

# SAN RAFAEL

ONLINE ACTIVITIES GUIDE | WINTER 2022



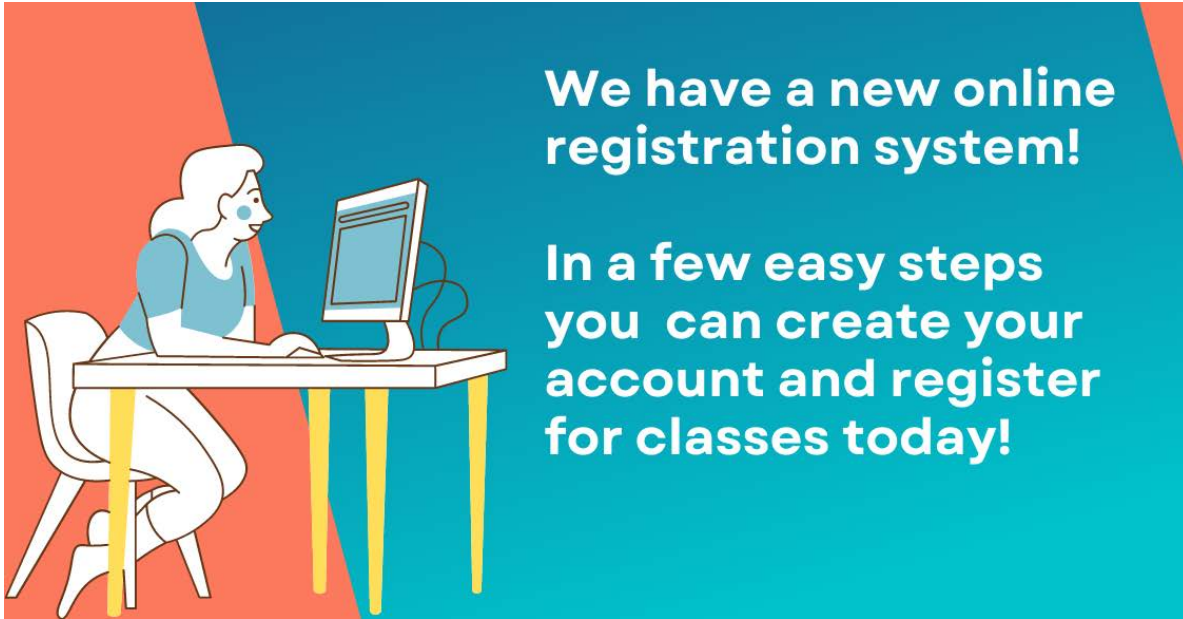
REGISTER  
ONLINE



**SAN RAFAEL**  
LIBRARY AND RECREATION

[WWW.CITYOFSANRAFAEL.ORG/RECREATION](http://WWW.CITYOFSANRAFAEL.ORG/RECREATION)

## How to Register for Classes



### REGISTER ONLINE

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

Learn how to create your new account at

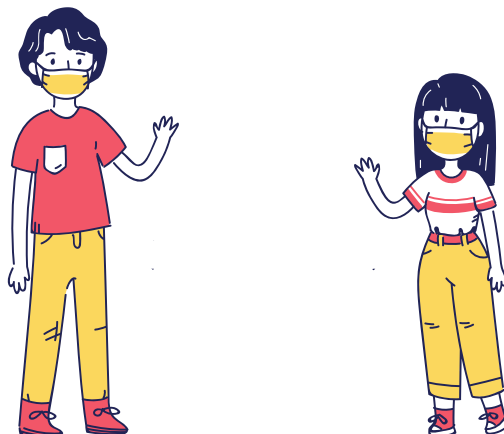
[www.cityofsanrafael.org/create-account-recreation-classes-activities/](http://www.cityofsanrafael.org/create-account-recreation-classes-activities/)

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

If you would rather fill out, print and bring a registration form into one of our centers, please click on the link on our homepage.

*To maintain the health and safety of our staff members and participants, we require that the everyone wear face masks in our facilities. As public health guidelines change, so might our requirements on face coverings and safety precautions.*

*Please contact us with any questions or for additional information.*





# Preschool

## Games & Sport

### Jumping Jacks

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

**San Rafael Community Center**

**Six-class punch card is \$54**

**Twelve-class punch card is \$96**

**Drop-in fee is \$10**

**Tuesdays & Thursdays**

**Ongoing**

**Jump-up Class is for children crawling to 26 months**

**9:30am -10:30am**

**(30 Min Re-Set/Disinfecting Between Sessions)**

**High Jump is for children 26 months to 4 years**

**11:00am-12:00pm**



## Language

### Tiny Tot Fun with Spanish

In this class students will learn about the rich and diverse cultures that make up the Spanish speaking countries. Our Pre-K class is specially designed to encourage learning and support daily use of the Spanish language in a fun way.

