

2017 FALL/WINTER

# LIVE LIFE LOCALLY

SAN RAFAEL COMMUNITY SERVICES DEPARTMENT



[livelifelocally.org](http://livelifelocally.org)



**FREE**

**MOVIE NIGHT  
AT GERSTLE PARK**

**SATURDAY, AUGUST 19 • 7:30PM**

**222 San Rafael Avenue, San Rafael**

Grab a blanket or a chair and some snacks and join us for a movie under the stars in Gerstle Park.

Our featured movie, *The Sandlot*, is a fun, lighthearted nostalgic story about a group of young boys growing up in California in 1962 while going on a series of funny and touching adventures.

**MOVIE BEGINS AT DUSK!**

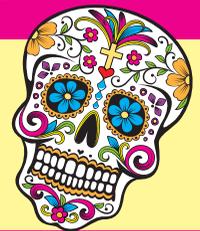


# Day of the Dead Celebration

**Saturday, November 4**

Albert J. Boro Community Center,  
50 Canal Street

Festivities begin at 4:00pm



The Day of the Dead is a fulfilling, fun, family event with the beat and rhythm of Mexican and South American music; the procession through the neighborhood, drumming and dancing; craft and art workshops for children; face-painting; storytelling; cultural performances; ethnic foods and at the heart of the event the altars which are personal memorials of the life, times, values, contributions, and human spirit that remain with us in our hearts, minds, and connected energies.

The Day of the Dead Celebration springs from the ancient wisdom of the indigenous people of Mezzo and South America that through the years has been open to many spiritual influences of this ever developing world and changing universe we live in. The multicultural community of the Canal

Neighborhood hosts the celebration and welcomes residents of and visitors to the City of San Rafael to share in a grateful acknowledgement of the continuing ebb and flow of existence in ways we do not understand.

This event is organized in partnership with the Canal Welcome Center, City of San Rafael, Albert J. Boro Community Center, Catholic Charities, Canal Youth & Family Council, San Rafael Public Library and local artists, community leaders, volunteers and businesses.



# EVENTS 2017



**SAN RAFAEL**  
THE CITY WITH A MISSION

**Downtown San Rafael Market**  
April through September  
Fourth Street • Every Thursday 6-9pm  
[www.sanrafaelmarket.org](http://www.sanrafaelmarket.org) • 415.717.8077

*Art Works Downtown presents*

**2nd Friday Art Walk**  
Monthly (2nd Friday)  
Fourth Street • 5-9pm • 415.451.8119  
[artworksdowntown.org](http://artworksdowntown.org)

## FALL & WINTER EVENTS

**40th Mill Valley Film Festival**  
October 5-15  
[www.mvff.com](http://www.mvff.com)

**Marin County Triathlon**  
October 28 & 29  
[marintriathlon.com](http://marintriathlon.com)

**Trick or Treat**  
Fourth Street  
October 28  
<http://downtownsanrafael.org/Events>

**Winter Wonderland | Parade of Lights**  
Friday after Thanksgiving  
12 noon  
[SRESproductions.com](http://SRESproductions.com) | 800.310.6563

**Lighted Boat Parade**  
December TBA\*

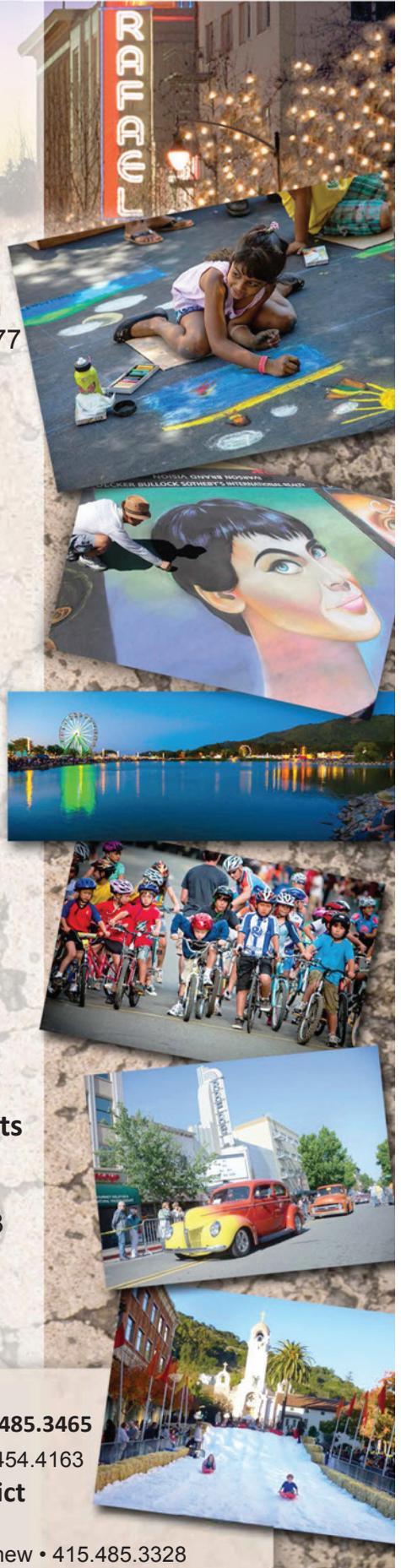
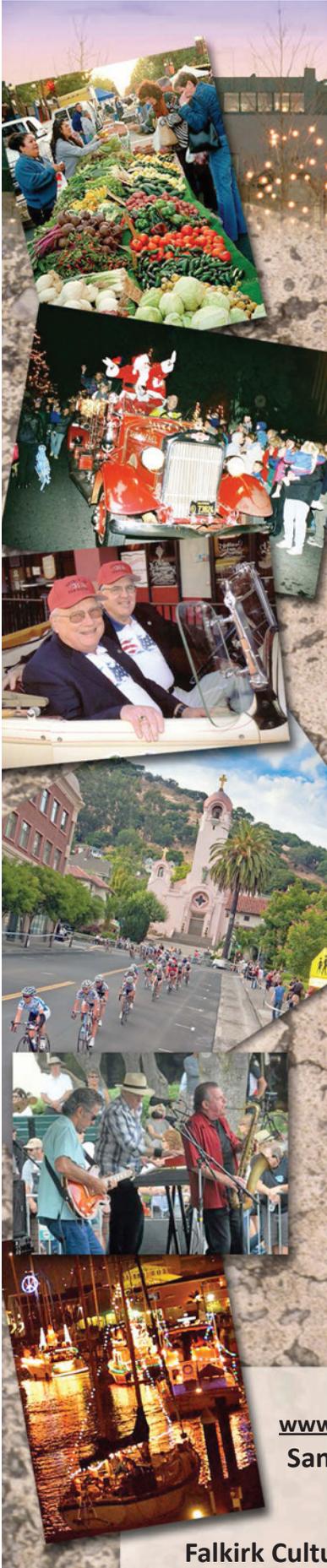
## City of San Rafael

[www.cityofsanrafael.org/econdev-events](http://www.cityofsanrafael.org/econdev-events) or call 415.485.3465

**San Rafael Chamber** [www.srchamber.com](http://www.srchamber.com) • 415.454.4163

**San Rafael Business Improvement District**  
415.720.5591 • [www.downtownsanrafael.org](http://www.downtownsanrafael.org)

**Falkirk Cultural Center** [www.falkirkculturalcenter.org/events-new](http://www.falkirkculturalcenter.org/events-new) • 415.485.3328



# ACTIVITIES GUIDE



**SAN RAFAEL**  
THE CITY WITH A MISSION

## Registration Information

Register online anytime, or in-person during business hours at one of our friendly community centers. You can also mail, email or fax your form. See contact information below.

## NEW Online Registration



Our improved system makes it easier to view and register for recreational programs, classes and activities and to request facility rentals. You'll also be able to efficiently manage your online account. Please create your new account today, even if you had one with the old system. Visit [www.livelifelocally.org](http://www.livelifelocally.org) to register online.

## Payment Options

We accept Cash, Check, Visa, Discover, MasterCard and American Express

## Community Centers

### San Rafael Community Center

618 B Street  
(415) 485-3333 Fax (415) 485-3186  
[community.services@cityofsanrafael.org](mailto:community.services@cityofsanrafael.org)

### Terra Linda Community Center & Pool

670 Del Ganado Road  
(415) 485-3344 Fax (415) 485-3345  
Pool (415) 485-3346  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)

### Albert J. Boro Community Center

50 Canal Street  
(415) 485-3077 Fax (415) 485-3186  
[community.services@cityofsanrafael.org](mailto:community.services@cityofsanrafael.org)

### Falkirk Cultural Center

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



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## Location Codes

<b>ABCC</b>	Albert J. Boro, Community Center	<b>SRCC</b>	San Rafael Community Center
<b>FCC</b>	Falkirk Cultural Center	<b>TLCC</b>	Terra Linda Community Center
<b>HP</b>	Hamilton Pool	<b>TLCP</b>	Terra Linda Community Pool
<b>PP</b>	Pickleweed Park		

El departamento de Servicios Comunitarios - Parques y Recreaciones ofrece programas para todas las edades durante todo el año en nuestros centros. Durante el año escolar, ofrecemos programas después de escuela en las escuelas de Vallecito, Coleman, Glenwood, Mary Silveira, Dixie, Sun Valley y Davidson y durante el verano, ofrecemos varios campamentos para sus hijos al igual de clases de natación!

¿Busca un lugar para sus actividades? Tenemos una gran variedad de instalaciones de alquiler disponibles: Auditorios, Salas de reunión grandes y pequeñas, áreas de BBQ/Picnic para grupos, gimnasios y campos atléticos. Para más información acerca de todo lo que ofrecemos puede ir a nuestra página web [www.livelifelocally.org](http://www.livelifelocally.org) o en persona a nuestros centros comunitarios.

# Message from City Manager



San Rafael has 19 city parks and we are always working on how to make them better. One new project I am excited to share with you is a new playground at Albert Park. We've been working closely with the B Team, the Gerstle

Park Neighborhood Association, and local landscape architect Phil Abey to get feedback from the neighborhood and design a fun, safe and imaginative play experience.

Together, we've developed an exciting concept for preschool and school-aged children, and their parents, to enjoy. New features include a sand table with a water feature, a spring toy, a playhouse and boat structure, and a wood and cable obstacle course. The design theme is inspired by nature elements found in oak forests and most of the equipment is made from natural wood.

We also plan to install a restroom, fencing, and a walkway between B Street to the Community Center and playground. Adequate shade, additional seating, and lighting have also been addressed in the design as well as some modifications to the parking lot to increase circulation and add spaces.

The City Council appropriated \$600K as part of this year's capital improvement program; however, Phil Abey has informed us that our wish list exceeds that amount. The B Team and Gerstle Park Neighborhood Association are working to raise the remainder so this playground can be everything the community wants it to be. Visit [www.livelifelocally.org/playground](http://www.livelifelocally.org/playground) to learn more and if you would like to make a donation.

Your City Manager,

*Jim Schutz*



## NEW ONLINE REGISTRATION SYSTEM

### Coming Soon!

We're excited to offer a more user friendly and convenient online registration system to better serve you. Everyone, including existing customers, will need to create a new account to be able to register online for Fall Classes. It's a simple and quick process.

#### Improvements include:

- Simplified registration process, with the ability to quickly search and filter activities by age range, activity type, or location.
- The ability to create your own login and password.
- Easy access to your online account, including records of receipts, activity schedules, and rental contracts.
- Rent facilities and picnic areas online.
- A mobile responsive interface that shows the best view regardless of screen size.

We look forward to providing you with a new and improved registration process!

**Go to [www.livelifelocally.org](http://www.livelifelocally.org)**

## Five Easy Ways to Register

**Fax:** 415-485-3186

**On-line:** [www.livelifelocally.org](http://www.livelifelocally.org)

**Mail:** 618 B St. San Rafael, CA 94901

**Walk-in:** Any of our four Community Centers.

**Scan/Email:** Completed registration form in to one of the three community centers.

If you are registering by mail, please include payment for the full amount. We accept checks payable to the City of San Rafael. Other forms of payment include Visa, MasterCard, American Express & Discover.

A registration can not be processed without payment. Quality Assurance: If after attending the first class, you are not happy with the quality of the program, please contact us right away. We welcome your feedback. If you call before the second class, we will give you a full refund. There are no credits for non-attendance, one day workshops, trips or material fees. Refund policy is different for Summer Camps and Theatre.

# Albert J. Boro Community Center

50 Canal Street San Rafael  
(415) 485-3077

[community.services@cityofsanrafael.org](mailto:community.services@cityofsanrafael.org)

## Canal Arts

Arts & crafts projects for the whole family! Join us in the Albert J. Boro Community Center Art Room from 10:30 am to 12:30 pm on the second Saturday of each month for food, art and music! This program is funded by donations from Marin Charitable, the Bill Graham Memorial Foundation, families and individuals and is brought to you by the Canal Youth & Family Council and the San Rafael Community Services Department. Each class will feature a different art project or holiday theme.  
FREE TO ALL PARTICIPANTS



## Boro Community Center Open Gym Sports

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 \$2.00 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the Albert J. Boro Community for exact days and times.

## Pickleweed Advisory Board

The Pickleweed Advisory Board is looking for new members. Are you someone who uses this wonderful facility? Perhaps you have used the Pickleweed Park Community Center Gymnasium or soccer fields, taken a class, used the library or participated in one of the many events held at the Center. The Pickleweed Advisory Board decides on the right combination of programs to meet the needs of the community. The Board meets on the first Wednesday of each month. For more information please contact the Albert J. Boro Community Center at 485-3077.

# Falkirk Cultural Center

1408 Mission Avenue, San Rafael • (415) 485-3328

[www.falkirkculturalcenter.org](http://www.falkirkculturalcenter.org)  
[falkirk.rentals@cityofsanrafael.org](mailto:falkirk.rentals@cityofsanrafael.org)  
[falkirkart@cityofsanrafael.org](mailto:falkirkart@cityofsanrafael.org)

## Marin Master Gardeners

Falkirk Master Gardeners offer a Continuing Education Talk and Demonstration each month along with the opportunity to join the Master Gardeners and community members to work in the gardens. It's a wonderful way to learn, gain hands-on experience, meet other Master Gardeners, and simply enjoy the beautiful gardens created by you and the Marin Master Gardeners. Falkirk Cultural Center, Greenhouse. No cost for participation. Mondays, 10am-1pm, work party with the experts. Every 2nd Saturday monthly, 9am-noon, free workshops and demonstrations.

## Marin Poetry Center Workshops

Marin Poetry Center hosts monthly readings and workshops at Falkirk. The third Thursday readings present prominent, nationally recognized poets. Open Workshops are held on the 4th Thursdays at Falkirk. The group sponsors community activities such as Poetry in the Schools and regular book groups. Marin Poetry was founded in 1981 by a dedicated group of Northern California poets as a non-profit organization designed to nurture an environment for the enjoyment of poetry and the spoken word. Falkirk Cultural Center Parlor. No cost to participate, suggested \$5 donation. Every 3rd Thursday monthly, 7pm-9pm.

## Talk Of the Town, Toastmasters Club

Toastmasters International is a world leader in communication and leadership development. Members improve their speaking and leadership skills by attending one of the 14,650 clubs in 126 countries that make up our global network of meeting locations. We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Meetings are held weekly Thursday from noon-1pm. Falkirk Cultural Center Parlor. No cost for first 2 meetings, \$6-\$8 monthly membership fee to cover facility rental costs and manuals.

## Fall Juried Art Exhibition in the Falkirk Galleries

### Opening Reception

Friday, August 11, 2017 • 6:00pm - 8:00pm

### Exhibition Dates

August 11 - September 29, 2017

For more information, visit <http://falkirkculturalcenter.squarespace.com/juried-exhibits-calls/>

# Preschool

## Arts & Crafts

### 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! Jump-up for children crawling to 26 months class is from 9:30-10:30am. High Jump for children 26 months to 4 years is from 10:30-11:30am. Come and check out this fun program! Fees: 6 classes for \$54, 12 classes for \$96. Drop-in fee is \$10. 25% sibling discounts available. Call 485-3333 for details! INSTRUCTOR Jason Foote.

**Age: 6M-4Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Sep 5-Dec 28	9:30am-11:45am	\$37R/\$40N	SRCC	27670

### Jumping Jacks Art & Sensory Workshop

Come and get messy at this fun first art class with all of your Jumping Jacks friends! Annie will provide a playful, nurturing and process oriented environment where little hands can explore and experiment with a variety of materials and tools. This class is parent/guardian participation... Just like Jumping Jacks! Meet us on Fridays to get creative with your little one! Babies are welcome, but most activities will be appropriate for children 18 months-4 years old. INSTRUCTOR Annie Byrnes.

