SAN RAFAEL

ACTIVITIES GUIDE | SUMMER 2022



Online Registration Begins May 13 Walk-ins May 18 Swim Lessons Begin in June Pages 28-29 Summer Camp Registration Open Now!





Help shape the future of our parks and programs! ;Ayude a dar forma al futuro de nuestros parques y programas!

We're developing a plan to improve San Rafael parks, recreational facilities, and programs and want to hear from you!

¡Estamos desarrollando un plan para mejorar los parques, las instalaciones recreativas y los programas de San Rafael y queremos saber de usted!



Please take the questionnaire by visiting the website

Available in English, Spanish or Vietnamese

Please take our Parks & Recreation Questionnaire to let us know how you enjoy the City's parks and programs and how we might improve your experience. The questionnaire is available online as well as at City community centers, libraries, and City Hall through May 31. Please also encourage friends, family, and neighbors to participate!



Scan the QR code to view the website! ¡Escanee el código QR para ver el sitio web!

Responda el cuestionario visitando el sitio web

Disponible en inglés, español o vietnamita

¡Complete nuestro Cuestionario de Parques y Recreación para informarnos cómo disfruta de los parques y programas de la Ciudad y cómo podemos mejorar su experiencia. El cuestionario está disponible en línea, así como en los centros comunitarios de la Ciudad, las bibliotecas y el Ayuntamiento hasta el 31 de mayo. ¡Anima a tus amigos, familiares y vecinos a participar!

www.cityofsanrafael.org/parksplan

(415) 485-3333 | recreation@cityofsanrafael.org





San Rafael Parks & Recreation Master Plan Plan Maestro de Parques y Recreación de San Rafael

IMPORTANT REGISTRATION DATES

ONLINE REGISTRATION

www.cityofsanrafael.org/recreation Begins at 9:00am on Friday, May 13

WALK-IN REGISTRATION

Begins on Wednesday, May 18

Our Activities Guide can also be viewed online at:

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.

Community Centers

Albert J. Boro Community Center

50 Canal Street (415) 485-3077 abc.counter@cityofsanrafael.org

San Rafael Community Center

618 B Street (415) 485-3333 recreation@cityofsanrafael.org

Terra Linda Community Center & Pool

670 Del Ganado Road Office: (415) 485-3344 Pool: (415) 485-3346

terralindapool@cityofsanrafael.org

Hamilton Pool

203 El Bonito Road, Novato Office: (415) 485-3344

Pool: (415) 883-7126

terralindapool@cityofsanrafael.org

Cultural Center

Falkirk Cultural Center

1408 Mission Avenue (415) 485-3328 falkirk@cityofsanrafael.org

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CITY COUNCIL

Kate Colin, *Mayor*Maribeth Bushey, *Councilmember*Maika Llorens Gulati, *Councilmember*Eli Hill, *Councilmember*Rachel Kertz, *Councilmember*

CITY MANAGER

Jim Schutz

ASSISTANT CITY MANAGER

Cristine Alilovich

City Council meetings are held the first and third Monday of each month at 7:00pm.

PARK AND RECREATION COMMISSION

Kela Cabrales Cicily Emerson Ariel Gutierrez Stacey Laumann Mark Machado Kathryn Reisinger

Robert Sandoval

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

BOARD OF LIBRARY TRUSTEES

Jaimi Cortes Adriana Duque-Hughes Eric Han Cheryl Lentini Alex Vahdat

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

Message from City Manager

We have a lot to celebrate in San Rafael with great places to play, a beautiful natural setting, and classes and programs that enrich our community. To ensure that San Rafael continues to be a vibrant place to live and play, we need to evaluate the current state of our parks and recreation system and develop a plan the future.



To do so, we're developing a Parks and Recreation Master Plan and we need your help!

Through this planning process, we're looking at how we can better maintain parks, update facilities, increase ways for people to access and connect to parks, and how to strengthen programs, classes, and activities. The City of San Rafael is invested in providing a thriving parks and recreation system for all ages, abilities, and activities.

Our park and recreation system includes 25 parks, 17 playgrounds, 3 community centers, Falkirk Cultural Center, and Terra Linda Community Pool, among numerous other fields, courts, and amenities. Over the past nine years, these parks and facilities have benefited from improvements funded by Measure A, such as the playground replacements at Victor Jones and Albert Park and park and open space maintenance. However, there are many more projects we hope to take on in the coming years. This past January, we began working with our consultant on a highly detailed assessment of our parks, facilities and recreational programs, and while this is a significant component of the process, it is important to hear from the public to plan successfully for the future.

We are asking residents to participate in a Parks and Recreation Questionnaire, running through May 31, to help the City better understand community values, wants, and needs. For more details on the planning process and to find out ways you can take the questionnaire, available in English, Spanish, and Vietnamese, please visit the website at www.cityofsanrafael.org/parksplan. We look forward to hearing from you.

Your City Manager,

Tim Schutz

Arts and Crafts

Art Wonder Camp with Nikki Contini

Students will dive into Nikki's treasure trove of recyclables, clay, wood, glass, wire, paper and other found objects to create oneof-a-kind art projects of all shapes and sizes. Kids will use a wide variety of mediums, to spark imagination and creative expression. Each day, we will focus on different materials and techniques, inspired by contemporary artists while encouraging students to create from their own visions and areas of interest using the materials provided. What will emerge? Sculpture, painting, masks, jewelry, treasure boxes, unique structures, animals, fantasy, etc. We will safely create, explore, laugh, listen to music and let the wonder shine! Campers will have their own art kits to minimize sharing of tools, and Covid safety guidelines will be followed. We will have breaks for snacks and movement outside. Nikki Contini is a teaching artist who works in fused glass, polymer clay and mixed media. She has taught her popular after-school art classes, camps and workshops for both children and adults for 11 years. Nikki creates and teaches with a mission to inspire creative expression, confidence and joy!

Age: 7Y-12Y

San Rafael Community Center

\$375R/\$394NR

M-F	9:00am-12:30pm	7/11-7/15	5585	
M-F	9:00am-12:30pm	7/18-7/22	5586	

Comic Book Creations Camp

Imaginations come to life as campers create an array of fun characters and tell a compelling story as they are guided through making their own comic book from start to finish! Drawing, storytelling, and adventure are made simple through step-by step examples in this everyone-has-a-blast-camp!

A \$25 materials fee will need to paid to the instructor on the first day of camp and campers will receive individual art supplies, including comic books.

Age: 7Y-11Y

San Rafael Community Center \$230R/\$242NR

9:00am-12:00pm 5592 6/13-6/17



Meet the Masters Art Camp

This camp introduces campers to the masterpieces of the world's most celebrated artists. Campers learn about the style, artwork and historical influence of masters such as Monet, Klee, Van Gogh, and Picasso! From exploring and drawing a wide array of colorful creations in varied mediums, to celebrating revolutionary art, campers will be guided through the creation of their very own masterpiece.

A \$30 materials fee will need to paid to the instructor on the first day of camp and campers will receive individual art supplies.

Age: 7Y-13Y

San Rafael Community Center \$184R/\$194NR

9:00am-12:00pm 7/5-7/8 5593

Uncontrollable Art Camp: Dealing with Uncertainty

Art and Uncertainty! In this camp, campers will learn healthy ways to express feelings around uncertain moments. Campers will also create art in ways that can't be controlled! Using a variety of art media such as clay, paint, ink, and more, art lessons will focus on embracing the artistic process and creating without expectation.

Age: 7Y-11Y

San Rafael Community Center \$340R/\$357NR

M-F 9:00am-12:00pm 6/20-6/24 5587

Summer Fun with Clay

Summer outdoor fun with clay and crafts! Use your imagination and explore the amazing world of clay, paint with beautiful and colorful glazes, play and tell stories in exploring the world of collaging and other fun crafts. INSTRUCTOR: 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: http://www. terralindaceramicartists.com

A \$30 materials fee will need to paid to the instructor on the first day of camp.

Age: 6Y-12Y

Terra Linda Community Center \$450R/\$475NR

M-F	9:00am-12:00pm	6/20-6/24	5555	
M-F	9:00am-12:00pm	6/27-7/1	5556	

Aquatics

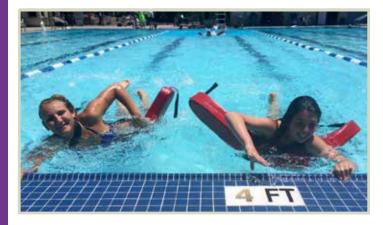
Junior Lifeguard Camp

Junior Lifeguards will learn the skills needed to help and respond in emergencies. An introduction into water rescues, entries, head and back injuries and first aid will be covered. Junior lifeguards will work on their swimming skills and endurance so they can be the best they can be when it?s time to respond! Junior Lifeguards will learn how to teach swim lessons and will get a chance to shadow a lifeguard and swim instructor and serve as extra eyes on the pool. Games, team building and new fun challenges daily. Participants must be able to swim at least two lengths of the pool and be able to submerge to the bottom of the pool with little assistance. Participants should pack a lunch, swim suit and towel along with closed toed shoes and sunscreen. This program is for those that enjoy being at the pool, working with others and want to learn what it takes to be a lifeguard.