Students learn words that are easy to remember and can be used at home. In an array of exciting and diversified classes, we role-play practical situations in everyday life, and use games, songs, and arts & crafts to enhance the curriculum. The student not only learns the language but embraces the culture as well.

While our classes are not full immersion, they are inclusive of all ages and skill levels. Please Note: Children must be 3 years old and potty-trained for inclusion in this program! Classes are taught by Your Language & Cultural Center, Inc. Staff.

No class 2/15.

**Age: 3 -5**

**San Rafael Community Center**

**Resident \$195/Non-Resident \$210**

Tu 9:30am-11:30am 1/4-3/1 5232



# Youth

## Aquatics

### Lifeguard Training

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.

**Age: 15 and up**

**Terra Linda Community Pool**

**Resident \$250/Non-Resident \$275**

Tu-Th 2/22-2/24 5107  
Instruction Dates & Times Tuesday (2/22) 9am-5pm,  
Wednesday (2/23) 9am-5pm, Thursday (2/24) 9am-5pm

F, Sa, Su 3/18-3/20 5109

Instruction Dates & Time: Friday (3/18) 4pm-9pm,  
Saturday (3/19) 8:30am-5:30pm, Sunday (3/20) 8:30am-5:30pm

### Lifeguarding Instructor Course

Looking to teach Lifeguard Training Classes? The American Red Cross (ARC) Lifeguard Instructor course trains instructor candidates to teach the basic-level ARC Lifeguarding course. Participants must be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifeguarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in a manner that helps participants learn and meet course objectives. Participants who successfully complete the Lifeguarding Instructor course will be issued a Lifeguarding Instructor certification, valid for two years. ARC Lifeguarding Instructor Manual and Participants Manual must be picked up prior to the first day of the course. Successful completion of this course will allow you to teach LGT courses. Students must attend all scheduled classes and pass the course in order to receive instructor status. This course is non-refundable.

**Age: 17 and up**

**Terra Linda Community Pool**

**Resident \$310/Non-Resident \$341**

M-Th 8:30am-3:00pm 2/28-3/3 5105

## Arts & Crafts

### Terra Linda Ceramics

#### Terra Linda Community Center

*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 and 2021 for Best Art Instructor and Best Art Studio.***

Visit: [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com)

### Clay Time

Join this artistic group of children 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. Per county guidelines, and until further notice children are expected to wear a mask and maintain physical distance. A \$30 material fee is due to the instructor at the first class.

**Age: 6-8**

**Resident \$110/Non-Resident \$121**

Tu 3:45pm-4:40pm 1/18-2/15 5100

### Mud Masters

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. Per county guidelines, and until further notice children are expected to wear a mask and maintain physical distance. A \$30 material fee is due to the instructor at the first class.

**Age: 9-12**

**Resident \$115/Non-Resident \$127**

Tu 4:45pm-6:00pm 1/18-2/15 5101

### Hang Out with Clay

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. Bring a notebook with your ideas to first class. There will be many opportunities to explore glazing, surface decorations as well as working on a portfolio if desired. A \$30 material fee is due to the instructor at the first class. NO CLASS 2/21 - Center closed for President's Day

**Age: 13-17**

**Resident \$120/Non-Resident \$132**

Mon 4:30pm-6:00pm 1/24-2/28 5099



## Dance

### Kid Dance Brigade

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, in-person class we will practice the skills of movement and self-expression that are unique to dance. Drop in is \$15.00 per class. For more info, please visit [www.kiddancebrigade.com](http://www.kiddancebrigade.com)

**\*\*No class 2/19 or 4/9**

**Age: 6-12**

**Terra Linda Community Center**

**Resident \$72/Non-Resident \$80**

Sa 11:30am-12:30pm 1/15-2/26 5066

**Resident \$96/Non-Resident \$106**

Sa 11:30am-12:30pm 3/5-4/30 5067



## Games & Sports

### Classical Fencing

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 (purchasing information will be provided by the instructor). Students must wear long sleeves, pants, and closed toe shoes.

**Age: 8-12**

**San Rafael Community Center**

**Resident \$100/Non-Resident \$110**

Tu 5:00pm-6:00pm 1/4-2/22 5260

## Martial Arts

### Canal Karate

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

Beginning (ages 5+)	5:00 pm - 6:00 pm
Youth/Intermediate (ages 7+)	6:00 pm - 7:00 pm
Adult/Intermediate -	7:00 pm - 8:00 pm
Adult/Advanced	8:00 pm - 9:00 pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, galardonado internacionalmente, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten haciéndolo. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos. Las clases se llevarán a cabo en un ambiente socialmente distanciado en interiores o exteriores.

