

SAN RAFAEL

ACTIVITIES GUIDE | SPRING 2023



**Sign up for
Summer
Camps
Now!**

Online Registration
Begins February 8
Walk-ins February 10

Aquatic Programs
& Swim Lessons
Page 26-29

Check Out
Our New Youth
& Adult Classes



www.cityofsanrafael.org



SCAN THE CODE TO SEE
JOB DETAILS AND
APPLY TODAY!

WE'RE HIRING!

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



If you love working with children, we want to talk with you.
It's easy to apply on our website today!

www.cityofsanrafael.org/childcare-jobs

Join Our Team!



**WE ARE NOW HIRING LIFEGUARDS AND SWIM INSTRUCTORS
FOR THE 2023 POOL SEASON.**

We provide training and certification to all new hires!
This is a great job for a retired person, high school and college students,
and adults with flexible schedules. Minimum age to apply is 15 years old.

Please email terralindapool@cityofsanrafael.org

IMPORTANT REGISTRATION DATES

ONLINE REGISTRATION

www.cityofsanrafael.org/recreation

Begins at 9:00am on Wednesday, February 8

WALK-IN REGISTRATION

Begins on Wednesday, February 10

Our Activities Guide can also be viewed online at:

www.cityofsanrafael.org/recreation

CITY HOLIDAYS

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

PRESIDENTS DAY

Monday, February 20

CEASAR CHAVEZ DAY

Friday, March 31

MEMORIAL DAY

Monday, May 29

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

Cultural Center

Falkirk Cultural Center

1408 Mission Avenue

(415) 485-3328

falkirk@cityofsanrafael.org

What's Inside This Guide

4 Community Events

5 City Manager's Message

6-7 Preschool

8-15 Youth & Teens

16-23 Adult

24-29 Aquatics

30-32 Older Adults

33-34 Library Events & Activities

35 Falkirk Cultural Center

36 San Rafael Parks Map

37 San Rafael Park Amenities

38 Picnic Area Rentals

39 Facility Rentals

40 How to Register

41 Activity Registration Form

42 Coronavirus Waiver Form

43 Age-Friendly Community





**RESILIENT
NEIGHBORHOODS**

FREE ONLINE CLIMATE ACTION WORKSHOPS



- Learn to live lightly on the earth.
- Create a healthy, low-impact household.
- Connect with others in your community.



REGISTER NOW!

Next 5-session workshop
starting soon!

ResilientNeighborhoods.org

A PROJECT OF SUSTAINABLE MARIN

Programs, Activities & Events
for ALL ages...
and, of course, BOOKS!



<https://srpubliclibrary.org>



HEY SAN RAFAEL, WE'RE MAKING A PLAN!

Visit www.cityofsanrafael.org/parksplan to see
our progress and let us know what you think.



Help shape
the future
of our
parks and
programs.



Scan the
code to
see more
details.

San Rafael Parks & Recreation Master Plan



SAN RAFAEL
THE CITY WITH A MISSION

CITY COUNCIL

Kate Colin, *Mayor*

Maribeth Bushey, *Councilmember*

Maika Llorens Gulati, *Councilmember*

Eli Hill, *Councilmember*

Rachel Kertz, *Councilmember*

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

CITY MANAGER

Jim Schutz

ASSISTANT CITY MANAGER

Cristine Alilovich

PARK AND RECREATION COMMISSION

Kela Cabrales

Cicily Emerson

Ariel Gutierrez

Mark Machado

Robert Sandoval

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

BOARD OF LIBRARY TRUSTEES

Lawrence Andow

Jaimi Cortes

Adriana Duque-Hughes

Cheryl Lentini

Alex Vahdat

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

Message from City Manager

San Rafael is a community with a lot to celebrate! We have beautiful natural settings, great places to play, and wonderful programs that help enrich our community. To help ensure that San Rafael continues to be a vibrant place to live and play, the City has been working to develop a Parks and Recreation Master Plan. Our goal is to create an action plan that the City can use to prioritize recommendations and develop strategies to improve our parks, update facilities, increase ways for people to access and connect to parks, and strengthen recreation programs.



This process has helped the City collect some great information. Over the past year, our community has shared their needs and interests through workshops, surveys and questionnaires, focus groups, and public meetings. A steering committee of community stakeholders is helping to guide the planning process, and the City is receiving valuable insight from the Park and Recreation Commission. The plan includes a park inventory and program assessment to help the City better understand the existing conditions and future needs of our community, and we reviewed historical planning documents to build upon previous efforts. We're also working to better understand resources and funding needed to implement identified priorities.

One emerging theme is that our community has a strong desire to update and improve the City's existing park amenities, particularly to modernize playgrounds and recreation amenities, and repair aging infrastructure. Our Park and Recreation system includes 25 parks, 17 playgrounds, 3 community centers, Falkirk Cultural Center, Terra Linda Community pool, and numerous fields, courts, and amenities. The City has completed recent improvements including replacing the playgrounds at Victor Jones, Albert, and Pickleweed Parks and replacement of the Sun Valley Park playground is scheduled for completion this spring. This work will benefit the community, however, there are many more projects the plan has identified we hope to take on in the coming years.

The Parks and Recreation Master Plan should be finalized in spring 2023, and there is still time to provide input. For more details on the plan, upcoming meetings, and how you can share your thoughts, you can visit: www.cityofsanrafael.org/parksplan/. We look forward to hearing from you.

Your City Manager,

Jim Schutz

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-Six classes / \$96-Twelve 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-Six classes / \$96-Twelve classes / \$10 drop-in

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

Fitness

Yoga with Erin

Bring your kids ages 2-5 to practice yoga at the Terra Linda Rec Center! We will breathe, move, and then take a rest. We will play fun yoga games and engage in other activities such as listening to stories and dancing to music. No previous yoga experience needed, and adult participation is not required - although it is a workout for all! Bring your own mat or blanket if you would like something soft to practice on.

Yoga has always been there for Erin, through the good times and the bad. It has kept her grounded and balanced, and she is excited to share her love of the practice with others. Erin currently teaches in preschools around Marin and is certified in teaching Kids Yoga.

No class 2/21 & 4/11.

Age: 2Y-5Y

Terra Linda Community Center

\$36R/\$39NR

Tu 10:30am-11:00am 3/7-3/21 6144

Tu 10:30am-11:00am 4/4-4/25 6145

Tu 10:30am-11:00am 5/2-5/16 6146

Personal Growth

NEW!

Little Angels

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

Instructor Wendy Calderon's 13 years as a nanny helped her discover a passion for working with others and learn that children live in the moment and connect with joy. As a medical assistant, she valued her connection with clients and loved to see them smile and hear about their families. And so, Wendy combined her experience to create the Little Angels program.

No class 4/13.

Age: 1Y-5Y

Terra Linda Community Center

\$160R/\$172NR

Th 11:00am-12:00pm 3/16-5/11 6356

Terra Linda Community Center

\$140R/\$154NR

Th 11:00am-12:00pm 5/18-6/29 6357





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
Director: Maria Velarde
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.



Language

Fun with Spanish-Preschool

In this class, students will be introduced to animals, numbers, colors, etc., using games, stories, songs, and so many other hands-on learning experiences. Each class is a lot of fun, active and engaging. We see play as a natural medium for learning, thus all classes are filled to the brim with play-based learning.

Rosario has more than 30 years of experience teaching children from Preschool to 8th Grade. She creates and develops the curriculum and different teaching methods.

Age: 3Y-5Y

San Rafael Community Center
\$210R/\$231N

| | | | |
|---|-----------------|-----------|------|
| W | 10:00am-11:00am | 3/1-4/5 | 6253 |
| W | 10:00am-11:00am | 4/19-5/24 | 6259 |





Summer Camps!

Art | Aquatics | Cooking
Dance | Language
Sports | Technology
Volleyball
and more ...



Register online!

www.cityofsanrafael.org/summercamps

Kid's Camp



Kids 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 8:00 a.m. - 5:30 p.m. Weekly sessions are \$350.00.