Age: 10Y-12Y

Terra Linda Community Center & Pool \$200R/\$220NR

M-F	8:30am-2:00pm	6/20-6/24	5563
M-F	8:30am-2:00pm	6/27-7/1	5564
M-F	8:30am-2:00pm	7/25-7/29	5565



Junior Lifeguard Basics

This fun and engaging week is designed to introduce and prepare participants for the job of lifeguarding. Participants will build a strong foundation of knowledge and skills geared towards prevention and responses to emergencies. In addition, they will learn leadership skills, good decision making, professionalism and teamwork. Each day participants will watch skills videos, and be introduced to land and water rescues, CPR and First Aid skills. This is a class and not a camp. Focus will be on learning the skills needed to be a lifeguard. Participants must be able to swim at least two lengths of the pool and be able to submerge to the pool without assistance. Please bring a lunch, swimsuit, towel and sunscreen.

Age: 12Y-14Y

Terra Linda Community Center & Pool

\$210R/\$230NR

M-F	9:00am-1:00pm	7/11-7/15	5566	
M-F	9:00am-1:00pm	7/18-7/22	5567	

Athletics

Basic Football Skills Camp

At BFS Camp kids will learn basic football skills while doing game specific drills to improve agility, balance, speed and teamwork! We will build confidence and good sportsmanship while enjoying a fun football experience! Camp is led by Coach Nick, Head Varsity Football Coach for Galileo High school.

Age: 7Y-11Y

San Rafael Community Center - Grass Field \$450R/\$473NR

M-F	9:00am-2:00pm	7/18-7/22	5596	
M-F	9:00am-2:00pm	7/25-7/29	5597	
M-F	9:00am-2:00pm	8/1-8/5	5598	

Volleystart Summer Camp

This high-energy, fast-paced volleyball camp for incoming 3rd-6th graders provides great instruction in volleyball from one of the most popular youth volleyball programs in California. Each day will consist of intensive, quality instruction in a positive environment. We focus on games of three on three instead of six on six to double the touches per day. Camp will also include yoga/pilates, team cooperation problem solving and reflection, and lots of fun prizes. Many of Marin's best high school players have participated in this camp. Coach Kevin Seeley

Age: 8Y-12Y

Albert J Boro Community Center- Gymnasium \$435R/\$455NR

M-F	9:00am-3:00pm	6/20-6/24	5431
M-F	9:00am-3:00pm	7/18-7/22	5432



Cooking

Cooking Is Fun with Chef O!

Do you love cooking, or do you want to learn how to cook? Tired of waiting for your parents to cook? Chef O to the rescue! Come learn the basics of cooking and how to create fun dishes full of flavor with the sensational Chef O! Learn to peel, chop, season and cook. Have a great time with friends, food and fun! We also do our own grocery shopping. Breakfast and lunch provided. To all our future chefs... see you there!

Age: 8Y-13Y

San Rafael Community Center

\$550R/\$578NR

M-F	9:00am-2:00pm	6/13-6/17	5574
M-F	9:00am-2:00pm	6/20-6/24	5575
M-F	9:00am-2:00pm	6/27-7/1	5576
M-F	9:00am-2:00pm	7/25-7/29	5577





Dance

Kid Dance Brigade

The KDB Summer Camps provide one week of fun-filled immersion into popular and easy-to-follow dance routines for incoming 1st-5th graders. Campers will have a blast with Mr. Tom's two outdoor dance classes per day, art-making, outdoor play, and other activities. Located at the Falkirk Cultural Center with ample outdoor space, we will make friends, laugh together and feel great all week!

"Hamilton" Summer Camp

Age: 7Y-12Y

Falkirk Cultural Center

\$280R/\$294NR

Tu-F 9:00am-3:00pm 7/5-7/8 5603

"Encanto" Summer Camp

Age: 7Y-12Y

Falkirk Cultural Center

\$350R/\$368NR

M-F 9:00am-3:00pm 7/18-7/22 5584

Comedy

Who's Funny Comedy Workshop Camp

Think you're Not funny? Well YOU ARE! This camp with professional comedian Honotan Ortiz introduces kids to basic skills of joke writing, rehearsing, stage presence and comedy theory. If you like to laugh and be funny, this is the camp for you!

Age: 13Y-16Y Falkirk Cultural Center \$425R/\$447NR

M-F 9:00am-2:00pm 8/1-8/5 5599

Ballroom, Latin & Fitness Mini Camp

Join us for a fun week of dance and fitness. We will learn various Ballroom and Latin dances as well as important dance fundamentals. We will incorporate stretching and strengthening exercises to enhance dance skills. Dancers will also have opportunities to explore creating their own choreography.

Age: 8Y-11Y

Albert J Boro Community Center

\$60R/\$66NR

M-Th 9:00am-12:00pm 7/18-7/21 5636

Games & Sports

Camp TL

Join the fun at Terra Linda Park this summer! There will be games, arts and crafts, swimming time, park time and fun filled games each week. Please pack a snack, lunch, non-glass water bottle and sunscreen. Closed toes shoes are required as exposed toes can get hurt while playing games. Camp will be held both outdoors and indoors. Campers must be entering 1st to entering 3rd grade and be 6-9 years of age.

Age: 6Y-9Y

Terra Linda Community Center & Pool \$205R/\$220NR

M-F	8:00am-1:00pm	6/13-6/17	5553	
M-F	8:00am-1:00pm	6/20-6/24	5557	
M-F	8:00am-1:00pm	6/27-7/1	5558	
M-F	8:00am-1:00pm	8/1-8/5	5562	

Let's Ride Bikes Club

Our goal in this camp is to RIDE, RIDE and RIDE! Along the way we will learn basic bike repair skills, basic bike tricks and venture on full rides each day! A few bikes are provided on a limited basis, so please bring your bike and helmet. Camp will be held at Mary Silveira Elementary School as a home base and campers will have the opportunity to explore the surrounding neighborhood and mountain trails.

Age: 8Y-12Y

Mary Silveira Elementary School - Portable 21

\$525R/\$552NR

M-F 9:00am-2:00pm 7/18-7/22 5602





Imagination & Invention

Animal Adventures with LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

Age: 5Y-8Y

San Rafael Community Center

\$233R/\$245NR

M-F 9:00am-12:00pm* 6/27-7/1 5588

Bash'em Bots with LEGO® Materials

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory

Age: 8Y-14Y

San Rafael Community Center \$233R/\$245NR

M-F 1:00pm-4:00pm*

6/27-7/1

5589

Pokemon Engineering with LEGO® Materials

Calling all Pokemon trainers! With the Pokemon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokemon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokemon, and battle to see who will hold the title of Pokemon Master. Come along on our journey to catch 'em all!

Age: 5Y-7Y

San Rafael Community Center \$233R/\$245NR

M-F 9:00am-12:00pm* 7/2!

7/25-7/29

5590

Pokemon Master Engineering with LEGO® Materials

LEGO® Master, I choose you! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

Age: 7Y-12Y

San Rafael Community Center

\$233R/\$245NR

M-F 1:00pm-4:00pm*

7/25-7/29

5591

*ATTENTION PARENTS

if you wish for your child(ren) to participate in both the morning and afternoon Play-Well TEKnology camps please note that there is no care/supervision of campers between 12:00pm-1:00pm when the instructor is on a lunch break.



Language

Our Spanish Vacation Summer Camp

A fantastically fun and educational Spanish language summer program with lots of activities such as water play, dancing, arts and crafts, games, songs and more. No Spanish yet? No Problem! Campers will be divided into levels, so all children are welcome. For more information regarding this camp please visit www.yourlanguageandculturalcenter.org/ or email info@ yourlanguageandculturalcenter.org for any camp inquiries.

Age: 5Y-11Y

San Rafael Community Center

\$335R/\$352NR

M-F	9:00am-3:00pm	6/13-6/17	5578	
M-F	9:00am-3:00pm	6/20-6/24	5579	
M-F	9:00am-3:00pm	6/27-7/1	5580	

Music

DJ Scratch Camp with DJ Beats ME

Are you ready to turn it up?! That's what we are going to do at DJ Scratch Camp where you will learn the fundamentals of DJing, scratching and mixing records. You'll also learn the history of the DJ while enjoying a very fun hands on interactive experience! If you've ever wanted to be a DJ, this is the camp for you!!

Age: 13Y-16Y
Falkirk Cultural Center

\$525R/\$552NR

M-F	9:00am-2:00pm	6/27-7/1	5600	
M-F	9:00am-2:00pm	7/11-7/15	5601	

Personal Growth

The Art of Sibling Connection Camp

Art and Emotion! In this camp you and your sibling will participate together as you learn ways to express feelings in emotional moments and learn healthy communication skills to increase harmony with each other. Participants will use a variety of art, media, and art lessons with a focus on cooperation, collaboration, and kindness.

A minimum of two siblings is required to register for this camp.

Age: 6Y-11Y

San Rafael Community Center \$300R/\$315NR

-F 1:00pm-4:00pm 6/13-6/17 5604



TV Production

Marin Youth Television Camp

Welcome to Marin Youth Television where YOUR ideas become realities! At MYT campers will learn how to create, produce, film and stream their own LIVE video podcast, talk show, game show or gaming stream. Campers will also 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 (YouTube, Facebook, Twitch) so family and friends can see campers shows in real time.