Juventud/Comienzo (mayores de 5 años)	5:00 pm - 6:00 pm
Jóvenes/Intermedios (mayores de 7 años)	6:00 pm - 7:00 pm
Adulto/Intermedio	7:00 pm - 8:00 pm
Adulto/Avanzado	8:00 pm - 9:00 pm

**Age: 5 and up**

**Albert J Boro Community Center**

**Resident \$80/Non-Resident \$88**

Tu,Th 1/4-2/10 5267

Tu,Th 2/15-3/24 5336



## Martial Arts

### TAEKWONDO CLASSES FOR YOUTH

#### Terra Linda Community Center

The following classes are taught by Greg Le Moi who has been involved with martial arts for more than 30 years. He has a background in Taekwondo, Jujitsu & 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.

#### Taekwondo Tiny Tigers

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! A \$40 uniform fee is due to the instructor.

**Age: 4-6**

**Resident \$122/Non-Resident \$134**

Tu,Th	3:30pm-4:00pm	1/11-3/10	5073
Tu,Th	3:30pm-4:00pm	3/22-5/12	5076

#### Taekwondo Youth Beginning

Youth Beginning is for ages 7 and up. There are many reasons to become involved in the Martial Arts. 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. Camo and Green Belt members are invited to sparring as scheduled. Speak to Instructor for more details. A \$40 uniform fee is due to the instructor. No class 2/1, 2/3 and 3/31.

**Age: 7 and up**

**Resident \$149/Non-Resident \$164**

Tu,Th	4:05pm-4:50pm	1/11-3/10	5074
Tu,Th	4:05pm-4:50pm	3/22-5/12	5085

#### Taekwondo Youth Advanced and Black Belt

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 due to COVID-19 restrictions. Youth will train until 5:40pm. Black Belts until 6:05pm. A \$40 uniform fee is due to the instructor. No class 2/1, 2/3, and 3/31.

**Age: 7 and up**

**Resident \$149/Non-Resident \$164**

Tu,Th	4:55pm-6:05pm	1/11-3/10	5075
Tu,Th	4:55pm-6:05pm	3/22-5/12	5087

## Performing Arts

### The Wicked Whiz of Oz

Come be a part of this timeless classic, The Wizard of Oz! Follow the yellow brick road with Dorothy, the Scarecrow, Tinman, and the Cowardly Lion through the world of Oz. We will also be featuring musical numbers from Wicked and The Wiz.

AUDITIONS are Wednesday December 1 OR Thursday December 2 from 4 - 6pm at the San Rafael Community Center, 618 B Street. You only need to attend one day to audition. Please be prepared to sing 32 bars of a song and cold read from the provided script.

PERFORMANCES are Friday April 15, Saturday April 16 and Sunday April 17 at the San Rafael Community Center Auditorium. Performance times are to be announced. Please contact Pied Piper Productions at [www.piedpiperproductions.org/contact/](http://www.piedpiperproductions.org/contact/) for any questions.

**Age: 8-17**

**San Rafael Community Center**

**Resident \$550/Non-Resident \$578**

Tu,Th	4:00pm-6:00pm	1/25-4/14	5361
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# Technology

## Virtual Coding Classes for Kids

Learn coding and have fun! Join the following award-winning, top-rated kids coding classes online. The small group classes with a maximum of five students each, along with a live video experience, and awesome teachers set every child up for success. This program was founded by tech experts who were at Google, Uber and Stanford.

### Scratch Junior (Beginner Level)

This series of fun classes use the Scratch Junior platform, developed by the same MIT team that built Scratch. While building interactive stories and games, your child will be introduced to the basics of coding concepts, solve problems, and most importantly, create! For Grades K-1 (ages 5 - 6) Beginner Level - no prerequisite.

**Requires an iPad or Tablet and computer that is running Zoom and Internet connectivity.**

**Age: 5 - 6**  
**Resident\$96/Non-Resident\$106**

Sa	10:30am-11:15am	1/15-2/19	5081
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### Scratch Ninja - Levels 1 and 2 (Beginner Level)

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. For Grades 2 - 5 (ages 7 - 11) Beginner Level - no prerequisite.

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

**Age: 7-11**  
**Resident \$144/Non-Resident\$158**

Tu	4:00pm-4:55pm	1/11-3/1	5082
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**Resident \$215/Non-Resident \$237**  

W	4:00pm-4:55pm	1/12-3/30	5083
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## FUN ONLINE CLASSES

Code games, robots, mobile apps, and more...

★★★★★

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

Brought to You by Tech & Education Experts from Silicon Valley

### Minecraft Coding Quest - Levels 1 and 2 (Beginner Level)

In this fun beginner coding class, kids learn foundational coding classes by solving interesting puzzles, building structure, and creating minigames all using code. Some core coding concepts covered include sequencing, conditional, events, loops, and more. Your kids will have tons of fun and learn! For Grades 3-5 (ages8-11) Beginner Level - no prerequisite.

**Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high Internet connectivity. Windows or Mac Computer (Chromebook not supported).**

**Age: 8-11**  
**Resident \$144/Non-Resident \$158**

M	4:00pm-4:55pm	1/24-3/21	5116
M	4:00pm-4:55pm	2/7-3/28	5117

### From 3D Design to Legos (Beginner Level)

3D design is widely used in many areas such as designing cars, robots, animations, and game characters. This class introduces students to the concepts for 3D design and building 3D models. We will be creating a couple of models in every class. Even though the class will only touch on basic skills, some of our students have created amazing projects using what they learned in class. Students will also learn to turn their 3D models into Lego building blueprints. For Grades 4-8 (ages 9-14) Beginner Level - no prerequisite.

**Requirements: Students must have a laptop o desktop device with Zoom, a Chrome browser, and high Internet connectivity.**

**Age: 9-14**  
**Resident \$72 Non-Resident \$79**

Th	4:00pm-4:55pm	1/13-2/3	5119
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Technology, cont.

Accelerated Scratch - Levels 1 and 2 (Beginner Level)

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. \*\*The curriculum is customized for Middle School and High School students. For Grades 5-9 (ages 10-15) Beginner Level - no prerequisite.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high Internet connectivity.

Age: 10-15  
Resident \$144/Non-Resident \$158

Tu 4:00pm-4:55pm 1/11-3/1 5126

Python for AI - Levels 1 and 2 (Intermediate Level)

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. For Grades 5-9 (ages 10-15) Intermediate Level - Scratch coding experience and familiarity with basic coding blocks are recommended but not required.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high Internet connectivity.

Age: 10-15  
Resident \$144/Non-Resident \$158

W 4:00pm-4:55pm 2/2-3/23 5120

Roblox Coding - Levels 1 and 2 (Advanced Level)

Take a big step forward with your Roblox experience by not just playing the game but actually creating your own games! Learn how to use Roblox Studio to create customized worlds and code mini games. We start from the very basics of Roblox Studio, no prior experiences needed.

You will also learn Lua, a programming language for Roblox and core coding skills that can be applied elsewhere as well. For Grades 4-8 (ages 9-14) Advanced Level- should be very familiar with Scratch type of programming platform. Ready to move up to text based programming.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high Internet connectivity. Windows or Mac Computer (Chromebook not supported), and a mechanical mouse.

Age: 9-14  
Resident \$144/Non-Resident \$158

W 4:00pm-4:55pm 2/9-3/30 5118





# Child Care

## Preschool Programs

### Parkside Preschool

485-3387

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

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

Our school age programs provide a safe, nurturing environment for your child and ample opportunity for children to explore, create, learn and play. The centers follow the school district calendars and offer extended hours during minimum days and non-student days including summer and holiday breaks. Convenient locations and professional staff are just some of the reasons why our school-age programs and Kid's Camps are so popular

### Registration Information

Registration for the School-age Child Care Program is conducted at the various school sites.

### Coleman Children's Center

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

### Glenwood Children's Center

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

### Lucas Valley Children's Center

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

### Mary Silveira Children's Center

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

### Parkside Children's Center

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

### Vallecito Children's Center

Vallecito Elementary School  
50 Nova Albion Way, San Rafael 94903  
Phone: 485-3103



# Adult

## Aquatics

### Lifeguard Training

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.

**Age: 15 and up**

**Terra Linda Community Pool**

**Resident \$250/Non-Resident \$275**

Tu-Th 2/22-2/24 5107  
Instruction Dates: Tuesday (2/22) 9am-5pm, Wednesday (2/23) 9am-5pm, Thursday (2/24) 9am-5pm

F,Sa,Su 3/18-3/20 5109  
Instruction Dates: Friday (3/18) 4pm-9pm, Saturday (3/19) 8:30am-5:30pm, Sunday (3/20) 8:30am-5:30pm

### Lifeguarding Instructor Course

Looking to teach Lifeguard Training Classes? The American Red Cross (ARC) Lifeguard Instructor course trains instructor candidates to teach the basic-level ARC Lifeguarding course. Participants must be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifeguarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in a manner that helps participants learn and meet course objectives. Participants who successfully complete the Lifeguarding Instructor course will be issued a Lifeguarding Instructor certification, valid for two years. ARC Lifeguarding Instructor Manual and Participants Manual must be picked up prior to the first day of the course. Successful completion of this course will allow you to teach LGT courses. Students must attend all scheduled classes and pass the course in order to receive instructor status. This course is non-refundable.

