

SAN RAFAEL

ACTIVITIES GUIDE | SPRING 2019



Camps Registration
begins March 1
page 8

Get fit this spring with
dance, yoga and pilates
Pages 25

See what's going
on at Falkirk
page 6



COMMUNITY SERVICES
www.livelifelocally.org



Earth Day at the Library

SATURDAY, APRIL 20 • 11:00-2:00PM
on the Library Lawn

Celebrate Earth Day with games and activities at the library. Take part in a recycling relay, have all your tricky recycling questions answered, learn about composting with Zero Waste Marin, find out how to make your home more efficient with Rising Sun Energy Center, and much more. Free for all ages.

SAN RAFAEL PUBLIC LIBRARY
1100 E Street • (415) 485-3321

BALLROOM *Dances*

SUNDAYS:

FEBRUARY 24

MARCH 31

APRIL 28

MAY 26

2:00-5:00PM

Tickets at the door
\$10.00
per person

Come and enjoy the sounds of big band and pop music by **The Manny Gutierrez Band**. We offer plenty of parking, air conditioning, a wooden floor and mixers.

For more information
please call
(415) 485-3348



SAN RAFAEL COMMUNITY CENTER, 618 B ST.

2ND FRIDAY

Art Walk

downtown San Rafael, 5-8pm



**2019 ART
WALK DATES:**

March 8

April 12

May 10

June 14

FREE EVENT FOR ALL AGES!

Enjoy galleries, open studios, art exhibits, live music and refreshments throughout downtown San Rafael on the second Friday of each month. For venue listings, visit www.awdartwalk.com during the week of the Art Walk.

Family Storytime

**TERRA LINDA COMMUNITY CENTER
&
SAN RAFAEL LIBRARY**

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





What you'll find inside

- 4 **General Plan 2040**
- 5 **Message from City Manager**
- 6-7 **Falkirk Cultural Center**

8-11 **Camps**

12-14 **Preschool**

15 **School-Age Child Care**

16-19 **Youth & Teens**

20 **Are You Prepared for a Wildfire?**

21 **Come Teach with Us**

22-28 **Adult**

29-30 **Seniors**

31 **Facility Rentals**

32 **Picnic Area Rentals**

33 **San Rafael Parks & Facilities**

34-35 **Library Events & Activities Youth**

36-37 **Library Events & Activities Adults**

38-48 **Aquatics**

49 **How to Register**

50 **Activity Registration Form**

Community Centers

Albert J. Boro Community Center

50 Canal Street

(415) 485-3077

community.services@cityofsanrafael.org

San Rafael Community Center

618 B Street

(415) 485-3333

community.services@cityofsanrafael.org

Terra Linda Community Center & Pool

670 Del Ganado Road

Office: (415) 485-3344

Pool: (415) 485-3346

terralindapool@cityofsanrafael.org

Cultural Center

Falkirk Cultural Center

1408 Mission

(415) 485-3328

falkirk.rentals@cityofsanrafael.org

Location Codes

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

IMPORTANT REGISTRATION DATES

ONLINE REGISTRATION

Begins at 8:30am on February 11, 2019

www.livelifelocally.org

WALK-IN REGISTRATION

Begins on February 19, 2019

Our Activity Guide can also be viewed online at:

www.livelifelocally.org

FOR ADDITIONAL REGISTRATION INFORMATION REFER TO PAGE 49



ON THE COVER

Kids have a great time at our Albert J. Boro Community Center's gymnasium where they enjoy playing in youth basketball leagues. Adults

and kids also enjoy the beautiful gym for volleyball, pickleball, adult basketball, the Kids Club after school program and rentals for events. Come visit us there soon!





SAN RAFAEL General Plan 2040

YOUR VOICE MATTERS!

HELP SHAPE THE FUTURE OF SAN RAFAEL



Participate online | Find upcoming workshops
CITYOFSANRAFAEL.ORG/2040

What is the General Plan?

California requires all cities and towns to develop a long-range plan, which must be periodically updated to incorporate new ideas and respond to new challenges. San Rafael's General Plan was last modified 15 years ago—it's time for an update!

The General Plan describes San Rafael's vision for its future, as well as policies to guide us toward that

vision. City Council, developers, local commissions, and City Staff all use the General Plan to make important decisions about what and how we build, how we manage traffic, and more.

We can't do this alone. Join us at a community workshop to share your concerns, your ideas, and your vision for our city's future!

HOUSING | TRANSPORTATION | LAND USE | DISASTER RESILIENCE | SUSTAINABILITY

Message from City Manager

The City of San Rafael has been taking wildfire prevention and preparedness very seriously. I wanted to give you a quick update and let you know how you can get involved because this is a topic that impacts all of us. Though in Marin we have not seen the catastrophic and destructive wildfires that took place in 2017 in the counties of Sonoma, Napa, and Mendocino and in 2018 in Butte County, we have experienced an unusually long and high-risk fire season due to several recent years of drought, high levels of extremely dry vegetation, and elevated summer temperatures.

In June 2018, a brush fire on San Rafael Hill burned 13 acres. With the help of about 80 firefighters from across the region, the fire was contained in three hours and there were no injuries or damages to structures. We're thankful for our first responders who quickly took action to keep our community safe.

Our Fire Department is proactively addressing wildfire risk. These measures include providing free vegetation inspections for residents; supporting and coordinating free community chipper days to dispose of cut vegetation; engaging and supporting communities seeking Firewise certification; regularly patrolling open space areas; and providing ongoing outreach and education at community events, homeowners association meetings, and City events. We also staff two open space rangers, who, along with other City staff, support our comprehensive vegetation management program. This program aims to reduce the risk of wildfire by addressing the enforcement of laws in open space areas and maintaining public property within the city limits. As part of this program, we actively engage our neighborhoods on how to maintain private property and prepare for the threat of wildfire.

The City is actively working on our efforts to tackle wildfire risk to ensure the safety of our community now and in the years to come. And to make that happen, we're developing new ideas on how to decrease the risk of wildfires. Most recently, our staff has been working on a Wildfire Prevention and Protection Action Plan. This plan includes a series of wildfire prevention goals, including updating the City's vegetation management standards, expanding existing wildfire prevention programs, and implementing new programs and projects.

Wildfire prevention will require bold steps and will require us to take action to protect ourselves, our homes, our businesses, our community, and each other. For more information on wildfire prevention, including updates on our progress, news, and to give feedback, visit www.cityofsanrafael.org/prepare-for-wildfire.

Your City Manager,

Jim Schutz



SAN RAFAEL
THE CITY WITH A MISSION

CITY OFFICIALS

Gary Phillips, *Mayor*
Andrew Cuyugan McCullough, *Vice Mayor*
Kate Colin, *Councilmember*
Maribeth Bushey, *Councilmember*
Andrew McCullough, *Councilmember*

CITY MANAGER

Jim Schutz

ASSISTANT CITY MANAGER

Cristine Alilovich

PARK AND RECREATION COMMISSION

Mark Bustillos
Jeff Jones
Stacey Laumann
Mark Machado
Tom Obletz
Kathryn Reisinger
Nicholas Skewes-Cox
Cicily Emerson (Alternate)

PLANNING COMMISSION

Barrett Schaefer
Mark Lubamersky
Jeffrey Schoppert
Berenice Davidson
Aldo Mercado
John (Jack) Robertson
Sarah Loughran

OFFICIAL CITY MEETINGS

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

Park and Recreation Commission meetings are held the third Thursday of each month at 7:00pm.

Planning Commission meetings are held the second and fourth Tuesday of each month at 7:00pm.

Falkirk Cultural Center

(415) 485-3328 • www.falkirkculturalcenter.org

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

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

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

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

Rental policies and rates are available online
www.livelifelocally.org/departments/falkirk-cultural-center/

Falkirk Art Gallery information is available at
www.livelifelocally.org/art-galleries/

Art Galleries

Our three spacious, light-filled galleries on the second floor of the mansion are open to the public and exhibit a variety of contemporary art throughout the year.

Call for Exhibition Proposals

Interested in proposing an exhibit or participating as an individual? Falkirk welcomes exhibition proposals on an ongoing basis. Send a brief, one-page description of the exhibition (at least three artists) explaining its overall theme and scope. Include at least two sample images in digital form, along with bios and any relevant information about the artists or the group you are representing. Most exhibits run Friday to Saturday for 5 weeks with 3-4 weeks between shows for room preparation and installation.

2019 Tentative Exhibit Schedule:

March 15- April 20
May 3- June 22
July 19- August 24
September 20- October 26
November 15- December 21

Email proposal to: Falkirkart@cityofsanrafael.org
Website: www.livelifelocally.org/art-galleries/

Falkirk Gardens

The University of California Marin Master Gardeners, in partnership with the City of San Rafael, created six beautiful demonstration gardens for the public to enjoy. The Master Gardeners offer a monthly Continuing Education Talk and Demonstration, weekly and monthly volunteer opportunities, and host plant sales. A few of the sales to look forward to are California native plants, tomatoes, succulents and pollinators. www.livelifelocally.org/falkirk-gardens/

Garden Work Parties with the Experts

Every Monday, 10am-1pm

Garden Work Parties with the Experts

The UC Marin Master Gardener's hold work parties every Monday during the spring and summer at Falkirk Cultural Center. The public is welcome to join and work side by side with the experts in caring and maintaining the demonstration gardens.

Workshops & Educational Talks

Every 2nd Saturday monthly, 9am-12pm

UC Marin Master Gardeners offer a Continuing Education Talk and Demonstration each month at Falkirk Cultural Center. It's a wonderful way to learn, gain hands-on experience, meet other Master Gardeners, and simply enjoy the beautiful gardens.

NEXT TALK Saturday, May 4, 9:00am to 11:00am

Learn How to Propagate from Seed – This is a demonstration and hands-on workshop in the Greenhouse with Master Woody Reynolds. Find more details online at www.livelifelocally.org/falkirkgardens/

UPCOMING PLANT SALES

Saturday, April 13 - Native Plant Sale

Saturday, April 27 - Tomato Plant Sale

Saturday, May 11 - Succulent Plant Sale

Please look for more details on the Falkirk-Garden web page and on the Falkirk Cultural Center's Facebook page.