**Age: 18M-4Y**

DAY	DATE	TIME	FEE	LOC	COURSE
F	Sep 8-Dec 15	9:30am-11:00am	\$37R/\$40N	SRCC	27669

## Dance

### Pre-Ballet First Class

Moms, dads & caregivers are encouraged to participate in this fun introduction to creative movement & dance. This playful class improves motor skills & social skills; develops musicality and builds self-confidence. Children learn to follow the teacher in rhythm to a variety of music. They hop like frogs, tip toe like mice and have a fun time with props like balls & scarves. Wear comfortable clothing that is easy to move in. Children must be 2 years old by the first day of class. INSTRUCTOR Matrisha Person is trained in ballet, tap & theater arts. She has been teaching dance to young children for over 20 years. With her creative and nurturing technique she inspires children to dance & learn while having fun. Visit [matrishadance.com](http://matrishadance.com) for information & class schedule options.

**Age: 2Y-3Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 12-Oct 24	9:45am-10:30am	\$98R/\$108N	TLCC	27713
T	Nov 7-Dec 12	9:45am-10:30am	\$84R/\$92N	TLCC	27711

# Preschool Programs

**Parkside Children's Center** is located at 51 Albert Park Lane near downtown San Rafael. This state license preschool program serves 48 children between the ages of 3 and 5. Parkside Preschool provides a developmentally appropriate, play-based program that focuses on exploration, discovery, and social interaction. Activities are planned and presented 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, and creativity. For more information please call 485-3388.

**Pickleweed Preschool** is located in the Pickleweed Children's Center, 40 Canal Street at the Pickleweed Community Center. Pickleweed Preschool is a State-funded, part-day preschool program that readies low-income children for their first year of elementary school. We are a Montessori based Preschool program that offers a range of experiences in activity centers that encourage and foster children's play and independence. Children will participate in movement and circle activities, receive academic support and learn practical life skills, social skills and play. All activities will encourage Children's English Language Development. For eligibility requirements and an application please call 485-3101.





## Martial Arts

### Taekwondo-Kicking Cubs

Our Kicking Cubs program is designed to help children improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun and exciting learning environment.

Le Moi's Martial Arts focuses on each person as an individual and invites them to be the best they can be! A \$40 uniform fee is due to the instructor. INSTRUCTOR Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu & Karate. He has taught children & adults of all ages including those with physical and/or developmental disabilities. Le Moi's strives to create tomorrow's leaders, one black belt at a time. No class Oct. 16-31.

**Age: 3Y-4Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Tu, Th	Sep 12-Nov 16	4:15pm-4:45pm	\$122R/\$134N	TLCC	27649
Tu, Th	Nov 28-Jan 18	4:15pm-4:45pm	\$122R/\$134N	TLCC	27650

### Toddler Capoeira

Toddlers are introduced to Capoeira in a play-based and nurturing format with musical elements to make them feel comfortable while simultaneously inspiring them to exercise and learn new movements. Balance, coordination & awareness of the body is the focus for this class.

For more information about our organization & instructors please visit [www.abadamarin.com](http://www.abadamarin.com). INSTRUCTOR Diego Freitas 'Instructor Prego' has over 20 years of experience in the art of Capoeira. He is originally from Rio de Janeiro and has taught extensively in Brazil & New York. He recently relocated to San Francisco to train and work under the guidance and support of Mestre Márcia Cigarra and ABADÁ-Capoeira San Francisco.

**Age: 3Y-5Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Sa	Sep 9-Oct 14	9:00am-9:30am	\$96R/\$106N	SRCC	27548
Tu	Sep 5-Oct 24	4:15pm-4:45pm	\$128R/\$138N	SRCC	27547
Tu	Oct 31-Dec 19	4:15pm-4:45pm	\$128R/\$138N	SRCC	27636
Sa	Oct 21-Dec 16	9:00am-9:30am	\$80R/\$90N	SRCC	27637



# School-Age Child Care

Serving the San Rafael and Dixie School Districts, the City of San Rafael offers state-licensed, year-round child care to children in 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 child care, 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.

## Coleman Children's Center

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

## Dixie Children's Center

Dixie Elementary School  
1175 Idylberry Road, San Rafael 94903  
Director: Gaby Farias  
Phone: 485-3189

## Glenwood Children's Center

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

## 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  
Directors: Trisha Cerutti-Saylors & Jannette Braa  
Phone: 485-3103

## Venetia Valley Children's Center

Venetia Valley Elementary School  
177N San Pedro Road, San Rafael 94903  
Director: Diana Muller  
Phone: 485-3105



## WE'RE HIRING!

Make a difference and come work for the  
City of San Rafael Childcare Department

[www.livelifelocally.org/child-care-jobs/](http://www.livelifelocally.org/child-care-jobs/)

To learn more about working with us,  
contact Kelly Albrecht at (415) 485-3386.



## After School Enrichment Program

Focusing on educational and recreational activities for Elementary School-Age students, our classes will enhance your child's school experience. Classes in subjects such as arts and crafts, foreign language, computers and science, dance and drama, chess, music and sports programs may be offered at your school site!

Our programs are now offered in both the Dixie and San Rafael School Districts! Currently, we have classes at Coleman, Dixie, Glenwood, Mary Silveira, Sun Valley and Vallecito! We also offer afterschool sports programs in partnership with staff at Davidson Middle School. Call us for details and additional locations!

These fee-based classes are offered on a first-come, first-served basis. A limited number of scholarships are available for families who qualify. Look for flyers to be distributed during the first weeks of school. If you have questions, enrichment information will be available the first week of school in August. Please call us at 485-3333 for more details.



## Youth

### Arts & Crafts

#### Clay Time

Explore this exciting approach to art. Students learn about slab building, coiling, sculpture & glaze application. A new project is demonstrated each session & individual expression is encouraged. Beginning & advanced students are welcome. \$20 material fee due to the instructor the first class. INSTRUCTOR Susan Hontalas has a BFA from the SF Art Institute in ceramic sculpture, has shown her work in SF & Marin & has been teaching ceramic sculpture at the Terra Linda Community Center for 20 years.

**Age: 6Y-8Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Tu	Sep 12-Oct 10	3:30pm-4:25pm	\$55R/\$61N	TLCC	27673
Tu	Nov 7-Dec 5	3:30pm-4:25pm	\$55R/\$61N	TLCC	27674



#### Mud Masters/Teen Clay

Join this artistic group of teens and 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. Bring a notebook with your ideas to first class. Sign up early class size is limited. \$20 material fee due to the instructor the first class. INSTRUCTOR Susan Hontalas has a BFA from the SF Art Institute in ceramic sculpture, has shown her work in SF & Marin and has been teaching ceramic sculpture at the Terra Linda Community Center for 20 years.

**Age: 9Y-16Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Tu	Sep 12-Oct 10	4:30pm-6:00pm	\$70R/\$77N	TLCC	27675
Tu	Nov 7-Dec 5	4:30pm-6:00pm	\$70R/\$77N	TLCC	27676

## Canal Arts

This FREE program offers arts & craft projects for the whole family! Classes will be held the second Saturday of the month from 10:30am-12:30pm in the Art Room at the ABCC. Each class will feature a different art project. Canal Arts is funded by donations from families and individuals and is made possible through collaboration with Marin Charitable, the Bill Graham Memorial Foundation, the Canal Youth & Family Council and the San Rafael Community Services Department.

**Programa gratis!** Cada clase presentará un proyecto de arte diferente. Las clases se ofrecerán cada Segundo Sábado del mes, de 10:30am a 12:30pm en el Salón de Arte del Centro Comunitario del Albert J. Boro. Este programa, financiado por donaciones de familias e individuos, es posible gracias a la colaboración del Marin Charitable, el Bill Graham Memorial Foundation, el Concilio de Jóvenes y Familias del Canal y el Departamento de Servicios Comunitarios de San Rafael.

### All Ages

DAY	DATE	TIME	FEE	LOC	COURSE
Sa	Aug 12	10:30am-12:30pm	Free	ABCC	26714
Sa	Sep 9	10:30am-12:30pm	Free	ABCC	
Sa	Oct 14	10:30am-12:30pm	Free	ABCC	
Sa	Dec 9	10:30am-12:30pm	Free	ABCC	



## Athletics

### Youth Volleyball

Looking for a fun environment to learn how to play volleyball, improve skills, or become more competitive?

#### Volleystart - Fall 2017 with Kevin Seeley

Founded in 2009 by Kevin Seeley and Craig Wong, Volleystart has been one of the most popular and successful youth volleyball programs in Northern California the past few years. The program was designed to fill the gaps of instruction commonly occurring in 7-12 year olds in Marin County. Prior to starting Volleystart, Kevin was the Championship-Winning head coach for UC-Berkeley's Men's Volleyball Team, won numerous championships as a high school volleyball head coach, and was named the 2013 Offensive Coordinator for the famed Nor Cal Premier Team, which is one of the 11 men's professional teams in the only professional volleyball league in the USA. Kevin is both a former standout college volleyball player and beach volleyball player. He holds a Master's Degree in Education and loves to bring a passion for volleyball to all players he coaches.

#### Age: 7Y-12Y

Class size: Min. 12 / Max 28 players

Location: ABCC, 50 Canal Street

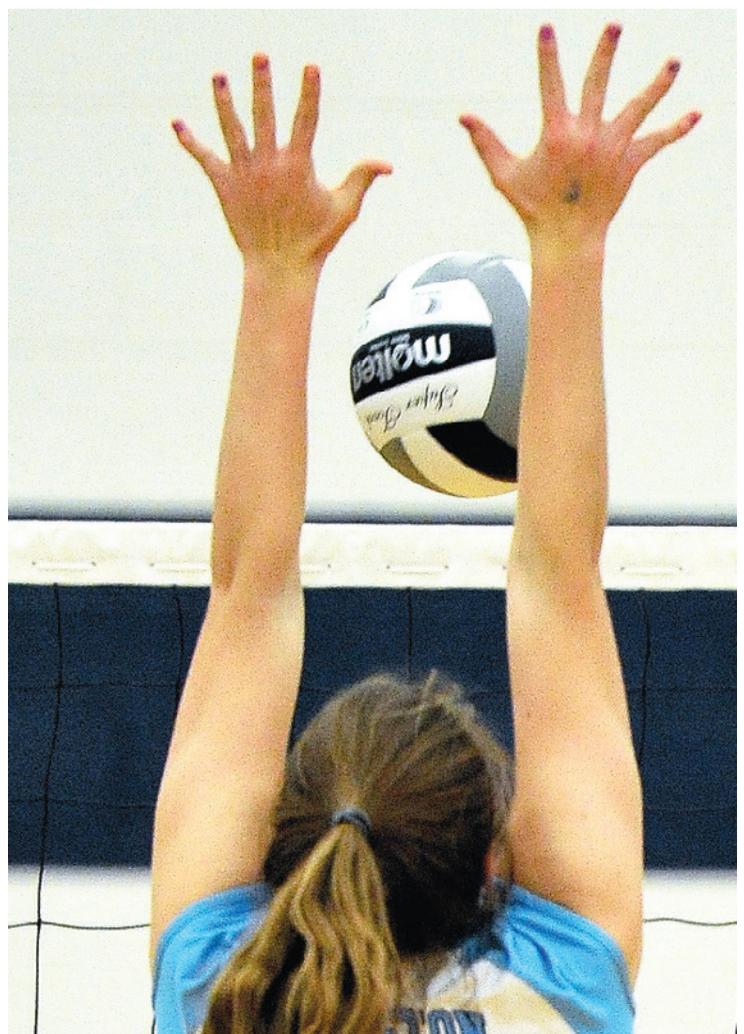
Course# 27706      Time: 10:10am-11:30am      Beginner/Advanced  
Sundays:      Sept. 10, 17, 24, Oct. 1, 8, 15, 22 & 29

Registration Fee:      \$250R / \$275N - 8 sessions

Course# 27704      Time: 10:10am-11:30am      Beginner/ Intermediate  
Course# 27707      Time: 11:40am-1:00pm      Intermediate/Advanced

Sundays:      Nov. 12, 19, Dec. 3, 10 & 17 no class 11/26

Registration Fee:      \$160R / \$175N - 5 sessions





## Marin Juniors & M2 Club Volleyball

The club season begins in October with a series of clinics designed to introduce players to the club, our staff, and teaching methods. Tryouts are at the beginning of November and teams are formed shortly after. Club information is available at [www.marinjuniors.com](http://www.marinjuniors.com)

**Marin Juniors 2 "M2"**- This local volleyball league focuses on skill refinement and includes competition. Competitive level is low-medium and there are 9-10 players per team. Ideal for girls grades 5-8. Season runs January-April.

**Marin Juniors Girls Club**- This is a competitive volleyball league that encourages skill development, confidence, and teamwork in a competitive, yet supportive environment. Competitive level is medium-high, depending on age. League includes tournament play, travel expenses and a higher level of commitment from participants & families. Teams average 11-13 players. Ideal for girls grades 5-12. Season runs January-May.

## Dance

### Ballet & Tap Classes for Children at TLCC

Matrisha Person is trained in ballet, tap and theater arts and has been teaching dance to young children throughout the Bay Area for over 20 years. With her creative and nurturing technique she inspires children to dance and learn while having fun. Visit her website at [matrishadance.com](http://matrishadance.com) for more information and class schedule options. She is reviewed on Yelp and has a Facebook page as Matrisha Dance. For more information contact Matrisha at 722-8281 or [matrishadance@gmail.com](mailto:matrishadance@gmail.com). **All or her classes below are offered at the Terra Linda Community Center (TLCC)**



### Ballet/Tap

In this fun class children learn basic ballet and tap techniques. They enjoy tapping to the beat of the music while practicing shuffles and digs. In ballet they are introduced to the ballet barre and then waltz and dance to classical music. A vocabulary of steps and positions are built upon until a complete dance is learned. At the end of class the children dance freely with scarves. This class requires both ballet and tap shoes.

**Age: 4Y-5Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 12-Oct 24	2:00pm-2:45pm	\$98R/\$108N	TLCC	27717
T	Nov 7-Dec 12	2:00pm-2:45pm	\$84R/\$92N	TLCC	27716



### Ballet/Tap

In this fun class children learn basic ballet and tap techniques. They enjoy tapping to the beat of the music while practicing a variety of tap steps including shuffles and combination steps. In ballet they are introduced to the ballet barre. As beautiful classical music plays they learn basic ballet positions and steps including the waltz. In both ballet and tap a vocabulary of steps and positions are built upon until a complete dance is learned. At the end of class the children dance freely with scarves. This class requires both ballet and tap shoes.

**Age: 5Y-6Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Sep 14-Oct 26	3:00pm-3:45pm	\$98R/\$108N	TLCC	27728
Th	Sep 14-Oct 26	3:00pm-3:45pm	\$84R/\$92N	TLCC	27727

## Pre-Ballet Pre-Kindergarten

Children have fun as they stretch, leap and dance to music. This class introduces young dancers to the ballet barre. They learn basic ballet foot and arm positions and simple choreography. At the end of each class children have an opportunity for creative expression as they dance freely with scarves. Dancers should wear simple leotards with tights and ballet shoes. Children must be 4 years old by the first day of class.

**Age: 4Y-5Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 12-Oct 24	3:00pm-3:45pm	\$98R/\$108N	TLCC	27718
T	Nov 7-Dec 12	3:00pm-3:45pm	\$84R/\$92N	TLCC	27719

## Ballet Kindergarten Level

For children who love the fantasy of ballet this class focuses on learning classical ballet technique in a supportive atmosphere. Each class includes exercises at the barre, learning classical positions, steps, turns movement combinations and free dancing with scarves. Dancers should wear simple leotards, tights and ballet slippers. Their hair should be pulled away from the face in a ponytail, braid or bun.

**Age: 5Y-6Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 12-Oct 24	4:00pm-4:45pm	\$98R/\$108N	TLCC	27720
T	Nov 7-Dec 12	4:00pm-4:45pm	\$84R/\$92N	TLCC	27721

## Primary Ballet 1st & 2nd Grade

For children who love the fantasy of ballet this class focuses on learning classical ballet technique in a supportive atmosphere. Each class includes exercises at the barre, learning classical positions, steps, turns movement combinations and free dancing with scarves. Dancers should wear simple leotards, tights and ballet slippers. Their hair should be pulled away from the face in a ponytail, braid or bun.

**Age: 6Y-8Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Sep 14-Oct 26	4:00pm-5:00pm	\$98R/\$108N	TLCC	27728
Th	Nov 2-Dec 14	4:00pm-5:00pm	\$84R/\$92N	TLCC	27727



## Dance Discovery

This class offers a unique opportunity to work with career track dance students from the Dominican University of CA BFA program with Alonzo King LINES Ballet. This class will cultivate a rich sense of self-expression and physicality for students grades 4-6. A contemporary -based warm up will develop coordination, strength, balance, and rhythm, while creative tasks will encourage critical thinking, working together, and artistic discovery. Students will learn and perform choreographed dances which will be a culmination of what they've learned and explored in class. There will also be a field trip on November 10th to see the students of the Dominican University of CA BFA program perform at Angelico Hall. This ten-week program will then conclude with an informal showing for friends and family. Please wear comfortable exercise clothes that are easy to move in, and either dance shoes or sneakers.

