which will be used to create their visions. At MYT everyone has a role to do just like at a real Television station. As a bonus, every show/podcast will be broadcast live on YouTube, Facebook, and/or Twitch so family and friends can see their shows in real time.

Mondays & Wednesdays

3:30 PM - 4:45 PM

March 1 - 24

Code 13197



REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

VIRTUAL SKYHAWKS SPORTS ACADEMY'S PROGRAMS

ALL CLASSES ARE \$39 RESIDENT / \$43 NON-RESIDENT

CHECK WEBSITE FOR DATES AND CLASS DETAILS

Cheerleading

Ages 6 - 9

Skyhawks cheerleading teaches young athletes the essential skills they need to lead the crowd and support the home team. A perfect sport for the virtual environment, Skyhawks' cheerleading teaches cheers, proper hand and body movements, as well as jumping techniques. All activities are designed to be performed in the comfort of the home or backyard. Participants will enjoy an active and fun experience, while coming away with new skills!

Soccer Skills

Ages 6 - 9

Whether you are looking to sharpen your skills or learn the game for the first time, Skyhawks virtual soccer is a great way to stay active and have fun with soccer. This fast-paced, engaging program provides the perfect mix of game-based exercises and skill practice to promote agility and improve fundamental soccer skills. Ball control, dribbling, passing and shooting movements are the focus and all activities are designed to be performed in the home or backyard. Stay active with Skyhawks soccer!

SoccerTots

Ages 3 - 5

SoccerTots programs develop motor skills and self-confidence in a fun, engaging format. Skyhawks is excited to bring our best instructors together with our most popular games, to offer a unique at-home class that promotes the early development of soccer skills and a love for an active lifestyle. This fast-paced program will keep your child engaged with an imaginative warm-up and exciting activities that disguise learning and focus on fun!



REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

YOUTH

VIRTUAL SKYHAWKS SPORTS ACADEMY'S PROGRAMS

ALL CLASSES ARE \$39 RESIDENT / \$43 NON-RESIDENT

CHECK WEBSITE FOR DATES AND CLASS DETAILS



HoopsterTots

Ages 3 - 5

Learning basketball has never been more fun! This virtual HoopsterTots class brings our best games and lessons into your living room, ensuring an enriching and active experience for your child. Featuring our best instructors, kids will have a blast and parents will come away with some great new activities to play with the family. Expect a dynamic warm-up, stretching best practices, fun games and some life skills along the way soccer!

PhysEd Fun

Ages 6 - 9

Skyhawks is proud to offer an engaging, game-based physical education program designed for the home. With passionate instructors at the program's core, this class will offer children a wide variety of activities that involve locomotor, non-locomotor, manipulative skills and fitness development exercises. Our goal is to build self-confidence, create body awareness and inspire each participant with a passion for an active lifestyle.

REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

ADULTS

IN-PERSON AND VIRTUAL INTERMEDIATE WATERCOLOR CLASSES FALKIRK CULTURAL CENTER

ALL CLASSES ARE \$110 RESIDENT / \$121 NON-RESIDENT

Students must have had at least one prior class with the instructor before enrolling in intermediate OR permission from the instructor to enroll based on experience.



In-person Class

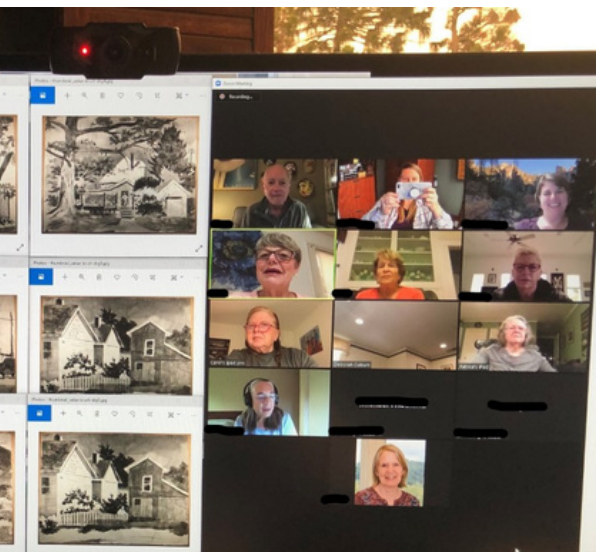
Students will continue to explore the ways in which they can make watercolor paintings interesting, dynamic, fresh and appealing. In this class we'll review and practice the fundamentals and then push further into more complex paintings and compositions. Class will be held outdoors on Falkirk Cultural Center's verandah and a mask must be worn for the duration of the class. Proper social distancing and cleaning protocols will be in place.