Events

OPEN MIC NIGHTS with Judy Hall & Friends

Mondays, February 11 & March 11
6:00pm-9:00pm

Falkirk is pleased to present two special open mic night events for musicians and singers. Pianist Judy Hall is available to accompany along with a special guest trio. Free to participate and listen, tips appreciated by performers. Events hosted in the mansion's Parlor room. We hope to see you there!

Marin Open Studios at Falkirk in May

Come meet the artists:

Saturday, May 4, 1:00pm-6:00pm

Sunday, May 5, 11:00am-6:00pm

Friday, May 10, 5:00pm-8:00pm-

Opening Reception & Art Walk Saturday,

May 11, 11:00am-6:00pm

Sunday, May 12, 11:00am-6:00pm



Albert Park Improvement Project

Construction began at the end of October 2018 and will include developing new play areas for preschool and school-aged children and replacing existing play equipment. The project includes adding new landscaping, safety fencing, drainage, resilient surfacing, and plumbing for a future restroom.

We look forward to seeing the space transform over the next few months from an underused space into a vibrant and inclusive play area. Project completion is on schedule for Spring 2019.

Be the Change! It's not too late to join the community fundraising campaign. So far the B Team, neighbors, and local businesses have contributed over \$45k toward the \$720k renovation project. Additional money will be put toward additional play amenities and a restroom. Donate online:

www.livelifelocally.org/albert-park-playground-donations/

Community Gardens

Canal Community Garden

Location: Corner of Bellam Blvd. / Windward Way, next to Picante Restaurant. Contact: (415) 485-3343 or Ashley.howe@cityofsanrafael.org for more information.

Join the Canal Community Garden wait list now! Garden plots are rented annually, beginning in January. Priority goes to gardeners wanting to continue to maintain existing plots or move to new plots, then open plots are offered to individuals and groups on the wait list. Gardeners are asked to participate in general chores and at least three community work days organized seasonally. Rates: Resident fee: \$70 full plot; \$35 half plot or accessible plot. Non-Resident fee: \$80 full plot; \$40 half plot or accessible plot.



Terra Linda Community Garden

Location: 380 Nova Albion Way.
Phone: (415) 485-3344 or
email: terralindapool@cityofsanrafael.org
The garden is located next to Dixie School District Administration offices. Plots are open to San Rafael Residents and plot size is either 225 square feet or 450 square feet. For more information or to be placed on the waitlist, please contact the Terra Linda Community Center.



Camps

CAMPS REGISTRATION BEGINS MARCH 1

Please check online at
www.livelifelocally.org/camps for updated
camp details, including times and dates.

Arts & Crafts

Carpentry for Kids Summer Camp

Carpentry for Kids is an education enrichment program for K-6 designed to teach boys and girls practical woodworking skills with an emphasis on the safe use of hand tools. These skills include measuring, fractions, sawing, drilling, rasping, fastening, sanding, shaping, and assembly. In the process of learning these skills, students will have an opportunity to create fun, functional and beautiful projects, and will be exposed to a variety of valuable concepts such as abstract reasoning, applied mathematics, problem solving, craftsmanship, fine motor skills, respect for tools, and patience. This rich opportunity for learning is created by the students' motivation to use tools, and create fun projects. Additional \$60 materials fee paid directly to instructor upon first day of camp. INSTRUCTOR Nat Davis and the Carpentry for Kids. Staff have been teaching carpentry skills to K-8 for 14 years and he established Carpentry for Kids in 2008.

Age: 5Y-13Y

San Rafael Community Center



Aquatics

Junior Lifeguard Camp

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

Age: 10Y-12Y

\$150R/\$165N | M-F | 9:00am-2:00pm

5823	6/24-6/28	Hamilton Pool
5824	7/8-7/12	Hamilton Pool
5825	7/15-7/19	Hamilton Pool
5826	7/22-7/26	Terra Linda Pool
5828	7/29-8/2	Terra Linda Pool
5829	8/5-8/9	Terra Linda Pool

Splash Camp

Summer camp and swim lessons all rolled into one. Games, arts and crafts, playground time, supervised pool time and sports all packed into a week full of fun in the sun. In addition children will receive four thirty minute swim lessons. Children will be assigned to a swim level and Instructor based on swimming experience. Please have your child pack a snack, lunch, swim suit, towel and closed toed shoes they can run in. Camp is held outside so please have your child wear and pack sunscreen.

Entering 1st grade to entering 2nd grade.

Terra Linda Pool

\$174R/\$191N | M-F | 8:00am-1:30pm

6240	6/17-6/21
6241	6/24-6/28
6242	7/8-7/12
6243	7/15-7/19
6244	7/22-7/26
6245	7/29-8/2



Cooking



Cooking Camp

Learn to chop, stir and sauté! Young Chefs will learn cooking techniques and skills to create a variety of dishes to share with friends and family. No need to bring a lunch or snacks to camp as campers will prepare their own food at camp and enjoy it during or at the end of the day! There will be an emphasis on healthy yet tasty foods and campers will take home their very own cookbook at the end of camp. INSTRUCTOR Cynthia Easterday has worked in after school programming for the last 10 years and recently began a new career as an elementary school teacher. Cooking has always brought about wonderful memories for her as a child, from helping her grandmother knead bread to creating holiday cookie baskets with her mom. She believes in the importance of guiding children through the joy of being creative in cooking with an emphasis on healthy choices and fresh foods.

Age: 7Y-12Y

San Rafael Community Center

Cooking Camp - Advanced

Already have some cooking camp experience under your belt and want to dive deeper? Learn more about creating your own dishes by choosing ingredients you want to use, learn the chemistry in cooking and baking, and build on prior knowledge in order to become a true master chef! Campers will be using chefs' tools and working around ovens and stove tops, so kitchen safety is a must. Join us on a culinary adventure! INSTRUCTOR Cynthia Easterday has worked in after school programming for the last 10 years and has recently begun a new career as an elementary school teacher. Cooking has always brought about wonderful memories for her as a child, from helping her grandmother knead bread to creating holiday cookie baskets with her mom. She believes in the importance of guiding children through the joy of being creative in cooking with an emphasis on healthy choices and fresh foods.

Age: 10Y-12Y

San Rafael Community Center

Good Times Camps

Kindergarten Camp

Kindergarten Camp is a fun-filled, child centered camp run by Kindergarten teachers. Our program is designed to introduce your child to the Kindergarten environment in a stress-free way that will build friendships and chase away the first day butterflies! Please note: these programs are offered for Kindergarteners enrolled in the following schools: Coleman, Glenwood, and Sun Valley. Please be sure to register your child in the camp where your child will be attending Kindergarten for the 2018-2019 School Year! In the camp session, we will provide fun projects and activities that will engage the imagination and promote creativity. With activity centers like letter and number practice, outdoor games, drawing and painting... there will be something for every child to do! The activities will vary greatly from day to day to keep the children excited and engaged!

Age: 4Y-6Y

Sun Valley Elementary School



Outdoor Adventures

Outdoor Adventures is a great way for your 'expert camper' to discover the unique features of the Bay Area. Our experienced camp counselors lead daily outings such as: Trips to favorite spots like Stinson Beach, Samuel P Taylor Park, Rebounderz Indoor Trampolines, Cal Skate, Scandia, and Exploring San Francisco. Outdoor Adventurers will meet each morning at the San Rafael Community Center, located at 618 B Street, and head out 'on location' for the camp day. Camp weekly itineraries will be available in early June and we will be offering some different trips this summer. Space is limited, register soon!

Age: 8Y-12Y

San Rafael Community Center

Imagination & Invention

Techsplosion - Minecraft Challenge

Spawn into the curious world of Minecraft! Learn the fundamentals of video game design as you create epic worlds with the help of your fellow campers and command-line coding in World-Edit, make awesome screen-casts like your favorite YouTubers, and during free time, compete in Minecraft Hunger Games, Sky Wars, and More. This is the Minecraft summer camp you've been waiting for! Please Note: there will be no camp held on Wednesday, July 4, 2018 in observance of Independence Day.

Age: 7Y-12Y

San Rafael Community Center

Techsplosion - Minecraft Animated

Get ready to use cameras and Minecraft characters to create amazing stop-motion animation movies. Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you'll have an opportunity to tell it at Minecraft, Animated. We'll create real-life sets as we learn about stop-motion animation (think Wallace and Gromit!), then film, edit, and upload our creations to YouTube.

Age: 5Y-7Y

San Rafael Community Center



Techsplosion - YouTube Stars

Do you get excited about trick shots, game reviews, vlogs, or something even cooler? At YouTube Stars, we'll work together to plan, film, edit, upload, and promote our own videos on YouTube! We'll learn how to use Android smartphones and readily available software to go from start to finish without using a computer. PARENT ACTION REQUIRED: Visit techsplosion.org/youtube to configure your child's YouTube channel and learn about how we keep your kids safe online.

Age: 7Y-12Y

San Rafael Community Center

STEM Exploration Camp

Incoming students in grades 1-3 will enjoy a variety of STEAM (Science, Technology, Engineering, Art and Math) activities. We will incorporate reading, math, science and even a little reader's theatre as we explore the chemistry of invisible ink, the engineering of #D structures, computer coding, snap circuits, ice orbs, crafting bath bombs, and other fun activities. INSTRUCTOR: Maribeth Davies has had over 15 years of classroom experience and specializes in multi-age instruction.

Age: 6Y-8Y

San Rafael Community Center

Language

Around the World in Spanish

Total immersion summer program in Spanish. All of our students will take a weekly journey to discover a variety of Latin American countries. When the student "arrives" in the designated country of the week, Spanish will be the only language spoken. All lessons, games, sports, entertainment, and even lunch time will be in Spanish. Camp is held at the beautiful Falkirk Mansion.

Age: 5Y-12Y

San Rafael Community Center

Sports & Games

Kick It Camp

Kick It Camp is four hours of soccer fun for campers ages 6-12. A typical day includes a warm-up, tag games, relay races, team building activities, and partner, individual and group activities concluding in a game of World Cup! Kick It Camp is a great way for your camper to build confidence and learn team work while improving their soccer skills. INSTRUCTORS: All Super Soccer Stars coaches share two passions: a passion for soccer and a passion with working with children. Within this frame work, our coaches bring an eclectic mix of talents and backgrounds: collectively, they are artists, musicians, teachers, students, and more. Such diversity allows each coach to bring a unique patience, energy, and creative flair to every class.