**Age: 17 and up**

**Terra Linda Community Pool**

**Resident \$310/Non-Resident \$341**

M-Th 8:30am-3:00pm 2/28-3/3 5105

## Arts & Crafts

### Terra Linda Ceramics

#### Terra Linda Community Center

**[www.terralindaceramicartists.com](http://www.terralindaceramicartists.com)**

*The 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** and **2021 for Best Art Instructor and Best Art Studio**.*

Visit: [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com)

**Resident \$200/Non-Resident \$220**

### Beginners Ceramics (only)

This class is designed as a prerequisite and as a class for beginners in ceramics. It is also for people who have not done ceramics in many years and need a refresher in techniques. Learn the basic techniques you need to create with clay, such as pinch, slab, drape, sculpt and glaze. After this session is completed, if students want to continue taking classes they must sign up for another session of classes. This class is not a repeat class. A \$65 material fee is due to the instructor at the first class and includes a bag of regular clay.

W 5:30pm-8:30pm 1/19-3/9 5095

### Intermediate and Advanced Ceramics

The following classes are **not** designed for a beginner's level. For the beginner's level class please sign up for the Wednesday evening class. In these classes, expand your coil, slab, drape, push mold, large or small sculpting techniques and let your imagination soar. The instructor provides a class demonstration the second week of each session and individual artistic and technical support is given throughout the session. A \$65 material fee is due to the instructor at the first class and includes a bag of regular clay.

### Intermediate Ceramics

Tu 6:30pm-9:30pm 1/18-3/8 5092  
Th 9:00am-12:00pm 1/20-3/10 5096  
Sa 9:00am-12:00pm 1/22-3/12 5098

### Advanced Ceramics

W 9:00am-12:00pm 1/19-3/9 5093

To register for this class, you must have approval from Nadia. For full class details, please visit [www.terralindaceramicartists.com](http://www.terralindaceramicartists.com)

### Intermediate/Advanced Ceramics

Tu 9:00am-12:00pm 1/18-3/8 5091  
W 1:00pm-4:00pm 1/19-3/9 5094  
Th 5:30pm-8:30pm 1/20-3/10 5097



## Arts and Crafts cont.

### Tole Painting

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.

**Age: 18 and up**

**Terra Linda Community Center**

**Drop in: \$6.00**

Fridays 9:30am -12:30pm

### Intermediate Watercolor

Through a combination of review and practice with fundamentals, students will explore the ways 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 your own material -e-mail [falkirk\\_cityofsanrafael.org](mailto:falkirk_cityofsanrafael.org) for a materials list. This class will be held outdoors on the Falkirk Wedding Lawn. Masks are mandatory for unvaccinated participants and optional for participants that are vaccinated.

**Age:18 and up**

**Falkirk Cultural Center**

**Resident \$110/Non-Resident \$121**

Th	10:00am-1:00pm	1/6-1/27	5077
Th	10:00am-1:00pm	2/3-2/24	5078
Th	10:00am-1:00pm	3/3-3/24	5079

### Japanese Flower Arranging - Sogetsu Ikebana

Develop your creative self-expression and explore the beauty of nature, through this exquisite art form. Each class includes a demonstration of upcoming Ikebana lessons, practice time for your own work, with individual assistance in a relaxed atmosphere. Required textbook, and additional supplies are available for purchase at class. Instructor Rachel Johnson has over 20 years' experience and is a certified member of the Sogetsu Teachers Association based in Tokyo, with the rank of Jonin Somu. She designs for homes, office, special events and public exhibitions, as well as teaching classes and workshops for people of all ages and interests. \$25 material fee paid to instructor at first class. No class February 17.

**Age:18 and up**

**San Rafael Community Center**

**Resident \$300/Non-Resident \$318**

Th	10:00am-1:00pm	1/6-3/17	5089
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## Athletics

### Open Gym

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 \$3 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 \$ 3 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.

**Age: 14 and up**

**Albert J Boro Community Center**

**Monday, Wednesday & Friday Evenings**

## Games & Sports

### Classical Fencing

Classical Fencing is the art and science of defense. Students will begin with French foil. New students will develop their understanding of structure and form, basic footwork, defenses, and attacks. Continuing students will learn more about fencing theory, practice, etiquette, and history.

Classical fencing is suitable for all ages and abilities. Masks and gloves must be purchased but are not required for the first couple of lessons (purchasing information will be provided by the instructor). Students must wear long sleeves, pants, and closed toe shoes.

**Age: 14 and up**

**San Rafael Community Center**

**Resident \$100/Non-Resident \$110**

Tu	6:00pm-7:00pm	1/4-2/22	5358
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### Duplicate Bridge

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game and the same deals are played at other tables. The cards you get do not determine whether you win but rather the way you play the cards you are dealt. Reservations not required but a partner is necessary. Improve your play and meet other bridge players. For questions, please call Peggy Strong at (415) 492-1784 For more information, contact Henry Kingdon (415) 572-9458 or [h\\_kingdon@yahoo.com](mailto:h_kingdon@yahoo.com)

**Albert J. Boro Community Center**

**Terra Linda Community Center**

Please contact Henry or Peggy or visit [www.marinbridge.com](http://www.marinbridge.com) for more details on days, times and cost.