**Grade: 4th-5th**

DAY	DATE	TIME	FEE	LOC	COURSE
F	Sep 8-Dec 1	3:30pm-4:30pm	\$10R/\$11N	ABCC	27537

**Grade: 5th-6th**

DAY	DATE	TIME	FEE	LOC	COURSE
F	Sep 8-Dec 1	4:30pm-5:30pm	\$10R/\$11N	ABCC	27538

## Flamenco Kids- Beginner

Feel the rhythms while clapping and stomping your feet to flamenco guitar and build strength while moving your arms as you learn Spanish Flamenco dancing. Moving across the floor, turns, and freestyle dance add to the fun. A short dance will be included in our routine. A costume and performance opportunity will be available for those that continue through Spring 2018. INSTRUCTOR Andrea La Canela's lifetime flamenco career includes performing in Spain, Mexico, New York City, North Carolina, Oregon, and 25 years in California. She has provided lessons for children and adults, beginners to professionals while teaching in studios throughout California. Andrea was also a grade school artist-in-residence for five years in Santa Cruz and a guest teacher at San Jose State and West Valley College. She has now been teaching in Marin for three years. For information call Andrea at 805-708-2621.

**Age: 5Y-9Y**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 27-Oct 25	4:00pm-4:45pm	\$75R/\$85N	SRCC	27618
W	Nov 1-Dec 6	4:00pm-4:45pm	\$75R/\$85N	SRCC	27619



# Photo Contest



Grab your camera or phone and upload your photo today!

Have you participated in a youth program, gone swimming at one of our great pools, attended a San Rafael Community Services (Parks & Recreation) class or spent a fun afternoon with your family or friends in the park? We want to see San Rafael parks and programs through your eyes! Share your experience and love of San Rafael parks, programs and facilities by submitting a photo and testimonial in the Get Your Play On photo contest. Winning photos and testimonials will be published in our next Activity Guide, on social media and in other department presentations.

Photo entries accepted through August 31, 2017 on our website at <https://www.livelifelocally.org/photo-contest-get-your-play-on/>

The grand prize winner will be announced in September and will receive a 2018 Aquatics Season Pass and four Day Pool Passes to be used this season or next season. The winning photo will also be displayed as the cover photo on this guide.

Contest categories include:

- Get Your Play On - any photo that shows you, your family or friends playing in our parks or at our facilities
  - City of San Rafael recreation classes, programs, events, sports
  - Digitally Altered
- We look forward to seeing and sharing your photos!

## 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. There is a \$10 discount for multiple siblings.

Please note the separate time schedules for the different age groups: Canal Karate Youth 4, 5 & 6 years old 5-6pm; Canal Karate Beginning Age 7 years to adults 6-7pm; Canal Karate Intermediate Blue and Green Belts 7-8pm; Canal Karate Advance Brown and Black Belts 8-9pm. Classes taught primarily in Spanish.

**Age: 4Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Aug 17-Sep 26	5:00pm-9:30pm	\$70R/\$77N	ABCC	26757
T, Th	Sep 28-Nov 7	5:00pm-9:30pm	\$70R/\$77N	ABCC	27602
T, Th	Nov 14-Dec 21	5:00pm-9:30pm	\$70R/\$77N	ABCC	27603
T, Th	Dec 26-Feb 1	5:00pm-9:30pm	\$70R/\$77N	ABCC	27604
T, Th	Feb 6-Mar 15	5:00pm-9:30pm	\$70R/\$77N	ABCC	27605

### Youth Capoeira Classes

Capoeira is a unique martial art that offers countless benefits to children with respect to both physical and mental development. By incorporating body movement, percussion, music and singing, capoeira helps develop balance, coordination, fitness flexibility, and rhythm. Capoeira is a powerful way to teach young people valuable life skills-confidence, leadership, goal-setting, teamwork, cooperation & respect. Capoeira is truly a holistic approach to youth development. Capoeira also builds social skills, a sense of community and self-esteem through creative expression.

All student are invited to ABADA Capoeira Marin's Annual Holiday Party from 3-5pm on Sunday, December 17, 2017. \$20 drop-in. Diego Freitas 'Instructor Prego' is a world-class competitor and has performed in many capoeira productions and exhibitions. Lisa Willoughby 'Graduada Ciranda' is the founder and co-director of ABADA Capoeira Marin, she teaches capoeira to all ages at various location in Marin. She participated In ABADA 'S Jogos Mundiais in 2009, 2011, 2013 and 2015. \* No class 9/27 & 12/6.

**Age: 6Y-12Y**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 13-Nov 1*	5:00pm-9:30pm	\$112R/\$123N	ABCC	27699
W	Nov 8-Dec 20*	5:00pm-9:30pm	\$96R/\$106N	ABCC	27700
W	Jan 3-Feb 7	5:00pm-9:30pm	\$96R/\$106N	ABCC	27701

## 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**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Sep 12-Nov 16	4:45pm-5:15pm	\$122R/\$134N	TLCC	27651
M, W	Sep 11-Nov 15	3:30pm-4:00pm	\$122R/\$134N	SRCC	27653
T, Th	Nov 28-Jan 18	4:45pm-5:15pm	\$122R/\$134N	TLCC	27652
M, W	Nov 27-Jan 17	3:30pm-4:00pm	\$122R/\$134N	SRCC	27654

### Taekwondo-Youth-Beginning

White-Camo Belt-There are many reasons for kids to become involved in the Martial Arts. Our Beginning 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. Members of this class are invited to Tuesday Sparring as scheduled. Speak with your instructor for more details. A \$40 uniform fee is due to the instructor. No Classes 10/16-10/31

**Age: 7Y-12Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Sep 12-Nov 16	5:15pm-6:00pm	\$149R/\$163N	TLCC	27657
M, W	Sep 11-Nov 15	4:00pm-4:45pm	\$149R/\$163N	SRCC	27655
T, Th	Nov 28-Jan 18	5:15pm-6:00pm	\$149R/\$163N	TLCC	27658
M, W	Nov 27-Jan 17	4:00pm-4:45pm	\$149R/\$163N	SRCC	27656

### Taekwondo-Youth-Advanced

Green-Black Belt: There are many reasons to become involved in the Martial Arts. Our Advanced 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. Members of this class are invited to Tuesday Sparring as scheduled. Speak to your instructor for more details. A \$45 uniform fee is due to the instructor.

**Age: 7Y-12Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Sep 12-Nov 16	6:00pm-6:45pm	\$149R/\$163N	TLCC	27661
M, W	Sep 11-Nov 15	4:45pm-5:30pm	\$149R/\$163N	SRCC	27659
T, Th	Nov 28-Jan 18	6:00pm-6:45pm	\$149R/\$163N	TLCC	27663
M, W	Nov 27-Jan 17	4:45pm-5:30pm	\$149R/\$163N	SRCC	27660

## Taekwondo-Black Belt Class

All students with the rank of 1st degree recommended and above may attend this class. Each student is trained to do their best and is looked at as an individual, never compared to anyone else. A few of the benefits you can expect from your training are: physical fitness, self-defense, self-confidence, coordination and flexibility. Members of this class are invited to attend Tuesday sparring as scheduled. Additional class material fees may apply. Speak to your instructor for more details.

**All Ages**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Sep 12-Nov 16	6:45pm-7:30pm	\$149R/\$164N	TLCC	27671
T, Th	Nov 28-Jan 18	6:45pm-7:30pm	\$149R/\$164N	TLCC	27672

## Tai Chi

INSTRUCTOR Scott Jensen is an International gold medalist in Tai Chi famous for both his sword performances and competitions. Rachel Jensen provides clear instruction and patient demonstrations and practice. Tai Chi sword is fun! No class Oct 30, Nov 20, Nov 27. Drop in \$20.

### Tai Chi for Health, Balance and Longevity

In this class you will learn Yang Style Tai Chi Long Form. This sequence of movements is beautiful to watch and enjoyable to practice. The Harvard Medical Journal reported that over 600 medical studies have overwhelmingly proven the health benefits of Tai Chi. It's all gain and no pain.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Dec 18	6:30pm-7:15pm	\$192R/\$202N	SRCC	27633

### Tai Chi Sword is Fun!

Tai Chi Sword is Tai Chi practiced holding a Chinese Straight Sword. Beautiful, graceful, and elegant, it is an excellent way to deepen and expand your Tai Chi practice and for improving balance and building strength. It's a super fun way to exercise! Open to all students. No prior Tai Chi experience is required.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Dec 18	7:15pm-8:00pm	\$192R/\$202N	SRCC	27632

### Tai Chi Push Hands for Self Defense

Push Hands are exercises done with a partner teaching you how to use the art of Tai Chi for self-defense. Learn how to avoid the opponent's strength and easily off balance them. Jensen's approach to Push Hands is practical, tactical, and logical. This includes precise instruction in posture, position, and timing. Jensen also teaches the hidden joint locks, and tricks, of Push Hands. Students will have the opportunity to attend Push Hands tournaments as either a competitor or observer.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Dec 18	7:15pm-8:00pm	\$192R/\$202N	SRCC	27634

## Teen and Adult Capoeira at SRCC

The focus of this class is to build and/or refine capoeira technique skills amongst teens and adults. A typical class consists of a guided warm-up using capoeira movements followed by practicing sequences of capoeira movements both individually and in partners and general physical conditioning exercises to build strength, balance, and agility. On most occasions, class ends with a game of capoeira open to all students. All levels are welcome. Both beginners and more advanced students will be appropriately challenged according to their skill level. For more information about our organization and instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Drop-in \$20

**Age: 12Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 5-Oct 24	6:30pm-8:00pm	\$128R/\$138N	SRCC	27622
Sa	Sep 9-Oct 14	9:45am-11:15am	\$96R/\$106N	SRCC	27621
T	Oct 31-Dec 12	6:30pm-8:00pm	\$128R/\$138N	SRCC	27620
Sa	Oct 21-Dec 16	9:45am-11:15am	\$80R/\$90N	SRCC	27643

## Teen and Adult Capoeira Classes at ABCC

Capoeira is a unique Afro-Brazilian discipline that combines martial art movements with music. The focus of this class is to build and refine capoeira technique and basic skills. Although every class is different, a typical class consists of a guided warm-up using Capoeira movements followed by practicing sequences of capoeira movements both individually and in partners and general physical conditioning exercises to build strength, balance, and agility. Basic classes also introduce capoeira music and most of the time with Capoeira roda open to all students. Basic classes are appropriate for students of all levels and are a great place for new students to start. Advanced students often continue to take basic classes to work on the foundation of their technique. It also builds self-confidence and endurance. Capoeira is an inclusive activity for youth teens, adults, and elderly. ALL students are invited to ABADA Capoeira Marin's Annual Holiday Party from 3-5pm on December 17, 2017. Teens pay half price! \$20 drop-in.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 13-Nov 1*	6:30pm-8:00pm	\$112R/\$123N	ABCC	27698
W	Nov 8-Dec 20*	6:30pm-8:00pm	\$96R/\$106N	ABCC	27702
W	Jan 3-Feb 7	6:30pm-8:00pm	\$96R/\$106N	ABCC	27703

## Youth Capoeira Classes

We know, from years of experience, that capoeira is a powerful way to teach young people valuable life skills-confidence, leadership, goal-setting, teamwork, cooperation, and respect-that can lead to a lifetime of good health and civic involvement. Capoeira is truly a holistic approach to youth development. Capoeira also builds social skills, a sense of community and self esteem through creative expression. \$20 drop in available.

**Age: 6Y-12Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 5-Oct 24	5:00pm-6:00pm	\$128R/\$138N	SRCC	27550
Sa	Sep 9-Oct 14	9:45am-10:45am	\$96R/\$106N	SRCC	27549
T	Oct 31-Dec 12	5:00pm-6:00pm	\$128R/\$138N	SRCC	27625
Sa	Oct 21-Dec 16	9:45am-10:45am	\$80R/\$90N	SRCC	27626

## Personal Growth

### Child and Babysitting Safety

Are you a babysitter? Do you want to start babysitting? Take our Child & Babysitting Safety CABS course. Class teaches CPR & choking, water hazards, fun activities to entertain children of various age groups, infant & child feeding, diapering procedures, providing emergency care, basic first aid care & much more! Class includes a certification card to show parents that you are a certified CABS babysitter, and a book to review everything you will learn in the class. Book & card included in fee. Please bring a lunch to class. All instructors are EMTs, RNs, Respiratory Therapists & have taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com).

**Age: 11Y-16Y**

DAY	DATE	TIME	FEE	LOC	COURSE
Sa	Sep 9	9:00am-1:00pm	\$50R/\$55N	TLCC	27647
Sa	Nov 4	9:00am-1:00pm	\$50R/\$55N	TLCC	27648

### Community CPR

This 3-hour class includes: Recognizing a life-threatening emergency; Activating the EMS system; Anatomy of heart and lungs; Definitions of heart attack/stroke; Risk factors; Symptoms; AEDs Automatic External Defibrillators; Good Samaritan laws; Standard precautions. Adult, child & infant CPR & Heimlich maneuver for choking victims. Video demonstration of CPR for all age groups with group manikin practice between video segments; Video demonstration of FBAO airway obstruction; Heimlich techniques for all age groups followed by group practice with participants pairing up for simulated practice for conscious adult & manikin practice for unconscious for all age groups. The certification is through ASHI, American Safety & Health Institute and it is valid for 2 years. All instructors are EMTs, RNs, Respiratory Therapists. They have all taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com).

**Age: 11Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Nov 12	6:00pm-9:00pm	\$50R/\$55N	TLCC	27710

## Theatre

### SRYPY Fall 2017 Show

Join San Rafael Young Performers Theatre for a one-of-a-kind experience. Journey 'Under the Sea' with Ariel and her aquatic friends in Disney's Little Mermaid Junior adapted from Disney's Broadway Production and the Motion Picture. Featuring Academy Award winning music and lyrics, this show is an enchanting look at the sacrifices we all make for love. Directed by Sharon Boucher **Audition Dates:** Tuesday September 12 or Wednesday September 13 from 3:30pm-5:00pm at the San Rafael Community Center. A \$25 audition fee will need to be paid directly to Sharon Boucher at time of audition. Please be prepared to sing a song of your choice and read from a provided script during the audition. Rehearsals will be held Tue & Wed starting September 19 & performances will be held from December 1-3, 2017.

**Age: 7Y-18Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T, W	Sep 19-Nov 29	3:30pm-5:00pm	\$425R/\$468N	SRCC	27642

# Adult

## Arts & Crafts

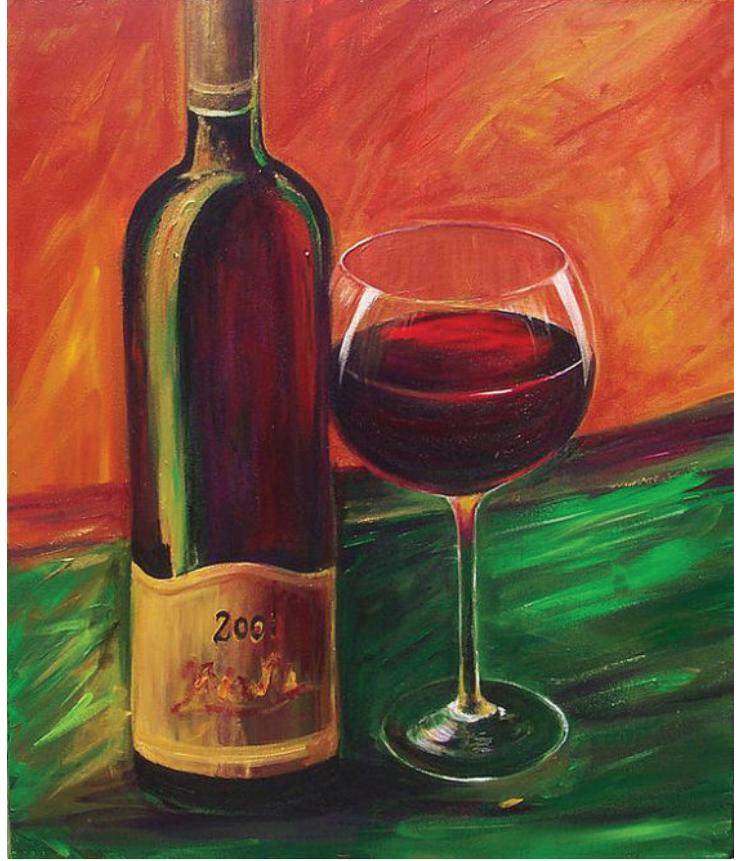
### Acrylic Painting Tole

Open lab for acrylic painters. This is an opportunity to paint and be inspired by other painters. INSTRUCTOR Shirley Macpherson has held classes at the Terra Linda Community Center for more than 20 years. She is a member of the National Society of Decorative Painters and attends seminars and conferences throughout the U.S. to keep up with new trends and ideas.