Age: 6Y-12Y

Albert Park Field

Marin Juniors Volleystart Summer Camp - Boro Gym

Come and join us at our 10th Annual Camp designed for incoming 2nd - 6th graders. This intensive, fast-paced camp that develops the skills and love needed for the game of Volleyball! We'll offer games, contests, prizes, and a bunch of other fun activities in the best coach to player ratio, 4-1, of any camp in Marin. Simply Marin's best volleyball camp! Instructors Led by former Championship winning UC-Berkley Head Men's Volleyball Coach and USA Indoor Professional League coach, Kevin Seeley, and assisted by head Women's coach at College of Marin and former College standout, Lisa Gera.

Age: 7Y-12Y

Albert J. Boro Community Center

\$395R/\$435N

6314	M-F	6/24-6/28	9:00am-3:00pm
6315	M-F	7/8-7/12	9:00am-3:00pm



Marin Juniors Elite Volleyball Camp - Boro Gym

This camp is designed for Incoming 5th - 6th graders. Intensive Skills and Advanced Fast-Paced Play for Club Level Volleyball players only. This camp has age/grade groups specifically set up for each camp. Instructors led by former Championship winning UC-Berkeley Head Men's Volleyball Coach and USA Indoor Professional League coach, Kevin Seeley, and assisted by Head Women's Coach at College of Marin and former college standout, Lisa Gera.

Age: 10Y-12Y

Albert J. Boro Community Center
\$400R/\$440N

6316 M-F 7/22-7/26 9:00am-3:00pm

Sun Valley Summer Camp

Join Coach Jackson for Dodge Ball, Soccer, Water Pistols, Tag Games and a Pizza Lunch on Fridays! The focus of this camp will be on sportsmanship and teamwork, personal athletic growth, confidence and body control. Instructor Jackson Lombardi is the PE Instructor at Sun Valley School.

Age: 5Y-12Y

Sun Valley Elementary School

Z-Experience Fishing Camp

This program offers boys and girls a chance to enjoy and explore the wonder of the outdoors. The camp is for fishing enthusiasts who would like to learn or improve on basic / advanced techniques for fishing Lakes, Ocean and Bay waters. Campers will be hiking to remote fishing spots and endure rugged conditions to find that trophy fish! One day of camp will be spent on the 50-foot New Rayann, a chartered fishing boat fishing the Bay or Ocean! The total fees for this course have increased to \$550 (residents of San Rafael) due to the raised cost of the boat charter and materials fees. INSTRUCTOR Zane Wiley has worked with children for 40 years. He is currently the Athletic Director and Physical Education teacher at Brandeis Marin. Zane has developed and directed youth programs all over Marin County and the Bay Area.

Age: 8Y-15Y

San Rafael Community Center



Personal Growth

Babysitter University

Babysitter University is geared for those who are entering 6th to entering 8th grades. Become a role model for children! This camp is an action-packed week where you will learn skills that can help you become a great babysitter! At the end of the week you will be American Red Cross certified in Babysitter Training including Pediatric First Aid and CPR. In addition, in this course we will learn how to safely build your babysitting business as well as how to facilitate a safe play environment, prevent accidents, and respond to emergencies. We'll cover basic caregiving, age appropriate games, play and activities. We will also learn First Aid and CPR for Infants and Children, both of which will make you a knowledgeable babysitter. Games, team building exercises and plenty of fun in the sun! Course fee includes handbook, CD-Rom to keep for future use and reference. Participants must pass a written and skills test to be certified in First Aid and CPR.

Age: 11Y-13Y

Terra Linda Community Center
\$175R/\$192N | M-F | 8:30am-1:30pm

5990 6/24-6/28

5991 7/8-7/12

5992 7/15-7/19



Preschool

Arts and Crafts

Jumping Jacks

San Rafael Community Center

Jumping Jacks is an hour-long class that consists of activities that encourage creative movement, balance and hand-eye coordination. These activities are done in a high-energy, fun-filled atmosphere. The first half of each class is free play-parents/caretakers are expected to have fun interacting with their child/children. The last half hour of class is group time...have fun dancing with scarves, playing with the parachute and of course popping bubbles! INSTRUCTOR Jason Foote. Call 485-3333 for details! Drop-in fee is \$10. No class 4/18.

Tuesdays and Thursdays

Jump-up Class: 9:30-10:30am is for children crawling to 26 months

High Jump: 10:45-11:45am is for children 26 months-4 years

Fees: 6 classes for \$56, 12 classes for \$92.

Enroll a sibling and receive a 25% discount..

Jumping Jacks Art and Sensory Workshop

San Rafael Community Center

Come and get messy at this fun first art class with all of your Jumping Jacks friends! We 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 Theresa Odisio is a mom and 2nd grade teacher who has been teaching for five years. She also has more than 10 years of experience with children's recreation programs. Drop-in fee is \$10. No class 4/12.

Age: 18M-4Y

Fridays 9:30am-11:00am

Fees: 6 classes for \$56, 12 classes for \$92.

Enroll a sibling and receive a 25% discount.



Athletics

Sports Kick and Play Caregiver/Child Participation Class

Kick and Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi and Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast! Parent participation required. *Please pay a \$15 materials fee directly to Super Soccer Stars staff at the start of classes. No class 4/21

Age: 12M-24M

San Rafael Community Center - Albert Park Grass Area

\$225R/\$248N

6288

Su

3/10-5/19

9:50am-10:30am

Soccer Development Class for 2-3 years old

Every 2-3 year old Super Soccer Stars class includes an introduction to physical activities, rich language exposure, and movements such as running, hopping, jumping and changing directions. The focal point of this age group is to improve your child's natural development through our fun, physical learning experience allowing your child to improve their natural ability. *Please pay a \$15 materials fee directly to Super Soccer Stars staff at the start of classes. No class 4/21.

Age: 2Y-3Y

San Rafael Community Center - Albert Park Grass Area

\$225R/\$248N

6289

Su

3/10-5/19

10:35am-11:15am

Soccer Development Class for 3-5 years old

The focal point of this age group is for your child to become comfortable with the ball by developing soccer skills such as dribbling, shooting and the introduction of passing. Every class includes dynamic activities, which involve dribbling technique, and moves to promote confidence with the ball. The primary focus will be body movement with the ball and your child will be introduced to juggling and other skill-building activities. The concepts of teammates and teamwork are also introduced. *Please pay a \$15 materials fee directly to Super Soccer Stars staff at the start of classes. No class 4/21.

Age: 3Y-5Y

San Rafael Community Center - Albert Park Grass Area

\$225R/\$248N

6290

Su

3/10-5/19

9:00am-9:45am

Dance

Ballet Classes by Jacqueline Lowe

The ballet classes below are taught by Jacqueline Lowe who has taught ballet and creative dance to children and adults for almost 40 years throughout schools in Marin and San Francisco. In 2008, Jacqueline opened the Joy of Dance Ballet School. Her teaching style supports each child's technical growth in ballet while also taking care to preserve the child's own special way of moving. She teaches classical ballet with discipline, focus, creativity, and FUN to sustain a child's natural "Joy of Dance." Jacqueline supports every child to their fullest potential. Using her professional background as a modern/ballet dancer, as well as a choreographer, she has choreographed many creative and beautiful recitals to showcase her young dancers' talents.

Earliest Ballet/Mommy & Me

This Mommy/Daddy/Caregiver and ME!" class is a toddler's dance class designed to give you and your toddler a creative, fun way to dance together in the studio and at home. This class is a wonderful introduction to creative movement, improvisation, and rhythm. These wee ones will have a safe, fun, and exciting introduction to dance, and will develop basic comprehension of movement choreographed to music. This class helps develop fine and gross motor skills that are so important and also creates in your child a curiosity and excitement for dance. * There will be a recital held at the end of the season with an additional \$75 performance fee payable to the instructor, which covers administration, programming, props, costume procurement and maintenance costs. No class 4/9.

Age: 2Y-3Y

Terra Linda Community Center
\$234R/\$244N

5022 Tu 2/5-6/4 9:45am-10:30am



Ballet/Creative Dance

This ballet class is designed to give your young child a wonderful introduction and strong foundation in classical ballet technique with an emphasis on musicality, rhythm, and placement. In this class, students will refine their skills in marching, skipping and leaping, and learn short ballet combinations and choreography. This class is appropriate for children new to ballet and those with previous ballet experience. * There will be a recital held at the end of the season with an additional \$75 performance fee payable to the instructor, which covers administration, programming, props, costume procurement and maintenance costs. No class 4/9.

Age: 3Y-4Y

Terra Linda Community Center
\$234R/\$244N

5023 Tu 2/5-6/4 10:45am-11:30am



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 and Karate. He has taught children and 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.

Age: 3Y-4Y

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

4965

Tu/Th

3/5-4/25

4:15pm-4:45pm



Language

Canta Conmigo

To learn a second language was never so fun!! Join our Family Spanish class, Canta Conmigo! designed for kids 1- 4 years old with parent or guardian participation. During the session we will provide tools to parents to encourage the use of Spanish outside of the classroom. This 45-minute class will allow families to interact with Spanish through songs, stories, games and engaging activities. This class is for either first introductions to the language, or to help native, Spanish-speaking families foster continued use of the language. INSTRUCTOR Guadalupe is originally from the Bajío region of Mexico and is the founder of Early Childhood Spanish program of Colors of Spanish. She holds a master in Spanish Language with an emphasis in Early Language acquisition and has pursued numerous music and movement training as she has learned the benefits of this as a vehicle to language learning.

Age: 1Y-4Y

San Rafael Community Center Program
\$132R/\$145N | M | 9:30am-10:15am

6349

4/15-5/20



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.

Registration Information

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

Coleman Children's Center

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

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



WE'RE HIRING!

Make a difference and come work for the
City of San Rafael Child Care Division

www.livelifelocally.org/child-care-jobs/

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



Youth

Arts & Crafts

Terra Linda Ceramics at the Terra Linda Community Center

The following ceramics classes are taught by Nadia Tarzi-Saccardi, an award winning ceramic artist from Marin County. Originally from Europe, she first studied ceramics and sculpture thirty-five years ago in Strasbourg, France. Her focus on the history of ceramics led her to study and publish on the archaeology of Central Asia, with an emphasis on Buddhist Studies. For the last 10 years, she has been teaching ceramics to adults and children across the Bay Area and through the Terra Linda Ceramics program.