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

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
\$255R/\$281NR

| | | | |
|-------|---------------|-----------|------|
| F | 4:30pm-9:00pm | 3/17 | |
| Sa/Su | 8:30am-5:30pm | 3/18-3/19 | 6130 |

| | | | |
|-------|---------------|-----------|------|
| F | 4:30pm-9:00pm | 4/28 | |
| Sa/Su | 8:30am-5:30pm | 4/29-4/30 | 6131 |

| | | | |
|-------|---------------|-----------|------|
| F | 4:30pm-9:00pm | 5/26 | |
| Sa/Su | 8:30am-5:30pm | 5/27-5/28 | 6132 |

Lifeguard Instructor Course

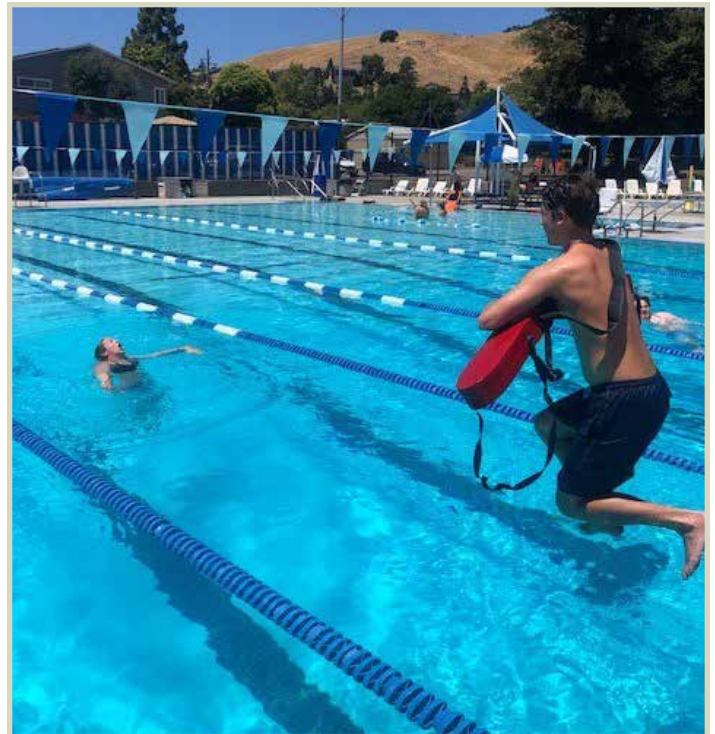
Looking to teach Lifeguard Training Classes? The American Red Cross (ARC) Lifeguard Instructor course trains instructor candidates to teach the basic-level ARC Lifeguarding course. Participants must be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifeguarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in 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 | 9:00am-4:00pm | 2/27-3/2 | 6137 |
|------|---------------|----------|------|

| | | | |
|------|---------------|-----------|------|
| M-Th | 9:00am-4:00pm | 6/26-6/29 | 6149 |
|------|---------------|-----------|------|



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, 2021 and 2022 for Best Art Instructor and Best Art Studio.**

Visit: www.terralindaceramicartists.com

Clay Time

Join this artistic group that loves creating in clay. Students learn all about clay, pinch pot, slab building, coiling, sculpting, and glazing. A fun new project is demonstrated in each class and individual expression is encouraged. All levels are welcome. A \$30 material fee is due to the instructor at the first class.

Age: 6Y-8Y

Terra Linda Community Center

\$110R/\$121NR

| | | | |
|----|---------------|------------|------|
| Tu | 3:45pm-4:40pm | 3/21-4/25* | 6135 |
| Tu | 3:45pm-4:40pm | 5/9-6/6 | 6209 |

*No class 4/4.



Hang Out with Clay-Teen Class

This after school program is designed to give you the opportunity to express and explore your creative ideas through the amazing medium of clay. You will be taught all the techniques that you need to create what you imagine and encouraged to develop your own style. All levels are welcome. There will be many opportunities to explore glazing and surface decorations as well as working on a portfolio if desired. Sign up early as class size is limited. A \$30 material fee is due to the instructor before the first class.

Age: 13Y-17Y

Terra Linda Community Center

\$145R/\$159NR

| | | | |
|---|---------------|------------|------|
| M | 4:15pm-6:15pm | 3/20-4/24* | 6134 |
| M | 4:15pm-6:15pm | 5/8-6/5 | 6211 |

*No class 4/3.



Mud Masters

Join this artistic group of preteens who love creating in clay. Students will learn slab building, coiling and sculpting. A new project is demonstrated each class and individual expression is encouraged. There will be many opportunities to explore glazing. All levels are welcome. Sign up early as class size is limited. A \$30 material fee is due to the instructor the first class.

Age: 9Y-12Y

Terra Linda Community Center

\$120R/\$132NR

| | | | |
|----|---------------|------------|------|
| Tu | 4:45pm-6:00pm | 3/21-4/25* | 6136 |
| Tu | 4:45pm-6:00pm | 5/9-6/6 | 6210 |

*No class 4/4.

Dance

Introduction to Ballroom and Latin Dance

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

Age: 8Y-10Y

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

| | | | |
|----------|----------------------|------------------|-------------|
| F | 3:30pm-4:15pm | 3/10-4/14 | 6162 |
|----------|----------------------|------------------|-------------|



Fitness

Yoga with Erin

Bring your kids ages 2-5 to practice yoga at the Terra Linda Rec Center! We will breathe, move, and then take a rest. We will play fun yoga games and engage in other activities such as listening to stories and dancing to music. No previous yoga experience needed and adult participation is not required - although it is a workout for all! Bring your own mat or blanket if you would like something soft to practice on.

Yoga has always been there for Erin, through the good times and the bad. It has kept her grounded and balanced, and she is excited to share her love of the practice with others. Erin currently teaches in preschools around Marin and is certified in teaching Kids Yoga.

Age: 2Y-5Y

Terra Linda Community Center
\$36R/\$39NR

| | | | |
|-----------|------------------------|-----------------|-------------|
| Tu | 10:30am-11:00am | 3/7-3/21 | 6144 |
| Tu | 10:30am-11:00am | 4/4-4/25 | 6145 |
| Tu | 10:30am-11:00am | 5/2-5/16 | 6146 |



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. Please bring pen/pencil to class. Course fee includes babysitter handbook and certificate.

Age: 11Y-15Y

Terra Linda Community Center
\$115R/\$127NR

| | | | |
|-----------|----------------------|-------------|-------------|
| Sa | 9:00pm-3:00pm | 3/4 | 6159 |
| Sa | 9:00pm-3:00pm | 4/15 | 6160 |
| Sa | 9:00pm-3:00pm | 5/13 | 6161 |

Games & Sports

Classical Fencing

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

Age: 8Y-13Y

San Rafael Community Center
\$100R/\$110N

| | | | |
|----|---------------|-----------|------|
| Tu | 5:00pm-6:00pm | 3/7-4/11 | 6173 |
| Tu | 5:00pm-6:00pm | 4/25-5/30 | 6175 |

Age: 14Y & Up

San Rafael Community Center
\$100R/\$110N

| | | | |
|----|---------------|-----------|------|
| Tu | 6:00pm-7:00pm | 3/7-4/11 | 6174 |
| Tu | 6:00pm-7:00pm | 4/25-5/30 | 6176 |

Language

Fun with Spanish - Kindergarten

In this class, students will be introduced to animals, numbers, colors, etc., using games, stories, songs, and so many other hands-on learning experiences. Each class is a lot of fun, active and engaging. We see play as a natural medium for learning, thus all classes are filled to the brim with play-based learning. Rosario has more than 30 years' experience teaching children from Preschool to 8th Grade. She creates and develops the curriculum and different teaching methods.

Age: 5Y-6Y

San Rafael Community Center
\$180R/\$198NR

| | | | |
|---|---------------|-----------|------|
| W | 3:15pm-4:15pm | 3/1-4/5 | 6254 |
| W | 3:15pm-4:15pm | 4/19-5/24 | 6255 |

Fun with Spanish - 1st-5th Grade

In this class, students will be introduced to animals, numbers, colors, etc., using games, stories, songs, and so many other hands-on learning experiences. Each class is a lot of fun, active and engaging. We see play as a natural medium for learning, thus all classes are filled to the brim with play-based learning. Rosario has more than 30 years' experience teaching children from Preschool to 8th Grade. She creates and develops the curriculum and different teaching methods.

Age: 6Y-11Y

San Rafael Community Center
\$180R/\$198NR

| | | | |
|---|---------------|-----------|------|
| W | 4:30pm-5:30pm | 3/1-4/5 | 6258 |
| W | 4:30pm-5:30pm | 4/19-5/24 | 6260 |

School-Age Child Care

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

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

Registration Information

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

Coleman Children's Center

Coleman Elementary School
800 Belle Avenue, San Rafael 94901
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 Children'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

Martial Arts

MARTIAL ARTS WITH SCOTT JENSEN

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

NOTE: Please wear loose clothes or a Kung Fu uniform and flat shoes with soft soles, such as skateboarding shoes. Remember to bring a water bottle. No classes on March 13, April 3 and 5.

Animal Power

Animal Power is a dynamic workout using Kung Fu conditioning and foundation exercises. Every class includes thorough deep stretching and warm up, Tiger Core Exercise for strength, lots of super cool kicks at all heights, learning new animal movements and the body method and virtue lessons of each animal. This session will focus on the Tiger. Learn 12 different types of pushups and different Tiger Pushes to knock down opponents for great self-defense. Earn a cool patch and have fun with the optional "Tiger Fu Activity Book" as well while you get in fantastic shape and build a great physique. No uniforms or belts, just a great, fun workout. New Animal in the Spring.

Age: 15Y & Up

San Rafael Community Center
\$240R/\$264NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:00pm-6:45pm | 3/1-5/3 | 6180 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:00pm-6:45pm | 5/8-6/12 | 6323 |
|-----|---------------|----------|------|

Kung Fu

This Kung Fu class includes Northern Shaolin, Xing Yi Quan, sparring, partner forms and self-defense. Northern Shaolin is extremely athletic with high and flying kicks, ultra-low ground sweeps, acrobatic tumbling and ground rolling, long low stances, and all the classical Kung Fu weapons. Xing Yi Quan is a power punching style without the high kicks, leaps, and flexibility and provides excellent practical fighting skills and great health benefits strengthening the internal organs and relieving aches and pains. During each class we also practice partner forms and sparring, which you can do when you feel ready. Partner forms are pre-choreographed fights practiced with a partner to develop self-defense skills with and without weapons. Come build your skills in this safe and closely supervised program where everyone learns control and accuracy. New students begin with systematic and extensive training in dodging, covering up, and footwork to guarantee excellent defensive skills and as they progress in the class, they learn to use and defend against all levels of kicking, trips, throws, joint locks, and ground defenses.