Two of her original design ornaments are part of the permanent collection of the Smithsonian Institute. For more information please call the Terra Linda Community Center at 415-485-3344. Drop in \$5.

**Age: 18Y & Up**

DAY	DATE	TIME	LOC
F	Sep 15-Jun 1	9:30am-12:30pm	TLCC



### Canal Arts

This FREE program offers arts & craft projects for the whole family! Classes will be held the second Saturday of the month from 10:30am to 12:30pm in the Art Room at the ABCC. Each class will feature a different art project. Canal Arts is funded by donations from families and individuals and is made possible through collaboration with Marin Charitable, the Bill Graham Memorial Foundation, the Canal Youth & Family Council and the San Rafael Community Services Department.

**Programa gratis!** Cada clase presentará un proyecto de arte diferente. Las clases se ofrecerán cada Segundo Sábado del mes, de 10:30am a 12:30pm en el Salón de Arte del Centro Comunitario del Albert J. Boro. Este programa, financiado por donaciones de familias e individuos, es posible gracias a la colaboración del Marin Charitable, el Bill Graham Memorial Foundation, el Concilio de Jóvenes y Familias del Canal y el Departamento de Servicios Comunitarios de San Rafael.

**All Ages**

DAY	DATE	TIME	FEE	LOC	COURSE
Sa	Aug 12	10:30am-12:30pm	Free	ABCC	26714
Sa	Sep 9	10:30am-12:30pm	Free	ABCC	
Sa	Oct 14	10:30am-12:30pm	Free	ABCC	
Sa	Dec 9	10:30am-12:30pm	Free	ABCC	





## Japanese Flower Arranging-Sogetsu Ikebana with Rachel Johnson

Develop creative self-expression and explore the beauty of nature as you learn this exquisite art form. The dynamic art of Ikebana reveals the power of line and use of space. Each class includes a demonstration of various Ikebana arrangements followed by student practice time and individual assistance in a relaxed atmosphere. The instructor will collect a \$10 fee toward demonstrations at the first class. Beginning students may expect to purchase textbooks, tools and additional supplies. INSTRUCTOR Rachel's Ikebana practice brings together her interests in Asian philosophy, the creative arts and the natural world. She loves to teach and share Ikebana with others and regularly exhibits her work in the San Francisco Bay Area.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
F	Sep 15-Oct 13	11:00am-2:00pm	\$125R/\$135N	SRCC	27613
F	Sep 15-Dec 15	11:00am-2:00pm	\$250R/\$260N	SRCC	27614

## Terra Linda Ceramics

Explore sculpting, coiling, slab building, how to use drape molds, make plates and bowls, mosaics, tiles and jewelry. Wheels are available for students with prior knowledge of throwing. A beginning wheel demonstration is given each session. Many kinds of low-fire clays are available, a wide selection of low fire glazes, crystals, underglaze, glaze pencils & crayons, bisque stains, gold leaf, luster and more. Bring a notebook to the first class and the \$25 material fee to the instructor. Sign up early class size is limited. INSTRUCTORS Susan Hontalas has a BFA from S.F. Art Institute in Ceramic Sculpture and has shown her work in Marin and San Francisco. Nadia Tarzi-Saccardi has worked in ceramics and sculpture in Europe and the U.S. Some of her pieces have earned awards and her work can be seen in regional shows. All classes and labs are offered at the Terra Linda Community Center.

**Age: 18Y & Up**

**All Levels**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 13-Nov 1	6:30pm-9:30pm	\$140R/\$154N	TLCC	27688
W	Nov 8-Dec 13	6:30pm-9:30pm	\$125R/\$138N	TLCC	27690
Th	Sep 14-Nov 2	6:30pm-9:30pm	\$140R/\$154N	TLCC	27689
Th	Nov 9-Dec 14	6:30pm-9:30pm	\$125R/\$138N	TLCC	27691

Intermediate/Advanced classes must have one session of Ceramics with Susan and her consent to enroll.

**Intermediate/Advanced**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 12-Oct 31	9:00am-12:00pm	\$140R/\$154N	TLCC	27677
T	Nov 7-Dec 12	9:00am-12:00pm	\$125R/\$138N	TLCC	27679

**Advanced**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 13-Nov 1	9:00am-12:00pm	\$140R/\$154N	TLCC	27678
W	Nov 8-Dec 13	9:00am-12:00pm	\$125R/\$138N	TLCC	27680



## Terra Linda Ceramics Lab

Ceramics Lab is offered to those students who are enrolled in Susan or Nadia's Ceramic classes. There is no instruction given during the open lab. Bring your own tools and clay. The consent of the instructor is required. Lab drop-in is \$2.25/per hour.

Note: No lab on Thursday, 11/10, 11/23 & 11/24

DAY	DATE	TIME
W	Sep 13-Nov 1	12:00pm-3:00pm
Th	Sep 14-Nov 2	10:00am-2:00pm
F	Sep 15-Nov 3	1:00pm-4:00pm
W	Nov 8-Dec 13	12:00pm-3:00pm
Th	Nov 9-Dec 14	10:00am-2:00pm
F	Nov 17-Dec 15	1:00pm-4:00pm

## Watercolor in Action

No wishy-washy watercolors here! Learn to paint intense, glowing colors instead of 'muddy' washed-out tones. Students learn to mix clean & vibrant colors both on the palette and with wet-in-wet techniques. This comprehensive class caters to beginning and advanced watercolorists. Beginners will work on basic techniques: wet-in wet, mixing color, washes & familiarizing themselves with paint. Advanced students will work from studio Still Life & assigned projects. Students are encouraged to work on their own projects and consult with the instructor. A supply list will be available upon registration. Please bring any watercolor supplies you have to the first class. Materials will be discussed in class & students are responsible for purchasing their own supplies. INSTRUCTOR Melissa Adkison's watercolors has received numerous awards at National & International shows. Her work was published in The National Magazine, Watercolor Magic & Best of Watercolor. She has been teaching in Marin for over 20 years. No Class 11/13.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Oct 16	10:30am-12:30pm	\$100R/\$110N	TLCC	27645
M	Oct 30-Dec 11	10:30am-12:30pm	\$100R/\$110N	TLCC	27646

## Watercolors with Michael Friedland

This class is intended for beginner to intermediate levels. We will focus on simplifying watercolor by breaking it down to its most basic technique. Painting with watercolor has a misguided reputation as being very difficult to control because the way we paint with watercolor is quite the opposite from painting with opaque media. Our white is not white paint, it's the white of the paper. So we need to learn how to approach a watercolor painting in this way. We will break down the ways to apply watercolor paint to paper & practice them through exercises as we work on making simple to more complex paintings. There is lots of one on one discussion & assistance in this class. This is a fun, constructive & light-hearted approach to learning about the joy of watercolor. There are no group critiques, only individual advice & encouragement. INSTRUCTOR Michael Friedland has been painting & teaching for over 40 years. He studied painting at Paier School of Art in New Haven, went to Coronado School of Fine Art in San Diego, finishing at Philadelphia College of Art, majoring in Design.

**Age: 18 & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Su	Aug 6-27	9:00am-12:00pm	\$85	FCC	27253

## Athletics

### Basketball

The City currently hosts two Adult Basketball Leagues: Men's Open (18 year & older) and Men's 35 years & over. Contact Ashley for more information and deadlines at ashley.howe@cityofsanrafael.org or 415 485-3343. We are happy to form additional leagues for four or more teams.

#### Men's Open League (Age 18 years & up)

Games are played Tuesday nights at 7:30pm and 8:30pm at Hall Middle School in Larkspur. We can accommodate a maximum of four teams for the Fall Season due to gym availability.

#### Men's Open League (Age 18 years & up)

Games are played Thursday nights at 6:30pm at Hall Middle School in Larkspur. We can accommodate a maximum of six teams for the Fall Season due to gym availability.

### Adult Softball

Adult Softball leagues play April- November and currently include leagues for Fast Pitch, Slow Pitch, and COED Slow Pitch. Additional leagues may be formed with 4 or more teams.

League fees are generally \$750 per team for 10-game seasons. New & veteran players are welcome to join as a team or individual.

#### League Breakdown:

- Sunday COED is open to all abilities and is the most relaxed of our leagues. Games are played late mornings and afternoons at McInnis Park.
- Men's Fast Pitch games are played either Saturday mornings or Monday evenings at Albert Park depending on the division.
- Men's Slow Pitch games are played Sunday evenings at Albert Park.

Contact Ashley for more information & deadlines at ashley.howe@cityofsanrafael.org or 485-3343. We are happy to form additional leagues for four or more teams. Please call for team fees.

### Basketball- Adult Leagues

Adult 35 & Over Basketball League plays Thursday nights at Hall Middle School in Larkspur. Games begin after 6:30pm.

#### All Ages

DAY	DATE	TIME	LOC	COURSE
Th	Sep 14-Nov 16	6:30pm-10:00pm	TBA	27623

### Boro Community Center Open Gym Sports

The Gymnasium in the ABCC is open Monday, Wednesday and Friday evenings for drop-in basketball and/or volleyball. Admission is \$2 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the ABCC at 485-3077 for exact days and times.

### Marin Bocce Federation

The Marin Bocce Federation operates the 10 state-of-the-art synthetic courts on B Street adjacent to the San Rafael Community Center. To sign-up for their leagues or to simply reserve a court for drop-in play, contact them at 485-5583.

# Computers

## Android Basics 2: Apps for Seniors

Have you been using a smart phone or tablet for a little while but still feel like you don't know what you are doing? Need to review some of the basic features of your device and see what else it can do? This course will review some of the basics of using your device and also show you a few of the apps that come built in that you might have missed or be afraid to try. We will show you how to get the most out of your built-in apps including Photo editing, storing and retrieving photos, Calendar, E-mail, Texting, Maps/GPS, and more! We'll introduce the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access. A perfect sequel to the Using Android Smart Phone & Tablets Basics 1 course (although not a pre-requisite).

**Age: 18 & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Aug 9-16	1:00pm-3:00pm	\$65R/\$71N	TLCC	27249

## Internet Privacy, Security & Password Management-New Class

Are you concerned about using a credit card on-line? Do you feel like you have trouble keeping your passwords straight or remembering them? This class will give you the knowledge you need to understand how to protect yourself on the Internet. We will give you strategies for securing your information and remembering your passwords. Bring your smartphone, tablet or laptop to class and we can show you how to make sure your privacy is being protected. Don't be an identity fraud victim! Come learn how to stay as safe as possible on the Internet. \$5 materials fee due to the instructor on the first day of class.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Oct 5	10:30am-12:30pm	\$39R/\$43N	TLCC	27695

## Tech Tips for Transportation

Want to get around without driving? Your Smart Phone, tablet and computer can be great tools for getting rides! In partnership with Marin Transit, this is a FREE class to learn about transportation options in Marin. We will show you how to get online and use web sites and apps for determining the fastest, cheapest and most timely ways for getting where you want to go. Learn how to take the bus, SMART train, ferry or maybe get a ride from a volunteer, use shared ride services Lyft, subsidized taxi's and more! Bring your SmartPhone, tablet or laptop to class. Computers will be available as well. Bring \$10 and photo ID to set up a Clipper card. This course is especially geared to seniors and disabled riders as well as caregivers who may be interested in transportation options. Pre-registration required.

**Age: 30Y-119Y**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 12 & 19	10:00am-12:00pm	Free	ABCC	27612

## Basic Computer Education in Spanish Level 1

Are you an adult who finds PC Computers challenging or intimidating? If you need to start from scratch by learning how to use a Windows computer then this class is right for you. Course topics will include how to: use a mouse to navigate a Windows computer, create an e-mail account and manage your e-mail, search for information on the Internet, use Word to design a flyer and how to build a résumé. No previous computer experience is required. Classes taught primarily in Spanish.

¿Es usted un adulto que necesita ayuda para usar un computador con Windows? Si usted necesita empezar de cero para aprender a usar un computador con Windows esta clase es para usted. Los temas serán como usar el mouse para manejar el sistema operativo Windows, crear y usar su correo electrónico, como buscar información en Internet, como usar Word para diseñar un volante y Como construir su resume No se necesita experiencia

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W, Th	Aug 31-Oct 5	7:00pm-10:00pm	\$45R/\$50N	ABCC	27606
W, Th	Nov 16-Dec 21	7:00pm-10:00pm	\$45R/\$50N	ABCC	27607

## Basic Computer Education in Spanish Level 2

Do you understand the basics of PC computers like Email and the Internet but want to take the next step? In this class, the topics will include using Google Contacts and Calendar to set up appointments, and meetings; advanced job search techniques using Craigslist; using Google Docs to create and store documents online; how to stay safe on the Internet; how to troubleshoot minor computer hardware problems; and learning about online education such as English, driver licenses, GED and citizenship. Classes taught primarily in Spanish.

¿Sabe lo básico de usar una computadora como el internet y correo electrónico, pero le gustaría tomar un segundo paso y continuar aprendiendo? En esta clase, los temas incluyen aprender a utilizar los contactos de Google y calendario para establecer citas y reuniones; técnicas avanzadas de búsqueda para empleo utilizando Craigslist; el uso de Google Docs para crear y almacenar documentos en línea; d cómo utilizar el Internet con seguridad; cómo solucionar los problemas físicos internos hardware de menor importancia; and todo sobre educación en línea, tales como inglés, licencia de conducir, GED, ciudadanía.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W, Th	Oct 11-Nov 15	7:00pm-10:00pm	\$45R/\$50N	ABCC	27611

## iPhone/iPad Basics 1: Getting To Know Your Device

Congratulations, you finally got your very own iPhone or iPad! There is only one problem-you have no idea how to use it! In this personalized, two-day course, you'll be guided through how to make calls, send emails, send texts, and manage applications. A course for those new to the smart phone/wireless device world each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that amazing technology sit in its box any longer! Bring your Apple iPhone or iPad to class along with your apple ID and password.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Sep 7&14	10:30am-12:30pm	\$65R/\$72N	TLCC	27694

## iPhone/iPad Basics 2: Essential Applications

Need a refresher for using your iPhone or iPad? Are you using the latest iOS 8? This course will review some of the basics of using your device. We will show you how to get the most out of your built-in apps including photo editing, iCloud, Calendar, Siri, E-mail, texting, Facetime, Maps/GPS and more! In this two-week course, you will practice using these essential applications included with your iPad/iPhone. We will show you how to find out what version of the device you are using and when/how to upgrade. We'll introduce the steps to find and install new apps and show you how to update, delete and organize your apps for easy access. If you understand the basics of your device and are ready to see what else it can do, this is the course for you! This is a perfect sequel to the 'Getting to Know Your Device' class. Bring your Apple iPhone or iPad to class along with your apple ID and password.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Oct 12&19	10:30am-12:30pm	\$65R/\$72N	TLCC	27696

## Dance

### Joy of Dance

This women's dance class is designed to bring joy and ease of movement. We'll be exploring different dance styles from belly dance to African. Come join me to enjoy a dance class you can make friends and be part of a dance community. Enjoy learning new dance styles and have fun while learning the basics. INSTRUCTOR Siham Elias is a certified massage therapist located in Marinwood. She grew up dancing in family gatherings and has always enjoyed dances that connect people to one another. She has been taking dance classes in Marin for many years. In this class she will be combining her favorite elements of different styles of dance. If you have any questions, call Siham at 497-4714 or email selias49@aol.com Drop-in Fee \$11.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Oct 2-Nov 16	7:15pm-8:15pm	\$60R/\$66N	TLCC	27735
M	Nov 13-Dec18	7:15pm-8:15pm	\$60R/\$66N	TLCC	27736

## Tap Dance: Beginning/Intermediate

Put a spring in your step with this non-stop, fun-filled class. Learn simple tap steps and entire routines to the rhythms of the 30's up to the present in a non-competitive atmosphere. Individualized attention allows students to progress at their own level. Tap vocabulary, steps, dance routines, as well as warm-up exercises and stretching are covered. A great way to get in shape! Just bring your tap shoes and a smile. Previous dance experience is helpful but not necessary. INSTRUCTOR Lucy Simon has studied many dance forms in the San Francisco Bay area, including Tap, Jazz, African, Hip Hop and Modern. She has danced and performed with the College of Marin, The San Francisco Jazz Dance Company and Rock My Soul. She enjoys sharing her love of dance through teaching. Lucy has been teaching in Marin County since 1985. Drop in fee \$11.