Clay Time

Explore this exciting approach to art. Students learn about slab building, coiling, sculpture and glaze application. A new project is demonstrated each session and individual expression is encouraged. Beginning and advanced students are welcome. A \$20 material fee is due to the instructor at the first class. Sign up early as class size is limited. No Class 4/9.

Age: 6Y-8Y

\$55R/\$61N

4935	Tu	3/12-4/16	3:30pm-4:25pm
4936	Tu	5/14-6/11	3:30pm-4:25pm

Mud Masters

Join this artistic group of preteens who love creating in clay. Students will learn slab building, coiling and sculpting. A new project is demonstrated each class and individual expression is encouraged. There will be many opportunities to explore glazing. All levels are welcome. Sign up early class size is limited. A \$20 material fee is due to the instructor during the first class. No Class 4/9.

Age: 9Y-13Y

\$70R/\$77N

4938	Tu	3/12-4/16	4:30pm-6:00pm
4939	Tu	5/14-6/11	4:30pm-6:00pm

Hang Out With Clay-Teen Class

This after school program is designed to give middle and high school youth the opportunity to express and explore their creative ideas through the amazing medium of clay. Students will be taught all the techniques that they need to create what they imagine and will be encouraged to develop their own style. There will be many opportunities to explore glazing and surface decorations as well as working on a portfolio if desired. Sign up early class size is limited. A \$20 material fee is due to the instructor during the first class. No class 4/1 & 5/27.

Age: 13Y-17Y

\$85R/\$92N

4940	M	3/11-4/15	4:30pm-6:00pm
4941	M	5/13-6/17	4:30pm-6:00pm

Canal Arts at Albert J. Boro Community Center

Canal Arts

Arts and crafts projects for the whole family! Join us in the Albert J. Boro Community Center Art Room from 10:30am-12:30pm on 3/9 & 4/13 for food, art and music! This program is brought to you by the Canal Youth and Family Council and the San Rafael Community Services Department. Each class will feature a different art project or holiday theme. **FREE TO ALL PARTICIPANTS.**

Programa gratis! Cada clase presentará un proyecto de arte diferente. Las clases se ofrecerán cada Segundo Sábado del mes, de 10:30am-12:30pm el 3/9 & 4/13 para comida, arte y música 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 Concilio de Jóvenes y Familias del Canal y el Departamento de Servicios Comunitarios de San Rafael.

Athletics

Soccer Development Class

The focal point of this age group is to improve your child's elementary capacity through fun games, technical skill development and group activities like small-sided games to goals. Every Kindergarten-1st Grade Super Soccer Stars class emphasizes spatial awareness, engaging with teammates, and encouraging teamwork. Repetitious ball skill activities are used to promote muscle memory and build confidence. Located at the San Rafael Community Center Albert Park Grass Area. *Please pay a \$15 materials fee directly to Super Soccer Stars staff at the start of classes. No class 4/21

Age: 5Y-7Y

San Rafael Community Center

\$225R/\$248N

6291	Su	3/10-5/19	11:20am-12:20pm
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Dance

Ballet Classes by Jacqueline Lowe

The following ballet classes are taught by Jacqueline Lowe who has taught ballet and creative dance to children and adults for more than thirty-eight years throughout schools in Marin and San Francisco. In 2008, Jacqueline opened the Joy of Dance Ballet School. Her teaching style supports each child's technical growth in ballet while also taking care to preserve the child's own special way of moving. She teaches classical ballet with discipline, focus, creativity, and FUN to sustain a child's natural "Joy of Dance." Jacqueline supports every child to their fullest potential. Using her professional background as a modern/ballet dancer, as well as a choreographer, she has choreographed many creative and beautiful recitals to showcase her young dancers' talents.

Ballet

This children's dance class provides comprehensive ballet training. There is an emphasis on developing core strength through proper alignment and posture. These are all necessary building blocks to ensure a child's safety as the choreography becomes more sophisticated. Through repetition and encouragement, students will build an understanding of the fundamental principles of ballet. The children will learn creative, beautiful, and fun choreography and will be encouraged to reach her or his highest potential. These dance lessons are appropriate for children new to ballet and those with previous ballet experience. *There will be a recital held at the end of the season with an additional \$75 performance fee payable to the instructor, which covers administration, programming, props, costume procurement and maintenance costs. No class 4/9.

Age: 5Y-6Y

Terra Linda Community Center
\$234R/\$244N

5026

Tu

2/5-6/4

3:00pm-3:45pm

Primary Ballet/Modern Dance I and II

This dance class is designed for your older children and provides a solid foundation in the principles of classical ballet and modern dance focusing on technique with an emphasis on musicality, rhythm, and placement. The children will learn creative, beautiful, and fun choreography and will be encouraged to reach her or his highest potential. These dance lessons are appropriate for children new to ballet/modern dance and those with previous dance experience. *There will be a recital held at the end of the season with an additional \$75 performance fee payable to the instructor, which covers administration, programming, props, costume procurement and maintenance costs. No class 4/9.

Age: 6Y-8Y

Terra Linda Community Center
\$234R/\$244N

5027

Tu

2/5-6/4

4:00pm-4:45pm

YOUTH SPORTS GROUPS

For more information about local teams & leagues, contact one of our community partners.

Dixie Little League www.eteamz.com/DTLLL

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

Marin Juniors Volleyball www.marinjuniors.com

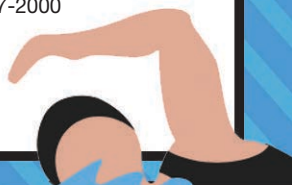
Orca Swim Team www.tlorca.org

San Rafael Girls Softball www.maringirlssoftball.org

San Rafael Little League www.eteamz.com/srll.org

San Rafael Youth Soccer www.sanrafaelsoccer.org

St Isabella's/CYO Sports 507-2000



Children's Flamenco Dance Class

Feel the rhythms clapping and stamp your feet to flamenco guitar, move your arms to build strength, 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. Option is to continue classes for a Spring 2019 children's performance. Instructor Biography: Andrea La Canela has performed in Spain, Mexico, New York City, North Carolina, Oregon, in addition to 25 years in California for a lifetime flamenco career. She taught in dance studios throughout California featuring her lessons for children and adults, beginners to professional. She 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 taught in Marin for two years. Information contact Andrea 805-708-2621. No class 4/10.

Age: 5Y-10Y

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

6286	W	3/6-4/17	4:00pm-4:45pm
6287	W	4/24-5/29	4:00pm-4:45pm



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.

Age: 4Y & Up

Canal Karate Youth age 4, 5 and 6 years old, 5:00-6:00pm
Canal Karate Beginning, age 7 years to adult, is from 6:00-7:00pm
Canal Karate Intermediate (Blue & Green Belts) is from 7:00-8:00pm
Canal Karate Advance (Brown & Black Belts) is from 8:00-9:00pm.
Classes are taught primarily in Spanish.

Albert J. Boro Community Center
\$70R/\$77N

4817	Tu/Th	3/19-4/25
5426	Tu/Th	4/30-6/6

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 Age 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. No class 4/1

Age: 4Y-6Y

\$122R/\$134N

San Rafael Community Center

6292 M/W 3/4-4/24 3:30pm-4:00pm

Terra Linda Community Center

4967 Tu/Th 3/5-4/25 4:45pm-5:15pm



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 Life Skills, 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 class 4/1.

Age: 7Y & Up

\$149R/\$163N

San Rafael Community Center

6293 M/W 3/4-4/24 4:00pm-4:45pm

Terra Linda Community Center

4977 Tu/Th 3/5-4/25 5:15pm-6:00pm

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 concepts in addition to technical skills. The building blocks for our system are the life skills, 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 \$40 uniform fee is due to the instructor. No class 4/1.

Age: 7Y & Up

\$149R/\$163N

San Rafael Community Center

6294 M/W 3/4-4/24 4:45pm-5:30pm

Terra Linda Community Center

4979 Tu/Th 3/5-4/25 6:00pm-6:45pm



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. Speak to your instructor for more details. A \$40 uniform fee is due to the instructor.

Age: 7Y & Up

Terra Linda Community Center

\$149R/\$163N

4981 Tu/Th 3/5-4/25 6:45pm-7:30pm



Theater

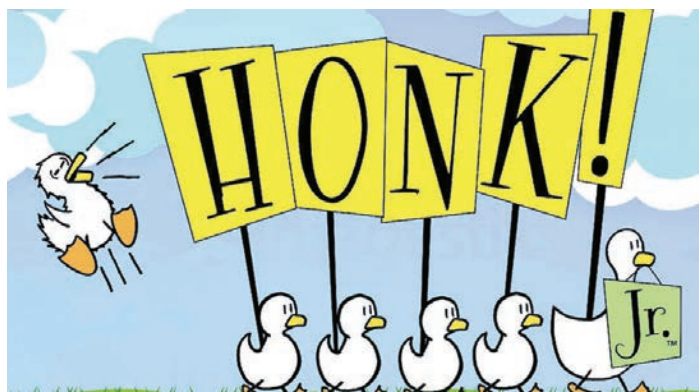
Happy Lane Cabaret presents HONK! No class 4/9, 3/22, 2/19, 3/19, 4/12, 2/22.

Age: 10Y-14Y

San Rafael Community Center

\$400R/\$420N

6284 Tu/F 1/15-5/3 3:15pm-5:00pm





BUILD DEFENSIBLE SPACE

Defensible space is essential to improve your home's chance of surviving a wildfire. It's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it. This space is needed to slow or stop the spread of wildfire and it protects your home from catching fire – either from direct flame contact or radiant heat. Defensible space is also important for the protection of the firefighters defending your home.

MULTIPLE ZONES MAKE UP THE

REQUIRED 100 FEET OF DEFENSIBLE SPACE: THE HOME IGNITION ZONES



*Remove all dead vegetation property wide.