Age: 15Y & Up

San Rafael Community Center
\$320R/\$352NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:45pm-8:30pm | 3/1-5/3 | 6182 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:45pm-8:30pm | 5/8-6/12 | 6326 |
|-----|---------------|----------|------|

Combined Animal Power and Kung Fu

Animal Power is a dynamic workout using Kung Fu conditioning and foundation exercises. Every class includes thorough deep stretching, a warmup, Tiger Core Exercise for strength, and lots of super cool kicks at all heights. You will also learn the movements, body method and virtue lessons of each animal. Everyone learns control and accuracy for safety in this closely supervised program. No uniforms or belts, just a great, fun workout.

Age: 15Y & Up

San Rafael Community Center
\$440R/\$484NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:00pm-8:30pm | 3/1-5/3 | 6184 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:00pm-8:30pm | 5/8-6/12 | 6324 |
|-----|---------------|----------|------|

Team

The team is where you can practice on whatever you need to perfect your Tai Chi and Kung Fu skills.

Age: 15Y & Up

San Rafael Community Center
\$90R/\$99NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 8:30pm-9:00pm | 3/1-5/3 | 6183 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 8:30pm-9:00pm | 5/8-6/12 | 6329 |
|-----|---------------|----------|------|



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

\$134R/\$147NR

| | | | |
|-------|---------------|----------|------|
| Tu/Th | 3:30pm-4:00pm | 3/7-4/27 | 6138 |
|-------|---------------|----------|------|

| | | | |
|-------|---------------|----------|------|
| Tu/Th | 3:30pm-4:00pm | 5/9-6/29 | 6139 |
|-------|---------------|----------|------|

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

\$164R/\$180NR

| | | | |
|-------|---------------|----------|------|
| Tu/Th | 4:05pm-4:50pm | 3/7-4/27 | 6140 |
|-------|---------------|----------|------|

| | | | |
|-------|---------------|----------|------|
| Tu/Th | 4:05pm-4:50pm | 5/9-6/29 | 6141 |
|-------|---------------|----------|------|

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. 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

\$164R/\$180NR

| | | | |
|-------|---------------|----------|------|
| Tu/Th | 4:55pm-6:05pm | 3/7-4/27 | 6142 |
|-------|---------------|----------|------|

| | | | |
|-------|---------------|----------|------|
| Tu/Th | 4:55pm-6:05pm | 5/9-6/29 | 6143 |
|-------|---------------|----------|------|

Canal Karate

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award-winning, self-defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. \$10 discount for multiple siblings. Additional material fees due to the instructor for uniform and optional SHOTOKAN KARATEDO INTERNATIONAL-US FEDERATION belt testing/advancement.

Age:

Beginning (5Y+)
Youth/Intermediate (7Y+)
Adult/Intermediate
Adult/Advanced

Time:

5:00pm-6:00pm
6:00pm-7:00pm
7:00pm-8:00pm
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. Tarifas de material adicionales debidas al instructor por uniforme y opcional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION cambio de cinta/avance.

Age:

Juventud/Comienzo (5Y+)
Jóvenes/Intermedios (7Y+)
Adulto/Intermedio
Adulto/Avanzado

Time:

5:00pm-6:00pm
6:00pm-7:00pm
7:00pm-8:00pm
8:00pm-9:00pm

Age: 5Y & Up

Albert J. Boro Community Center

\$80R/\$88NR

| | | | |
|-------|-----------------|----------|------|
| Tu/Th | see times above | 3/28-5/4 | 6119 |
|-------|-----------------|----------|------|

| | | | |
|-------|-----------------|----------|------|
| Tu/Th | see times above | 5/9-6/15 | 6121 |
|-------|-----------------|----------|------|



Adult
Karate
on
page 22

Technology - Online Classes

VIRTUAL CODING CLASSES FOR KIDS

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



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

★★★★★

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

Create & Learn
Brought to you by Tech & Education Experts from Silicon Valley

Google Stanford University Apple

Coding with Roblox Studio - Units 1-3

Take a big step forward with your Roblox experience by not just playing the game but creating your own games! Learn how to use Roblox Studio to create customized worlds and code mini games.

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

Age: 9Y-15Y

Prerequisites - Scratch 1-3 or equivalent

\$236R/\$260NR

| | | | |
|----|---------------|----------|------|
| Th | 4:00pm-5:10pm | 3/2-5/18 | 6070 |
|----|---------------|----------|------|

Budding Digital Artist Club

NEW!

Students will enjoy creating a fun art project every session and learn to appreciate great design in their daily lives, while exploring many different types of digital art mediums.

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

Age: 6Y-11Y

Beginner Level - No prerequisites

\$131R/\$144NR

| | | | |
|---|---------------|----------|------|
| F | 4:00pm-4:55pm | 3/3-4/21 | 6077 |
|---|---------------|----------|------|



NASA STEM Club

NEW!

In this series of classes, you will learn a wide range of topics related to space science, NASA, and practice other STEM skills. All classes are project based to encourage curiosity and develop problem solving skills.

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

Age: 6Y-11Y

Beginner Level - No prerequisites

\$131R/\$144NR

| | | | |
|---|---------------|----------|------|
| W | 5:30pm-6:25pm | 3/1-4/19 | 6078 |
|---|---------------|----------|------|



Scratch Junior

This series of fun classes use the Scratch Junior platform, developed by the same MIT team that built Scratch. While building interactive stories and games, your child will be introduced to the basics of coding concepts, solve problems, and most importantly, create!

Requirements: iPad or Android Tablet is required. You need a laptop or desktop device with Zoom, Chrome browser, and high internet connectivity. Chromebook does not support Scratch Junior.

Age: 5Y-7Y

Beginner Level - No prerequisites

\$98R/\$108NR

| | | | |
|----|---------------|---------|------|
| Sa | 9:00am-9:45am | 3/4-4/8 | 6071 |
|----|---------------|---------|------|

Accelerated Scratch - Units 1-3

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-16Y

Beginner Level - No prerequisites

\$189R/\$209NR

| | | | |
|----|-----------------|----------|------|
| Sa | 10:30am-11:25am | 3/4-5/20 | 6075 |
|----|-----------------|----------|------|

Scratch Ninja - Units 1 & 2

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.

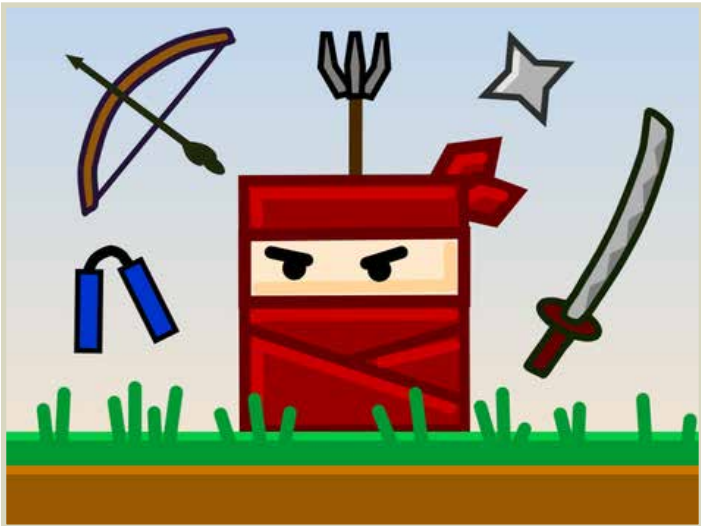
Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity.

Age: 7Y-12Y

Beginner Level - No prerequisites

\$131R/\$144NR

| | | | |
|----|---------------|-----------|------|
| Tu | 5:30pm-6:25pm | 3/28-5/16 | 6072 |
|----|---------------|-----------|------|



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, 2021 and 2022 for Best Art Instructor and Best Art Studio.**

Visit: www.terralindaceramicartists.com

NOTE: All classes are held at the Terra Linda Community Center and are for adults 18 years and older.

SPRING BREAK: No classes the week of April 3 – April 9.

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 \$70 material fee is due to the instructor at the first class and includes a bag of regular clay. No classes the week of April 3 – April 9.

Age: 18Y & Up

Terra Linda Community Center
\$210R/\$231NR

| | | | |
|---|---------------|----------|------|
| W | 5:30pm-8:30pm | 3/22-5/3 | 6133 |
|---|---------------|----------|------|

| | | | |
|---|---------------|-----------|------|
| W | 5:30pm-8:30pm | 5/10-6/14 | 6204 |
|---|---------------|-----------|------|



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 \$70 material fee is due to the instructor at the first class and includes a bag of regular clay. No classes the week of April 3 – April 9.