**Age: 15Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Oct 23	6:00pm-7:00pm	\$70R/\$77N	TLCC	27692
M	Nov 6-Dec 18	6:00pm-7:00pm	\$70R/\$77N	TLCC	27693

## Fitness

### Awareness through Movement

Regain a sense of your youthful self as you lie on the floor exploring gentle movement sequences. Be surprised at how well you walk, reach, turn & bend easily, painlessly. Improve your balance, flexibility, coordination and wellbeing. Lessons are based on what you want to learn to make yourself comfortable in your daily life and in the activities you love. INSTRUCTOR Celeste Binnings has been studying the Feldenkrais Method for over 18 years and teaching Awareness through Movement ATM classes since 1995. A Guild Certified Feldenkrais Practitioner, Celeste's great joy is in supporting people in learning to move with ease & grace utilizing group classes or one-on-one private lessons.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
F	Sep 8-Oct 6	12:30pm-1:30pm	\$50R/\$60N	SRCC	27615
F	Oct 13-Dec 15	12:30pm-1:30pm	\$70R/\$80N	SRCC	27617

### Beginning Pilates Mat Class for Back Pain or not

Pilates is designed to stretch, strengthen & balance the body and is one of the best exercise modalities for all over conditioning and back pain. This mat class focuses on muscles in the center of the body, toning and building core strength. Many feel invigorated after class. Modifications for each exercise can be made to accommodate all fitness levels. Please bring a mat or a large towel if you have one. Pre-registration requested. \$15 discount if enrolled in both Mon & Wed sessions. Drop-in \$15 INSTRUCTOR Dot Spaet is a Certified Personal Trainer with more than 20 years of fitness experience and has been teaching Pilates Mat to adults for 12 years and specializes in healing back pain. Dot has a passion for fitness and likes to make classes accessible to as many people as possible. Check her out at [www.fitnessbydot.com](http://www.fitnessbydot.com).

**Age: 15Y-75Y**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Oct 30	7:00pm-8:15pm	\$99R/\$109N	TLCC	27667
M	Nov 6-Dec 18	7:00pm-8:15pm	\$99R/\$109N	TLCC	27668

## Beginning Pilates Mat Class at Terra Linda

Pilates is designed to stretch, strengthen & balance the body and is one of the best exercise modalities for weight loss and back pain. This Mat class focuses on muscles in the center of the body, toning & building core strength. Many feel invigorated after class. Class is suitable for beginners and intermediates. Modifications for each exercise can be made to accommodate all fitness levels. Please bring a mat or a large towel if you have one. Pre-registration requested. \$15 discount if enrolled in Mon & Wed sessions. Drop-in \$15. INSTRUCTOR Dot Spaet is a Certified Personal Trainer with over 20 years of fitness experience & has been teaching Pilates Mat to adults for 10 years, specializing in healing back pain. Dot has a passion for fitness & likes to make classes accessible to as many people as possible. Check her out at [www.fitnessbydot.com](http://www.fitnessbydot.com).

**Age: 15Y-75Y**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 6-Oct 25	7:00pm-8:15pm	\$99R/\$109N	TLCC	27664
W	Nov 1-Dec 20	7:00pm-8:15pm	\$99R/\$109N	TLCC	27665

## Chair Yoga: Yoga for Everyone!

This class is great for everyone and is done in chairs seated or standing. No experience necessary. Learn yoga exercises, yoga poses, guided relaxation and breathing. Yoga improves balance, strength, flexibility and concentration. Safe and modified for all ages, conditions & injuries. Chair Yoga makes yoga accessible for seniors, those with injuries, chronic illness or those wanting a supported practice. INSTRUCTOR Stacie D, Certified Yoga Instructor since 1995, author & creator of SunLight Chair Yoga: Yoga for Everyone! books and teacher trainings. Drop-In Fee \$11. [www.sunlightchairyoga.com](http://www.sunlightchairyoga.com).

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Sep 7-Oct 26	1:00pm-2:00pm	\$80R/\$88N	TLCC	27731

## Yoga En Español - Yoga In Spanish

En el yoga mueve su cuerpo para hacerse más fuerte y mueve su respiración para hacerse más tranquilo. Masculino o femenino, joven o mayor, activo o inactivo - el yoga alivia el dolor, aumenta la energía, y disminuye el insomnio y el estrés y la depresión. ¡No necesita experiencia - ven a ver! La cuota es 5 classes por \$50.

In yoga you move your body to get stronger and you move your breath to get calmer. Male or female, young or old, active or inactive-yoga eases pain, increases energy, and reduces insomnia and stress and depression. You don't need experience-come and see! [www.yogaenespanolmarin.com](http://www.yogaenespanolmarin.com) INSTRUCTOR Sherry Manis is a registered yoga teacher with Yoga Alliance RTY® 200. She created a yoga class in Spanish for her friends who couldn't find one at a reasonable price. Her aim is to help each student move their breath and body in ways that make them feel better, mentally as well as physically. Drop-in fee \$15. The fee is 5 classes for \$50.

**Age: 18Y & Up**

DAY	DATE	TIME	LOC	COURSE
Th	Sep 7-Oct 5	6:45pm-8:00pm	TLCC	27725
Th	Oct 19-Nov 16	6:45pm-8:00pm	TLCC	27726

## Finding Balance

This is an introductory workshop exploring the fundamentals of being balanced while standing, walking, sitting, etc. Through gentle movement patterns and sequences based on the Feldenkrais Method, we will explore the foundations and elements of balance in order to instill greater confidence and pleasure in doing our daily activities. Must be able to get up and down from the floor.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Oct 4	10:00am-1:00pm	\$32R/\$42N	SRCC	27635

## Dance Cardio

Come and enjoy 60 minutes of great dance cardio. We will burn calories dancing to Latin rhythms like Zamba, Merengue, Regueton, Salsa and much more. Instructor Anderson Espinoza has been teaching this course for the past 6 years and has had a great turnout. Drop in \$10

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M, W, Th	Aug 2-31	7:00pm-8:00pm	\$45R/\$50N	SRCC	26693
M, W, Th	Aug 28-Sep 21	7:00pm-8:00pm	\$50R/\$55N	SRCC	27627
M, W, Th	Sep 25-Oct 23	7:00pm-8:00pm	\$50R/\$55N	SRCC	27628
M, W, Th	Nov 13-22	7:00pm-8:00pm	\$30R/\$35N	SRCC	27631
M, W, Th	Nov 27-Dec 21	7:00pm-8:00pm	\$50R/\$55N	SRCC	27629

## Games

### Duplicate Bridge at the Terra Linda Community Center

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game & 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 & meet other bridge players! Questions about duplicate bridge please call Peggy Tatro 492-1784 or visit [www.marinbridge.com](http://www.marinbridge.com).

**Age: 18 & Up**

DAY	DATE	TIME	LOC
Th, F, Su, M, W	On-Going	12:00pm-3:30pm	TLCC

### Duplicate Bridge at the Boro Community Center

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game & 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. Improve your play & meet other bridge players! Director: Michael Hartnett. (No Bridge on 9/7).

**Age: 18 & Up**

DAY	DATE	TIME	LOC
M, T	On-Going	11:45am-3:00pm	ABCC

## Non ACBL Duplicate Bridge

Bring a sack lunch and a partner and join us every Wednesday for Non ACBL Duplicate Bridge. If you need a partner call Leona at 453-1430. Come join us. We have fun!

**Age: 18 & Up**

DAY	DATE	TIME	LOC
W	On-Going	10:30am-2:30pm	ABCC

## MARTIAL ARTS

### Canal Karate

Learn and improve control, discipline, respect & increase self-esteem while earning your belt. This international award winning self-defense program will help students achieve improved focus & strength while having fun doing it. Various class levels to match student's experience. \$10 discount for multiple siblings. Please note the separate time schedules for the different age groups: Canal Karate Youth 4, 5 & 6 years 5-6pm; Canal Karate Beginning 7 years to adults 6-7pm; Canal Karate Intermediate Blue & Green Belts 7-8pm; Canal Karate Advance Brown & Black Belts 8-9pm. Classes taught primarily in Spanish.

**Age: 4Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Tu	Aug 17-Sep 26	5:00pm-9:30pm	\$70R/\$77N	ABCC	26757
T, Tu	Sep 28-Nov 7	5:00pm-9:30pm	\$70R/\$77N	ABCC	27602
T, Tu	Nov 14-Dec 21	5:00pm-9:30pm	\$70R/\$77N	ABCC	27603
T, Tu	Dec 26-Feb 1	5:00pm-9:30pm	\$70R/\$77N	ABCC	27604
T, Tu	Feb 6-Mar 15	5:00pm-9:30pm	\$70R/\$77N	ABCC	27605

### Taekwondo-Black Belt Class

All students with the rank of 1st degree recommended and above any may attend this class. Each student is trained to do their best and is looked at as an individual, never compared to anyone else. A few of the benefits you can expect from your training are: physical fitness, self-defense, self-confidence, coordination and flexibility. Members of this class are invited to attend Tuesday sparring as scheduled. Additional class material fees may apply. Speak to your instructor for more details. INSTRUCTOR Greg Le Moi has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate. He 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 time.

**All Ages**

DAY	DATE	TIME	FEE	LOC	COURSE
T, Th	Sep 12-Nov 16	6:45pm-7:30pm	\$149R/\$164N	TLCC	27671
T, Th	Nov 28-Jan 18	6:45pm-7:30pm	\$149R/\$164N	TLCC	27672

## Tai Chi

INSTRUCTOR Scott Jensen is an International gold Medalist in Tai Chi famous for both his sword performances and competitions. Rachel Jensen provides clear instruction and patient demonstrations and practice. Tai Chi sword is Fun! No class Oct 30, Nov 20, Nov 27. Drop in \$20

### Tai Chi for Health, Balance and Longevity

In this class you will learn Yang Style Tai Chi Long Form. This sequence of movements is beautiful to watch and enjoyable to practice. The Harvard Medical Journal reported that over 600 medical studies have overwhelmingly proven the health benefits of Tai Chi. It's all gain and no pain.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Dec 18	6:30pm-7:15pm	\$192R/\$202N	SRCC	27633

### Tai Chi Sword is Fun!

Tai Chi Sword is Tai Chi practiced holding a Chinese Straight Sword. Beautiful, graceful, and elegant, it is an excellent way to deepen and expand your Tai Chi practice and for improving balance and building strength. It's a super fun way to exercise! Open to all students. No prior Tai Chi experience is required.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Dec 18	7:15pm-8:00pm	\$192R/\$202N	SRCC	27632

### Tai Chi Push Hands for Self Defense

Push Hands are exercises done with a partner teaching you how to use the art of Tai Chi for self-defense. Learn how to avoid the opponent's strength and easily off balance them. Jensen's approach to Push Hands is practical, tactical and logical. This includes precise instruction in posture, position & timing. Jensen also teaches the hidden joint locks and tricks of Push Hands. Students will have the opportunity to attend Push Hands tournaments as either a competitor or observer.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
M	Sep 11-Dec 18	7:15pm-8:00pm	\$192R/\$202N	SRCC	27634

### Teen and Adult Capoeira at SRCC

The focus of this class is to build and/or refine capoeira technique skills amongst teens & adults. A typical class consists of a guided warm-up using capoeira movements followed by practicing sequences of capoeira movements both individually and in partners and general physical conditioning exercises to build strength, balance, and agility. On most occasions, class ends with a game of capoeira open to all students. All levels are welcome. Both beginners and more advanced students will be appropriately challenged according to their skill level. For more information about our organization and instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Drop-in \$20

**Age: 12Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 5-Oct 24	6:30pm-8:00pm	\$128R/\$138N	SRCC	27622
Sa	Sep 9-Oct 14	9:45am-11:15am	\$96R/\$106N	SRCC	27621
T	Oct 31-Dec 12	6:30pm-8:00pm	\$128R/\$138N	SRCC	27620
Sa	Oct 21-Dec 16	9:45am-11:15am	\$80R/\$90N	SRCC	27643

## Teen and Adult Capoeira Classes

Capoeira is a unique Afro-Brazilian discipline that combines martial art movements with music. The focus of this class is to build and refine capoeira technique and basic skills. Although every class is different, a typical class consists of a guided warm-up using Capoeira movements followed by practicing sequences of capoeira movements both individually and in partners & general physical conditioning exercises to build strength, balance & agility. Basic classes also introduce capoeira music and most of the time with Capoeira roda open to all students. Basic classes are appropriate for students of all levels and are a great place for new students to start. Advanced students often continue to take basic classes to work on the foundation of their technique. It also builds self-confidence and endurance. Capoeira is an inclusive activity for youth teens, adults & elderly. ALL students are invited to ABADA Capoeira Marin's Annual Holiday Party from 3-5pm on December 17, 2017. Teens pay half price! \$20 drop-in.

**Age: 13Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Sep 13-Nov 1*	6:30pm-8:00pm	\$112R/\$123N	ABCC	27698
W	Nov 8-Dec 20*	6:30pm-8:00pm	\$96R/\$106N	ABCC	27702
W	Jan 3-Feb 7	6:30pm-8:00pm	\$96R/\$106N	ABCC	27703

## Miscellaneous

### Resilient Neighborhoods: Be Part of the Climate Solution

The Resilient Neighborhoods program has already helped 800 Marin residents reduce more than 3.7 million pounds of carbon emissions and save money. Whether you are just beginning to think about your carbon footprint or have already made a commitment to sustainable living you are guaranteed to learn something new. In this five-meeting workshop you will take the challenge to eliminate 25% of your household carbon emissions in a fun and supportive atmosphere. The workshop covers specific actions that reduce your carbon impact and includes free resources to get you started right away. You will receive insider tricks to save you money by trimming energy and waste, conserving water, and making smarter transportation choices. You will also get the newest tools to prepare for emergencies and build community. All you need to participate is access to a computer and your utility bills. Attendance at all 5 sessions is very important. [www.resilientneighborhoods.org](http://www.resilientneighborhoods.org) INSTRUCTOR Tamra Peters is the recipient of the 2017 Marin Conservation League's Environmental Leadership Award, the 2017 City of San Rafael Citizen of the Year Award, and Certificates of Special Recognition from Congressman Jared Huffman and the CA State Legislature to honor her work in Marin County to combat Climate Change. Class is held every other Tuesday.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
T	Sep 26-Nov 21	7:00pm-9:00pm	Free	SRCC	27640

## Fall and Winter Hive Management

The majority of annual hive losses occur between October & December. We'll review the reasons for this, which is primarily due to varroa mites. Other management issues that occur when temperatures start to cool include feeding, managing space, moisture management, how to inspect hives with minimal time/intrusion and off-season queen issues/solutions. INSTRUCTORS Bonnie & Gary Morse own Bonnie Bee & Company and are dedicated to providing a local source of bees & reliable support for local beekeepers. For more info on their work & local research projects, visit [www.bonniebeecompany.com](http://www.bonniebeecompany.com). \$30 Drop-in for class room sessions only is available.

**Age: 10Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W, Sa	Sep 27-Oct 7	6:30pm-8:30pm	\$85	SRCC	27546

### Going Solar Basics for Homeowners & Electric Vehicle Showcase

Solar energy is one of the world's fastest-growing industries and people all over California are putting solar systems on their homes & businesses. Is solar right for you? What about energy efficiency measures? What resources are available to help plan & reduce costs? This one-day course is ideal for property owners interested in lowering their utility bills & 'going solar'. Learn the basics of energy efficiency measures, the basics of solar technology, utility rates, what to do before contacting a solar contractor & finance options. Several electric vehicles will be on display to sit in & enjoy such as the breakthrough Chevy Bolt. EVs are fun to drive, reliable & have no tailpipe emissions. INSTRUCTOR Pete Shoemaker is the Renewables Program Coordinator at the PG&E Pacific Energy Center in San Francisco. He teaches & facilitates courses on a variety of subjects, including solar electric PV systems, solar water heating systems, smart grid, energy storage & others.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Sa	Sep 16	11:00am-1:00pm	Free	SRCC	27639

## Personal Growth

### Community CPR

This 3-hour class includes: Recognizing a life-threatening emergency; Activating the EMS system; Anatomy of heart & lungs; Definitions of heart attack/stroke; Risk factors; Symptoms; AEDs Automatic External Defibrillators; Good Samaritan laws; Standard precautions. Adult, child & infant CPR & Heimlich maneuver for choking victims. Video demonstration of CPR for all age groups with group manikin practice between video segments; Video demonstration of FBAO airway obstruction; Heimlich techniques for all age groups followed by group practice with participants pairing up for simulated practice for conscious adult & manikin practice for unconscious for all age groups. The certification is through ASHI, American Safety & Health Institute and it is valid for 2 years. All instructors are EMTs, RNs, Respiratory Therapists. They have all taught for many years. [www.cpr-etc.com](http://www.cpr-etc.com)

**Age: 11Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
Th	Nov 12	6:00pm-9:00pm	\$50R/\$55N	TLCC	27710



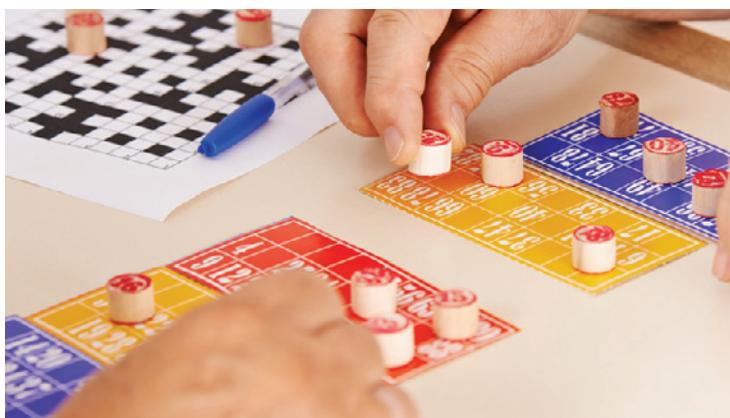
## VOICE-OVERS...NOW IS YOUR TIME!