Age: 13Y-16Y
Falkirk Cultural Center
\$550R/\$578NR

M-F	9:00am-2:00pm	6/20-6/24	5581
M-F	9:00am-2:00pm	7/25-7/29	5582

Preschool

Games & Sports

Jumping Jacks

Jumping Jacks is an hour-long class that consists of activities that encourage creative movement, balance and hand-eye coordination. These activities are done in a high-energy, fun-filled atmosphere. The first half of each class is free play-parents/caretakers are expected to have fun interacting with their child/children. The last half hour of class is group time... have fun dancing with scarves, playing with the parachute and of course popping bubbles! INSTRUCTOR Jason Foote. Call 485-3333 for details!

Age: Crawling-26M

San Rafael Community Center \$54-6 classes / \$96-12 classes / \$10 drop-in

Tu/Th 9:30am-10:30am* ongoing

*30-minute re-set/disinfecting between sessions

Age: 26M-4Y

San Rafael Community Center

\$54-6 classes / \$96-12 classes / \$10 drop-in

Tu/Th 11:00am-12:00am



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: Alma Hernandez

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.



Kid's Camp





Kid's Camp is a fun-filled, action-packed summer program for school-age children. Professional, caring and enthusiastic staff provide a wide variety of kid-friendly activities, special events and field trips at each of our six sites.

Each week your child will have the opportunity to create, explore, swim, splash, play games and just enjoy being a kid!

Camps are held at Coleman, Glenwood, Lucas Valley, Parkside, Mary Silveira and Vallecito Children's Centers, which are open from 8:00am-4:30pm. Weekly sessions are \$280 plus trip fees.

Please contact each Children's Center directly to inquire about availability and camp details.

Coleman Children's Center

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

Glenwood Children's Center

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

Lucas Valley Chilldren's Center

Lucas Valley Elementary School 1175 Idylberry Road, San Rafael 94903 Director: Gaby Farias 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

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: 15Y & Up

Terra Linda Community Pool \$250R/\$275NR

F	4:00pm-9:00pm	5/13	5110
Sa/Su	8:30am-1:00pm	5/14-5/15	
F	4:00pm-9:00pm	5/27	5641
Sa/Su	8:30am-1:00pm	5/28-5/29	
F	4:00pm-9:00pm	6/24	5114
Sa/Su	8:30am-1:00pm	6/25-6/26	
M-W	8:00am-2:00pm	7/11-7/13	5643
Th	8:00am-1:00pm	7/14	
M	12:30pm-5:30pm	7/18	5644
Tu-F	12:30pm-5:00pm	7/19-7/22	
M-W	1:00pm-6:00pm	7/25-7/27	5645
Th/F	1:00am-5:00pm	7/28-7/29	
M-W	9:00pm-3:00pm	8/8-8/10	5646
Th	9:00am-2:00pm	8/11	

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 much 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 manner that helps participants learn and meet course objectives. Participants who successfully complete the Lifequarding 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: 17Y & Up

Terra Linda Community Pool

\$310R/\$341NR

M-Th 8:30am-3:00pm 7/25-7/28 5115

Junior Lifeguard Basics

This fun and engaging week is designed to introduce and prepare participants for the job of lifeguarding. Participants will build a strong foundation of knowledge and skills geared towards prevention and responses to emergencies. In addition, they will learn leadership skills, good decision making, professionalism and teamwork. Each day participants will watch skills videos, and be introduced to land and water rescues, CPR and First Aid skills. This is a class and not a camp. Focus will be on learning the skills needed to be a lifeguard. Participants must be able to swim at least two lengths of the pool and be able to submerge to the pool without assistance. Please bring a lunch, swimsuit, towel and sunscreen.

Age: 12Y-14Y

Terra Linda Community Center & Pool

\$210R/\$230NR

M-F	9:00am-1:00pm	7/11-7/15	5566	
M-F	9:00am-1:00pm	7/18-7/22	5567	



Personal Growth

Babysitter's Training

Learn how to be a role model for children and discover how to be a great babysitter! Through the American Red Cross Babysitter's Training course, you will learn how to safely build your babysitting business, as well as how to facilitate a safe play environment, prevent accidents, and respond to emergencies. We will cover basic caregiving, age-appropriate games, play, and activities and we will also teach First Aid and CPR for infants and children.

Please bring pen/pencil to class. Course fee includes babysitter handbook and certificate. Participants must pass a written and skills test to be certified in First Aid and CPR for Infants and Children.

Age: 11Y-14Y

Terra Linda Community Center \$150R/\$165NR

Tu/Th	9:00am-1:00pm	6/28, 6/30	5571
Tu/Th	9:00am-1:00pm	7/19, 7/21	5572
Tu/Th	9:00am-1:00pm	8/9, 8/11	5573

Athletics

Junior Giants

Junior Giants is a free, recreational and coed summer baseball and softball program that brings positive opportunities to over 23,000 boys and girls, ages 5 to 18, in more than 400 cities throughout California, Nevada and Oregon. However, Junior Giants is more than just baseball and softball. Through each child's experiences as part of a team, they will learn the Four Bases of Character Development - Confidence, Integrity, Leadership and Teamwork and the importance of Education, Health and Bullying Prevention, what I also like to call Respect.

Age: 5Y-17Y

Pickleweed Park Athletic Field FREE TO ALL PARTICIPANTS

Sign up at www.gojrgiants.org or in-person on April 20th, May 4th and 18th from 11:00am-2:00pm & 4:00pm-6:00pm

Saturdays 9:30am-11:30am 6/18-8/6

Tuesdays 5:00pm-630pm



REQUIRED PLAYER REGISTRATION

Register online at gojrgiants.org or in-person at the Albert J. Boro Community Center. The program relies on volunteers to serve as coaches, assistant coaches and team parents. If interested, please call us at (415) 485-3077.

REQUERIDO FECHA DE REGISTRO DEL JUGADOR

Regístrese en línea en gojrgiants.org o en persona en el Centro Comunitario Albert J. Boro. El programa depende de voluntarios para servir como entrenadores, entrenadores asistentes y padres de equipo. Si está interesado, llámenos al (415) 485-3077.



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: 8Y-12Y

San Rafael Community Center FREE Introductory Class

Tu	5:00pm-6:00pm	5/31	5639	
	afael Community Center 8/\$110NR			
т	5,00nm 6,00nm	6/7 0/0	5600	



San Rafael Basketball Academy

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.

There will be no class 7/2 classes will resume 7/9.

Age: 5Y & Up

Albert J. Boro Community Center \$15R/\$17NR

Sa 12:00am-1:30pm 6/11-7/9 5516

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 the student's Karate experience. There is a \$10 discount for multiple siblings.

Age:	Time:
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

Age: 5Y & Up

Albert J. Boro Community Center \$80R/\$88NR

Tu/Th see times above

Tu/Th	see times above	5/10-6/16	5342
Tu/Th	see times above	6/21-7/28	5507

8/2-9/8

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.

Age:	Time:
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

Age: 5Y & Up

Albert J. Boro Community Center \$80R/\$88NR

Tu/Th	see times above	5/10-6/16	5342	
Tu/Th	see times above	6/21-7/28	5507	
Tu/Th	see times above	8/2-9/8	5508	



5508

Adult Karate on page 20

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.

Taekwondo Tiny Tigers

Our Tiny Tigers program is designed to help children improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun and exciting learning environment. Members of this class are invited to attend Tuesday Sparring as it is scheduled. Speak to your instructor for more details. A \$40 uniform fee is due to the instructor.

Age: 4Y-6Y

Terra Linda Community Center \$122R/\$134NR

Tu/Th	3:30pm-4:00pm	5/24-7/14	5084
Tu/Th	3:30pm-4:00pm	7/26-9/15	5568



Taekwondo Youth-Beginner

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.

Age: 7Y & Up

Terra Linda Community Center

\$149R/\$164NR

lu/Ih	4:05pm-4:50pm	5/24-7/14	5086	
Tu/Th	4:05pm-4:50pm	7/26-9/15	5569	



Taekwondo Youth-Advanced & 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.

Age: 7Y & Up

Terra Linda Community Center \$149R/\$164NR

Tu/Th	4:55pm-6:05pm	5/24-7/14	5088	
Tu/Th	4:55pm-6:05pm	7/26-9/15	5570	



Technology - Online Classes

VIRTUAL CODING CLASSES FOR KIDS

Join the following award-winning, top-rated kids coding classes online. The small group classeswith 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.

Junior Robotics

This class will teach students how coding is used in robotics through fun, hands-on projects. Students will learn how to navigate robots through virtual worlds and gain a deeper understanding of how robots can be used to solve problems through discussions of real-world applications. Students will be introduced to the basics of VEX Code and programming in 3-D. They will learn how to navigate robots through virtual worlds and complete exciting maze challenges! Students will also practice navigating robots through more complicated virtual worlds full of obstacles by making use of sensors. Moreover, students will learn how to make robots transport objects and see how these topics are important in real-world scenarios!

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

Age: 7Y-10Y

Junior Robotics - Level 1

Intermediate Level - Scratch coding experience recommended but not required.

\$74R/\$81NR

M-Th 2:30pm-3:25pm 6/20-6/23 5536

Junior Robotics - Level 2

Prerequisite - Junior Robotics - Level 1

\$74R/\$81NR

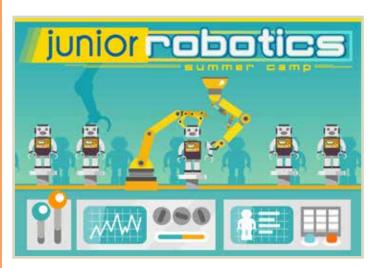
M-Th 2:30pm-3:25pm 6/27-6/30 5537

Junior Robotics - Levels 1 & 2

Intermediate Level - Scratch coding experience recommended but not required.