Age: 18Y & Up

Terra Linda Community Center
\$180R/\$198NR

EARLY SPRING SESSIONS

INTERMEDIATE CERAMICS

\$210R/\$231NR

| | | | |
|----|---------------|----------|------|
| Tu | 6:30pm-9:30pm | 3/21-5/2 | 6125 |
|----|---------------|----------|------|

| | | | |
|----|----------------|----------|------|
| Th | 9:00am-12:00pm | 3/23-5/4 | 6126 |
|----|----------------|----------|------|

| | | | |
|----|----------------|----------|------|
| Sa | 9:00am-12:00pm | 3/25-5/6 | 6128 |
|----|----------------|----------|------|

INTERMEDIATE/ADVANCED CERAMICS

\$210R/\$231NR

| | | | |
|----|----------------|----------|------|
| Tu | 9:00am-12:00pm | 3/21-5/2 | 6122 |
|----|----------------|----------|------|

| | | | |
|---|---------------|----------|------|
| W | 1:00pm-4:00pm | 3/22-5/3 | 6123 |
|---|---------------|----------|------|

| | | | |
|----|---------------|----------|------|
| Th | 6:00pm-9:00pm | 3/23-5/4 | 6124 |
|----|---------------|----------|------|

ADVANCED CERAMICS (Requires Instructor Approval)

\$210R/\$231NR

| | | | |
|---|----------------|----------|------|
| W | 9:00am-12:00pm | 3/22-5/3 | 6129 |
|---|----------------|----------|------|

SPRING BREAK: No class week of April 3-9

LATE SPRING SESSIONS

INTERMEDIATE CERAMICS

\$210R/\$231NR

| | | | |
|----|---------------|----------|------|
| Tu | 6:30pm-9:30pm | 5/9-6/13 | 6202 |
|----|---------------|----------|------|

| | | | |
|----|----------------|-----------|------|
| Th | 9:00am-12:00pm | 5/11-6/15 | 6206 |
|----|----------------|-----------|------|

| | | | |
|----|----------------|-----------|------|
| Sa | 9:00am-12:00pm | 5/13-6/17 | 6208 |
|----|----------------|-----------|------|

INTERMEDIATE/ADVANCED CERAMICS

\$210R/\$231NR

| | | | |
|----|----------------|----------|------|
| Tu | 9:00am-12:00pm | 5/9-6/13 | 6201 |
|----|----------------|----------|------|

| | | | |
|---|---------------|-----------|------|
| W | 1:00pm-4:00pm | 5/10-6/14 | 6205 |
|---|---------------|-----------|------|

| | | | |
|----|---------------|-----------|------|
| Th | 6:00pm-9:00pm | 5/11-6/15 | 6207 |
|----|---------------|-----------|------|

ADVANCED CERAMICS (Requires Instructor Approval)

\$210R/\$231NR

| | | | |
|---|----------------|-----------|------|
| W | 9:00am-12:00pm | 5/10-6/14 | 6203 |
|---|----------------|-----------|------|

SPRING BREAK: No class week of April 3-9

Japanese Flower Arranging - Sogetsu Ikebana

Age: 18Y & Up
San Rafael Community Center
\$300R/\$330NR

A \$25 Materials Fee will need to be paid to instructor on the first day of class.

Required textbook and additional supplies are available for purchase at class. Please contact instructor Rachel at rachel@simplygrounded.com for any inquiries regarding the course.

BEGINNING FLOWER ARRANGING

Learn all the basic techniques to create the simplified, yet dynamic Ikebana designs. Each class begins with a demonstration, followed practice time for your own work, with assistance as needed. Lastly, an instructor led review of all the designs.

| | | | |
|----|---------------|---------|------|
| Th | 2:00pm-4:00pm | 4/6-6/8 | 6032 |
|----|---------------|---------|------|

ADVANCED FLOWER ARRANGING

Must have taken four sessions of beginning Ikebana from instructor before taking the advanced class.

Develop your creative self-expression and explore the beauty of nature, through this exquisite, contemporary, and dynamic art form. Each class includes a demonstration of upcoming Ikebana lessons, practice time for your own work.

| | | | |
|----|----------------|---------|------|
| Th | 10:00am-1:00pm | 4/6-6/8 | 6031 |
|----|----------------|---------|------|



Tole Painting

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

Age: 18Y & Up
Terra Linda Community Center
Drop in: \$6

| | | |
|---|----------------|---------|
| F | 9:30am-12:30pm | ongoing |
|---|----------------|---------|

Screenprinting 101

Learn how to screenprint using paper stencils, which is a simple-waste method of printing. In your designs, you'll think about bold shapes/silhouettes and strong graphics to tell your story, then learn to hand-cut stencils (like those used in spraypainting) and screenprint on garments, textiles, or posters!

Kristyn is a multimedia artist who has worked for such colorful companies as Nickelodeon and Glossier. She is experienced in acrylics, gouache, watercolors, colored pencils, resin, digital illustration, and more. One of her favorite mediums is screenprinting, and she looks forward to empowering others to learn the (surprisingly easy!) art form.

Age: 18Y & Up
San Rafael Community Center
\$250R/\$275NR



| | | | |
|---|---------------|-----------|------|
| W | 6:00pm-8:00pm | 3/22-4/19 | 6333 |
| W | 6:00pm-8:00pm | 4/26-5/24 | 6334 |

Pastel Plein Air Drawing Class

Learn soft pastel blending principles while you enjoy drawing from nature. Warm and cool colors will be discussed as well as techniques to create soft edges. Students will learn tips on how to work in changing light and principles of atmospheric perspective. The supply list includes a basic set of Soft Pastels and Pastel Toned Paper. Students can use a folding chair or bring a Plein Air Easel. No prior experience is needed, and individual expression is encouraged. Please e-mail falkirk@cityofsanrafael.org for a materials list. Falkirk has easels to borrow.

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

| | | | |
|---|-----------------|-----------|------|
| W | 10:00am-12:00pm | 3/1-4/5 | 5711 |
| W | 10:00am-12:00pm | 4/12-4/26 | 6343 |

Watercolor Painting - All Levels

Through a combination of review and practice with fundamentals, students will explore methods and techniques to make watercolor paintings interesting, dynamic, fresh, and appealing. Each class starts out with a lesson and then students paint along with the instructor as they get feedback about what they're doing. You must bring all your own materials. Please e-mail falkirk@cityofsanrafael.org for a materials list.

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

| | | | |
|----|----------------|----------|------|
| Tu | 10:00am-1:00pm | 3/7-3/28 | 6366 |
| Tu | 10:00am-1:00pm | 4/4-4/25 | 6341 |
| Tu | 10:00am-1:00pm | 5/2-5/23 | 6342 |

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
\$255R/\$281NR

| | | | |
|-------|---------------|-----------|------|
| F | 4:30pm-9:00pm | 3/17 | |
| Sa/Su | 8:30am-5:30pm | 3/18-3/19 | 6130 |
| F | 4:30pm-9:00pm | 4/28 | |
| Sa/Su | 8:30am-5:30pm | 4/29-4/30 | 6131 |
| F | 4:30pm-9:00pm | 5/26 | |
| Sa/Su | 8:30am-5:30pm | 5/27-5/28 | 6132 |

Lifeguard Instructor Course

Looking to teach Lifeguard Training Classes? The American Red Cross (ARC) Lifeguard Instructor course trains instructor candidates to teach the basic-level ARC Lifeguarding course. Participants must be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifeguarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in 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 | 9:00am-4:00pm | 2/27-3/2 | 6137 |
| M-Th | 9:00am-4:00pm | 6/26-6/29 | 6149 |



Athletics

Open Gym Sports

Age: 16Y & Up

The Gymnasium in the Albert J. Boro Community Center is open Monday, Wednesday, and Friday evenings for drop-in basketball and/or volleyball. Admission is \$4 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Program will not be held when a mask mandate is in place. 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.



Marin Bocce Federation

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

We are open to the public for "open play" on certain days of the week. We love teaching new players how to play bocce. We encourage families to join open play. Children six years old and older and welcome to play bocce.

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

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

Bocce is a game for everyone and is guaranteed to provide a lifetime of fun! <https://www.marinbocce.org/>

Dance

Introduction to Merengue, Salsa, and Bachata

Learn the fundamentals of Merengue, Salsa, and Bachata in a fun and relaxed environment. Classes taught by instructors proficient in both English and Spanish!

Age: 18 & Up

Albert J. Boro Community Center
\$40R/\$44NR

| | | | |
|----|---------------|----------|------|
| Tu | 7:30pm-8:30pm | 3/7-4/11 | 6163 |
|----|---------------|----------|------|



Language

Adult Spanish

Learn Spanish and about the rich and diverse cultures that make up the Spanish speaking countries. In an array of exciting and diversified classes, we role-play practical situations in everyday life, use classic games, songs, and enhance the curriculum with tools such as books, interactive videos, etc. You will not only learn the language but learn to embrace the culture as well. Classes are taught by Your Language & Cultural Center, Inc. Staff, contact info@yourlanguageandculturalcenter.org for more information.