### Live Online Course

In what could be one of the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more. Most people go about it the wrong way. In this class, you will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead. And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for. We encourage you to join us for one of our online, interactive classes which includes a live Q&A session. To participate in this class you will either need a computer which has speakers built in or you may participate via telephone. A webcam is not needed. Participants will be provided with log on information after registering and prior to the date of the class.

**Age: 18Y & Up**

DAY	DATE	TIME	FEE	LOC	COURSE
W	Oct 11	6:00pm-8:00pm	\$25R/\$28N	Online	27542
T	Nov 14	5:00pm-7:00pm	\$25R/\$28N	Online	27543



## Seniors

### San Rafael Goldenaires

The San Rafael Goldenaires Senior Citizen Organization meets at the San Rafael Community Center, 618 B Street. The club offers adults over the age of 62 the opportunity to meet & socialize with other people. Membership Fee: \$30 per year/\$9 badge (optional). Classes include three exercise programs, woodcarving, painting, mahjong, computer classes, bocce, bridge, and poker. Special events include monthly trips around the Bay Area, Reno, Indian Casinos, Broadway theatre productions, and extended tours throughout the state, country and Europe. Other events include monthly themed luncheons, dinner dances and a craft fair. For a brochure call 485-3348. Office hours are Monday through Friday, 9-3pm.

**BINGO GAMES** We offer weekly Bingo games with a hot meal provided by Good Earth Natural Foods on each Wednesday of the month, except the third Wednesday. Please call 457-4636 on the Thursday prior for a reservation. Lunch is served from 11-11:30am. Bingo to follow at 12 noon. There is a \$3 donation/\$6 donation for seniors under 60 years old. This program is made possible through funds from the Federal Older American Act and is administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services.

### Terra Linda Seniors

The Terra Linda Senior Citizen Organization meets at the Terra Linda Community Center, 670 Del Ganado Road from 9:30am-12:30pm every Tuesday. Activities include weekly bingo games and occasional luncheons and plenty of time to socialize. Adults 55 years and older are welcome to join the group for a fee of \$15 per year. For more information call 485-3344/3341.



# HOLIDAY Craft Fair

**Friday, November 3 • 11am-7pm**

Our annual Craft Fair will be held at the San Rafael Community Center. Handcrafted items from over 60 vendors are for sale. Snack Bar with refreshments and homemade baked goods available all day! Sponsored by the San Rafael Goldenaires Senior Citizen Organization.

*For more information call the San Rafael Goldenaires at 485-3348.*

**SAN RAFAEL COMMUNITY CENTER, 618 B ST, SAN RAFAEL**

## Albert J. Boro Community Center Multi-Cultural Older Adult Programs

Older adults of all ethnicities in Marin are welcome to come to the Albert J. Boro Community Center-Pickleweed Park where we provide one with opportunities for socialization and integration. The group meets every Wednesday from 11am-12pm. Special programs are sponsored by Whistlestop, San Rafael Community Services and the Marin County Division of Aging & Adult Services. Good Earth Natural Foods provides a hot, nutritional lunch program served at 12 noon for a donation of \$3 for those over 60 years of age and a \$6 fee for those under 60 years of age. Reservations for lunch may be made by calling 457-4636 by the Thursday before. This program is made possible through funds from the Federal Older American Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services.

Join in on the activities and meet new friends. Bring your ideas of what type of programs & 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 Whistlestop at 456-9062 or the San Rafael Community Services Department at 485-3341.

Additional multicultural programs are held at the Whistlestop which include: Spanish Discussion Group, Persian Social Club, German Social Club, French Social Club, ESL (English As A Second Language) Classes, Citizenship Classes, Spanish Class, Knitting & Jewelry Classes and Consultation Services.

## Special Events

### Sunday Dances

**September 24th, October 29th & November 26th • 2pm-5pm**  
(No dance in December) Tickets at the door \$10 p/p. Cost includes snacks, refreshments & raffle prizes. Open to the public. Come and enjoy the sounds of big band and pop music by THE MANNY GUTIERREZ BAND. Dances are held at the San Rafael Community Center, 618 B St. We offer plenty of parking, air conditioning, wooden floor & mixers. For more information call 485-3348.

### Mariachi Concert

**Thursday, September 21 • 2:00pm-3:30pm**  
San Rafael Community Center, 618 B St. San Rafael Goldenaires and Whistlestop invite you to enjoy an afternoon of Mariachi music. Please join us for live music, friendship & refreshments! All are welcome, please bring family members and friends! (Children 12 years and under free). Advanced registration recommended. \$8 p/p in advance, \$10 at the door. Tickets available at Whistlestop, 930 Tamalpais Ave, 456-9062 or at San Rafael Goldenaires, 618 B St, 485-3348. Refreshments: 2-2:30pm, Music Show: 2:30pm-3:30pm.

### Craft Fair

**Friday, November 3 • 11am-7pm**  
Our annual Craft Fair will be held at the San Rafael Community Center, 618 B St. Handcrafted items from over 60 vendors are for sale. Snack Bar with refreshments and homemade baked goods available all day! For more information call the San Rafael Goldenaires at 485-3348. Sponsored by the San Rafael Goldenaires Senior Citizen Organization.



## Craft Fair



# Travel

## Collette Tours

Come and explore the wonders of the world. San Rafael Goldenaires and San Rafael Community Services have planned many wonderful adventures for you to enjoy. Brochures are available by calling the San Rafael Goldenaires at 485-3348. The tours listed below are offered by Collette Vacations and Tours, Talbot Tours & Barbara's Travel. All trips INCLUDE air from SFO/Oakland, Air Taxes, Transportation to/from San Rafael to the airport and cancellation/waiver fees.

### Washington D.C.

**October 5 - 10, 2017**

Highlights: U.S. Capitol Building Tour, World War II Memorial, White House Visitor Center, Smithsonian, Arlington National Cemetery, Mount Vernon, Old Town Alexandria, Ford's Theatre, Washington National Cathedral

**Double:** \$2,499 **Single:** \$3,199 **Triple:** \$2,469

### America's Music Cities Holiday

**December 1 - 8, 2017**

Highlights: Historic RCA Studio B, Ryman Auditorium, Country Music Hall of Fame, Gaylord Opryland Resort, Holiday Dinner & Show, Belle Meade Plantation, Historic Distillery, Grand Ole Opry Show, Graceland, French Quarter, Choice of French Quarter Walking Tour or Panoramic Tour of New Orleans, Swamp Tour, New Orleans School of Cooking

**Double:** \$3,199 **Single:** \$4,009 **Triple:** \$3,169

### Taste of Vietnam

**January 25 - February 8, 2018**

Highlights: Reunification Palace, Mekong Delta, Hanoi, Water Puppet Theatre, Halong Bay, Hue, Hoi An

**Double:** \$4,399 **Single:** \$5,009

### Canyon Country

**April 12 - 20, 2018**

Highlights: Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas

## Talbot Tours:

### New Year's in Memphis at The Guest House at Graceland

December 29 - January 2, 2018.

### Southwest Adventure & Spring Training in Scottsdale, Sedona & The Grand Canyon!

March 5 - 11, 2018

### North Carolina & Outer Banks

September 16 - 22, 2018

### Upstate New York & Hudson Valley

October 6 - 12, 2018

Call the San Rafael Goldenaires for brochures and their monthly Newsette 485-3348.

# Don't be a Victim of Theft



The MOST important thing YOU can do is CALL THE POLICE to report a CRIME or any SUSPICIOUS activity. You have to be the eyes of your neighborhood. And remember you can always remain a pair of anonymous eyes! Light up your residence, lock your doors at all times, and call the Police when you see something suspicious.

For additional crime prevention tips or to arrange for a crime prevention specialist to attend a neighborhood association or group meeting, contact the **San Rafael Police Department – Community Engagement Unit (415)485-3114.**

### In your Home:

- Make your home look occupied, and make it difficult to break in. Install quality deadbolt locks on all exterior doors, and lock them. Make sure your door hinges are on the inside. Have adequate exterior lighting with motion sensors. Utilize timers on interior lights and contact the US Postal Service to put a hold on your mail or have a reliable neighbor pick it up for you. Never hide a key outside—they are easily found by burglars. Consider a security system with cameras and an alarm. Never post on Social Media that you are going away or that you are away from home. Post the pictures after you return!
- If you come home to find an unexplained broken window or door, do not go inside—the suspect could still be there. Call police and do not touch anything or clean up until the police have a chance to investigate.

### In your Car:

- Do not leave valuables in plain view :( GPS devices, lap tops, cell phones, tablets, wallets, purses). Do not leave windows or sunroof open. Do not leave doors unlocked. Do not leave keys in the vehicle. Do not leave the garage door opener in plain view. Do not leave items with personal information in plain view. Do not move valuable items to the trunk while in public view (burglars often watch parking lots for people securing items in the trunk.)



# Facility and Picnic Area Rentals



## Albert J. Boro Community Center

50 Canal Street, 485-3077

This beautiful facility offers state-of-the-art 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 425, assembly-style. 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.

## Falkirk Mansion

1408 Mission Avenue, 485-3328,

“The most beautiful wedding spot in San Rafael” This wonderful facility is a 19th century country estate listed on the National Register of Historic Places. The property consists of an 1888 Queen Anne Victorian, and a 1927 greenhouse as well as a gardener’s cottage situated on 11 acres of sloping lawns, sunny gardens and a wooded hillside. Located in downtown San Rafael, Falkirk is available to rent for weddings, private parties, fundraisers, business seminars and meetings. Renters have use of the main floor, a foyer, parlor, dining room and kitchen, as well as a large verandah, second floor dressing room and a lovely ceremonial garden. The house offers spacious sun-filled rooms with graceful curves, unexpected angles and an abundance of charming detail including floor to ceiling art glass windows and hand-crafted fireplaces. Maximum capacity is 125. Rates are seasonal and the facility is accessible for disabled persons. Falkirk is open for viewing Tuesday–Friday from 1-5pm and Saturdays from 10-1pm. Email: [falkirk.rentals@cityofsanrafael.org](mailto:falkirk.rentals@cityofsanrafael.org).

## Falkirk Reduced Rental Rates!

Falkirk has reduced its rental rates on Sundays to accommodate special events as well as weddings. If you’re planning you’re 50th birthday, a family reunion, reception or retreat, Falkirk might be just the place for you. Sunday rates have been reduced to \$100 per hour with a four hour minimum. For more info on all weekday and weekend rates, Email: [falkirk.rentals@cityofsanrafael.org](mailto:falkirk.rentals@cityofsanrafael.org).

## San Rafael Community Center

618 B Street, 485-3333, fax 485-3186

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, commercial-size 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 600 (assembled) 400 (seated) and 300 (dinner seating) can accommodate large groups. The adjacent kitchen contains four ovens, a large stove, refrigerator, sinks, ice machine and dishwasher. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons. For more information call the center.

## San Rafael Community Center - Kitchen

Is your kitchen being remodeled? Are you being displaced from the kitchen you usually use? If you need a kitchen for a day, month or longer, we can help. Rent the San Rafael Community Center kitchen for a day. The cost is only \$45/hour. Call 485-3333 to find out more.

## Terra Linda Community Center

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

This community center has three large clubrooms that can serve up to three different groups at one time or open up for a great peaceful facility for a wedding reception, baptism, birthday party, etc. Each individual clubroom can accommodate 30-40 people and the entire hall can accommodate up to 100 people. We provide chairs and tables at no additional cost. Close to the clubrooms is the kitchen with refrigerator, sink, oven and plenty of counter space for food preparation.

## Picnic Area Rentals

Picnic areas at Gerstle, Sun Valley, Santa Margarita, Terra Linda and Victor Jones Park may be reserved for group picnics, barbecues or children’s parties by contacting 485-3333. See our Picnic Area Rentals section for more details.

**PLEASE NOTE:** Alcohol is not allowed in any of our City parks except for the Redwood Grove at Gerstle Park with proof of liability insurance. Also, outside equipment such as tables, chairs or grills are not allowed unless previously approved. The Community Services – Parks and Recreation Department is working on allowing jumpers in designated areas but they are currently not allowed. Please check in with us when making your reservation to see if they will be available for your rental.

# Picnic Area Rentals

## Gerstle Park

Location: San Rafael Avenue @ Clark Street 3 rental areas are available.

**The Redwood Grove** picnic area accommodates 100-125 people and includes an arbor with two tables. Alcohol is permitted with pre-approval. Insurance is required.

**Areas 1 & 2** are adjacent to the playground and the basketball court. Area 1 accommodates 10-16 people and includes 1 BBQ & 2 tables. Area 2 accommodates 35-50 people and includes 1 BBQ & 6 tables.



## Santa Margarita Park (Terra Linda)

Location: Del Ganado Road to De La Guerra Road. Park at the end of De La Guerra.

The picnic area contains a grill and four tables for your event. There is also a basketball court along with two playgrounds. Restrooms are available. The picnic area accommodates 32-36 people.

## Sun Valley Park

Location: End of Solano Street

Sun Valley Park accommodates 24 people and is handicap accessible. There are three covered picnic tables for use. Basketball court, playground and large grassy area available for use. The Upper Gazebo Area is non-reservable.



## Victor Jones Park

Location: Enter on Robinhood or Maplewood Drive  
The Lower Area of Victor Jones Park has a shaded area near a basketball court and ball field. Two large grills available. The picnic area accommodates 60 to 70 people. The Upper Area accommodates 20 to 30 people, but does not have a grill



## Terra Linda Park (Terra Linda)

Location: 670 Del Ganado Road.

The picnic tables adjacent to the playground, along with a grill, are reservable. There is also a basketball court and a swimming pool next to the picnic area. Other grills and tables in the park are first come, first served.

## Pickleweed Park

Location: 50 Canal Street

Picnic tables and three large grills are available for use. The picnic area accommodates 80-96 people. This is a large park setting with a playground and a soccer field. Bathrooms are available.



# San Rafael Parks

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

Park	Ball Diamond	Grassy Area	Picnic/ BBQ	Tennis Courts	Pool	Bocce Courts	Basketball Courts	Playground	Other Facilities
Albert Park	●	●	●	●		●	●	●	Community Center, two Pickleball courts
Beach Park			●	●		●		●	A ship-shaped play structure for children, seating
Bernard Hoffman Field	●	●							
Boyd Park			●					●	Hiking
Bret Harte Park			●				●	●	
Freitas Memorial Park		●	●	●				●	Water feature
Gerstle Park		●	●	●			●	●	Open space
Jean and John Starkweather Shoreline Park									3-mile walkway on the waterfront
Jerry Russom Memorial Park									Open space, walking trail, picnic table and a creek
Munson Park									
Oleander Park		●	●					●	
Peacock Park		●	●	●				●	Par course, hiking
Pickleweed Park		●	●				●	●	Community Center
Santa Margarita Park			●				●	●	Open space
Schoen Park			●					●	
Sun Valley Park		●	●				●	●	
Terra Linda Park		●	●		●		●	●	Community Center
Victor Jones Park	●		●				●	●	Volleyball, shuffleboard, hiking
Terra Linda Community Garden									Garden
Canal Community Garden									Garden

# Terra Linda Community Pool

670 Del Ganado Road (415) 485-3344(office)  
 (415) 485-3346(pool)  
 terralindapool@cityofsanrafael.org  
<https://www.livelifelocally.org/departments/pools/>

## Terra Linda Community Pool Daily Admission

Adult San Rafael Resident (16 & older)*	\$5
Adult Non-Resident (16 & older)*	\$9
Youth San Rafael Resident (12 months - 15 years)	\$4
Youth Non-Resident (12 months - 15 years)	\$7
Swim Punch Card 15 Admissions Resident	\$67
Swim Punch Card 15 Admissions Non-Resident	\$71

\* Proof of San Rafael Residency or employment in San Rafael Required.