IMMEDIATE ZONE: 0-5 feet "Structure Ignition Risk"

- 1 - Remove all leaves and needles, especially from the roof and gutters. Repeat often during fire season.
- 2 - Remove any combustible outdoor furniture.
- 3 - Remove all Bamboo, Juniper, Acacia and Italian Cypress within 15 feet of all structures.
- 6 - Trim trees 10 feet from chimney.
- 2 - Install metal mesh over

INTERMEDIATE ZONE: 5-30 feet "Lean, Clean & Green"

- 4 - Remove or space Bamboo & Junipers.
- 7 - Accessory structures require defensible space too.
- 4 - Create horizontal spacing between shrubs and trees. (See diagram)
- 4 - Cut or mow annual grass down to a height of 3 inches or less.
- Relocate wood piles into Zone 2. (See diagram)

EXTENDED ZONE: 30-100 feet* "Reduced Fuels"

- 5 - Cut annual grasses to a height of 3 inches.
- 4 - Create horizontal spacing between shrubs and trees. (See diagram)
- 9 - Create vertical spacing between grass, shrubs and trees. Limb low branches.
- 5 - Ground coverings (mulch) for erosion control should be no more than 3 inches deep.
- 8 - Remove vegetation over roadways to a height of 13 feet & 6 inches.

*Some properties should treat 200 feet

SUMMERTIME SAFETY TIPS:

Pool Safety

Watch children at all times. Do not rely on flotation devices for children. Have a phone close by. Teach children to swim. Have kids swim in pairs. Install a fence around the pool, self-closing gates, & alarms. Educate the children on how to get help and dial 9-1-1.

Barbecue Safety

Before using a grill, check all connections with the fuel tank and the fuel lines. Never add fluid to an already lit fire. Keep all matches and lighters away from children. Supervise children around outdoor grills. Douse hot coals in water and never dispose of coals in plastic, paper, or wood containers.

Fireworks Safety

Fireworks are illegal to use anywhere in Marin County. Enjoy watching them at this year's Marin County Fair!

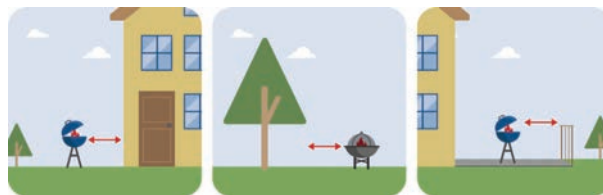
Personal Health Safety

Stay well hydrated and re-apply sun block often for UV protection. Stay informed - go to AlertMarin.org

Above all, please do not hesitate to call **9-1-1** in an emergency. We never close and are always here to help.

For the online form and to learn more, please visit www.cityofsanrafael.org/vegetation-management/

For questions or assistance, please call the **San Rafael Fire Vegetation Management Division** at **(415) 485-3308**



Reminder: Grills are never allowed on balconies or patios of multi-family units, this is including all apartment buildings in San Rafael.





Come teach with us!



Do you have a class you'd like to teach? If you can offer your skills in arts, sports, dance, drama, science, fitness or some other unique or interesting experience for our community, please contact us.

The process is simple. Go to our website and fill out the proposal form. We'll contact you and talk about how we can work together. We look forward to meeting you!

Learn more at www.livelifelocally.org/instructors

Adult

Arts and Crafts

Acrylic Painting Tole

Open lab for acrylic painters. This is an opportunity to paint and be inspired by other painters. LAB DIRECTOR Shirley Macpherson has held classes at the Terra Linda Community Center for more than 25 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. Four of her original designs are part of the permanent collection of the Smithsonian Institute. For more information please call the Terra Linda Community Center at 485-3344. Drop in \$5.

Age: 18Y & Up

Fridays 9:30-12:30pm

Lab is weekly September 14th- May 31st

Drop-In fee \$5.00 per class
Terra Linda Community Center

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. Students may expect to purchase textbooks, tools, and additional supplies. Beginning and continuing students at all levels are welcome to attend this course. 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. No class 5/17

Age: 18Y & Up

San Rafael Community Center
\$250R/\$262.50N

6248	F	4/19-6/28	11:00am-2:00pm
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Terra Linda Ceramics at the Terra Linda Community Center

The following ceramics classes are taught by Nadia Tarzi-Saccardi, an award winning ceramic artist from Marin County. Originally from Europe, she first studied ceramics and sculpture thirty-five years ago in Strasbourg, France. Her focus on the history of ceramics led her to study and publish on the archaeology of Central Asia, with an emphasis on Buddhist Studies. For the last 10 years, she has been teaching ceramics to adults and children across the Bay Area and through the Terra Linda Ceramics program.

All Levels

Learn how to sculpt, slab build, use drape and push molds, make decorative plates, bowls, boxes, mosaics tiles, jewelry and more. Wheels are available for students with prior knowledge of throwing, wheel demonstrations are given on request. We offer a wide selection of low fire clays and beautiful low fire glazes, under glaze, stains, cold finishes and more. We also provide opportunities for specialty firings, such as luster, decals, and pit fires. Students are welcome to participate in bi-yearly student shows. Bring a notebook and \$25 materials fee to instructor at the first class. Sign up early-class size is limited. No Class 4/9 and 4/11.

Age: 18Y & Up

\$145R/\$160N | 8 classes

4952	Tu	3/12-5/7	6:30pm-9:30pm
4960	Th	3/14-5/9	6:30pm-9:30pm

\$115R/\$125N | 6 classes

4953	Tu	5/14-6/18	6:30pm-9:30pm
4961	Th	5/16-6/20	6:30pm-9:30pm

Intermediate/Advanced

Learn how to sculpt, slab build, use drape and push molds, make decorative plates, bowls, boxes, mosaics tiles, jewelry and more. Wheels are available for students with prior knowledge of throwing, wheel demonstrations are given on request. We offer a wide selection of low fire clays and beautiful low fire glazes, under glaze, stains, cold finishes and more. We also provide opportunities for specialty firings, such as luster, decals, and pit fires. Students are welcome to participate in bi-yearly student shows. Bring a notebook and \$25 materials fee to instructor at the first class. Sign up early as class size is limited. *To enter an Intermediate/Advanced class, students must have had a minimum of one class with Nadia or Susan and their consent. No class 4/9 and 4/10.

Age: 18Y & Up

\$145R/\$160N | 8 classes

4945	Tu	3/12-5/7	9:00am-12:00pm
4955	W	3/13-5/8	6:30pm-9:30pm

\$115R/\$125N | 6 classes

4946	Tu	5/14-6/18	9:00am-12:00pm
4956	W	5/15-6/19	6:30pm-9:30pm

Terra Linda Ceramics-Advanced

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 as class size is limited. No class 4/10. INSTRUCTOR Susan Hontalas has a BFA from S.F. Art Institute in Ceramic Sculpture and has shown her work in the Bay Area, Marin, and San Francisco. Susan has been teaching ceramic sculptures at the Terra Linda Community Center for 25 years. Intermediate/Advanced classes must have one session of Ceramics with Susan and her consent to enroll. No class 4/10.

Age: 18Y & Up

Terra Linda Community Center
\$145R/\$160N | 8 classes

4914	W	3/13-5/8	9:00am-12:00pm
\$115R/\$125N 6 classes			
4915	W	5/15-6/19	9:00am-12:00pm

Terra Linda Ceramics Lab

Ceramics lab is offered to those students who are enrolled in Nadia's and Susan's ceramics classes. There is no instruction given during the open lab. Bring your own tools and clay. Consent of instructor is required. Lab fees are \$2.25 per hour. Please purchase a lab card in the Terra Linda Community Center office prior to attending lab.

Ten -hour lab card-\$22.50

Five-hour lab card-\$11.25

DAY	DATE	TIME
W	3/13-5/22	12:00pm-3:00pm
Th	3/14-5/23	10:00am-2:00pm
F	3/15-5/24	1:00pm-4:00pm

Watercolor in Action

Learn to mix clean and 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 and 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 have received numerous awards at national and international shows. Her work was published in The National Magazine, Watercolor Magic and Best of Watercolor. She has been teaching in Marin for more than 20 years.

Age: 18Y & Up

Terra Linda Community Center
\$110R/\$120N

5814	M	4/8-5/13	10:30am-12:30pm
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Athletics



Pickleball at Albert J. Boro Community Center

Pickleweed Drop-in Pickleball

Pickleweed Pickleball is a great way to hone your game while making new friends. Have fun exercising while playing the fastest growing sport in America.

February-March: Tuesdays & Thursdays 2:00pm-3:30pm
(excluding holidays) \$5 per day, payable at the door

Intro to Pickleball

Come learn the fastest growing sport in America! Pickleball combines many elements of tennis, badminton and ping-pong. It's played on a badminton-sized court with a slightly lower tennis net, a solid paddle and a plastic ball with holes. It can also be played as doubles or singles. Learn how to play pickleball, the basic rules, serve, return of serve, ground strokes, volley, lob, and position on the court. Fun and easy to learn-join us! Drop-in fee is \$25.

Age: 18Y & Up

\$80R/\$88N

4823	Tu	3/5-3/26	1:00pm-2:00pm
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Intermediate Pickleball

Improve dinking, ground strokes, volleying, working on 3rd shot drop and strategies of game situations. Drop-in fee is \$25.

Age: 18Y & Up

\$80R/\$88N

4829	Th	3/7-3/28	1:00pm-2:00pm
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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 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Contact the Center at 485-3077 for exact days and times.

Marin Bocce Federation

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

Computers

iPad/iPhone 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

Terra Linda Community Center
\$65R/\$72N

5939	Tu	5/7 & 5/14	10:00am-12:00pm
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iPad/iPhone Basics 2: Essential Apps for Adults

Need a refresher for using your iPhone or iPad? Are you using the latest iOS? 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! A perfect sequel to the 'Getting To Know Your Device' class.

Age: 18Y & Up

Terra Linda Community Center
\$65R/\$72N

5940	Tu	3/12 & 3/19	10:00am-12:00pm
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Tech Tips for Transportation

Want to get around without driving? Your Smart Phone, tablet and computer are great tools for getting rides! In partnership with Marin Transit, this is a 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. We will even help you 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.