Age: 18Y & Up

San Rafael Community Center
\$160R/\$176NR

| | | | |
|----|-----------------|-----------|------|
| Tu | 11:00am-12:00pm | 1/10-2/28 | 6148 |
| Tu | 11:00am-12:00pm | 3/7-4/25 | 6250 |
| Tu | 11:00am-12:00pm | 5/2-6/20 | 6330 |

Games & Sports

Duplicate Bridge

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs during the game and the same deals are played at other tables. The cards you get do not determine whether you win but rather the way you play the cards you are dealt. Reservations not required but a partner is necessary. Improve your play and meet other bridge players.

www.marinbridge.com

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

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



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
\$100R/\$110NR

| | | | |
|----|---------------|-----------|------|
| Tu | 6:00pm-7:00pm | 3/7-4/11 | 6174 |
| Tu | 6:00pm-7:00pm | 4/25-5/30 | 6176 |

VIRTUAL FITNESS CLASS BY BETH ZAMICHOW - VIA ZOOM

The following virtual class is 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. This class 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.

Tone Up & Get Fit

(Convenient Virtual Class via Zoom for those 50+)

A class designed to promote full body movement to get you toned and moving! We will isolate and strengthen certain areas of the body as well as promote joint mobility and flexibility. At times the movement will be rhythmic and dynamic, increasing body brain functioning, and at other times we will do specific strengthening moves. Each class incorporates balance work and light weight work and is primarily done standing although some exercises can be geared towards being seated in a chair. The class will conclude with a brief guided visualization meditation geared toward promoting inner and outer well-being. Guaranteed to make you feel good in your body and enjoy more range of motion in your life! We have a nice group, come join us! **Please note: course video will be available for missed classes.**

Age: 50+

Virtual Class via Zoom
\$72R/\$79NR

| | | | |
|----|---------------|-----------|------|
| Tu | 8:45am-9:30am | 3/28-5/2 | 6223 |
| F | 8:45am-9:30am | 3/31-5/5 | 6224 |
| Tu | 8:45am-9:30am | 5/9-6/13 | 6344 |
| F | 8:45am-9:30am | 5/12-6/16 | 6346 |

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 ten years and teaches mat Pilates in Marin County.

Age: 15Y & Up

Terra Linda Community Center
\$104R/\$114NR

| | | | |
|---|---------------|----------|------|
| W | 6:00pm-7:00pm | 3/1-4/26 | 5966 |
| W | 6:00pm-7:00pm | 5/3-6/28 | 5967 |

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.

Monday Night Careful Yoga/Stretch/Balance (Virtual Class via Zoom)

This class is for you if you have an injury or challenge that prevents you from going to regular yoga classes. This could be cranky hips, knees, back, neck, shoulders or something else like asthma or arthritis. The instructor teaches on multiple levels so there is almost always a modification that can work. You will learn which moves are good for you and which ones aren't and you'll receive individual attention. This class is also suitable if you do not have any injuries or challenges. Beginner/ Intermediate level. Zoom Link will be emailed out prior to the course starting.

Age: 15Y-80Y

Virtual (Zoom)
\$119R/\$130NR

| | | | |
|---|---------------|----------|------|
| M | 4:30pm-5:45pm | 3/6-4/24 | 5956 |
| M | 4:30pm-5:45pm | 5/1-6/26 | 5957 |

Pilates - Therapeutic 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 | 3/6-4/24 | 5961 |
| M | 7:00pm-8:15pm | 5/1-6/26 | 5962 |

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 | 3/1-4/26 | 5951 |
| W | 4:30pm-5:45pm | 5/3-6/28 | 5952 |

Zumba by Vivalon

Join us for a fun fitness class designed for older adults with lively music! FREE! No registration Required.

Age: 60Y & Up

Albert J. Boro Community Center

Th 10:00am-10:45am

NEW!

Fun with Zumba

A fun dance fitness class designed especially for older adults who are eager to find low impact exercise while still having fun. This class is a dance fitness activity that combines low-intensity and high-intensity movements inspired by Latin dance with great music to guide throughout. Zumba involves full body movements which help with flexibility, coordination and agility, building stronger bones, improving muscle tone, gaining strength, and more. Allow our experienced instructors to lead you into a healthier and more confidence building way of body movement! Jimna Calmell has been teaching Zumba for more than 30 years, creating great and fun routines for all ages.

Age: 18Y & Up

San Rafael Community Center

\$90R/\$99NR

Th 5:30pm-6:30pm 2/16-3/30 6256

F 11:00am-12:00pm 2/17-3/24* 6257

Th 5:30pm-6:30pm 4/6-5/18 6261

F 11:00am-12:00pm 4/7-5/19 6262

Th 5:30pm-6:30pm 5/25-6/29 6331

F 11:00am-12:00pm 5/26-6/30 6332

*This session is \$75R/\$82NR.

NEW!

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! No Jazzercise on holidays.

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

Tu* 5:15pm-6:05pm

Th* 9:00am-10:00am

Sa* 9:00am-10:00am

*No Jazzercise on holidays.

Dance Away Stress

In this class you will have fun, shake and shimmy, and let go of stress and tension immediately. We will stretch, swing and sway as you move within your own fitness level. We dance to exciting music. No previous dance background necessary! Claire's instructions are easy to follow and will energize your body, mind and spirit! Instructor: Claire R. Cohn, M.A., B.F.A. is a movement educator and therapist with over 25 years of experience in educating people to move and dance with ease. She is a Health Educator with Kaiser Permanente Medical Centers and received her movement therapy certification from New York Medical College and Bachelor of Fine Arts in dance theatre from New York University. Students say that her works give them grounding, focus, and a strong center of balance.

Age: 18Y & Up

Terra Linda Community Center

\$127R/\$140NR

Sa 11:00am-12:00pm 3/11-4/15 6263

Sa 11:00am-12:00pm 4/22-5/27 6264

NEW!



Tai Chi

This Tai Chi class is geared towards the specific needs of seniors with an emphasis on balance enhancement, improved flexibility, and mind to body coordination. It is a gentle and 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 2/15-3/22 5920

W 11:00am-11:45am 3/29-5/3 6027

W 11:00am-11:45am 5/10-6/14 6028

Martial Arts

Canal Karate

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award-winning, self-defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. \$10 discount for multiple siblings. Additional material fees due to the instructor for uniform and optional SHOTOKAN KARATEDO INTERNATIONAL-US FEDERATION belt testing/advancement.

| 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 |

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. Tarifas de material adicionales debidas al instructor por uniforme y opcional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION cambio de cinta/avance.

| 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 | 3/28-5/4 | 6119 |
| Tu/Th | see times above | 5/9-6/15 | 6121 |



MARTIAL ARTS WITH SCOTT JENSEN

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

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

No classes on March 13, April 3 and 5.

Animal Power

Animal Power is a dynamic workout using Kung Fu conditioning and foundation exercises. Every class includes thorough deep stretching and warm up, Tiger Core Exercise for strength, lots of super cool kicks at all heights, learning new animal movements and the body method and virtue lessons of each animal. This session will focus on the Tiger. Learn 12 different types of pushups and different Tiger Pushes to knock down opponents for great self-defense. Earn a cool patch and have fun with the optional “Tiger Fu Activity Book” as well while you get in fantastic shape and build a great physique. No uniforms or belts, just a great, fun workout. New Animal in the Spring.

Age: 15Y & Up
San Rafael Community Center
\$240R/\$264NR

| | | | |
|-----|---------------|----------|------|
| M/W | 6:00pm–6:45pm | 3/1-5/3 | 6180 |
| M/W | 6:00pm–6:45pm | 5/8-6/12 | 6323 |



Qigong

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

Age: 18Y & up
San Rafael Community Center
\$240R/\$264NR

| | | | |
|-----|---------------|----------|------|
| M/W | 6:00pm–6:45pm | 3/1-5/3 | 6179 |
| M/W | 6:00pm–6:45pm | 5/8-6/12 | 6327 |



Kung Fu

This Kung Fu class includes Northern Shaolin, Xing Yi Quan, sparring, partner forms and self-defense. Northern Shaolin is extremely athletic with high and flying kicks, ultra-low ground sweeps, acrobatic tumbling and ground rolling, long low stances, and all the classical Kung Fu weapons. Xing Yi Quan is a power punching style without the high kicks, leaps, and flexibility and provides excellent practical fighting skills and great health benefits strengthening the internal organs and relieving aches and pains. During each class we also practice partner forms and sparring, which you can do when you feel ready. Partner forms are pre-choreographed fights practiced with a partner to develop self-defense skills with and without weapons. Come build your skills in this safe and closely supervised program where everyone learns control and accuracy. New students begin with systematic and extensive training in dodging, covering up, and footwork to guarantee excellent defensive skills. As students progress in the class, they learn to use and defend against all levels of kicking, trips, throws, joint locks, and ground defenses.

Age: 15Y & Up

San Rafael Community Center
\$320R/\$352NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:45pm-8:30pm | 3/1-5/3 | 6182 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:45pm-8:30pm | 5/8-6/12 | 6326 |
|-----|---------------|----------|------|

Tai Chi

Start with learning the first section of the Tai Chi form and improve your health, balance, energy level while relieving stress, making new friends, and having fun. As you progress, you can also learn Tai Chi Sword and Tai Chi Push Hands, which is a stand-up grappling game where both players attempt to use their Tai Chi moves to off balance the other. This safe exercise is a great way to improve your Tai Chi, especially your stances and balance and to learn practical self-defense skills. Push hands is also super fun, and you can compete with our team, if you choose, at local tournaments. Tai Chi Sword helps take your strength, balance, and body awareness to a new level and is also beautiful to perform.