Thursdays 10:00 AM - 1:00 PM

March 4 - March 25 Code 13043

April 8 - April 29 Code 13136

May 6 - May 27 Code 13137



Virtual Class on ZOOM

With Zoom, students can paint along in real time, or simply watch and make notes, or record the demo and make their painting later. Students must have had at least one class with Michael Friedland before enrolling in this class.

Tuesdays 10:00 AM - 1:00 PM

March 2 - March 23 Code 13042

April 6 - April 27 Code 13139

May 4 - May 25 Code 13140

REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

ADULTS

VIRTUAL CERAMICS CLASSES

The Terra Linda Ceramics program is currently offering virtual ceramics classes for students of all levels. Join Nadia as she leads you through live demonstrations of a variety of techniques to form clay into sculptures, pottery, and other artistic creations. You'll receive support along the way. Students may also join the outdoor lab classes to glaze their pieces and prepare them for firing.

Please note: As Covid 19 restrictions decrease, we expect some ceramic classes to return to in-person instruction . Please check website for updates.

Register early as classes fill up quickly. For more class details, please visit www.terralindaceramicartists.com



Resists

Learn how to use a variety of materials as resists to create interesting surface decoration.

Pottery on the Wheel

This class is for someone who has a wheel at home, with a focus on forming tall and wide vessels.

Cone 5 Building and Firing

Learn which clay and glazes to use for a mid-range firing

All Levels/Intermediate Ceramics

This class is open to personal exploration using multiple building and glazing techniques.

Labs

Labs are offered to those students who are enrolled in one of the current classes. For more details go to www.terralindaceramicartists.com/studio-labs.

Instructor Nadia Tarzi-Saccardi was awarded the *Best of Marin 2020* for *Best Art Instructor* and *Best Art Studio*. She first studied ceramics and sculpture thirty-five years ago in Strasbourg, France and for the last 14 years has been teaching ceramics to adults and children across the Bay Area. Nadia has been the director of the Terra Linda Ceramics program since 2017.



REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION

ADULTS

IN-PERSON ACRYLICS TOLE PAINTING LAB TERRA LINDA COMMUNITY CENTER \$5 DROP-IN FEE

DEPENDING UPON COVID RESTRICTIONS, CLASSES MAY
BE HELD OUTDOORS, INDOORS OR VIRTUALLY



This open lab for acrylic painters is an opportunity to paint and be inspired by other painters.

Lab Director Shirley Macpherson has led classes at the Terra Linda Community Center for more than 30 years. She is a member of the *National Society of Decorative Painters* and attends 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.

Safety protocols will be in place. Students must wear a mask and maintain physical distance.

For more information, please call the Terra Linda Community Center at (415) 485 - 3344 or email terralindapool@cityofsanrafael.org



REGISTER ONLINE
[CITYOFSANRAFAEL.ORG/RECREATION](https://www.cityofsanrafael.org/recreation)

ADULTS

IN-PERSON AND VIRTUAL FITNESS CLASSES

TERRA LINDA COMMUNITY CENTER

CHECK WEBSITE FOR ADDITIONAL DATES AND CLASS DETAILS

DEPENDING UPON COVID RESTRICTIONS, CLASSES MAY BE HELD OUTDOORS, INDOORS OR VIRTUALLY

In-Person Beginning Pilates Mat Class

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.

Nancy Fox has been a certified Pilates instructor for more than eight years and teaches mat Pilates in Marin County.

Wednesdays 6:00 PM - 7:00 PM



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.