\$131R/\$144NR

M-Th 1:00pm-1:55pm 8/1-8/11 5538





Accelerated Scratch

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 grades 5-9.

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

Age: 10Y-15Y

Accelerated Scratch - Level 1

Beginner Level - No prerequisites

\$74R/\$81NR

M-Th 10:30am-11:25pm 7/11-7/14 5542

Accelerated Scratch - Level 2

Prerequisite - Accelerated Scratch - Level 1

\$74R/\$81NR

M-Th 10:30am-11:25pm 7/18-7/21 5543

Accelerated Scratch - Levels 1 & 2

Beginner Level - No prerequisites

\$131R/\$144NR

M-Th 4:00pm-4:55pm 6/6-6/16 5544

Python for Al

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. 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: 10Y-15Y

Python for AI - Level 1

Intermediate Level - Scratch coding experience and familiarity with basic coding blocks are recommended but not required.

\$74R/\$81NR

M-Th 1:00pm-1:55pm 7/11-7/14 5539

Python for AI - Level 2

Prerequisite - Python for AI - Level 1

\$74R/\$81NR

M-Th 1:00pm-1:55pm 7/18-7/21 5540

Python for AI - Levels 1 & 2

Intermediate Level - Scratch coding experience and familiarity with basic coding blocks are recommended but not required.

\$131R/\$144NR

M-Th 4:00pm-4:55pm 6/20-6/30 5541

Choose from the top esports games!



Online Video Game Development League for Youth - Esports

Does your child play video games? We offer an Esports Development League with expert coaching for all skill levels between the ages of 9-14. Our team-based learning platform provides a safe and structured environment to learn skills that lead to college scholarships while building meaningful friendships. Once you register for this course, a member of Vanta Leagues will reach out to you and provide you with a code to register on their platform where you can choose from the different games they offer; Rocket League, League of Legends, or Valorant. Dates and times will vary depending on which game is selected but will most likely be Mon/Wed or Tues/Thurs with competitions on Saturdays.

Age: 9Y-14Y \$180R/\$198NR

M-Th 5:30pm-7:00pm 7/11-9/28 5552

Minecraft Modding Quest

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!

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. Must have a Windows or Mac computer-Chromebook is not supported.

Age: 8Y-11Y

Minecraft Modding Quest - Level 1

Beginner Level - No prerequisites

\$74R/\$81NR

M-Th 4:00pm-4:55pm 6/13-6/16 5528

Minecraft Modding Quest - Level 2

Prerequisite - Minecraft Modding Quest - Level 1

\$74R/\$81NR

M-Th 4:00pm-4:55pm 6/20-6/23 5529

Minecraft Modding Quest - Levels 1, 2 & 3

Beginner Level - No prerequisites

\$189R/\$208NR

Tu 1:00pm-1:55pm 6/7-8/23 5530

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.

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

Age: 7Y-11Y

Scratch Ninja - Level 1

Beginner Level - No prerequisites

\$74R/\$81NR

M-Th 1:00pm-1:55pm 6/20-6/23 5525

Scratch Ninja - Level 2

Prerequisite - Scratch Ninja - Level 1

\$74R/\$81NR

M-Th 1:00pm-1:55pm 6/27-6/30 5526

Scratch Ninja - Levels 1 & 2

Beginner Level - No prerequisites

\$131R/\$144NR

M-Th 1:00pm-1:55pm 7/25-8/4 5527

Adult

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

Visit: www.terralindaceramicartists.com

Ceramics - Beginner

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.

Age: 18Y & Up

Terra Linda Community Center

\$125R/\$138NR

W 5:30pm-8:30pm 5/18-6/15 5326



Ceramics - Advanced & Intermediate

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.

Age: 18Y & Up

SECOND SPRING SESSION / MAY-JUNE

Terra Linda Community Center

\$125R/\$138NR

ADVANCED CERAMICS

W	9:00am-12:00pm	5/18-6/15	5325	
		_		
INTE	RMEDIATE CERAMICS	S		
Sa	9:00am-12:00pm	5/21-6/18	5327	
Tu	6:30pm-9:30pm	5/17-6/14	5330	
Th	9:00am-12:00pm	5/19-6/16	5328	
INTE	RMEDIATE/ADVANCE	D CERAMICS		
Tu	9:00am-12:00pm	5/17-6/14	5332	
W	1:00pm-4:00pm	5/18-6/15	5333	
Th	5:30pm-8:30pm	5/19-6/16	5331	



Pastel Plein Air Drawing Class

In this outdoor "plein-air" class, you will learn to draw using soft pastels and find nature as inspiration. Learn to see warm and cool colors and how to layer pastel strokes. Drawing projects will focus on atmospheric perspective and creating soft edges. Students will gain confidence in their ability to mix colors in this fun class. No prior experience is needed and individual expression is encouraged. E-mail falkirk@cityofsanrafael.org for a materials list and what to bring. Falkirk has easels to borrow.

Age: 18Y & Up Falkirk Cultural Center \$120R/\$132NR

Tu 10:00am-12:00pm 6/7-7/12 5524

Intermediate Watercolor Painting

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 all of your own materials. Please e-mail falkirk@cityofsanrafael.org for a materials list. This class will be held indoors on the Second Floor of the Falkirk Mansion or outdoors on the Falkirk Wedding Lawn depending on weather and other programs. Masks are optional but highly encouraged while in indoor settings

Age: 18Y & Up Falkirk Culteral Center \$110R/\$121NR

Th	10:00am-1:00pm	5/5-5/26	5128
Th	10:00am-1:00pm	6/2-6/23	5129
Th	10:00am-1:00pm	6/30-7/21	5517
Th	10:00am-1:00pm	8/4-8/25	5518
Th	10:00am-1:00pm	9/1-9/29	5519



Aquatics

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 much be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifequarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in 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: 17Y & Up

Terra Linda Community Pool

\$310R/\$341NR

M-Th 8:30am-3:00pm 7/25-7/28 5115

Athletics

Open Gym Sports

Age: 14Y & Up

Albert J. Boro Community Center \$4/person

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. Program will not be held when a mask mandate is in place for community centers with multi-age programming. 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 programa no se llevará a cabo cuando el mandato de máscara esté vigente. El horario está sujeto a cambios Comuníquese con el Centro al (415) 485-3077 para conocer los días y horarios exactos.



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: 14Y & Up

San Rafael Community Center FREE Introductory Class

Tu	6:00pm-7:00pm	5/31	5640	
San Rafael Community Center \$100R/\$110NR				
Tu	6:00pm-7:00pm	6/7-8/2	5634	

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. www.marinbridge.com

For questions, please call Peggy Strong at (415) 492-1784. For more information, contact Henry Kingdon at (415) 572 9458 or h_kingdon@yahoo.com.

Age: 18 & Up

Terra Linda Community Center

W	Ongoing	12:00pm	Director: Harry Kingdon
F	Ongoing	12:00pm	Director: Peggy Strong

Marin Bocce Federation

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



Martial Arts

Canal Karate

Learn and improve control, discipline, respect and increase selfesteem 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+)	5:00pm - 6:00pm
Youth/Intermediate (ages 7+)	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, 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)	5:00pm - 6:00pm
Jóvenes/Intermedios (mayores de 7 años)	6:00pm - 7:00pm
Adulto/Intermedio	7:00pm - 8:00pm
Adulto/Avanzado	8:00pm - 9:00pm

Age: 5Y & Up

Albert J. Boro Community Center \$80R/\$88NR

Tu/Th	see times above	5/10-6/16	5342	
Tu/Th	see times above	6/21-7/28	5507	
Tu/Th	see times above	8/2-9/8	5508	



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

Basic Stretch & Balance Class

This class is for you if other exercise classes are too difficult. If you remember that you used to move better, try this class! You'll receive individual attention to address your specific issues. If you want to feel better, younger, and look fantastic, start with this one, balance moves included.

Age: 15Y-80Y

Terra Linda Community Center

\$139R/\$153NR

W 4:30pm-5:45pm 7/6-8/31 5072

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

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: 15Y-80Y Virtual (Zoom) \$119R/\$130NR

M 7:00pm-8:15pm 7/11-8/29 5346



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 or large towel if you have one. Drop-in \$15 per class. Please bring a mat or a large towel if you have one. INSTRUCTOR Nancy Fox has been a certified Pilates instructor for over eight years and teaches mat Pilates in Marin County.

Age: 15Y & Up

Terra Linda Community Center \$99R/\$109NR

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W 6:00pm-7:00pm 7/6-8/31 5535

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 or San Rafael Jazzercise on Facebook!

For questions, contact Tina at tinaljazz@gmail.com or 246-7139.

Age: 18Y & Up

Terra Linda Community Center Sign up online at www.jazzercise.com

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



Fitness continued

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: 55Y & Up

San Rafael Community Center \$65R/\$72NR

W	11:00am-11:45am	5/25-6/29	5605	
W	11:00am-11:45am	7/6-8/10	5606	
W	11:00am-11:45am	8/17-9/21	5607	



VIRTUAL FITNESS CLASSES BY BETH ZAMICHOW - VIA 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

Core Strong (Virtual Class via 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. The instructor 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. This class fills the need for people who still want to exercise with a professional but in the convenience of their homes. 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: 55Y & Up
Virtual Class via Zoom
\$72R/\$80NR

Tu	4:30pm-5:30pm	6/23-7/28	5612
Tu	4:30pm-5:30pm	8/4-9/8	5613

Full Body Workout (Virtual Class via 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. (If you miss a class, you can receive a recording of that class.)