Age: 18Y & up

San Rafael Community Center
\$320R/\$352NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:45pm-8:30pm | 3/1-5/3 | 6181 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:45pm-8:30pm | 5/8-6/12 | 6328 |
|-----|---------------|----------|------|



Combined Animal Power and Kung Fu

Animal Power is a dynamic workout using Kung Fu conditioning and foundation exercises. Every class includes thorough deep stretching, a warmup, Tiger Core Exercise for strength, and lots of super cool kicks at all heights. You will also learn the movements, body method and virtue lessons of each animal. Everyone learns control and accuracy for safety in this closely supervised program. No uniforms or belts, just a great, fun workout.

Age: 15Y & Up

San Rafael Community Center
\$440R/\$484NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:00pm-8:30pm | 3/1-5/3 | 6184 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:00pm-8:30pm | 5/8-6/12 | 6324 |
|-----|---------------|----------|------|

Combined Qigong and Tai Chi

Qi Gong is breathing and stretching exercises based on traditional Chinese medicine and practicing these exercises can dramatically improve your health. Systematically stretch and strengthen every part of your body. Link your breath and movement while you calm your mind. Start with learning the first section of the Tai Chi form and improve your health, balance, energy level while relieving stress, making new friends, and having fun. Once you feel ready you can also learn Tai Chi Sword and Tai Chi Push Hands. Tai Chi Push Hands is a stand-up grappling game where both players attempt to use their Tai Chi moves to off balance the other. This safe exercise is a great way to improve your Tai Chi, especially your stances and balance and to learn practical self-defense skills. Push hands is also super fun, and you can compete with our team, if you choose, at local tournaments. Tai Chi Sword helps take your strength, balance, and body awareness to a new level and is also beautiful to perform.

Age: 18Y & up

San Rafael Community Center
\$440R/\$484NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 6:00pm-8:30pm | 3/1-5/3 | 6185 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 6:00pm-8:30pm | 5/8-6/12 | 6325 |
|-----|---------------|----------|------|

Team

The team is where you can practice on whatever you need to perfect your Tai Chi and Kung Fu skills.

Age: 15Y & Up

San Rafael Community Center
\$90R/\$99NR

NEW!

| | | | |
|-----|---------------|---------|------|
| M/W | 8:30pm-9:00pm | 3/1-5/3 | 6183 |
|-----|---------------|---------|------|

| | | | |
|-----|---------------|----------|------|
| M/W | 8:30pm-9:00pm | 5/8-6/12 | 6329 |
|-----|---------------|----------|------|

Aquatics

TERRA LINDA POOL

670 Del Ganado Road, San Rafael

Pool (415) 485-3346 | terralindapool@cityofsanrafael.org | www.cityofsanrafael.org/pools



Scan the code for
information on our
admission fees,
season passes and
pool schedule.



*Rent our indoor party
room at the pool!*

Our indoor room adjacent to the pool includes
air conditioning, tables and chairs.
You may bring your own food or
have it delivered.

Residents | \$350
Non-residents | \$385
\$100 refundable deposit
Includes 30 guest entrees

Saturday/Sunday bookings only
3-hour block between Noon-5:00pm

terralindapool@cityofsanrafael.org | (415) 485-3344

*Rent a picnic site
at the pool*

Each site includes two
tables under a shade
structure. Rentals are
for a two-hour minimum

Residents | \$42/per hour
Non-residents | \$48/per hour

Pool entry fees are
charged separately

terralindapool@cityofsanrafael.org | (415) 485-3344

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
\$255R/\$281NR

| | | | |
|-------|---------------|-----------|------|
| F | 4:30pm-9:00pm | 3/17 | |
| Sa/Su | 8:30am-5:30pm | 3/18-3/19 | 6130 |
| F | 4:30pm-9:00pm | 4/28 | |
| Sa/Su | 8:30am-5:30pm | 4/29-4/30 | 6131 |
| F | 4:30pm-9:00pm | 5/26 | |
| Sa/Su | 8:30am-5:30pm | 5/27-5/28 | 6132 |

Lifeguard Instructor Course

Looking to teach Lifeguard Training Classes? The American Red Cross (ARC) Lifeguard Instructor course trains instructor candidates to teach the basic-level ARC Lifeguarding course. Participants must be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifeguarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in 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 | 9:00am-4:00pm | 2/27-3/2 | 6137 |
| M-Th | 9:00am-4:00pm | 6/26-6/29 | 6149 |



Private & Group Swim Lessons

Private Swim Lessons - Children & Adults

For more information email terralindapool@cityofsanrafael.org or visit www.cityofsanrafael.org/pools.

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.



Group Swim Lessons

We offer a wide variety of group lessons for children as young as six months to 12 years old. Group Swim Lessons emphasize 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.

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 (space permitting) 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 |

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 instructor for short periods
- Child must want to be there and has fun playing in 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 for entire 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



Group Swim Lesson Sessions

GROUP SWIM LESSON 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 | 6/12-6/15 |
| Session 2: | Monday–Thursday | 6/20-6/22 |
| Session 3: | Monday–Thursday | 6/26-6/29 |
| Session 4: | Monday–Thursday | 7/10-7/13 |
| Session 5: | Monday–Thursday | 7/17-7/20 |
| Session 6: | Monday–Thursday | 7/24-7/27 |
| Session 7: | Monday–Thursday | 7/31-8/3 |
| Session 8: | Monday–Thursday | 8/7-8/10 |



| SESSION 1 | | Dates: 6/12-6/15 |
|-----------|-----------------|------------------|
| Level 1 | 10:30am-11:00am | 6170 |
| Level 1 | 11:05am-11:35am | 6171 |
| Level 1 | 11:40am-12:10pm | 6172 |
| Level 2 | 10:30am-11:00am | 6186 |
| Level 2 | 11:05am-11:35am | 6187 |
| Level 2 | 11:40am-12:10pm | 6188 |
| Level 3 | 11:05am-11:35am | 6193 |
| Level 3 | 11:40am-12:10pm | 6194 |
| Level 4 | 11:05am-11:35am | 6197 |
| Level 4 | 11:40am-12:10pm | 6198 |
| Level 5 | 10:20am-11:00am | 6351 |
| Level 6/7 | 10:20am-11:00am | 6353 |

| SESSION 2 | | Dates: 6/20-6/22 |
|------------|-----------------|------------------|
| Level 1 | 10:30am-11:00am | 5986 |
| Level 1 | 11:05am-11:35am | 5987 |
| Level 1 | 11:40am-12:10pm | 5992 |
| Level 2 | 10:30am-11:00am | 6073 |
| Level 2 | 11:05am-11:35am | 6003 |
| Level 2 | 11:40am-12:10pm | 6004 |
| Level 3 | 10:30am-11:00am | 6016 |
| Level 3 | 11:05am-11:35am | 6090 |
| Level 3 | 11:40am-12:10pm | 6017 |
| Level 4 | 10:30am-11:00am | 6082 |
| Level 4 | 11:05am-11:35am | 6042 |
| Level 4 | 11:40am-12:10pm | 6043 |
| Level 5 | 10:20am-11:00am | 6050 |
| Level 6/7 | 10:20am-11:00am | 6055 |
| 6&UP Lev 2 | 11:05am-11:35am | 6064 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6099 |
| 6&UP Lev 3 | 11:05am-11:35am | 6110 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6111 |

| SESSION 3 | | Dates: 6/26-6/29 |
|------------|-----------------|------------------|
| Parent Tot | 11:05am-11:35am | 6095 |
| Level 1 | 10:30am-11:00am | 5984 |
| Level 1 | 11:05am-11:35am | 5985 |
| Level 1 | 11:40am-12:10pm | 5993 |
| Level 2 | 10:30am-11:00am | 6074 |
| Level 2 | 11:05am-11:35am | 6005 |
| Level 2 | 11:40am-12:10pm | 6006 |
| Level 3 | 10:30am-11:00am | 6018 |
| Level 3 | 11:05am-11:35am | 6091 |
| Level 3 | 11:40am-12:10pm | 6019 |
| Level 4 | 10:30am-11:00am | 6083 |
| Level 4 | 11:40am-12:10pm | 6044 |
| Level 5 | 10:20am-11:00am | 6051 |
| Level 6/7 | 10:20am-11:00am | 6058 |
| 6&UP Lev 2 | 11:05am-11:35am | 6065 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6100 |
| 6&UP Lev 3 | 11:05am-11:35am | 6109 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6112 |