Mondays, Wednesdays & Fridays

9:15 AM - 10:30 PM

Thursdays

9:00 AM - 10:00 AM

Virtual Therapeutic Pilates Mat Class for Back Pain (or not)

Pilates is one of the best overall fitness modalities. This class is also therapeutic. We focus on balance, strength and flexibility to help heal back, neck, hip, knee and shoulder issues while strengthening our core. We make modifications available for each exercise and provide individual attention to address most issues.

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.

Mondays 7:00 PM - 8:15 PM



REGISTER ONLINE

[CITYOFSANRAFAEL.ORG/RECREATION](https://www.cityofsanrafael.org/recreation)

OLDER ADULTS

VIRTUAL FULL BODY WORKOUT CLASS FOR ADULTS 55+

\$60 RESIDENT / \$66 NON-RESIDENT

Instructor Beth Zamichow is a certified movement therapist, certified Pilates instructor and specializes in senior body/brain fitness.

Join this class from the comfort and safety of your home for a class designed to promote full body movement for older adults. Participants will isolate and strengthen certain areas of the body as well as promote joint mobility and flexibility. At times, the movement will be rhythmic and dynamic, geared towards increased body brain functioning.

Each class incorporates standing balance work but will also include chair work and participants who need to remain seated for the entire class can do so and will be given alternative exercises.

March 2 - April 6

Tuesdays 10:10 AM - 10:55 AM

March 5 - April 9

Fridays 11:15 AM - 12:15 PM

April 13 - May 18

Tuesdays 10:10 AM - 10:55 AM

April 16 - May 21

Fridays 11:15 AM - 12:15 AM



REGISTER ONLINE

CITYOFSANRAFAEL.ORG/RECREATION



BOOK & PUZZLE SWAP

For Adults 55+

March 10

April 14

May 12

Wednesdays 10:00 AM - Noon

**San Rafael Community Center
618 B Street
Outside patio**

If you're 55 years or older, please come join us on our outside patio and browse through tables of books and puzzles to take home for your enjoyment!

We'll provide you with a pair of gloves to wear while browsing and we require face coverings along with physical distancing.

If you'd like to donate to the swap, we'll place items in quarantine until the following event, although donations are not necessary. Please just come and have fun picking up new-to-you books and/or puzzles!

Rain and Covid-19 restrictions may cancel this event. Please check www.cityofsanrafael.org/recreation, Facebook, Instagram or call (415) 485-3333 for updates.

"FOR THE WHOLE WORLD IS IRISH ON THE SEVENTEENTH O' MARCH!"

*San Rafael Goldenaires St. Patrick's Day
Take-Out Dinner
Wednesday, March 17*

RESERVATION DEADLINE: TUESDAY, MARCH 9

**Enjoy a delicious
corned beef take-out dinner
with all the fixings in your own home!**

Menu includes:

Corned beef, cabbage, baby carrots with butter sauce, roasted red potatoes, Irish soda bread and butter, deli mustard on the side, and a Shamrock Cookie for dessert.

\$22.00/person

**Dinners will be packed in microwavable containers
so they can be refrigerated and reheated.**

**For reservations, please send in your
check payable to:**

San Rafael Goldenaires
618 B Street, San Rafael, CA 94901

Please pick up your meal at:

Debbie Ghiringhelli Catering Company
1241 Andersen Drive, San Rafael

Pickup times are coordinated by last name

A-H pickup is from 12:00 - 12:30 PM

I-R is 1:00 - 1:30 PM

S-Z is 2:00 - 2:30 PM

For questions or more information call (415) 485-3348
or e-mail srgoldenaires@gmail.com

*"MAY YOUR BLESSINGS OUTNUMBER THE SHAMROCKS THAT GROW.
AND MAY TROUBLE AVOID YOU WHEREVER YOU GO."*

*"FOR EACH PETAL ON THE SHAMROCK, THIS BRINGS A WISH YOUR WAY:
GOOD HEALTH, GOOD LUCK AND HAPPINESS FOR TODAY & EVERY DAY."*