Age: 18Y & Up

Terra Linda Community Center
\$10R/\$10N

4963	Tu	2/26-3/5	10:00am-12:00pm
5938	Tu	4/16 & 4/23	10:00am-12:00pm

Dance

Joy of Dance

This women's dance class is designed to bring joy and ease of movement. We'll explore different dance styles from belly dance to African. Come enjoy a dance class where you can make friends and be part of a community. Enjoy learning new dance styles and have fun while learning the basics. 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 415-497-4714 or email selias49@aol.com. Drop-in \$11.

Age: 15Y & Up

Terra Linda Community Center
\$60R/\$66N

5937	M	4/15-5/20	7:15pm-8:15pm
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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: 18Y & Up

Terra Linda Community Center
\$70R/\$77N

4903	M	2/25-3/25	6:00pm-7:00pm
5796	M	4/8-5/20	6:00pm-7:00pm



Fitness

Awareness through Movement

Experience a sense of vibrancy as you lie on the floor exploring gentle movement sequences. Be surprised at how well you walk, reach turn and bend easily, painlessly. Improve your balance, flexibility, coordination and well being. 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 23 years and teaching Awareness Through Movement classes since 1995. A guild certified Feldenkrais practitioner, Celeste's great joy is in supporting people in learning to move with ease and grace, utilizing group classes or one-on-one private lessons. Drop-in \$12. No class 5/24

Age: 14Y & Up

San Rafael Community Center
\$60R/\$72N/\$12D | 6 classes

6269 F 3/8-4/12 12:30pm-1:30pm

\$50R/\$60N | 5 classes

6270 F 4/26-5/31 12:30pm-1:30pm



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. Classes are taught in Spanish, but everyone is welcome to join this fun, energetic class! Instructor Anderson Espinoza has been teaching this course for the past six years and has had a great turnout. No class 3/28 and 5/27

Age: 18Y & Up

San Rafael Community Center
\$50R/\$55N

6276 M/W/Th 3/4-3/28 7:00pm-8:00pm

6277 M/W/Th 4/3-4/29 7:00pm-8:00pm

6278 M/W/Th 5/1-5/30 7:00pm-8:00pm

Jazzercise

Get To Know The New Jazzercise! Dance Mixx classes are held ongoing at both the San Rafael and Terra Linda Community Centers. Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes cardio calories with strength training. Fresh moves and music transform your body while boosting your mood and energy. Check out www.Jazzercise.com or San Rafael Jazzercise on Facebook! For more information, contact Tina at tinaljazz@gmail.com or (415) 246-7139.

Age: 18Y & Up

Terra Linda Community Center

Monday/Wednesday/Friday, 9:15am-10:30am
Thursday 9:00am-10:00am

San Rafael Community Center

Tuesday/Thursday, 6:15pm-7:15pm
Saturday 8:30am-9:30am



Yoga, Stretch, Pilates and Posture Classes by Dot Spaet

The following yoga, stretch and Pilates classes are taught by Dot Spaet who has taught fitness for 15 years and holds certifications in personal training, core conditioning, stretching, flexibility, yoga, Pilates, functional muscle training, stability ball, kinetic anatomy and others. She believes fitness should be accessible and that everyone deserves to feel fantastic. For more information, visit www.getoutofbackpain.com.

Basic Stretch Class

This class is designed for people who get hurt in yoga, and for whom Pilates is too hard. If you're feeling stiff, try this class! Everyone gets individual attention; it's almost like a semi-private training class. The instructor addresses your particular issues. Not designed for drop-in but students can try the first class for a \$20 fee.

Age: 15Y-80Y

Terra Linda Community Center
\$139R/\$153N

4908	W	3/6-4/24	4:30pm-5:45pm
5757	W	5/1-6/26	4:30pm-5:45pm

Careful Yoga

This class is for you if you have an injury or challenge that prevents you from going to regular yoga classes, such as cranky hips, knees, back, neck, shoulders, asthma, or arthritis. The instructor teaches at multiple levels so there is usually a modification that can work for you and she provides individual attention. Students learn which moves are good for them and which are not. Beginner/Intermediate level. Drop-in fee is \$17. No class 4/1 and 5/27.

Age: 15Y-80Y

Terra Linda Community Center
\$109R/\$120N

4910	M	3/4-4/29	4:30pm-5:45pm
5756	M	5/6-6/24	4:30pm-5:45pm

Develop Your Own Yoga Routine; Learn to do Yoga on Your Own

Rather than a regular class, this class is semi-private instruction to give you your very own routine that you can do at home. During a four-week period the instructor will go over Yoga basics: postures, breathing, a bit of meditation, and will figure out the best poses for you. You'll end up with your very own individualized routine. Limited to 8 people. This is close to private instruction at a fraction of the cost.

Age: 25Y-75Y

Terra Linda Community Center
\$139R/\$153N

4985	W	3/6-3/28	1:00pm-2:00pm
5758	W	4/3-4/24	1:00pm-2:00pm
5759	W	5/1-5/29	1:00pm-2:00pm

Posture Clinic

Take this two hour workshop and learn specific tools, moves and tricks you can do to change your posture back towards upright. If you have lost any height, sometimes, over time, you can regain it. Learn exactly what it takes to keep your body posture upright, beautiful and youthful. This workshop is both informative and experiential. Many who undertake this work find their friends commenting on how much better their posture is! Come join us to help yours. Strap included. Added bonus: these moves tend to also help neck and shoulder pain!

Age: 15Y-85Y

Terra Linda Community Center
\$39R/\$43N

5798	Th	3/21	12:00pm-2:00pm
5799	Th	4/25	12:00pm-2:00pm
5800	Th	5/30	12:00pm-2:00pm

Therapeutic Pilates Mat Class for Back Pain (or not)

Pilates is one of the best overall fitness modalities out there. This particular class has a therapeutic aspect to it. Class is focused on making sure our bodies are balanced, strong and flexible. We specifically focus on what it takes to heal back, neck, hip and shoulder issues while strengthening the core. There are modifications for each exercise as well as individual attention to address most issues. Please bring a mat or a large towel if you have one. Drop-in \$17. \$20 discount if enrolled in both Monday and Wednesday Pilates. No class 4/1 and 5/27.

Age: 15Y-75Y

Terra Linda Community Center
\$109R/\$120N

4912	M	3/4-4/29	7:00pm-8:15pm
5755	M	5/6-6/24	7:00pm-8:15pm

Beginning Pilates Mat Class by Nancy Fox

If you haven't been exercising enough or are a little afraid to even start, Pilates is for you; you'll be amazed at how quickly you'll feel it! If you're already in good shape, adding Pilates will make a difference to whatever you do-hiking, tennis, mountain biking, skiing-resulting in a higher level of performance just by having better core strength. Classes are taught on multiple levels so it remains a challenge as you progress without being overwhelming. Please bring a mat or a large towel if you have one. INSTRUCTOR: Nancy Fox has been a certified Pilates instructor for over 8 years and teaches mat Pilates in Marin County. Drop-in fee is \$15.

Age: 15Y-75Y

Terra Linda Community Center
90R/\$99N

4983	W	3/6-4/24	6:30pm-7:45pm
5797	W	5/1-6/26	6:30pm-7:45pm

Yoga for Health / Yoga para la Salud

Yoga is an ancient form of exercise that helps the body and mind stay strong, flexible and balanced. There are a growing number of studies that show how yoga can help with symptoms associated with arthritis, chronic pain, hypertension, anxiety and depression. This class will be an introduction to some gentle yoga poses that help stretch and strengthen the body. We will also focus on breathing and centering practices that help calm and focus the body and mind. This class is appropriate for people new to yoga as well as those who are more advanced. It will be taught bilingually, in English and Spanish. Please bring a mat and a towel, if possible. \$8 drop-in fee.

Yoga es una forma antigua de ejercicio que ayuda al cuerpo y a la mente a mantenerse fuertes, flexibles y equilibrados. Hay un número creciente de estudios que muestran cómo el yoga puede ayudar con los síntomas asociados con la artritis, el dolor crónico, la hipertensión, la ansiedad y la depresión. Esta clase será una introducción a algunas posturas suaves de yoga que ayudan a estirar y fortalecer el cuerpo. También se enfocará en las prácticas de respiración y meditación que ayudan a calmar y enfocar el cuerpo y la mente. Esta clase es apropiada para personas nuevas en yoga, así como para aquellas que están más avanzadas. Será enseñado bilingüe, en inglés y español. Por favor traiga un tapete y una toalla, si es posible.

Age: 18Y & Up

Albert J. Boro Community Center
\$36R/\$40N

5666	Sa	3/9-4/13	9:00am-10:00am
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Games

Duplicate Bridge

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

Age: 18 & Up

Terra Linda Community Center

For questions, please call Peggy Tatro at (415) 492-1784 or visit www.marinbridge.com.

DAY	DATE	TIME	FEE
M, W, Th, F, Su	Ongoing	12:00pm-3:30pm	\$10

Evening Bridge

DAY	DATE	TIME	FEE
W	Ongoing	6:00pm-9:30pm	\$10

For questions, please call Hannah Kishi at (310) 799-0996 or visit marinbridge.com

Albert J. Boro Community Center

Director-Michael Hartnett

DAY	DATE	TIME	FEE
M, Tu	Ongoing	11:45am-3:00pm	\$10

Non ACBL Duplicate Bridge at Albert J. Boro Community Center

Bring a sack lunch and a partner and join us every Wednesday for Non ACBL Duplicate Bridge. If you need a partner call Penny at 457-2280. Come join us. We have fun!

Age: 18Y & Up

Wednesdays • 10:30am-2:30pm • \$5

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.

Canal Karate Youth age 4, 5 & 6 years old, 5:00-6:00pm

Canal Karate Beginning age 7 years to adult is from 6:00-7:00pm

Canal Karate Intermediate (Blue & Green Belts) is from 7:00-8:00pm

Canal Karate Advance (Brown & Black Belts) is from 8:00-9:00pm

Classes are taught primarily in Spanish.

Age: 4Y & Up

Albert J. Boro Community Center
\$70R/\$77N

4817	Tu/Th	3/19-4/25
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5426	Tu/Th	4/30-6/6
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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 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. \$20 Drop-in available. No class 4/1

Age: 13Y & Up

San Rafael Community Center
\$176R/\$184N

6282	M	3/4-5/20	6:30pm-7:15pm
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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. \$20 drop-in available.