| SESSION 4 | | Dates: 7/10-7/13 |
|------------|-----------------|------------------|
| Level 1 | 10:30am-11:00am | 5982 |
| Level 1 | 11:05am-11:35am | 5983 |
| Level 1 | 11:40am-12:10pm | 5988 |
| Level 2 | 10:30am-11:00am | 6076 |
| Level 2 | 11:05am-11:35am | 5997 |
| Level 2 | 11:40am-12:10pm | 5998 |
| Level 3 | 10:30am-11:00am | 6010 |
| Level 3 | 11:05am-11:35am | 6092 |
| Level 3 | 11:40am-12:10pm | 6011 |
| Level 4 | 10:30am-11:00am | 6084 |
| Level 4 | 11:05am-11:35am | 6037 |
| Level 4 | 11:40am-12:10pm | 6038 |
| Level 5 | 10:20am-11:00am | 6047 |
| Level 6/7 | 10:20am-11:00am | 6054 |
| 6&UP Lev 2 | 11:05am-11:35am | 6061 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6101 |
| 6&UP Lev 3 | 11:05am-11:35am | 6208 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6113 |



| SESSION 5 | | Dates: 7/17-7/20 |
|------------------|-----------------|-------------------------|
| Parent Tot | 11:05am-11:35am | 6094 |
| Level 1 | 10:30am-11:00am | 5980 |
| Level 1 | 11:05am-11:35am | 5981 |
| Level 1 | 11:40am-12:10pm | 5989 |
| Level 2 | 10:30am-11:00am | 6079 |
| Level 2 | 11:05am-11:35am | 5999 |
| Level 2 | 11:40am-12:10pm | 6000 |
| Level 3 | 10:30am-11:00am | 6012 |
| Level 3 | 11:40am-12:10pm | 6013 |
| Level 4 | 10:30am-11:00am | 6085 |
| Level 4 | 11:05am-11:35am | 6088 |
| Level 4 | 11:40am-12:10pm | 6039 |
| Level 5 | 10:20am-11:00am | 6048 |
| Level 6/7 | 10:20am-11:00am | 6055 |
| 6&UP Lev 2 | 11:05am-11:35am | 6062 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6102 |
| 6&UP Lev 3 | 11:05am-11:35am | 6107 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6114 |

| SESSION 7 | | Dates: 7/31-8/3 |
|------------------|-----------------|------------------------|
| Parent Tot | 11:05am-11:35am | 6095 |
| Level 1 | 10:30am-11:00am | 5976 |
| Level 1 | 11:05am-11:35am | 5977 |
| Level 1 | 11:40am-12:10pm | 5991 |
| Level 2 | 10:30am-11:00am | 6081 |
| Level 2 | 11:05am-11:35am | 5995 |
| Level 2 | 11:40am-12:10pm | 5996 |
| Level 3 | 10:30am-11:00am | 6008 |
| Level 3 | 11:40am-12:10pm | 6009 |
| Level 4 | 10:30am-11:00am | 6087 |
| Level 4 | 11:05am-11:35am | 6089 |
| Level 4 | 11:40am-12:10pm | 6036 |
| Level 5 | 10:20am-11:00am | 6046 |
| Level 6/7 | 10:20am-11:00am | 6053 |
| 6&UP Lev 2 | 11:05am-11:35am | 6060 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6104 |
| 6&UP Lev 3 | 11:05am-11:35am | 6105 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6067 |

| SESSION 6 | | Dates: 7/24-7/27 |
|------------------|-----------------|-------------------------|
| Level 1 | 10:30am-11:00am | 5978 |
| Level 1 | 11:05am-11:35am | 5979 |
| Level 1 | 11:40am-12:10pm | 5990 |
| Level 2 | 10:30am-11:00am | 6080 |
| Level 2 | 11:05am-11:35am | 6001 |
| Level 2 | 11:40am-12:10pm | 6002 |
| Level 3 | 10:30am-11:00am | 6014 |
| Level 3 | 11:05am-11:35am | 6093 |
| Level 3 | 11:40am-12:10pm | 6015 |
| Level 4 | 10:30am-11:00am | 6086 |
| Level 4 | 11:05am-11:35am | 6040 |
| Level 4 | 11:40am-12:10pm | 6041 |
| Level 5 | 10:20am-11:00am | 6049 |
| Level 6/7 | 10:20am-11:00am | 6056 |
| 6&UP Lev 2 | 11:05am-11:35am | 6063 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6103 |
| 6&UP Lev 3 | 11:05am-11:35am | 6106 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6115 |

| SESSION 8 | | Dates: 8/7-8/10 |
|------------------|-----------------|------------------------|
| Level 2 | 11:05am-11:35am | 6189 |
| Level 2 | 11:40am-12:10pm | 6190 |
| Level 3 | 10:30am-11:00am | 6195 |
| Level 3 | 11:05am-11:35am | 6196 |
| Level 4 | 10:30am-11:00am | 6199 |
| Level 4 | 11:40am-12:10pm | 6200 |
| Level 5 | 10:20am-11:00am | 6352 |
| Level 6/7 | 10:20am-11:00am | 6354 |
| 6&UP Lev 2 | 11:05am-11:35am | 6177 |
| 6&UP Lev 2 | 11:40am-12:10pm | 6178 |
| 6&UP Lev 3 | 11:05am-11:35am | 6191 |
| 6&UP Lev 3 | 11:40am-12:10pm | 6192 |

Older Adults

Multicultural Older Adult Program

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 10:00am-1:00pm. 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. Funding for the meal portion of the program, at least in part, is made available by the Marin Department of Health and Human Services, Division of Social Services, Aging and Adult Services. Programs are organized by the City of San Rafael Library and Recreation Department.

Join in on the activities and meet new friends. Bring your ideas of what type of programs and activities you would like to start at the Center. Our largest populations at present are Hispanic/Latino and Vietnamese, although we welcome all older adults. For more information contact the Albert J. Boro Community Center at (415) 485-3077.

The Albert J. Boro Community Center and Vivalon 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. We offer 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 En curso

Los adultos mayores de todas las etnias en Marin son bienvenidos a venir al Centro Comunitario Albert J. Boro / Pickleweed Park, donde brindamos oportunidades para la socialización y la integración. El grupo se reúne todos los miércoles de las 10am a 1pm. 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-3:00pm

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

Acrylic Painting – Mondays, 11:30am-3:30pm

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

Dominoes – Tuesdays, 10:00am-12:00pm

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

Watercolor 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.

Learn to Play Bridge – Tuesdays, 1:00pm-3:00pm

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

Mahjong – Tuesdays, 2:00pm-4:00pm

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

Duplicate Bridge (Non Sanctioned) – Wednesdays, 10:30am-3:00pm

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

Wood 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 Sunday, March 26, April 30, May 21

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.

THEMED LUNCHEONS

Friday, March 17 - St. Patrick’s Day Lunch

Friday, April 14 - Spring Lunch

Friday, May 19 - Fiesta Lunch

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

MONDAY NIGHT BINGO

Monday, May 15

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; 17 games played.

DINNER AND BINGO

Includes one 6-on game pack, dauber and dinner

Advance reservation is \$30

At the door is \$35

\$10 Bingo only

\$20 Dinner 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. We schedule monthly day trips to local shows and attractions and also offer longer adventures around the country and the world. Pick up a copy of the Newsette or go to www.srgoldanires.org for the most current listing of trips and find extended trip flyers in the office.

Falkirk Cultural Center

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



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

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

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

Facility Rental Information

www.cityofsanrafael.org/falkirk

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

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

Art Galleries

www.cityofsanrafael.org/falkirk-art-galleries

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

“Articulation” The Art of Playing with Forms

The Falkirk Cultural Center and the Terra Linda Ceramic Artists present this group exhibit that includes the selected works of advanced members of the Terra Linda Ceramic Artists.