Age: 55Y & Up Virtual Class via Zoom \$72R/\$80NR

Tu	9:00am-9:45am	6/21-7/26	5608
F	9:00am-9:45am	6/24-7/29	5609
Tu	9:00am-9:45am	8/2-9/6	5610
F	9:00am-9:45am	8/5-9/9	5611

Technology

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 depositivo.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

W	5:00pm-6:30pm	6/1	5509
W	5:00pm-6:30pm	7/20	5545

E-Mail (G-Mail) on iPhone/ Correo Eletrónico (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.

Age: 18Y & Up

Albert J. Boro Community Center \$30R/\$33NR

W	5:00pm-6:30pm	6/8	5510
W	5:00pm-6:30pm	7/27	5546

E-Mail (G-Mail) on Android/ Correo Eletrónico (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 Android.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

W	5:00pm-6:30pm	6/15	5511
W	5:00pm-6:30pm	8/3	5547



How to Use Zoom / Comó Usar Zoom

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

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

Age: 18Y & Up

Albert J. Boro Community Center \$30R/\$33NR

W	5:00pm-6:30pm	6/22	5512	
W	5:00pm-6:30pm	8/10	5548	

How to use Google Suite: Drive and Docs/ Comó 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 depositivo.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

W	5:00pm-6:30pm	6/29	5513
W	5:00pm-6:30pm	8/17	5549

Excel Basics / Conocimiento Básico de Excel

You will learn to organize your information/data in an efficient and accurate manner, to be able to manipulate according to your needs.

Aprenderá a organizar su información de un modo eficiente y certero para poder manipularla de acuerdo a sus requisitos.

Age: 18Y & Up

Albert J. Boro Community Center \$30R/\$33NR

W	5:00pm-6:30pm	7/6	5514	
W	5:00pm-6:30pm	8/24	5550	

Word or Docs Formatting/ Formateo con Word o Docs

You will learn to format documents using the programs Word from Microsoft or Docs from Google.

Aprenderá a formatear documentos usando el Programa Word de Microsoft o Docs de Google.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

77.0	W	5:00pm-6:30pm	7/13	5515	
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Aquatics

TERRA LINDA POOL 670 Del Ganado Road, San Rafael Office (415) 485-3344 | Pool (415) 485-3346 terralindapool@cityofsanrafael.org



ADMISSION RATES

DAILY DROP-IN

YOUTH / OLDER ADULTS \$5 R / \$8 NR ADULTS \$7 R / \$10 NR

SWIM PUNCH CARD: 15 ADMISSIONS

YOUTH / OLDER ADULTS \$65 R / \$104 NR ADULTS \$91 R / \$130 NR

SEASON PASSES

Valid for use between Memorial Day and Labor Day. For more information, visit www.cityofsanrfael.org/pools

YOUTH / OLDER ADULTS \$100 R / \$120 NR ADULTS \$140 R / \$160 NR



LIFEGUARDING @ TERRA LINDA POOL

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: 15Y & Up

Terra Linda Community Pool \$250R/\$275NR

F	4:00pm-9:00pm	5/13	5110
Sa/Su	8:30am-1:00pm	5/14-5/15	
F	4:00pm-9:00pm	5/27	5641
Sa/Su	8:30am-1:00pm	5/28-5/29	
F	4:00pm-9:00pm	6/24	5114
Sa/Su	8:30am-1:00pm	6/25-6/26	
M-W	8:00am-2:00pm	7/11-7/13	5643
Th	8:00am-1:00pm	7/14	
M	12:30pm-5:30pm	7/18	5644
Tu-F	12:30pm-5:00pm	7/19-7/22	
M-W	1:00pm-6:00pm	7/25-7/27	5645
Th/F	1:00am-5:00pm	7/28-7/29	
M-W	9:00pm-3:00pm	8/8-8/10	5646
Th	9:00am-2:00pm	8/11	



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 much 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 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: 17Y & Up

Terra Linda Community Pool

\$310R/\$341NR

M–Th 8:30am-3:00pm 7/25-7/28 5115





Terra Linda & Hamilton Swim Lessons

Private Swim Lessons - Children & Adults

We offer private, 30-minute lessons with a one-on-one student-to-teacher ratio or you may request for a semi-private lesson, which is designed for two students at a similar swim level, assigned to one instructor. Private lessons will be offered in June, July and August and can be scheduled weekdays or weekends. For more information or to request a private or semi-private lesson, please email terralindapool@cityofsanrafael.org. Lessons will be offered at both the Terra Linda and Hamilton Pools.

PRIVATE/SEMI-PRIVATE SWIM LESSON FEES

Private Lessons for One Student

One Lesson \$35 residents / \$40 non-residents

Semi-Private Lessons for Two Students at Similar Swim Level

One Lesson \$50 residents / \$58 non-residents



Group Swim Lessons

We offer a wide variety of group lessons for children as young as six months to 12 years old. The Happy Fish Swim School emphasizes fun and safety in the aquatic environment through guided instruction by a professional swim instructor. It's never too late to start thinking about skills that are not only fun but could also save you or your child's life.

Lessons begin as early as mid-April and continue through the summer! Our intensive summer swim program starts in June

GROUP SWIM LESSON POLICIES

Swim Levels

If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level at no charge to you. During the lesson, instructors may move your child up or down a level to accommodate your swimmer's abilities. If a level does not meet the minimum registration, we may combine levels of students with similar skill ability. Once your child has successfully demonstrated all required skills in his/her lessons, he or she is eligible to move to the next level.

Instructor Requests

Unfortunately, we cannot take requests for specific instructors for group lessons. If you would like a specific instructor, please inquire about private lessons.

Refunds, credits or transfers

Refunds, credits or transfers may be requested at a minimum of two working days prior to the start of a session. No refunds, credits or transfers will be provided less than two working days in advance. Transfer requests from different session dates will be assessed a \$5 transfer fee. Requests must be done in writing or in person.

Stay & Play Student in lesson can stay and swim for no charge for that day. If other family members or friends would like to stay and swim, they must pay the daily admission fee or have a season pass.

GROUP SWIM LESSON FEES

Parent Tot - Level 4

Three-Day Session \$45 residents / \$54 non-residents Four-Day Session \$60 residents / \$72 residents

Levels 5 - 7

Three-Day Session \$51 residents / \$60 non-residents
Four-Day Session \$68 residents / \$80 residents

Terra Linda & Hamilton Swim Level Chart

Parent Tot - Water Baby Advanced - 30 mins

Instructor/Student Ratio 1:12

- Blowing bubbles, jumping, basic arm swim skills
- Slight submersion practiced
- Begins to swim with instructor
- · Songs and games
- Parent participation required
- Best for kids 6 36 months
- This is a water adjustment class
- Child comfortable in water with instructorfor short periods
- Child must want to be there and has fun playingin the water

Level 1 - 30 mins

Instructor/Student Ratio 1:3

- How to enter and exit water safely
- · Learns basic water safety
- · Actively interacts with instructor
- "Swimming is Fun!" emphasized with games
- No parent participation
- Good beginning class for kids age 3 or older
- · Child is mainly on steps for entire class period
- Fully comfortable in water with instructor forentire class period
- Child is excited and pushes the learning process to try harder

Level 2 - 30 mins

Instructor/Student Ratio 1:3

- Fundamental water skills and aquatic safety taught
- Full face submersion introduced
- Floating back & front
- Wall push offs on back and front
- Explores entire pool
- Supported alternating arm circles and kicking together
- Child pushes off wall alone on tummy
- · Child jumps to instructor alone
- Must be able to use flotation device unsupported for two body lengths
- Must be able to float on back and front unsupported

Level 3 - 30 mins

Instructor/Student Ratio 1:3

- Practices alternating arm circles and kicking together
- Begins discussion of side breathing
- Beginning backstroke
- Streamline swimming introduced
- · Breaststroke arms and legs introduced separately
- Jumps in and swims directly to wall
- Fully submerges face three times with bobs
- Swims front crawl two body lengths
- Able to push off wall on back and float two body lengths

Level 4 - 30 mins

Instructor/Student Ratio 1:4

- Builds swimming stamina
- Begins work on treading water and sitting/kneeling dives
- Works on streamline kick on back
- Ample practice time on breaststroke & backstroke
- Some refreshing of front crawl with side-breathing
- Begins dolphin kicking practice
- General technique work on front crawl, back and breast
- Able to swim front crawl at least 13 yards
- Able to streamline kick for 10 yards without kickboard
- Able to swim backstroke three body lengths
- Able to swim breaststroke three body lengths
- Recognizable side-breathing

Level 5 - 40 mins

Instructor/Student Ratio 1:5

- Builds up to 25 yards front crawl with side-breathing
- Practices front crawl, breaststroke, backstroke & treading water
- Learns full butterfly
- Introduced to standing dives
- Builds stamina and technique on all strokes
- Able to swim 25 yards front crawl, 25 yards backstroke, 10 yards breaststroke and a recognizable butterfly for 2 body lengths
- Able to dive unperfected