# Fitness

## Classes by Dot Spaet

The following classes are taught by Dot Spaet, an award-winning trainer and teacher with certifications in Foundation Training, Personal Training, Core Conditioning, Stretching, Flexibility, Yoga, Pilates, Functional Muscle Training, Stability Ball, Kinetic Anatomy and many more. She believes fitness should be accessible and that everyone deserves to feel fantastic. Dot's engineering background enables her to help people with issues such as; back, neck, hip, knee, and shoulder pain. Dot healed her own back pain when the doctor didn't and has a 91% success rate helping people heal their own back pain. Check her out at [www.getoutofbackpain.com](http://www.getoutofbackpain.com)

## Basic Stretch and Balance

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 feel better, younger, and look fantastic, start with this one, balance moves included.

**Age:15-80**

**Terra Linda Community Center**

**Resident \$139/Non-Resident \$153**

W	4:30pm-5:45pm	1/5-2/23	5069
W	4:30pm-5:45pm	3/2-4/27	5070



## 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. Modifications available for each exercise, individual attention paid to address most issues. Preregistration requested. Please bring a mat or a large towel if you have one. \$20 discount if enrolled in both Monday and Wednesday Pilates. Class is over Zoom. The zoom link will be provided prior to first day of class.

**Age:15-80**

**Virtual (Zoom)**

**Resident \$109/Non-Resident \$121**

M	7:00pm-8:15pm	1/3-2/28	5344
M	7:00pm-8:15pm	3/7-4/25	5345

## Beginning Pilates Mat Class by Nancy Fox

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

**Age:15 and up**

**Terra Linda Community Center**

**Resident \$99/Non-Resident \$109**

W	6:00pm-7:00pm	1/5-2/23	5058
W	6:00pm-7:00pm	3/2-4/27	5060

## Jazzercise

Get to know the New Jazzercise! Dance Mixx classes are held 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](http://jazzercise.com) or San Rafael Jazzercise on Facebook! For questions, contact Tina at [tinaljazz@gmail.com](mailto:tinaljazz@gmail.com) or 246-7139.

**Age: 18Y & Up**

**Terra Linda Community Center**

**\$20 drop-in fee for a one-day trial**

M/W/F	9:15am-10:15am
M	6:00pm-7:00pm
Th	9:00am-10:00am
Sa	9:00am-10:00am





## Tai Chi

This Tai Chi class will be geared towards the specific needs of Seniors. The emphasis will be on balance enhancement, improved flexibility, and mind to body coordination. It will be gentle and at the same time feel like a beneficial form of exercise. All physical levels of Seniors are welcome and encouraged to participate. Al Loren is the facilitator of this class and has been teaching Tai Chi to Seniors in Marin County for 28 years. He has taught over 15,000 classes and is well known for his excellent ability to teach and connect with this demographic.

**Age:55 and up**

**San Rafael Community Center**

**Resident \$87/Non-Resident \$96**

W	11:00am-11:45am	1/5-2/23	5352
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## Zumba

In the past few years, the Zumba program has become nothing short of a revolution, spreading like wildfire and positioning itself as the single most influential movement in the industry of fitness. Join professional dancer and certified Zumba instructor, Tom Mayock as he leads you through a hypnotic dance fitness program with easy to follow moves that will blow you away. Party yourself into shape. Drop in \$15.00. For more info, please visit [www.tommayock.com](http://www.tommayock.com) \*\*No class 2/19 or 4/9

**Age:18 and up**

**Terra Linda Community Center**

**Resident \$72/Non-Resident \$80**

Sa	10:15am-11:15am	1/15-2/26	5063
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**Resident \$96/Non-Resident \$106**

Sa	10:15am-11:15am	3/5-4/30	5064
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## Virtual Fitness Classes by Beth Zamichow ages 55 and up

### (ZOOM)

*The following virtual classes are taught by Beth Zamichow, an experienced movement and fitness instructor that teaches in locations throughout Marin. She combines her extensive knowledge and background as a Personal Trainer, Pilates Instructor and instructor of various forms of exercise including Pilates, yoga, rehab and dance. These classes fills the need for people who still want to exercise with a professional but in the convenience of their homes To learn more about Beth go to [www. thebodycanvas.com](http://www.thebodycanvas.com)*

### Core Strong (Virtual - Zoom)

Access a strong inner core, achieve greater alignment, stability, flexibility and balance. Move, sculpt, and stretch for long lean muscles while engaging areas of your body you may not have felt before! Geared for all levels, the instructor will offer options modifications, and tips for injuries.. A good portion of the class will be done on the mat. (If you miss a class, you can receive a recording of that class.)