Age: 13Y & Up

San Rafael Community Center
\$176R/\$184N

6283 M 3/4-5/20 7:15pm-8:00pm

Qigong

Qigong exercise builds your health gently with deep breathing and graceful movement. Qi is the life force energy from your breath and blood. In this class you will learn ancient therapeutic movements based on the principles of traditional Asian medicine. Exercises taught include: Relaxing Tendons, Opening Joints, Post Standing, Pre-Birth Circles, Swimming Dragon, Five Element Organ Strengthening. We present both clear instruction in theory and practice each. Repeating students may also learn more advanced Qigong such as the famous and transformation Muscle Tendon Changing Qigong. You will feel and be stronger, better balanced, more energized and calmer. \$20 Drop-in available.

Age: 13Y & Up

San Rafael Community Center
\$176R/\$185N

6281 M 3/4-5/20 5:45pm-6:30pm

Miscellaneous

Resilient Neighborhoods: Be Part of the Climate Solution-FREE

Are you concerned about climate change and a healthy planet? Want to meet great people who also care and want to do something about it? You are invited to join Resilient Neighborhoods for a five meeting workshop series to get started. Have fun calculating your carbon footprint, and taking effective, measurable and money saving actions to reduce it. You'll get prepared for emergencies and help build a stronger, safer, and healthier community. Over 1,000 Marin residents have already reduced more than 5-million pounds of CO2 pollution through Resilient Neighborhoods. Are you next? While the climate news is a roller coaster, the best antidote is action! All you need to participate is access to your utility bills and a computer. A \$40 refundable deposit will be collected for the handbook. No class 4/30, 5/14, 5/28, and 6/11.

Age: 18Y & Up

San Rafael Community Center
FREE

6255 Tu 4/23-6/18 7:00pm-9:00pm

Personal Growth

Voice-Overs...Now Is Your Time! Live Online Course

In what could be the one of most enlightening 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! Participants will be provided with logon information after registering.

Age: 18Y & Up

Albert J. Boro Community Center
\$25R/\$28N

4990 Tu 4/9 5:00pm-7:00pm

VOICE-OVERS... NOW IS YOUR TIME! In-Person

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside 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! Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

Age: 18Y & Up

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

6174 Tu 3/26 6:30pm-8:30pm



Seniors

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 opportunities for socialization and integration. The group meets every Wednesday from 11am-12pm. Good Earth Natural Foods provides a hot, nutritional lunch program served at 12 noon for a donation of \$3 for those who are 60 years of age and over and a \$6 fee for those under 60 years of age. To make reservations for lunch, call 457-4636 by the prior Thursday. This program is made possible through funds from the Federal Older American Act and administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services. Special programs are also sponsored by Whistlestop and San Rafael Community Services.

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



Terra Linda Community Center

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. If you are 55 years and older, you are welcome to join the group for a fee of \$15 per year. For more information call (415) 485-3341/3344.

San Rafael Goldenaires

San Rafael Goldenaires

The San Rafael Goldenaires is a non-profit organization sponsored by the San Rafael Community Services Department. The Goldenaires provides its members the opportunity to participate in a wide variety of classes, trips, social activities and special events. Membership is \$30 per year and is available to all adults 62 years and older. More information is available at www.srgoldenaires.org or inside the club's monthly newsletter, The Newsette. Membership applications are available by calling (415) 485-3348 or at the office located inside the San Rafael Community Center at 618 B Street in San Rafael, Monday-Friday, 9am-3pm. Please stop by and visit or call and we will be happy to answer any questions.

Wednesday Bingo

The Goldenaires offer weekly Bingo games with a hot meal provided by Good Earth Natural Foods on each Wednesday of the month, except for the third Wednesday. Please call (415) 457-4636 on the Thursday prior for a reservation. Lunch is served from 11-11:30am and there is a \$3 donation for adults 60 plus and a \$6 donation for adults, 18-59 years old. Bingo follows at 12 noon. This program is made possible through funds from the Federal Older American Act and is administered locally by the County of Marin Department of Health and Human Services, Division on Aging and Adult Services. Monday Bingo Nights are held throughout the year, next one is February 11.

Exercise Programs

Come join our outstanding exercise program for adults 62 years and older that promotes your health and improves the quality of your life! We have a variety of classes for all levels of fitness – active, moderate and chair. Our certified instructor, Jeanette Logan, will show you how to modify exercises to fit your needs. This is a great way to meet others while giving yourself an excellent mind-body workout. Your first class is FREE! Visit Jeanette's Youthful Hearts website for more information: www.YouthfulHearts.com



Youthful Hearts FIT & FUN – Low Impact Aerobics

Mondays & Fridays 9:30am-11:00am

(Some Wednesdays, depending on activity schedule) This class begins with a warm-up, then moves into aerobics, stretch and strengthening and concludes with guided relaxation. Some classes also include line dancing. This class is a great way to keep in shape and meet new friends. Men and women are welcome. Fees: \$39, twice a week, full month. Eight classes – ninth class is a bonus. \$22, one day a week, choose Monday OR Friday Drop-in is \$10 per day.

San Rafael Goldenaires

Youthful Hearts STILL GOING STRONG

Strength Training & Stretch

Mondays & Fridays 11:15am-12:15pm

(Some Wednesdays, depending on activity schedule) This is a great class for those who want to build stronger bones and muscles and improve their range of motion. Mats are provided. Men and women welcome. Fees: \$33/twice a week. Full month is eight classes and the ninth is a bonus. \$19, one day a week, choose Monday OR Friday Drop-in is \$9 per day.

Youthful Hearts NON-IMPACT CHAIR EXERCISE

Mondays 12:40pm - 1:30pm

(Some Fridays, depending on activity schedule) This is a SEATED exercise program for men and women. Do you have a physical challenge such as limited mobility that prevents you from doing conventional exercise? Would you like to relieve stress and joint pain, improve your circulation, lower high blood pressure and stretch and tone your muscles without strain? Join us for this gentle, unique exercise program that blends elements of chi gong, yoga, non-impact aerobics and meditation all done while sitting in a chair. Men and women welcome. Fees: \$20 a month. Drop-in is \$8 per day.

Ongoing Classes

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

Mahjong – Tuesdays 9:30am-12noon

Watercolor Painting – Tuesdays, 10am-3pm

Wood Carving – Fridays, 9am-12noon

Crafts Boutique – Fridays, 12pm-3pm

For more information on these ongoing classes visit www.srgoldenaires.org or see The Newsette.

AARP Driver Safety Program

Tuesday, February 12, 12:30-5pm , 4 ½ hour Refresher Course
Tuesday & Wednesday, April 9 & 10, 8-hour Safe Driving Course

These AARP-sponsored courses are available to all motorists ages 55 and older and will substantially improve the driving skills of older motorists. Instructor: Paul Royce.

The 4 ½ hour refresher course is for people who have already taken the 8-hour course within the last four calendar years. The 8-hour classroom course is designed to meet the specific needs of older drivers and will focus on sharpening their driving skills, as well as developing strategies for adjusting to age-related changes in vision, hearing and reaction time.

Fee: \$15 for AARP members and \$20 for non-members. This includes a certificate which is valid for three years. Please provide your AARP membership number when signing up for this class for reduced fee.

To register, call the Goldenaires at (415) 485-3348, stop by their office or mail in your payment with a self-addressed stamped envelope for the return of your receipt. If you do not cancel by the day before class is held, or if you do not attend the class, fee will be retained. For information on additional classes and locations call 1-888-227-7669 or visit www.aarp.org/drive

Upcoming Special Events

Valentine's Lunch - Friday, February 15, 12:30pm.
Members \$15, Non-members \$20

St. Patrick's Lunch – Friday, March 15, 12:30pm.
See the Newsette for details.

Monday Night Bingo

Mondays: February 11, April 8, August 19

Everyone 18 years or older is welcome to join us for a fun night of friends, fun, food and BINGO!! Cash prizes \$60-\$150 per game, 15 games played!!

The February dinner buffet will include: ravioli, salad, French bread, dessert, coffee and tea.

Advance reservation for dinner and bingo; (1) 6-On Game Pack & Dauber: \$20, reservation deadline Friday, February 8. At the door, dinner & bingo: \$25. Bingo is only \$10. Additional packs available for purchase.

For complete event details, go to www.srgoldenaires.org or call (415) 485-3348.

B Street Ballroom – Sunday Dances

Sundays: February 24, March 31, April 28, May 26

Join us at the San Rafael Community Center, 618 B Street, for a wonderful afternoon of dancing to the sounds of a live band, The Manny Gutierrez Quartet. The dances are held the last Sunday of each month, closed November and December, and are open to the public. All ages, singles and couples are welcome! There are plenty of mixers to get everyone out on the dance floor. Come enjoy the music and meet new friends. Admission is \$10 at the door.

Travel

Come explore the wonders of the world or your own backyard with the Goldenaires. Monthly day trips to local shows and attractions are scheduled. The current schedule includes: Hello Dolly, A Change of Heart Chinese play and lunch, Falsettos, Monet at the DeYoung, Beatles Tribute, Harry Potter, the SF Giants and more. New day trips are always being added. Longer adventures around the country and the world are also waiting for you. Extended trip flyers can be picked up in the office. Pick up a copy of The Newsette or go to www.srgoldenaires.org for the most current listing of trips.



Facility Rentals



Albert J. Boro Community Center

50 Canal Street, 485-3077

This beautiful facility offers rental space for meetings, seminars, workshops, weddings and parties. It features three multi-purpose classrooms with large dry erase boards and projection screens, an art room, and a large community room that can accommodate up to 425 (assembled) and 200 (seated). The community room features round tables, a sound system with podium, stage and a beautiful redwood deck overlooking the park and bay. Enjoy our 8,300 square foot gymnasium with basketball and volleyball, as well as two outdoor sports fields. The facility is accessible for disabled persons.

San Rafael Community Center

618 B Street, 485-3333, 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.

Terra Linda Community Center

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

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

Falkirk Cultural Center

1408 Mission Avenue, 485-3328

falkirk.rentals@cityofsanrafael.org

This elegant three-story house is a blend of Queen Anne and Eastlake styles, built in 1888 on 11 acres. In keeping with the style of the period, it has a complex and intriguing roof line of gables and chimneys, variously shaped bays, and plenty of decorative details. The interior is beautifully rendered in rich redwood paneling, and features ornate mantelpieces, hardwood floors, and elegant wall coverings. The foyer is especially striking with its huge decorative fireplace and floor-to-ceiling stained-glass windows. The property was most notably owned by the Dollar family from 1906 until the early 1970s. The estate was named Falkirk in honor of Captain Robert Dollar's Scottish birthplace and to celebrate his civic involvement and generous donations to the City of San Rafael.