Levels 6 and 7 - 40 mins

Instructor/Student Ratio 1:6

- Works on swimming 50 yards front crawl
- Practices swimming refined strokes
- · Begins work on flip turns
- Practice and stamina emphasized
- Students should swim multiple laps during lesson with instruction in between
- Provides skills needed to start a swim team.
- Able to swim multiple laps during lesson with breaks in between
- Swim strokes are all recognizable but need refinement
- Able to maintain streamline and balance in water



Terra Linda Swim Lessons

GROUP SESSION FEES

Parent Tot - Level 4

Four-Day Session \$60 R / \$72 N

Levels 5 - 7

Four-Day Session \$68 R / \$80 N

SESSION 1	Dates: 6/20-6/23	
Level 1	10:30am-11:00am	5131
Level 1	11:05am-11:35am	5132
Level 2	11:05am-11:35am	5144
Level 2	11:40am-12:10pm	5154
Level 3	10:30am-11:00am	5157
Level 3	11:40am-12:10pm	5158
Level 4	11:05am-11:35am	5170
Level 4	11:40am-12:10pm	5171
Level 5	10:20am-11:00am	5183
Level 6/7	10:20am-11:00am	5190
6&UP Lev 2	11:05am-11:35am	5197
6&UP Lev 3	11:40am-12:10pm	5204

SESSION 2	Dates: 6/27-6/30	
Parent Tot	11:05am-11:35am	5497
Level 1	10:30am-11:00am	5133
Level 1	11:05am-11:35am	5134
Level 2	11:05am-11:35am	5146
Level 2	11:40am-12:10pm	5147
Level 3	10:30am-11:00am	5159
Level 3	11:40am-12:10pm	5160
Level 4	11:40am-12:10pm	5173
Level 5	10:20am-11:00am	5184
Level 6/7	10:20am-11:00am	5191
6&UP Lev 2	11:05am-11:35am	5198
6&UP Lev 3	11:40am-12:10pm	5205

SUMMER INTENSIVE SWIM LESSONS

Session 1: Session 2:	Monday-Thursday Monday-Thursday	6/20-6/23 6/27-6/30
Session 3:	Monday-Thursday	7/11-7/14
Session 4:	Monday-Thursday	7/18-7/21
Session 5:	Monday-Thursday	7/25-7/28
Session 6:	Monday-Thursday	8/1-8/4



SESSION 3	Dates: 7/11-7/14	
Level 1	10:30am-11:00am	5135
Level 1	11:05am-11:35am	5136
Level 2	11:05am-11:35am	5148
Level 2	11:40am-12:10pm	5149
Level 3	10:30am-11:00am	5161
Level 3	11:40am-12:10pm	5162
Level 4	11:05am-11:35am	5174
Level 4	11:40am-12:10pm	5175
Level 5	10:20am-11:00am	5185
Level 6/7	10:20am-11:00am	5192
6&UP Lev 2	11:05am-11:35am	5199
6&UP Lev 3	11:40am-12:10pm	5206

SESSION 4	Dates: 7/18-7/21	
Parent Tot	11:05am-11:35am	5499
Level 1	10:30am-11:00am	5137
Level 1	11:05am-11:35am	5138
Level 2	11:05am-11:35am	5150
Level 2	11:40am-12:10pm	5151
Level 3	10:30am-11:00am	5163
Level 3	11:40am-12:10pm	5164
Level 4	11:40am-12:10pm	5177
Level 5	10:20am-11:00am	5186
Level 6/7	10:20am-11:00am	5193
6&UP Lev 2	11:05am-11:35am	5200
6&UP Lev 3	11:40am-12:10pm	5207

SESSION 5	Dates: 7/25-7/28	
Level 1	10:30am-11:00am	5139
Level 1	11:05am-11:35am	5140
Level 2	11:05am-11:35am	5152
Level 2	11:40am-12:10pm	5153
Level 3	10:30am-11:00am	5165
Level 3	11:40am-12:10pm	5166
Level 4	11:05am-11:35am	5178
Level 4	11:40am-12:10pm	5179
Level 5	10:20am-11:00am	5187
Level 6/7	10:20am-11:00am	5194
6&UP Lev 2	11:05am-11:35am	5201
6&UP Lev 3	11:40am-12:10pm	5208

SESSION 6	Dates: 8/1-8/4	
Parent Tot	11:05am-11:35am	5500
Level 1	10:30am-11:00am	5141
Level 1	11:05am-11:35am	5142
Level 2	11:05am-11:35am	5154
Level 2	11:40am-12:10pm	5155
Level 3	10:30am-11:00am	5167
Level 3	11:40am-12:10pm	5168
Level 4	11:40am-12:10pm	5181
Level 5	10:20am-11:00am	5188
Level 6/7	10:20am-11:00am	5195
6&UP Lev 2	11:05am-11:35am	5202
6&UP Lev 3	11:40am-12:10pm	5209

Hamilton Swim Lessons

GROUP SESSION FEES

Parent Tot - Level 4

Four-Day Session \$60 R / \$72 N

Levels 5 - 7

Four-Day Session \$68 R / \$80 N

SUMMER INTENSIVE SWIM LESSONS

Session 1:	Monday-Thursday	6/20-6/23
Session 2:	Monday-Thursday	6/27-6/30
Session 3:	Monday-Thursday	7/11-7/14
Session 4:	Monday-Thursday	7/18-7/21
Session 5:	Monday-Thursday	7/25-7/28
Session 6:	Monday-Thursday	8/1-8/4

SESSION 1	Dates: 6/20-6/23	
Parent Tot	11:05am-11:35am	5502
Level 1	10:30am-11:00am	5211
Level 1	11:05am-11:35am	5212
Level 2	11:05am-11:35am	5224
Level 2	11:40am-12:10pm	5225
Level 3	10:30am-11:00am	5239
Level 3	11:40am-12:10pm	5240
Level 4	11:40am-12:10pm	5253
Level 5	10:20am-11:00am	5266
Level 6/7	10:20am-11:00am	5274
6&UP Lev 2	11:05am-11:35am	5283
6&UP Lev 3	11:40am-12:10pm	5292

SESSION 2	Dates: 6/27-6/30	
Level 1	10:30am-11:00am	5213
Level 1	11:05am-11:35am	5214
Level 2	11:05am-11:35am	5226
Level 2	11:40am-12:10pm	5227
Level 3	10:30am-11:00am	5241
Level 3	11:40am-12:10pm	5242
Level 4	11:05am-11:35am	5254
Level 4	11:40am-12:10pm	5255
Level 5	10:20am-11:00am	5268
Level 6/7	10:20am-11:00am	5277
6&UP Lev 2	11:05am-11:35am	5284
6&UP Lev 3	11:40am-12:10pm	5294

SESSION 3	Dates: 7/11-7/14	
Parent Tot	11:05am-11:35am	5503
Level 1	10:30am-11:00am	5215
Level 1	11:05am-11:35am	5216
Level 2	11:05am-11:35am	5228
Level 2	11:40am-12:10pm	5229
Level 3	10:30am-11:00am	5243
Level 3	11:40am-12:10pm	5244
Level 4	11:40am-12:10pm	5257
Level 5	10:20am-11:00am	5269
Level 6/7	10:20am-11:00am	5278
6&UP Lev 2	11:05am-11:35am	5285
6&UP Lev 3	11:40am-12:10pm	5295

SESSION 4	Dates: 7/18-7/21	
Level 1	10:30am-11:00am	5217
Level 1	11:05am-11:35am	5218
Level 2	11:05am-11:35am	5230
Level 2	11:40am-12:10pm	5231
Level 3	10:30am-11:00am	5245
Level 3	11:40am-12:10pm	5246
Level 4	11:05am-11:35am	5258
Level 4	11:40am-12:10pm	5259
Level 5	10:20am-11:00am	5270
Level 6/7	10:20am-11:00am	5279
6&UP Lev 2	11:05am-11:35am	5286
6&UP Lev 3	11:40am-12:10pm	5296

SESSION 5	Dates: 7/25-7/28	
Parent Tot	11:05am-11:35am	5504
Level 1	10:30am-11:00am	5219
Level 1	11:05am-11:35am	5220
Level 2	11:05am-11:35am	5233
Level 2	11:40am-12:10pm	5234
Level 3	10:30am-11:00am	5247
Level 3	11:40am-12:10pm	5248
Level 4	11:40am-12:10pm	5262
Level 5	10:20am-11:00am	5271
Level 6/7	10:20am-11:00am	5280
6&UP Lev 2	11:05am-11:35am	5287
6&UP Lev 3	11:40am-12:10pm	5297

SESSION 6	Dates: 8/1-8/4	
Level 1	10:30am-11:00am	5221
Level 1	11:05am-11:35am	5222
Level 2	11:05am-11:35am	5235
Level 2	11:40am-12:10pm	5236
Level 3	10:30am-11:00am	5249
Level 3	11:40am-12:10pm	5250
Level 4	11:05am-11:35am	5263
Level 4	11:40am-12:10pm	5264
Level 5	10:20am-11:00am	5272
Level 6/7	10:20am-11:00am	5281
6&UP Lev 2	11:05am-11:35am	5288
6&UP Lev 3	11:40am-12:10pm	5298





Older Adults

Multicultural Older Adult Program Programa Multicultural para

ALBERT J. BORO COMMUNITY CENTER

50 Canal Street Age: 50Y & Up

FREE

W 11:00am-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 11:00am-12:00pm. Hot, nutritional lunches are served at 12 noon for a donation of \$3 for those who are 60 years of age and over and a \$6 fee for those under 60 years of age. To make reservations for lunch, call (415) 457-4636 by the prior Thursday. This program is made possible through funds from the Federal Older American Act and administered locally by the Marin County Health & Human Services, Division of Aging & 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.