For more information please visit:
<https://www.terralindaceramicartists.com>

Exhibit Dates: March 10- April 21

Location: Falkirk Cultural Center, San Rafael

Opening Reception: March 10th, 2023; 5:00pm-8:00pm

Marin Open Studios

Artists Coming Soon
May 5 - June 9

Opening Reception
Thursday, May 4 • 5:00 - 8:00pm

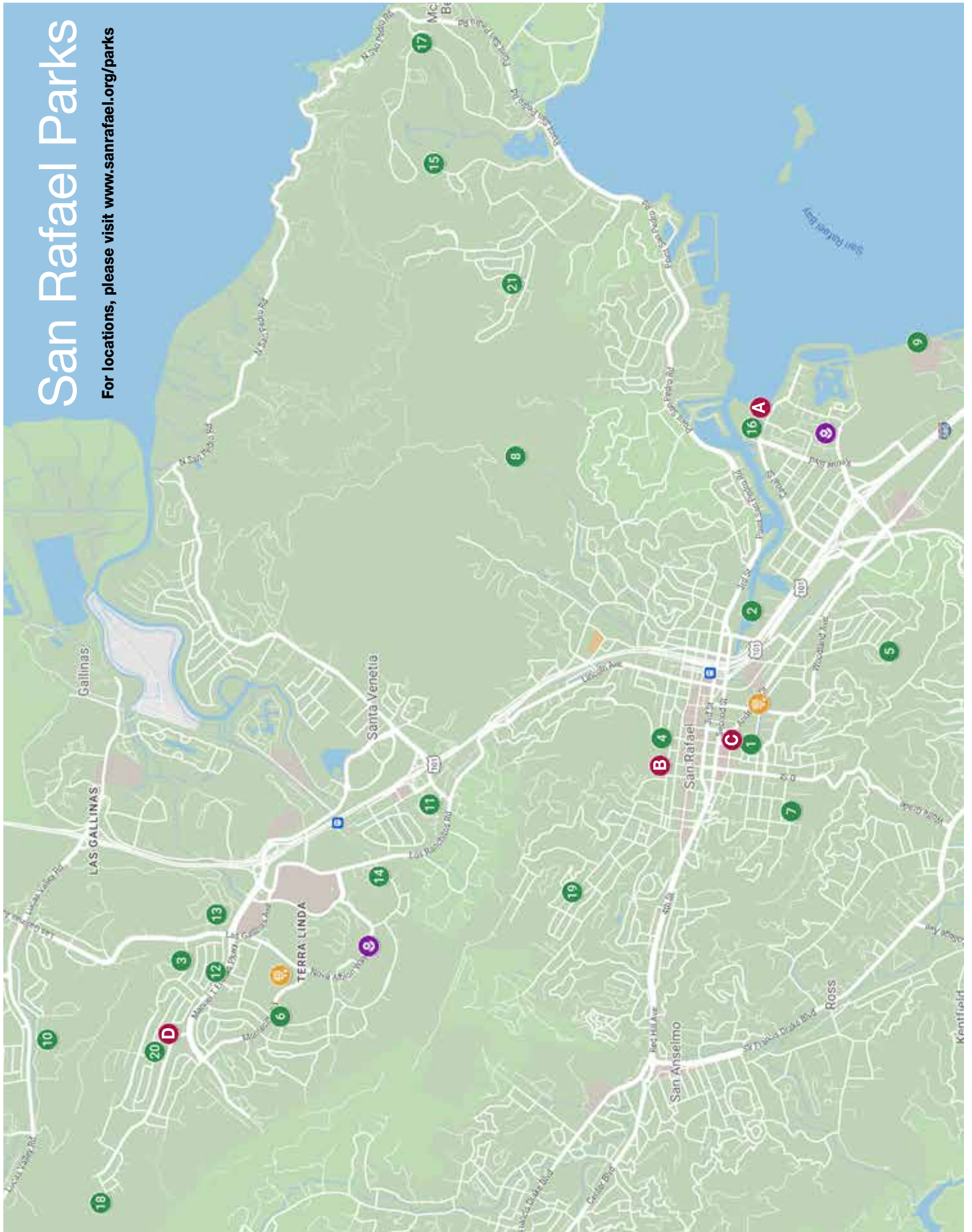


CALL FOR 2024 EXHIBITS

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-art-galleries. You can also contact us at falkirk@cityofsanrafael.org for more information.

San Rafael Parks

For locations, please visit www.sanrafael.org/parks



San Rafael Park Amenities

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

COMMUNITY CENTERS

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

✓ Reserve picnic tables at these parks.

TENNIS COURTS

- Albert Park Tennis Courts
- Freitas Park Tennis Courts

COMMUNITY GARDENS

- Canal Community Garden
- Terra Linda Community Garden



Picnic Area Rentals

The 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 | Picnic area - 10 |
| 7 GERSTLE PARK San Rafael Avenue at Clark Street | Playground, picnic tables/barbecue, restroom, basketball court, grassy area, walking trail | Redwood Grove picnic area - 126 Dragon Picnic Area - 48 Lower Playground Picnic Area - 48 |
| 16 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 |
| 19 SUN VALLEY PARK 144 Solano Street | Playground, picnic tables/barbecue, restroom, basketball court, grassy area | Lower Picnic Area - 24 |
| 20 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 |
| 21 VICTOR JONES PARK Robinhood Drive | Playground, picnic tables/barbecue, basketball court, grassy area, t-ball diamond | Upper Picnic Area - 32 Lower Picnic Area - 40 |



Gerstle Park



Terra Linda Park

Facility Rentals

Albert J. Boro Community Center

50 Canal Street, 485-3077

abc.counter@cityofsanrafael.org

This beautiful facility offers rental space for meetings, seminars, workshops, weddings and parties. It features three multi-purpose classrooms with large dry erase boards and projection screens, an art room, and a large community room that can accommodate up to 200 (seated). The community room features round tables, a sound system with podium, stage and a beautiful redwood deck overlooking the park and bay. Enjoy our 8,300 square foot gymnasium with basketball and volleyball, as well as two outdoor sports fields. The facility is accessible for disabled persons.



Albert J. Boro Community Center

San Rafael Community Center

618 B Street, 485-3333

recreation@cityofsanrafael.org

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.



San Rafael Community Center

Terra Linda Community Center

670 Del Ganado Road, 485-3344

terralindapool@cityofsanrafael.org

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



Terra Linda Community Center

REGISTRATION DATES



ONLINE REGISTRATION

First Opportunity to Register!

Beginning at 9:00 am on February 8

To create a family account, visit the City of San Rafael's registration website at www.cityofsanrafael.org/recreation. 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 February 10

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 August 17, regardless of mail-in date.

MAIL TO:

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



WALK-IN REGISTRATION

Beginning at 9:00 am on February 10

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 activity is canceled by the Department. Refund requests received at least 14 days prior to the start of the class or program will receive a refund less a \$25 administrative fee, per refund request. No refunds will be issued for requests received less than 14 days prior to the start of the class or program, or for non-attendance, one-day workshops, pool admission, or trips.
- Requests to transfer an existing registration to a different class or activity must be received at least 14 days prior to the start of the class or program and will be accommodated based on class availability. We are unable to process transfer requests received less than 14 days in advance of the program.

QUALITY ASSURANCE POLICY

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

RESIDENT STATUS

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

SCHOLARSHIPS

Limited scholarships available. For more information visit www.cityofsanrafael.org/recreation-scholarship-and-application.



Activity Registration Form

City of San Rafael



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

1. PRIMARY CONTACT (Adult)

COMPLETE ENTIRE FORM

| | | |
|-----------------------------|-----------------------------|----------------|
| Name of Primary Contact | Birthdate | |
| Street | City | Zip |
| Email Address | | |
| Primary Phone () | Secondary Phone () | Cell Phone () |
| Emergency Contact | Relationship to Participant | |
| Emergency Daytime Phone () | Emergency Evening Phone () | |

2. ACTIVITY REGISTRATION

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

Total Fees \$

Please note any allergies and/or medications:



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

I wish to donate to the Youth Scholarship Fund + \$

Total \$

3. LIABILITY WAIVER & PHOTO RELEASE

HOLD HARMLESS AND RELEASE AGREEMENT The undersigned on behalf of himself/herself and on behalf of any child enrolled by the undersigned in the program, in consideration of participation in this program, agrees to indemnify and hold harmless, and to release, waive, and discharge, the City of San Rafael against any claim, demand, suit, judgment, loss, liability or expense of any kind, including attorney's fees and administrative costs, on account of personal injuries or damages sustained by any person or property arising out of or in any way connected with participation by the undersigned or the enrolled child in this program, including injuries due to the active or passive negligence of the City, its officers, employees, agents, and volunteers. I HAVE READ THE ABOVE HOLD HARMLESS AND RELEASE AGREEMENT AND FULLY UNDERSTAND THAT I ASSUME RISKS FOR ANY INJURIES AND PROPERTY DAMAGE SUFFERED. I also certify that I (or my children) are knowledgeable as to all rules of conduct appropriate to the above-mentioned activity. Neither I nor my child has any physical illnesses, conditions, disabilities, or weaknesses that would interfere with safe participation in the activity. I recognize that bodily injury and/or property damage may be sustained through participation in this activity and acknowledge that I/we voluntarily accept all risks of injury to persons or property.

Applicant's Signature

Date / /

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

4. PAYMENT

Credit card payments are processed through our online registration system at www.cityofsanrafael.org/recreation. 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



IN SAN RAFAEL,
ALMOST 25% OF
THE POPULATION
IS OVER THE
AGE OF

60

- U.S. CENSUS BUREAU

SAN RAFAEL BUILDING AN AGE-FRIENDLY COMMUNITY

"An Age Friendly Community enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age. It is a place that makes it easy for older people to stay connected to people who are important to them. And it is a place that helps people stay healthy and active even at the oldest ages and provides appropriate support to those who can no longer look after themselves." *World Health Organization*

San Rafael is designated as an Age-Friendly City and is a member of the World Health Organization (WHO) and AARP's Network of Age-Friendly Communities. The San Rafael Age Friendly Partnership completed a Community Needs Assessment, followed by a Strategic Action Plan in 2020 which was adopted by the San Rafael City Council. Focus areas include Employment, Housing, Civic Engagement, Community Preparedness, Communication and Outdoor Spaces/Recreation.

The San Rafael Age Friendly Community Partnership is currently at work implementing our Strategic Action Plan focus area activities. Our goal is to create a thriving intergenerational community which is inclusive, accessible and collaborative. We need and welcome your help! We meet on the third Tuesday of each month at 1:30pm. To join us, contact Sparkie Spaeth at oksparkie@aol.com or Diana Lopez at dlopez1052@gmail.com



To learn more, visit

www.cityofsanrafael.org/departments/age-friendly



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THE CITY WITH A MISSION



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Ceramics, and more . . .

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Terra Linda Pool

Swim Lessons
Camp TL
Pool Party Packages
Tot Pool
Lifeguard Training



Check out summer camps at www.cityofsanrafael.org/summercamps