**Age:18 and up**

**Resident \$72/Non-Resident \$80**

Tu	4:30pm-5:30pm	1/4-2/8	5355
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Tu	4:30pm-5:30pm	2/15-3/22	5380
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### Full Body Workout (Virtual - Zoom)

Join us from the comfort and safety of your home for a class designed to promote full body movement for older adults. We 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. The class will conclude with a brief guided visualization meditation. Small props like light hand weights and straps may be used but optional home items can substitute for those props as well.

**Age:18 and up**

**Resident \$60/Non-Resident \$66**

Tu	10:10am-10:55am	1/4-2/8	5353
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F	10:30am-11:15am	1/7-2/11	5354
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Tu	10:10am-10:55am	2/15-3/22	5374
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F	10:30am-11:15am	2/18-3/25	5375
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## Youthful Heart Fitness Classes by Jeanette Logan Ages 50 and up San Rafael Community Center



*The following classes are taught by Jeanette Logan, who has been involved in fitness and expressive healing arts for more than 37 years. Her extensive experience in both arenas has helped her successfully inspire and motivate people of all ages to become more active and step into greater aliveness but she especially enjoys focusing on the 50 plus population. Jeanette's education includes: BA in Theater Arts, AA degree in Physical Education and Health; ACE-Certified (American Council on Exercise) in Group Fitness Instruction; Certified by the Health and Fitness Institute of CSU Hayward in Aerobic Instruction; Senior Personal Training Certificate through American Senior Fitness Association (SFA), Brain and Balance Specialty Certificate through Exercise ETC.; and much more. For more information, please visit [www.youthfulhearts.com](http://www.youthfulhearts.com).*

### Youthful Heart

#### Fit and Fun: Low Impact Aerobics + Strength

Move into a more vibrant life of natural wellness! Come join us safe low-impact aerobics, inspirational and positive support, music and fun! You'll boost your mood, burn calories, build stronger bones, improve your stamina and your heart and brain health. Modifications are demonstrated so you can move at a level that is right for you. The second half of the class includes stretching, strengthening, and relaxation practices. Get past whatever is holding you back and be the awesome person you are! (No floor work.)

**Resident \$55/Non-Resident \$60**

F	9:30am-10:30am	1/14-2/11	5339
F	9:30am-10:30am	2/18-3/18	5363

### Youthful Heart

#### Still Going Strong

Feel great, live better, and maintain your ability to take care of yourself as you grow older! Using hand weights, body weight exercises, bands, stretching, relaxation practices, and a chair for support when needed, you'll improve your overall strength, balance, flexibility, metabolism, brain and heart health. Modifications are demonstrated. Learn to safely work within your limitations and actually ENJOY exercising. The class ends with a guided meditation. Become strong and happy! Bring your own cushioned exercise mat for some floor work (not a yoga mat). Instructor: Jeanette Logan. For more information, please visit [youthfulhearts.com](http://youthfulhearts.com).

**Resident \$55/Non-Resident \$60**

F	10:50am-11:50am	1/14-2/11	5351
F	10:50am-11:50am	2/18-3/18	5368

## Youthful Heart - Line Dancing

Enjoy a fabulous mind-body workout while dancing your way to better health! Not only is line dancing fun and stress relieving, it's also a fantastic way to burn calories and improve your coordination, brain health, and balance. Join us to learn some great dances to upbeat music and improve your fitness at the same time! This class is taught at a medium pace, but we don't do any advanced dances. Come meet some friendly people and breathe new life into your soul! Wear soft-soled shoes

**Resident \$44/Non-Resident \$48**

F	12:15pm-12:55pm	1/14-2/11	5349
F	12:15pm-12:55pm	2/18-3/18	5362

### Youthful Heart

#### Non-Impact Chair Exercise

Do you have a physical challenge that currently prevents you from doing conventional exercise? Would you like to relieve stress and joint pain, improve your circulation and blood sugar levels, reduce high blood pressure, and stretch and tone your muscles without strain? Join us for this gentle, unique exercise program that blends elements of non-impact aerobics, resistance training, qi gong, yoga and guided relaxation all done while sitting in a chair. You'll become more capable while revitalizing your body, mind and spirit! Everyone is welcome, including those who need a cane, walker or wheelchair. Don't be limited by your limitations!

**Resident \$44/Non-Resident \$48**

F	1:15pm-1:55pm	1/14-2/11	5350
F	1:15pm-1:55pm	2/18-3/18	5371



**Are you 62 years and older? Join the Goldenaires and receive a discount for Jeanette's classes. Must show your current Goldenaires membership card when you register at the front desk to receive a discount.**

## Language

### Beginning Spanish

This beginning Spanish class for adults is designed for those who have little to no previous experience with learning the Spanish language. In this class, you will get introduced to basic Spanish conversation skills, gaining more fluency and comfort in speaking Spanish. While grammatical concepts will be covered, conversation is the primary focus of this course. This way, students receive the essential knowledge that can be applied immediately to their everyday life! Classes are taught by Your Language & Cultural Center, Inc. staff. No class 2/15.