Additionally, the Albert J. Boro Community Center and Vivalon will again partner to bring older adults together for lively activities and events. Vivalon, formerly Whistlestop, helps Marin County's older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice and more. In the coming months we will be offering new classes and activities for older adults in the areas of healthy aging, outings to county parks and opportunities for social connection. To learn more call the Albert J. Boro Community Center at 415-485-3077 or Vivalon Guest Services at 415-456-9062. Visit Vivalon.org to learn more about our services for older adults and the Healthy Aging Center in San Rafael.



Programa Multicultural para Adultos Mayores

CENTRO COMUNITARIO DE ALBERT J. BORO

50 Canal Street

Edades: 50 años en adelante

GRATIS

Mie 11:00am-1:00pm Ongoing

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 11am a 12 pm. Los almuerzos calientes y nutricionales se sirven a las 12 del mediodía por una donación de \$ 3 para aquellos que tienen 60 años o más y una tarifa de \$ 6 para los menores de 60 años. 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.

Adicionalmente, el Centro Comunitario Albert J. Boro y Vivalon volverán a asociarse para reunir a los adultos mayores en actividades en vivo y eventos. Vivalon, anteriormente Whistlestop, ayuda a los adultos mayores y a los residentes vulnerables del condado de Marin a prosperar mediante el poder de la conexión humana con viajes, comidas, clases, cuidados, consejos y más. En los próximos meses estaremos ofreciendo nuevas clases y actividades para adultos mayores en las áreas de envejecimiento saludable, salidas a parques del condado y oportunidades de conexión social. Para obtener más información, llame al Centro Comunitario Albert J. Boro al 415-485-3077 o Servicios para huéspedes de Vivalon al 415-456-9062. Visita Vivalon.org para conocer más sobre nuestros servicios para adultos mayores y el Centro de Envejecimiento Saludable en San Rafael.

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 \$35 per year and is available to all adults 62 years and older.

More information is available at 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, Tuesday, Wednesday & Friday, 10:00am-2:00pm.

Please stop by and visit or call and we will be happy to answer any questions. The Goldenaires require that all people participating in their programs are vaccinated against the COVID 19 virus.



San Rafael Goldenaires Classes, Activities & Events

Ongoing Classes

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.

Watercolor Painting - Tuesdays, 10:00am-3:00pm

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.

Mahjong - Tuesdays, 2:00pm-4:00pm

Chinese tiles are used for (Asian) play. NO FEE. This is an ongoing program. Instructors will assist in helping members learn the game.

Duplicate Bridge (Non Sanctioned) – Wednesdays, 10:00am-2:00pm

You must already know how to play; 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 Carving - Fridays, 9:00am-12:00pm

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, 12:00pm-2:00pm

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.

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 or older to play.

Proof of COVID 19 vaccination required. All current masking rules apply. No bingo on the 3rd Wednesday of the month. For more information call (415) 485-3348.

Special Events

@ San Rafael Community Center, 618 B Street

B Street Ballroom – Sunday Dances

May 22, June 26, July 31, August 28, September 25

2:00-5:00pm

\$15 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. Proof of COVID 19 vaccination required.

NOTE: The dances are held the last Sunday of each month.

Themed Luncheons May 13, June 17, July 15, August 19

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

Monday Night Bingo August 8, October 3

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; 15 games played.

DINNER AND BINGO

Includes one 6-on game pack, dauber and dinner

Advance reservation is \$20

At the door is \$25

\$10 Bingo only

Additional packs available for purchase.

For complete event details, go to srgoldanires.org or call (415) 485-3348. Proof of COVID 19 vaccination required.



Travel & Trips

Come explore the wonders of the world or your own backyard with the Goldenaires. Monthly day trips to local shows and attractions are scheduled. Longer adventures around the country and the world are also waiting for you. Extended trip flyers can be picked up in the office. You can also pickup a copy of the *Newsette* or go to www.srgoldenaires.org for the most current listing of trips.

San Rafael Public Libraries

Pickleweed Library 50 Canal St, 485-3483

HOURS: Tuesday-Wednesday, 9:00am-5:00pm; Thursday, 11:00am-7:00pm; Friday-Saturday, 10:00am-5:00pm

Downtown Library 1100 E St, 485-3321

HOURS: Monday-Thursday, 9:00am-7:00pm; Friday-Sunday, 10:00am-5:00pm

Northgate Library 5800 Northgate Dr, 524-2694

HOURS: Wednesday-Saturday, 11:00am-5:00pm

Check out our FREE events and programs below and on our website.



Please visit srpubliclibrary.org/events for dates, times and locations of upcoming events and programs.

While you're there, sign up to subscribe to our monthly program calendar.

Kids' Programs



Summer Reading Program for Kids

Kids entering grades K-6 can pick up a reading log and a free book to keep at any of our branches! Keep reading throughout the summer to earn another free book when you return your log.

Outdoor Storytime

Weekly, 10:30am

Wednesdays at Northgate, Thursdays at Downtown, and Fridays at Pickleweed

Age: 0-5

Join us every week for songs, rhymes, and stories outdoors!

Ranger Storytime: Rangers from the Marin Municipal Water District and One Tam will join us at select weekly Storytimes to share nature-related storybooks and songs, as well as information about the flora and fauna of our local open spaces. Check our events calendar at srpubliclibrary.org/events for dates and locations throughout the summer.

Pet Care 101

All SR Library Locations

Age: entering K-6th

Marin Humane presents a workshop on how to care for pets, aimed specifically at kids who want to better care for their furry friends. Learn all about pet care and meet a special animal ambassador!



Animated Animal Tales

All SR Library Locations

Age: entering K-6th

Master Storyteller, Ane Carla Rovetta, is also an illustrator! Come hear her tell a magical folktale about a local animal. Next, watch her bring that animal "to life" as she teaches the audience how to draw it using a few swift strokes with the colorful chalks she provides for you. Each participant will take home their bright artwork and even brighter memories.

Biking Adventure

Pickleweed Library

Age: 8+

Learn all about bike safety and maintenance at Pickleweed Park – then go on a supervised bike ride through the area! Presented in partnership with Trips for Kids. Registration and parent permission required.

Teen Gaming

Downtown Library

Wednesdays beginning June 1

Age: entering 7th-12th

We'll have a fun gaming activity each time we meet, including board games, various tabletop roleplaying games, and VR! Keep an eye on our website and social media to see what we'll be playing each week.

Art Jams

Downtown Library

Every other Wednesday, Begining June 8

Age: entering 7th-12th

Come hang out on the Downtown Library Lawn and work on any kind of creative project in a relaxed, no-stress environment. Bring a work in progress, your favorite paints and brushes, those cool markers you forgot you had, or borrow some of our supplies! Downtown every other Wednesday starting June 8.

Anime Your Way with Carlos Nieto All SR Library Locations

Age: entering 5th-12th

Perfect your anime-style drawing skills with professional illustrator, Carlos Nieto! Learn all about this style and create your own character design with Carlos's step-by-step instructions.

Adult Programs

Plant Care Workshop

Age: adults

Marin Master Gardeners will walk program attendees through the basics of caring for plants - and you'll be able to take one home!

See our website's events calendar for more information egarding registration.



Teen Programs Programs for All Ages



Process Art and Jazz on the Lawn

Downtown Library

Age: all ages

Join us on the Downtown Library Lawn for an hour of jazz with Dave Rocha and His Trio, and process art for all ages through the afternoon! We'll provide all the supplies you'll need for a creative, musical kickoff to the summer.



Watercolor Painting

All Library Locations

Age: all ages

Artist Eileen Ormiston will lead a rose-painting watercolor classes for all ages. All supplies will be included, and the number of participants will be limited to 20; see our website's events calendar for more information regarding registration.

Process Art Saturdays

Drop-in

Various Dates & Times

Age: all ages

This all-ages program focuses on the most fun part of art: making it! We'll provide the supplies, and you provide the creativity. Check our events calendar for the dates and times of this drop-in program.