## Fall Swim Lessons Monday & Wednesday

Session 1: 8/14, 8/16, 8/21, 8/23	
Level 1	3:30-4:00pm 26811
Level 2	4:05-4:35pm 26861
Level 3	4:40-5:10pm 26904
Level 4	5:15-5:45pm 26943
Session 2: 8/28, 8/30, 9/6	
Level 1	3:30-4:00pm 26812
Level 2	4:05-4:35pm 26862
Level 3	4:40-5:10pm 26905
Level 4	5:15-5:45pm 26944

## Terra Linda Fall Swim Program

In the fall swim program all competitive swim strokes, turns and finishes will be taught & reviewed. The fall swimming program will allow your child to continue to work on their technique and stamina. This program will allow summer league swimmers a little more pool time before the winter break. No Class Thursday's and no class on Labor Day, Sept. 4. Prorated classes are available at a different fee (\$10/class) but must be done in advance and through the Terra Linda Community Center office. Coach: Tim Baker

### Age: 8Y & Under

DAY	DATE	TIME	FEE	LOC	COURSE
M-W,F	Aug 21-Sep 29	3:15pm-3:45pm	\$140R/\$154N	TLCC	27738

### Age: 9Y-10Y

DAY	DATE	TIME	FEE	LOC	COURSE
M-W,F	Aug 21-Sep 29	3:45pm-4:30pm	\$140R/\$154N	TLCC	27739

### Age: 11Y & Up

DAY	DATE	TIME	FEE	LOC	COURSE
M-W,F	Aug 21-Sep 29	4:30pm-5:30pm	\$140R/\$154N	TLCC	27740

## Schedule Details

**Shared Space:** Classes/Programs may be going on during Lap/Public Swim Times.

**Mighty Medly:** Largest water inflatable with slide in Marin. All users must be able to pass a swim test to use the Water Inflatable. Minimum age is 6 years through adults. Please call for specific hours the Water Inflatable will be open.

**Swim Tests:** A swim test is required for swimmers who want to use the Water Inflatable or swim in deep water. Test consists of swimming one length (25 yards) of the pool demonstrating comfort in the water and strong enough to swim the entire distance without stopping. Swimmers do not need to have perfect form but must be able to demonstrate rotary breathing.

**Tot Pool:** The tot pool is open for non-swimmers under the age of 6. The Tot Pool opens earlier than public swim but is only for non-swimmers. Swimmers and children 6 and older are not allowed in the tot pool. Adult supervision is required.

**Swim Diapers:** Children 3 & under, who are not potty trained are required to wear an approved swim diaper. Swim suits that provide a snug fit around the child's legs can be worn over a disposable swim diaper. A re-usable swim diapers can be worn alone or over a disposable swim diaper.

**Child Rest Period:** A child rest period is called on the hour, every hour starting the second hour of public swim. Children under the age of 16 are required to be out of the main pool during this time. Depending on weather and attendance, a child rest period will be called based on the discretion of staff. The rest period is to encourage children to take a potty and rest break. Please help us ensure patron safety by reminding children to use the bathrooms and to take a break from swimming. Parents with children 3 & under may use the pool during this time to work on water adjustment and swimming skills. A parent must be in the water with the child or the child will be asked to leave the water.

## Water Exercise

### Aqua Zumba

Aqua Zumba is a pool party you wouldn't want to miss! It is dance in the water with Zumba styles such as Salsa, Mambo, Cha-Cha and more. This class is low impact with high energy and every step helps tone your muscles. Aqua Zumba is combined with fast and slow rhythms and has a natural resistance that the water creates. Come burn calories while having fun!

**Age: 13Y & Up**

**Terra Linda Pool**  
**June 20-September 26**  
 Tuesdays 10-11am

**Hamilton Pool**  
**June 22- August 31**  
 Thursdays 9:15-10:15am

### WaterGym

WaterGym™ is a fun, sports-oriented water aerobics workout that teaches you to use water as a powerful gym. You'll mimic sports workouts & exercises in the water, such as running, biking, weight lifting and kick boxing, without impact or wear & tear on your joints! You'll get the benefits of weights, aerobics and stretching all in one workout, while focusing on calorie burning and improving all 5 aspects of physical fitness. \$12 drop-in. No class on Holidays. For more info visit [watergym.com](http://watergym.com) or call 388-5099.

**Terra Linda Pool:**  
 May 1 - September 27  
 Mon & Wed, 10-11:00am

**Hamilton Pool:**  
 June 13 - August 29  
 Tue, 9:30-10:30am

# Terra Linda Pool Schedule

For a PDF of the monthly calendar, please go to: [www.livelifelocally.org/pool-schedules/](http://www.livelifelocally.org/pool-schedules/)

**POOL IS CLOSED FROM 9:45AM-11:00AM ON AUGUST 17, 24 AND 31.**

## AUGUST 1- 13, 2017

### Adult Lap Swim Hours

#### Monday - Thursday

6:00AM – 9:45AM  
11:00AM - 12:30PM  
5:30PM – 7:30PM

#### Friday

11:00AM – 6:00PM

#### Sat & Sun

8:00AM – 11:30AM

### Swim Lessons

#### Monday -Thursday

10:30AM – 12:15PM

### Public Swim Hours

#### Monday - Thursday

12:00PM – 7:30PM

#### Friday- Sunday

11:00AM – 6:00PM

### Mighty Medley Water Inflatable

#### Monday - Friday

1:00PM – 5:00PM

#### Saturday- Sunday

12:00PM – 5:00PM

### Tot Pool Hours

#### Monday - Thursday

10:00AM – 7:30PM

#### Friday- Sunday

8:00AM – 6:00PM

### WaterGym®

#### Monday & Wednesday

10:00AM – 11:00AM

### Zumba

#### Tuesday

10:00AM – 11:00AM

## AUGUST 14 - 31, 2017

### Adult Lap Swim Hours

#### Monday - Thursday

6:00AM – 9:45AM  
11:00AM – 12:30PM  
5:00PM – 7:00PM

#### Friday

11:00AM – 6:00PM

#### Sat & Sun

8:00AM – 11:30AM

### Public Swim Hours

#### Monday - Thursday

12:00PM – 7:00PM

#### Friday- Sunday

11:00AM – 6:00PM

### Mighty Medley Water Inflatable

#### Saturday- Sunday

12:00PM – 5:00PM

### Tot Pool Hours

#### Monday - Thursday

10:00AM – 7:00PM

#### Friday- Sunday

8:00AM – 6:00PM

### WaterGym® Water Aerobics. \$12/drop-in

#### Monday & Wednesday

10:00AM – 11:00AM

### Zumba

Aqua Zumba. \$12/drop-in

#### Tuesday

10:00AM – 11:00AM

### Fall Swim Program Begins 8/21

#### Monday, Tuesday, Wednesday, Friday

3:15PM – 5:30PM

**No Fall Program on Thursdays**

# Terra Linda Pool Schedule

For a PDF of the monthly calendar, please go to: [www.livelifelocally.org/pool-schedules/](http://www.livelifelocally.org/pool-schedules/)

**POOL IS CLOSED AFTER 9:45AM ON THURSDAYS STARTING SEPTEMBER 7.**

## SEPTEMBER 1 - 29, 2017

### LIMITED Schedule for Labor Day, September 4

Adult Lap Swim 8:00AM – 11:30AM  
Public Swim Hours 11:00AM-6:00PM  
No other programs offered on this day

For a PDF of the monthly calendar, please go  
to: [www.livelifelocally.org/pool-schedules](http://www.livelifelocally.org/pool-schedules)

### Adult Lap Swim Hours

#### Monday - Thursday

6:00AM – 9:45AM  
11:00AM – 2:00PM  
5:00PM – 6:30PM

<b>Friday 8/1</b>	<b>Friday 8/8 – 8/29</b>	<b>Sat &amp; Sun</b>
11:00AM-12:30PM	11:00AM-2:00PM	8:00AM-11:30AM

### Public Swim Hours (No Thursday hours)

#### Monday & Wednesday

12:00PM – 6:30PM

#### Friday

1:00PM – 6:00PM

#### Tuesday

1:00PM – 7:00PM

#### Saturday & Sunday

11:00AM – 6:00PM

### Tot Pool Hours

#### Monday & Wednesday

11:00AM – 6:30PM

#### Friday

11:00AM – 6:00PM

#### Tuesday

11:00AM – 7:00PM

#### Saturday & Sunday

8:00AM – 6:00PM

### WaterGym® Water Aerobics. \$12/drop-in

#### Monday & Wednesday

10:00AM – 11:00AM

### Zumba Aqua Zumba. \$12/drop-in

#### Tuesday

10:00AM – 11:00AM

### Fall Swim Program

#### Monday, Tuesday, Wednesday, Friday

3:15PM – 5:30PM

**No Fall Program on Thursdays**



# Terra Linda/ Hamilton Pool

## Happy Fish Swim School Swim Lessons

We offer a wide variety of group and private swim lessons! The Happy Fish Swim School emphasizes fun and safety in the aquatic environment through guided instruction by a professional swim instructor. Why not make this the year you dive right into aquatics?

Group lessons are available for children as young as 6 months! Private and group weekend lessons begin as early as mid April and continue through the summer! Our intensive summer swim program starts June 12, 2017. 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.

Once your child has successfully demonstrated all required skills, he or she is eligible to move to the next level.

## Group Swim Lesson Fees

Parent Tot - Level 4	3 Day Session	\$34R/\$38N
Parent Tot - Level 4	4 Day Session	\$44R/\$48N
Level 5-7	3 Day Session	\$44R/\$48N
Level 5-7	4 Day Session	\$55R/\$60N



## Group Swim Lesson Policies

- If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level at no charge to you. During the lesson, Instructors may move your child up or down a level to accommodate your swimmer's abilities.
- If a level does not meet the minimum registration, we may combine levels of students with similar skill ability.
- Refunds, credits or transfers may be requested 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.
- If you are coming to the TL or Hamilton Pool for a group or private swim lesson, you may arrive at the pool fifteen minutes prior to the lesson and stay fifteen minutes after the lesson is over. If you or any one else in your party would like to stay and swim, you must pay the daily admission fee or have a season pass.
- Children who are 3 & Under or are not potty-trained must wear an approved Swim Diaper. Please see the Swim Diaper Policy section.
- Unfortunately, we can not take requests for specific Instructors for group lessons. If you would like a specific Instructor, please inquire about private lessons.



# Terra Linda/Hamilton Pool

## Happy Fish Swim School Level Chart

Level Name	Skills Practiced in Each Level	Skills Needed to Pass Level	Length of Class	Instructor/ Student Ratio
<b>Pink Puffer Fishies - Water Baby Advanced</b>	* Blowing bubbles, jumping, basic arm swim skills * Slight submersion practiced * Begins to swim with instructor * Songs & Games * Parent participation required * Best for kids 6 - 36 months * This is a water adjustment class, not a Learn To Swim program	* Child comfortable in water with instructor for short periods * Child must want to be there and has fun playing in the water	30	1:12
<b>Level 1 - Orange Octopi</b>	* 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 <b>with</b> instructor for entire class period * Child is excited & pushes the learning process to try harder	30	1:3
<b>Level 2 - Silver Sea Lions</b>	* Fundamental water skills and aquatic safety taught * Full Face Submersion Introduced * Floating Back & Front * Wall Push Offs on Back & 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 2 body lengths * Must be able to float on back & front unsupported	30	1:3
<b>Level 3 - Spring Green Stingrays</b>	* 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 3 times with bobs * Swims front crawl 2 body lengths * Able to push off wall on back and float 2 body lengths	30	1:3
<b>Level 4 - Jewel Blue Jellyfish</b>	* Builds swimming stamina * Begins work on treading water & 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 w/o kickboard * Able to swim backstroke 3 body lengths * Able to swim breaststroke 3 body lengths * Recognizable side-breathing	30	1:4
<b>Level 5 - Teal Tiger Sharks</b>	* 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	40	1:5
<b>Level 6 - Purple Piranhas</b>	* 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 inbetween * Provides skills needed to start a swim team	* Able to swim multiple laps during lesson with breaks inbetween * Swim strokes are all recognizable but need refinement * Able to maintain streamline and balance in water	40	1:6
<b>Level 7 - Rainbow Fish</b>	* Learns techniques for competitive swimming including racing dives, breathing strategies, turns & endurance practice * Provides students with additional Skills necessary to successfully start a swim team	* Able to swim multiple laps during lesson * Can successfully swim all 4 strokes, tread water for 3 min, dive and flip turn	40	1:6

# Hamilton Community Pool

203 El Bonito Rd. Novato CA 94949  
(415) 883-7126: Pool Phone  
(415) 485-3344: Terra Linda Community Center  
<https://www.livelifelocally.org/departments/pools/terralindapool@cityofsanrafael.org>

## Hamilton Community Pool Daily Admission

Adult San Rafael Resident (16 & older)*	\$5
Adult Non-Resident (16 & older)*	\$9
Youth San Rafael Resident (12 months - 15 years)	\$4
Youth Non-Resident (12 months - 15 years)	\$7
Swim Punch Card 15 Admissions Resident	\$67
Swim Punch Card 15 Admissions Non-Resident	\$71

\* Proof of Novato Residency or employment in Novato Required.

## Hamilton Pool Swim Lessons

### Fall Swim Lessons Wednesday & Thursday

#### Session 1: 8/16, 8/17, 8/23, 8/24

Level 1	3:30-4:00pm	26997
Level 2	4:05-4:35pm	27034
Level 3	4:40-5:10pm	27072
Level 4	5:15-5:45pm	27110

#### Session 2: 8/30, 8/31, 9/6, 9/7

Level 1	3:30-4:00pm	26998
Level 2	4:05-4:35pm	27035
Level 3	4:40-5:10pm	27073
Level 4	5:15-5:45pm	27111

## Schedule Details

**Shared Space:** Classes/Programs may be going on during Lap/Public Swim Times.

**Aqua Dash:** Largest water inflatable with slide in Marin. All users must be able to pass a swim test to use the Water Inflatable. Minimum age is 6 years through adults. Please call for specific hours the Water Inflatable will be open.

**Swim Tests:** A swim test is required for swimmers who want to use the Water Inflatable or swim in deep water. Test consists of swimming one length (25 yards) of the pool demonstrating comfort in the water and strong enough to swim the entire distance without stopping. Swimmers do not need to have perfect form but must be able to demonstrate rotary breathing.

**Swim Diapers:** Children 3 & under, who are not potty trained are required to wear an approved swim diaper. Swim suits that provide a snug fit around the child's legs can be worn over a disposable swim diaper. A re-usable swim diapers can be worn alone or over a disposable swim diaper.

**Child Rest Period:** A child rest period is called on the hour, every hour starting the second hour of public swim. Children under the age of 16 are required to be out of the main pool during this time. Depending on weather and attendance, a child rest period will be called based on the discretion of staff. The rest period is to encourage children to take a potty and rest break. Please help us ensure patron safety by reminding children to use the bathrooms and to take a break from swimming. Parents with children 3 & under may use the pool during this time to work on water adjustment and swimming skills. A parent must be in the water with the child or the child will be asked to leave the water.

## Water Exercise

### Aqua Zumba

Aqua Zumba is a pool party you wouldn't want to miss! It is dance in the water with Zumba styles such as Salsa, Mambo, Cha-Cha and more. This class is low impact with high energy and every step helps tone your muscles. Aqua Zumba is combined with fast and slow rhythms and has a natural resistance that the water creates. Come burn calories while having fun!

**Age: 13Y & up**

**Terra Linda Pool** – June 20-September 26 (no class July 4)  
Tuesdays 10-11am

**Hamilton Pool** – June 22-August 31 Thursdays 9:15-10:15am

### WaterGym

WaterGym™ is a fun, sports-oriented water aerobics workout that teaches you to use water as a powerful gym. You'll mimic sports workouts and exercises in the water, such as running, biking, weight lifting, and kick boxing, without impact or wear and tear on your joints! You'll get the benefits of weights, aerobics and stretching all in one workout, while focusing on calorie burning and improving all 5 aspects of physical fitness. WaterGym™ classes have been held in Marin County for over 25 years. Come join us! \$12 drop-in. No class on Holidays. QUESTIONS: visit [www.waterym.com](http://www.waterym.com) or call 388-509.