**Age: 18 and up**

**San Rafael Community Center**

**Resident \$160 /Non-Resident \$176**

Tu            11:30am-12:30pm        1/4-3/1                    5335



## Martial Arts

### Canal Karate

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

Beginning (ages 5+)	5:00 pm - 6:00 pm
Youth/Intermediate (ages 7+)	6:00 pm - 7:00 pm
Adult/Intermediate -	7:00 pm - 8:00 pm
Adult/Advanced	8:00 pm - 9:00 pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, galardonado internacionalmente, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten haciéndolo. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos. Las clases se llevarán a cabo en un ambiente socialmente distanciado en interiores o exteriores.

Juventud/Comienzo (mayores de 5 años)	5:00 pm - 6:00 pm
Jóvenes/Intermedios (mayores de 7 años)	6:00 pm - 7:00 pm
Adulto/Intermedio	7:00 pm - 8:00 pm
Adulto/Avanzado	8:00 pm - 9:00 pm

**Age: 5 and up**

**Albert J Boro Community Center**

**Resident \$80/Non-Resident \$88**

Tu,Th        1/4-2/10            5267

Tu,Th        2/15-3/24            5336





# Technology

The following classes are taught by *Technology 4 Life* at the Albert J. Boro Community Center and are for adults 18 years and older. Classes are primarily taught in Spanish.

Each one-day class is \$30/residents and \$33/non-residents.

Wednesdays from 5:00pm-6:30pm

Age:18 and up

## How to use Zoom / Cómo usar Zoom

Download the Zoom app and learn to use it to organize meetings or participate in them successfully from any of your devices.

Bajaré la aplicación gratis de Zoom y aprenderé a usarla para organizar reuniones o participar en ellas con éxito en cualquiera de sus dispositivos.

W 1/12 5391

## Email(G-Mail) on Android/Correo

### Electrónico(G-Mail)en Android

You will learn to use all the basic email program functions using the Google app on your Android.

Aprenderá a usar todas las funciones básicas del programa de correo electrónico usando la aplicación de Google en su teléfono Android.

W 1/19 5392

## E-Mail (G-Mail) on iPhone / Correo Electrónico (G-Mail) en iPhone

You will learn to use all the basic email program functions using the Google app on your iPhone.

Aprenderá a usar todas las funciones básicas del programa de correo electrónico usando la aplicación de Google en su iPhone.

W 2/2 5393

## How to use Google Suite: Drive and Docs/ Cómo usar Google Suite

Learn to use these two valuable applications from the Google Suite. Drive and Docs (Documents) are free and are very useful in a work or school environment. Bring your device.

Aprenderá a usar estas dos valiosas aplicaciones de la colección de Google. Drive y Docs (Documentos) son gratis y muy útiles en el trabajo o la escuela. Traiga su dispositivo.

W 2/9 5394

## Computer Basics, Security and Recommendations / Computación

You will learn the basics of the world of technology and how to use it incorporating security measures. You will also receive recommendations as to the use of technology to have a more beneficial and pleasant experience. Bring your device.

Aprenderá lo que es la computación y como usarla incorporando medidas de seguridad. Recibirá recomendaciones para facilitarle el uso de la tecnología y obtener una experiencia más beneficiosa y agradable. Traiga su dispositivo.

W 2/23 5395









# 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.



## 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 00` (dinner seating) can accommodate larger groups. The adjacent kitchen contains four ovens, a large stove, refrigerator, sinks, ice machine and dishwasher. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons. For more information call the center.



## 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 wedding receptions, baptisms, 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 plenty of counter space for food preparation.





## Falkirk Cultural Center

(415) 485-3328  
[www.cityofsanrafael.org/falkirk](http://www.cityofsanrafael.org/falkirk)  
[falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org)

This elegant three-story house is a blend of Queen Anne and Eastlake styles, built in 1888 on eleven 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 detail.

The interior is beautifully rendered in rich redwood paneling, 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

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

## 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

#### Winter Juried Show January 14 - February 18

Opening Reception  
 Friday, January 14  
 5:00 - 8:00 pm

Closing Reception  
 Friday, February 18  
 5:00 - 8:00 pm

#### Terra Linda Ceramic Artists March 11 – April 15

Opening Reception/Art Walk  
 Friday, March 11  
 5:00 - 8:00 pm

Closing Reception  
 Friday, April 15  
 5:00 - 8:00 pm

### CALL FOR 2023 EXHIBITS

Interested in proposing an exhibit or participating as an individual? Please find the exhibits guidelines online at [www.cityofsanrafael.org/falkirk-galleries](http://www.cityofsanrafael.org/falkirk-galleries). Fill out the online form to submit a proposal or contact us at [falkirk@cityofsanrafael.org](mailto:falkirk@cityofsanrafael.org) for more information.