Falkirk Cultural Center

1408 Mission Avenue • (415) 485-3328 • falkirk@cityofsanrafael.org • 🚮 @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 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

www.cityofsanrafael.org/falkirk

Today, 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-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

Marin Open Studios - April 28 - June 10

Opening Reception

Thursday, April 28 • 5:00 - 8:00pm

Closing Reception /Artwalk Friday, June 10 • 5:00 - 8:00pm

Kendall C. King - June 24 - July 29

Opening Reception

Friday, June 24 • 5:00 - 8:00pm

Closing Reception

Friday, July 29 • 5:00 - 8:00pm

Art to Amuse & Delight - August 19 - September 23 Juried Exhibition curated by Susan Press

Opening Reception /Art Walk Friday, August 19 • 5:00 - 8:00pm

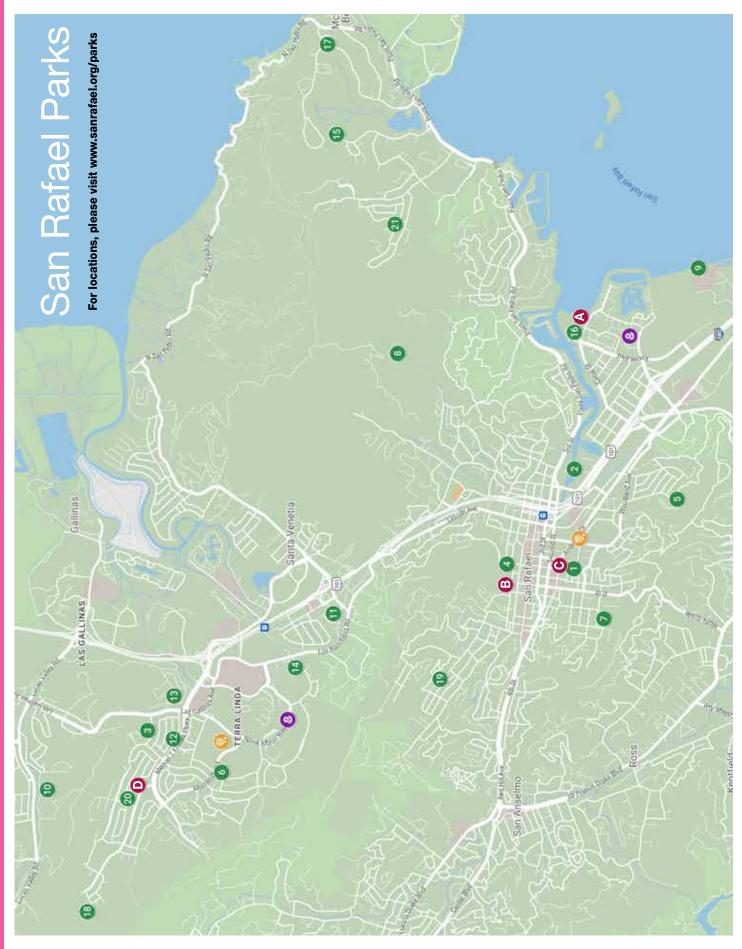
Closing Reception

Friday, September 23 • 5:00 - 8:00pm



CALL FOR 2023 EXHIBITS

Interested in proposing an exhibit or participating as an individual? Falkirk welcomes exhibition proposals on an ongoing basis. Please find exhibit guidelines and submit proposals online at www.cityofsanrafael.org/falkirk-galleries. You can also contact us at falkirk@cityofsanrafael.org for more information.



San Rafael Park Amenities

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

COMMUNITY CENTERS

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

TENNIS COURTS

- Albert Park Tennis Courts
- Freitas Park Tennis Courts

COMMUNITY GARDENS

- 🥹 Canal Community Garden
- Terra Linda Community Garden



Picnic Area Rentals

The City of San Rafael Park Picnic Areas listed below are available for rental. 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

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 unless previously approved.

PARK	AMENITIES	SEATING CAPACITY	
6 FREITAS MEMORIAL PARK 371 Montecillo Rd	Playground, picnic tables/barbecue, restroom, grassy area, water feature		
GERSTLE PARK San Rafael Avenue at Clark Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, walking trail	Redwood Grove picnic area - 126 Lower Picnic Area One - 25 Lower Picnic Area Two - 48	
PICKLEWEED PARK 50 Canal Street	Playground, picnic tables/barbecue, restroom, grassy area, community center, soccer fields	Group Picnic Area - 72	
18 SANTA MARGARITA PARK At the end of De La Guerra Road	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 32	
SUN VALLEY PARK 144 Solano Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 24	
TERRA LINDA PARK 670 Del Ganado Rd.	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, community center, pool	Picnic Area One - 48 Picnic Area Two - 64	
VICTOR JONES PARK Robinhood Drive	Playground, picnic tables, 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

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, fax 485-3186 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, ice machine and dishwasher. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons. For more information call the center.



San Rafael Community Center

Terra Linda Community Center

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



Terra Linda Community Center

How to Register www.cityofsanrafael.org/recreation

REGISTRATION DATES



ONLINE REGISTRATION

First Opportunity to Register! Beginning at 9:00 am on May 13

Visit the City of San Rafael's registration website at www.cityofsanrafael.org/ recreation to create a family account. Credit cards (VISA, MasterCard and Discover) are accepted for online registrations, which are recorded at the completion of the transaction.



MAIL-IN

Beginning at 9:00 am on May 18 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 9:00 am on May 18, regardless of mail-in date.

MAIL TO:

San Rafael Community Center 618 B Street San Rafael, CA 94901 ATTN: Registration



WALK-IN REGISTRATION

Beginning on May 18

Available at the following locations during posted business hours:

- San Rafael Community Center
- Albert J. Boro Community Center
- Terra Linda Community Center

Checks, cash and credit cards are all accepted for walk-in registrations.



CREDIT CARDS



We gladly accept Visa, Mastercard and Discover.



CONTACT US

Any questions? Need assistance? Please call 485-3333 or email recreation@cityofsanrafael.org

REGISTRATION INFORMATION

- Registration for the School-age Child Care Program is conducted at the various school sites. For more information, please refer to page 11.
- Only one family per registration form.
- All registrations are taken on a first-come, first-serve 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.

REFUND POLICY

- Full refunds will be issued if the class/program is canceled by the Department.
- Refund requests received at least 14 days prior to the start of the class/program will receive a refund, less a \$25 administrative fee per class/program.
- No refunds will be issued for requests received less than 14 days prior to the start of the class/program.
- No refunds will be given for non-attendance, one-day workshops, trips or material fees.
- Please reference page 26 to find swim lesson refund policy.

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. Please visit www.cityofsanrafael. org/recreationscholarship for more information.



Activity Registration Form City of San Rafael

1. PRIMARY CONTACT (Ac	lult)	C	OMPLET	E ENTIRE	FORM	
Name of Primary Contact			Birt	ndate		
Street		City		Zip		
Email Address						
Primary Phone ()	Secondary Phone () Ce	II Phone ()		
Emergency Contact		Relationship to Participant				
Emergency Daytime Phone ()	ncy Daytime Phone () Emergency Evening Phone ()					
2. ACTIVITY REGISTRAT	ION					
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 & F	PHOTO RELEA	SE				
HOLD HARMLESS AND RELEASE AGREEMENT The consideration of participation in this program, agrees to in judgment, loss, liability or expense of any kind, including arising out of or in any way connected with participation bits officers, employees, agents, and volunteers. I HAVE FRISKS FOR ANY INJURIES AND PROPERTY DAMAGE mentioned activity. Neither I nor my child has any physicipodily injury and/or property damage may be sustained to	ndemnify and hold harmless, an attorney's fees and administration by the undersigned or the enroll READ THE ABOVE HOLD HAR E SUFFERED. I also certify that al illnesses, conditions, disabiliti	Id to release, waive, and discharge, the City of ive costs, on account of personal injuries or de ed child in this program, including injuries due MLESS AND RELEASE AGREEMENT AND I (or my children) are knowledgeable as to all ies, or weaknesses that would interfere with s	of San Rafael aga lamages sustaine e to the active or FULLY UNDERS I rules of conduct lafe participation	ninst any claim, den d by any person or passive negligence TAND THAT I ASS t appropriate to the in the activity. I rec	nand, suit, property of the City, SUME above- ognize that	
Applicant's Signature_ PHOTO RELEASE By initialing, I do also hereby give my publications. I understand that my name or my children's used for City of San Rafael marketing purposes. Initial						

Credit card payments are processed through our online registration system at 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



Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly through person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The City of San Rafael Library & Recreation Department has put in place preventative measures to reduce the spread of COVID-19; however, The City of San Rafael Library & Recreation Department cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending City of San Rafael Library and Recreation Department facilities, programs, child care, classes, camps, and events could <u>increase</u> your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID -19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID -19 by attending City of San Rafael Library and Recreation Facilities, Programs, Classes, Camps, and Events and that such exposure or infection may result in personal injury, illness, permanent disability, and /or death. I understand that the risk of becoming exposed to or infected by COVID -19 at the City of San Rafael Library and Recreation Department may result from the actions, omissions, or negligence of myself and others, including, but not limited to, City of San Rafael employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at City of San Rafael Library & Recreation facilities, programs, child care, classes, camps, and events, or participation in any connected City of San Rafael programming ("Claims"). On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless the City of San Rafael, its officers, employees, agents, and representatives, volunteers, of and from the every and all Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the City of San Rafael, its employees, agents, and volunteers, whether a COVID-19 infection occurs before, during, or after participation in any City of San Rafael program.

Date		
Name of Participant(s) (if applicable)		
oide by the Public Health Order		
requirements set forth by the County's Public Health Officer		
ttend the program if I am sick or develop any illness symptoms (sore		
Il not allow my child to attend this program if they are sick. If my child shortness of breath, fever, etc.), I agree to keep them at home.		
Date		

Name of Participant(s) (if applicable)

Print Name of Participant/Parent/Guardian



WE ARE NOW HIRING LIFEGUARDS FOR THE 2022 POOL SEASON

We provide training and certification to all new hires!

This a great job for a retired person, high school and college students, and adults with flexible schedules.

Please email terralindapool@cityofsanrafael.org





Residential Customer

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PERMIT NO. 212

ECRWSS





Sing 2 Reted PG

Friday August 26

PEACOCK PARK 298 Peacock Drive



Luca Rated PG

Friday September 9

SUN VALLEY PARK 144 Solano Street



Encanto (in Spanish)

Friday September 23

PICKLEWEED PARK 50 Canal Street



Hotel Transylvania Rated PG

Friday October 7

TERRA LINDA PARK 670 Del Ganado

Movies Begin 15 Minutes After Sunset.

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