**Terra Linda Pool** - May 2-Sept 28  
Mondays & Wednesdays • 10-11:00am

**Hamilton Pool** - June 14-Aug 30  
Tuesdays • 9:30-10:30am

# Hamilton Pool Schedule

For a PDF of the monthly calendar, please go to: [www.livelifelocally.org/pool-schedules/](http://www.livelifelocally.org/pool-schedules/)

## AUGUST 1- 13, 2017

### Adult Lap Swim Hours

#### Tuesday & Thursday

6:00AM – 9:00AM

#### Monday - Thursday

10:30AM - 12:00PM

5:00PM – 7:30PM

#### Friday

11:00AM – 12:00PM

#### Sat & Sun

8:00AM – 11:30AM

### Swim Lessons

#### Monday -Thursday

10:30AM – 12:15PM

### Public Swim Hours

#### Monday - Thursday

12:00PM – 7:30PM

#### Friday

12:00PM – 6:00PM

#### Saturday & Sunday

10:30AM – 6:00PM

### Activity Pool Hours

#### Monday - Thursday

10:30AM – 7:00PM

#### Friday

11:00AM – 6:00PM

#### Saturday & Sunday

10:30AM – 6:00PM

### WaterGym® Water Aerobics. \$12/drop-in

#### Tuesday

9:30AM – 10:30AM

### Zumba \$12/drop-in

#### Thursday

9:15AM – 10:15AM

## AUGUST 14 - 31, 2017

### Adult Lap Swim Hours

#### Tuesday & Thursday

6:00AM – 9:00AM

#### Monday - Thursday

11:00AM 1:00PM

5:00PM – 7:00PM

#### Friday

11:00AM – 1:00PM

#### Sat & Sun

8:00AM – 11:30AM

### Public Swim Hours

#### Monday - Thursday

12:00PM – 7:00PM

#### Friday

12:00PM – 6:00PM

#### Saturday & Sunday

10:30AM – 6:00PM

### Activity Pool Hours

#### Monday - Thursday

11:00AM – 7:00PM

#### Friday

11:00AM – 6:00PM

#### Saturday & Sunday

10:30AM – 6:00PM

### WaterGym® Water Aerobics. \$12/drop-in

#### Tuesday

9:30AM – 10:30AM

### Zumba \$12/drop-in

#### Thursday

9:15AM – 10:15AM

# Hamilton Pool Schedule

For a PDF of the monthly calendar, please go to: [www.livelifelocally.org/pool-schedules/](http://www.livelifelocally.org/pool-schedules/)

**NOTE: Pool is closed September 5, 11, 12, 18 and 19**

**NOTE: Monday, September 4, Labor Day, will be on a weekend schedule**

## September 1 - 4

### Adult Lap Swim Hours

#### Friday

11:00AM – 1:00PM

#### Saturday - Monday

8:00AM – 11:30AM

### Public Swim Hours

#### Friday

12:00PM – 6:00PM

#### Saturday - Monday

10:30AM – 6:00PM

### Activity Pool Hours

#### Friday

11:00AM – 6:00PM

#### Saturday - Monday

10:30AM – 6:00PM



## September 6-22

### Adult Lap Swim Hours

#### Wednesday & Thursday

11:00AM - 2:00PM

5:00PM – 6:30PM

#### Friday

11:00AM – 2:00PM

#### Saturday & Sunday

8:00AM – 11:30AM

### Public Swim Hours

#### Wednesday & Thursday

11:00AM – 6:30PM

#### Friday

12:00PM – 6:00PM

#### Saturday & Sunday

10:30AM – 6:00PM

### Activity Pool Hours

#### Wednesday & Thursday

11:00AM – 6:30PM

#### Friday

11:00AM – 6:00PM

#### Saturday & Sunday

10:30AM – 6:00PM



# Legend

## Facilities

### Albert J. Boro Community Center

50 Canal Street San Rafael  
(415) 485-3077 Fax (415) 485-3186  
community.services@cityofsanrafael.org

### Falkirk Cultural Center

1408 Mission San Rafael (415) 485-3328  
falkirk.rentals@cityofsanrafael.org

### San Rafael Community Center

618 B Street San Rafael  
(415) 485-3333 Fax (415) 485-3186  
community.services@cityofsanrafael.org

### Terra Linda Community Center & Pool

670 Del Ganado Road San Rafael Office:  
(415) 485-3344  
Pool: (415) 485-3346  
Fax (415) 485-3345  
terralindapool@cityofsanrafael.org

## San Rafael City Council

**Gary Phillips**  
Mayor

**Maribeth Bushey**

**Kate Colin**

**John Gamblin**

**Andrew McCullough**

**Jim Schutz**  
City Manager

## Park and Recreation Commission

**Eric Holm**  
Chair

**Tom Oblatz**  
Vice Chair

**Mark Bustillos**

**Jeff Jones**

**Stacy Laumann**

**Mark Machado**

**Ralph Mihan**

**Cicity Emerson**  
Alternate Commissioner

## Community Services Department Staff

**Debbie Younkin**  
Interim Director

**Kelly Albrecht,**  
Senior Supervisor - Child Care

**Rochelle Grechman-Dibley,**  
Senior Supervisor - Youth Services

**Jason Fong,**  
Program Coordinator Youth Services

**Ashley Howe,**  
Senior Supervisor San Rafael  
Community Center & Athletics

**Steve Mason,**  
Senior Supervisor Albert J. Boro  
Community Center

**Tiffany Haley,**  
Program Coordinator Terra Linda  
Community Center & Aquatics Facility

**Risa De Ferrari,**  
Program Coordinator - Falkirk Cultural  
Center

**Laura Washburn,**  
Program Coordinator - Marketing

**Sharon Lange,**  
Bookkeeper - Child Care

**Ross Morrison, Juan Carlos Sorto**  
Custodians

## Administrative Assistants

**Becky Ordin**

**Lidia Que-Macedo**

**Mary Ryan**

**Jeannette Sotomayor**  
Office Assistant

## Phone Numbers To Know

### Senior Organization

Goldenaires Senior Organization  
485-3348

### Sports/Fields

Community Services Sports – Game  
Schedules, Rain check/field  
closures, Sports Check Line 485-3349

### Children's Centers

Coleman	485-3121
Dixie	485-3189
Venetia Valley	485-3105
Glenwood	485-3102
Mary Silveira	485-3190
Pickleweed	485-3101
Parkside Preschool	485-3388
Parkside School Age	485-3387
Vallecito	485-3103
Sun Valley	485-3350
Bookkeeper	485-3119
Bookkeeper Fax	458-5009

### Sports Groups

**St Isabella's/CYO Sports**  
507-2000

**Dixie Little League**  
[www.eteamz.com/DLLLL](http://www.eteamz.com/DLLLL)

**Dixie Youth Soccer League**  
<http://dixiesoccer.org>

**San Rafael Girls Softball**  
[www.maringirlssoftball.org](http://www.maringirlssoftball.org)

**San Rafael Little League**  
[www.eteamz.com/srll.org](http://www.eteamz.com/srll.org)

**San Rafael Youth Soccer**  
[www.sanrafaelsoccer.org](http://www.sanrafaelsoccer.org)

**Orca Swim Team**  
[www.tlorca.org](http://www.tlorca.org)

**Marin Bocce Federation**  
485-5583

**Pacifics Baseball**  
[www.pacificsbaseball.com](http://www.pacificsbaseball.com)

# Library Events & Activities

## Baby Time!

Tuesday Mornings @ 10:30-11am, with some breaks during holiday weeks. Please check <https://srpubliclibrary.org/events/> for the most up-to date information.

Baby Time! uses material from Mother Goose on the Loose, a fun-filled, thirty minute interactive session that uses rhymes, songs, puppets, musical instruments, and more to stimulate the learning process of babies and toddlers. Designed for children birth to 18 months with a parent or caregiver. Families must have at least one child aged 18 months or younger to participate.

## Family Storytime

Wednesday and Thursday Mornings @ 10:30-11am, with some breaks during holiday weeks. Please check <https://srpubliclibrary.org/events/> for the most up-to date information.

An action-packed storytime with stories, songs, fingerplays, puppets, flannelboard stories and Mother Goose. Perfect for children from birth to 5 years old, accompanied by a parent or caregiver.

## Stay and Play

Now after every Baby Time and Family Storytime we are offering 30 minutes of Stay and Play for children and their caregivers. All toys are brought to us with funds from the Friends of the San Rafael Public Library.

## Family Blanket Fort Storytime

Thursday Evenings @ 6-6:45pm, Dates TBA. Please check <https://srpubliclibrary.org/events/> for the most up-to date information.

Ideal for families with children birth to 8 years old. Join us for a cozy evening storytime at the Library and building blanket forts together. We'll provide the supplies, feel free to bring extra flashlights.

## Read to a Dog

Saturday @ 11am-12pm, Monthly, Dates TBA. Please check <https://srpubliclibrary.org/events/> for the most up-to date information.

Readers aged 5 and older are invited to book an appointment to read to a dog at the San Rafael Public Library! Dogs are ideal reading partners, providing comfort and unconditional acceptance that can allow children to focus better and read with greater confidence. The Marin Humane Society's SHARE a Book program is designed to help children improve their literacy skills, and to offer an opportunity for them to have fun reading – to dogs! Registration is required.

## Builders' Club

Dates and Times, TBA

Children ages five and older are invited to join us at Builders Club. We provide the Legos, you bring the ideas and imagination. Participants can both build freely and participate in a Lego Quest challenge. Registration is required.

## Reading Buddies

Dates and Times, TBA

Reading Buddies pairs adult and teen volunteers with children in 1st – 3rd grades for 20 minute appointments. During the appointment, the child will practice reading with their Reading Buddy one-on-one, and receive help and guidance with difficult words, comprehension, and other reading skills. We also have bilingual volunteers available who can help in both English and Spanish. Registration is required.

## Math Club

Dates and Times, TBA

Math Club will provide students in 4th – 7th grades the opportunity to practice and train their math skills in a fun and non-competitive atmosphere. They will work on the level-appropriate assigned work to strengthen their foundation and learn useful tricks. Registration is required.

## Volunteers Enhance the Quality of Life in San Rafael!

You too can participate: help in a City department, at events or in the Library, join a board or commission, spruce up parks and paths. Check out the many opportunities for you to be involved at [www.sanrafaelvolunteers.org](http://www.sanrafaelvolunteers.org)!



## Coastal Cleanup, Saturday, September 16th • 9am - 12pm

Every year volunteers all over the world converge on beaches, shorelines and inland waterways to pick up trash and remove dangerous debris. Considered the largest marine-related volunteer event in the world, Coastal Cleanup Day is a wonderful opportunity to lend a hand and make a significant difference where you live! Join us in San Rafael at one of our clean up locations along the Bay, the San Rafael Canal or Gallinas Creek. For more information visit [www.sanrafaelvolunteers.org](http://www.sanrafaelvolunteers.org)

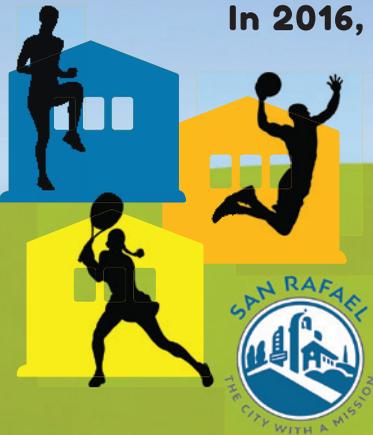


# Come Play With Us!

In 2016, San Rafael Parks & Recreation saw

**18,979** participants in **224** classes & programs at **3** community centers

- 2 community pools
- 2 soccer fields
- 1 theater
- 1 gymnasium
- 4 ball fields
- 18 community parks
- 7 afterschool sites
- 8 tennis courts
- 2 preschools
- 7 licensed childcare sites
- 1 cultural center (historic mansion)



## Swim, take a class, or check out our camps ...

Attendance at community pools

**74,753**



**268** private swim lessons

**1125** participated in aquatic classes/programs



**1030**

participants in **35** summer camps



**50**

adult classes



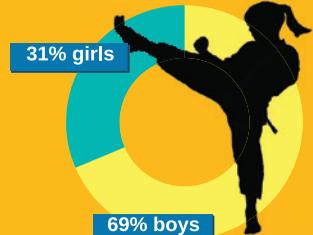
**892**

players on adult sports leagues



**1302**

attendees at **3** theater productions showcasing **142** performers



**373**

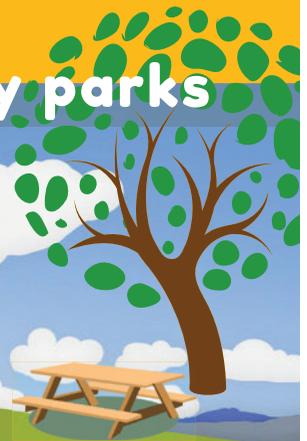
participants in martial arts programs



**1106** children were served through childcare services

## Have fun in our 18 great community parks

- 75.5 park acres
- 8 basketball courts
- 15 playgrounds
- 12 bocce courts
- 17 picnic & barbecue areas
- 2 community gardens
- 5 ball diamonds
- 1 water play feature
- 3 miles of waterfront pathway



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





# Program Registration Form

Albert J. Boro Community Center  
[community.services@cityofsanrafael.org](mailto:community.services@cityofsanrafael.org)  
 50 Canal St., San Rafael, CA 94901  
 Ph. (415) 485-3077 Fax (415) 485-3186

San Rafael Community Center  
[community.services@cityofsanrafael.org](mailto:community.services@cityofsanrafael.org)  
 618 B St., San Rafael, CA 94901  
 Ph. (415) 485-3333 Fax (415) 485-3186

Terra Linda Community Center/  
 Hamilton Community Pool  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)  
 670 Del Ganado Dr., San Rafael, CA 94903  
 Ph. (415) 485-3344 Fax (415) 485-3345

### Five Ways to Register:

1. Online: [www.livelifelocally.org](http://www.livelifelocally.org)
2. FAX
3. Mail to address above
4. Walk-In to address above
5. Email/Scan Registration Form

*If registering for Summer Camps/Theatre, please complete a Summer Camp/Theatre Registration form.*

### Quality Assurance

If after attending the first class, you are not happy with the quality of the program, please contact us right away. We welcome your feedback. If you call before the second class, we will give you a full refund or credit. There are no refunds or credits for non-attendance, one day workshops, trips or materials fees.

### Swim Lesson Transfers

Session transfers need to be requested at least two working days prior to the start of a session. Requests must be done in writing or in person at the Terra Linda Community Center.

Please fill out your information and sign the form below

Name of Primary Contact: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Hm Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_ Wk Phone: (\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_ (Used only for communication with you.)

Emergency Contact Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Contact Person's Relationship to Participant: \_\_\_\_\_

Participant's Name	Age/ D.O.B	Course Title	Course Code	Day/Time	Fee

Please note any allergies or medications: \_\_\_\_\_

**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 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 offices, and employees. 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 or my child have 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:** \_\_\_\_/\_\_\_\_/\_\_\_\_

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

INDICATE METHOD OF PAYMENT:  Cash  Check payable to City of San Rafael

Credit (VISA, MC, AMEX, Discover) Card *We will contact you to obtain your credit card information.*

# *Dickens' Family* **Victorian Holiday Party**

**Friday, December 1st • Festivities begin at 6:30pm**

Partake in a holiday treat as you go back in time to Victorian England and meet Charles Dickens! Listen to him read from his famous works, watch his characters come alive - look out for Scrooge - meet and greet the true Father Christmas, play Victorian parlor games, dance and sing with our Victorian family and make traditional holiday crafts. Light food and drink will be served. Come join us for a truly festive and fun family event!



**Falkirk Cultural Center, 1408 Mission Avenue | Tickets: \$7 Child • \$10 Adult**  
For tickets or more info visit [www.falkirkculturalcenter.org](http://www.falkirkculturalcenter.org)

## *Magic Toy Box* *Tea Party*

**SATURDAY, DEC. 9**

**SUNDAY, DEC. 10**

Falkirk Cultural Center  
1408 Mission Avenue

Two seatings at 12pm & 3pm

The second weekend in December is a magical holiday tour de force at our elegant Queen Anne Victorian with an old-fashioned afternoon tea for families. This event is hosted by the Cultural Affairs Service League and takes place inside the house with antique tea settings, live music and fun activities. Homemade tea sandwiches and sweets are served, along with hot tea, hot chocolate, and other beverages. Children are encouraged to bring their favorite teddy or other life-like toy (and parent or grandparent!) for a Holiday tea to remember.

Bring your camera and dress up for fun for an elegant child-friendly afternoon. Activities often include life-sized Toys, a fun raffle and opportunities for photos with your bears and friends (bring your camera!). Get your reservations early as space is limited.

**TICKETS: \$24 CHILDREN • \$28 ADULTS**

\*Adult and child together are \$50

For tickets and more info visit [www.falkirkculturalcenter.org](http://www.falkirkculturalcenter.org)





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**THEATRE PERFORMANCES FOR THE WHOLE FAMILY**

Journey 'Under the Sea' with Ariel and her aquatic friends in Disney's Little Mermaid Junior adapted from Disney's Broadway Production and the Motion Picture. Featuring Academy Award winning music and lyrics, this show is an enchanting look at the sacrifices we all make for love. Directed by Sharon Boucher.

**PLEASE CHECK**  
**WWW.LIVELIFELOCALLY.ORG**  
**FOR SHOWTIMES & TICKET INFORMATION**