Today, Falkirk Cultural Center is operated by the City of San Rafael and serves as a historic site, contemporary art gallery, and a popular event venue.

When you reserve the venue, you have use of the grounds and entire first floor and access to changing suites on the second floor. Events can be hosted outdoors on the wedding lawn, in the rose garden or on the veranda, or indoors in the parlor.

Rental policies and rates are available online at www.livelifelocally.org/departments/falkirk-cultural-center/

Falkirk Art Gallery information is available at www.livelifelocally.org/art-galleries/



Picnic Area Rentals

Contact us at (415) 485-3333 to reserve the following picnic areas for your group picnics, barbecues or children's parties. Restrooms are available at all parks listed below.

PLEASE NOTE: We only allow alcohol in the Redwood Grove at Gerstle Park with proof of liability insurance. We do not allow alcohol in any of our other city parks. Also, outside equipment such as tables, chairs or grills are not allowed unless previously approved.

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. 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.

Pickleweed Park

Location: 50 Canal Street

The picnic area accommodates 80-96 people and offers picnic tables and three large grills. This is a large park setting with a playground and a soccer field.

Santa Margarita Park

Location: Del Ganado Road to De La Guerra Road.
Park at the end of De La Guerra. The picnic area accommodates 32-36 people and offers a grill and four tables. There is also a basketball court along with two playgrounds.



Santa Margarita Park

Terra Linda Park

Location: 670 Del Ganado Road.

The picnic area accommodates 35-40 people. There are 6 tables and a grill under redwood trees adjacent to a playground that 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.



Terra Linda Park

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. There is also a basketball court, playground and large grassy area available for use. The Upper Gazebo Area is not available to reserve but is available first come, first served.



Sun Valley Park

Victor Jones Park

Location: Enter on Robinhood or Maplewood Drive.

The Lower Area picnic area accommodates 60 to 70 people and offers a shaded area near a basketball court and ball field. Two large grills are available. **The Upper Area** accommodates 20 to 30 people, but does not have a grill.

San Rafael Parks & Facilities

For locations, please visit www.livelifelocally.org/departments/parks/

City Park Sites

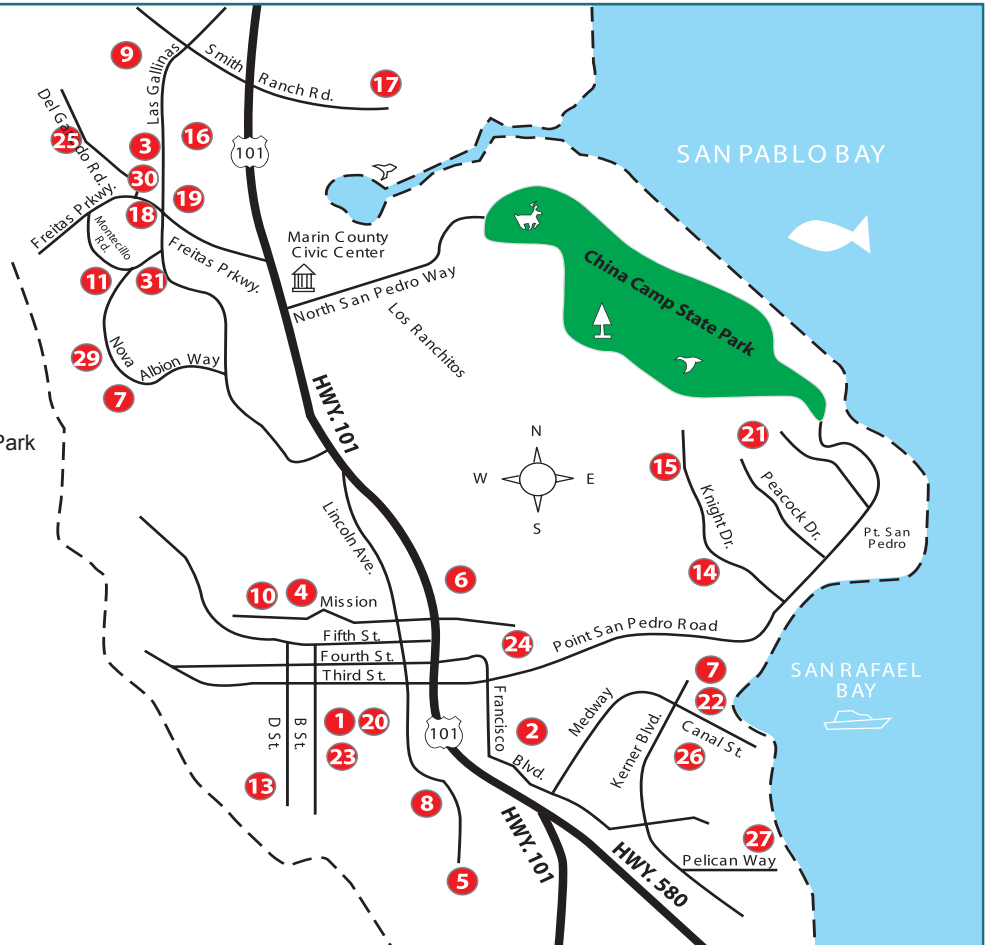
- 1 Albert Park
- 2 Beach Park
- 3 Bernard Hoffman Field
- 4 Boyd Park
- 5 Bret Harte Park
- 7 Community Garden Site
- 11 Freitas Memorial Park
- 13 Gerstle Park
- 18 Munson Park
- 19 Oleander Park
- 21 Peacock Park
- 22 Pickleweed Park
- 25 Santa Margarita Park
- 26 Schoen Park
- 27 Jean and John Starkweather Shoreline Park
- 28 Sun Valley Park
- 30 Terra Linda Park
- 15 Victor Jones Park

Community Center Facilities

- 23 San Rafael Community Center
- 22 Albert J. Boro Community Center
- 30 Terra Linda Community Center
- 10 Falkirk Cultural Center

Child Care Sites

- 6 Coleman Children's Center
- 9 Dixie Children's Center
- 14 Glenwood Children's Center
- 16 Mary Silveira Children's Center
- 20 Parkside Children's Center
- 22 Pickleweed Children's Center
- 31 Vallecito Children's Center



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

Library Events & Activities for Youth

San Rafael Public Library, 1100 E Street • (415) 485-3321

Baby Time

Tuesday Mornings, 10:30am-11am, with some breaks during holiday weeks.

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

Family Storytime

Wednesday and Thursday* Mornings, 10:30am-11am, with some breaks during holiday weeks.

This is an action-packed story time 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. *Our weekly Thursday morning Family Storytime is now Lecturade Cuentos Bilingües, a bilingual English-Spanish story time for children ages birth to 5 years old accompanied by a caregiver.

Stay and Play

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

Builders Club

Thursdays, 3:30-5pm, Monthly

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. Drop in program; no registration required!

Math Club

Wednesday afternoons, weekly during the school year

Math club provides students in 3rd through 7th grades the opportunity to practice math skills in a fun and non-competitive atmosphere. Students will work on level-appropriate assigned work to strengthen their foundation and learn useful tricks. Space is limited; please register at the Children's Desk, email library@cityofsanrafael.org, or call the library.



Reading Buddies

Daily except Fridays during the school year; afterschool and weekend morning appointments available.

Reading Buddies pairs adult and teen volunteers with elementary school aged youth (grades 1-3) 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. Space is limited; please register at the Children's Desk, email library@cityofsanrafael.org, or call the library.

Read to a Dog

Saturdays, 11am-12pm, Monthly

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. Make your appointment at the Children's Reference Desk, or call the library.

Sing and Dance With Miss Kitty

4th Fridays, 10:30am-11:15am, Monthly

We are pleased to announce the return of Miss Kitty to the San Rafael Public Library! Miss Kitty is back for a series of fun family concerts that are just right for kids birth to 8 years old. No registration, no space limitations, all are welcome! Sponsored by the Friends of the San Rafael Public Library.

Virtual Reality: Experience the VIVE

With the VIVE, you can experience an immersive virtual reality. You can play games, fly around the planet, step into a virtual animated story, paint in 3D, or solve puzzles as you interact with a cool virtual world. Please register for a VR time slot in person at the library or call the library.

Summer Reading: A Universe of Stories

June 1 - August 17

Spend your summer with the library! Our summer reading theme celebrates the 50th anniversary of the Apollo Moon Landing. Take on our Summer Reading Challenge and earn prizes for reading and completing fun activities. Join us for programs for people of all ages and interests. More information to come!

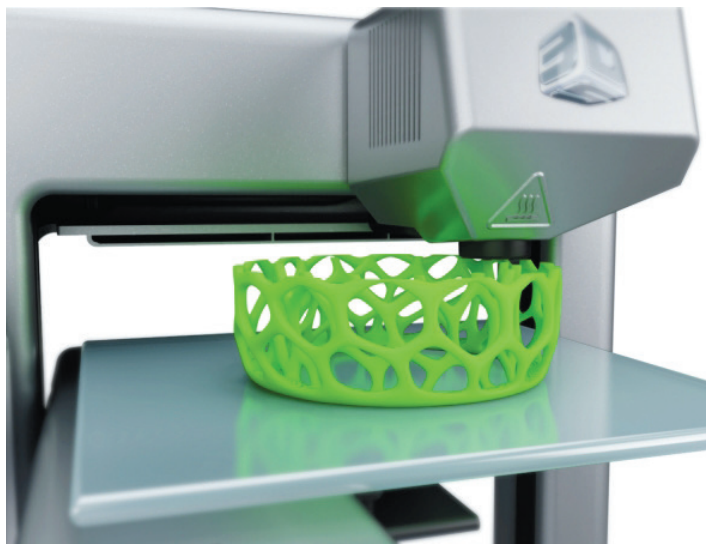
Library Events & Activities for Youth

San Rafael Public Library, 1100 E Street • (415) 485-3321

3D Printing Labs

We are now offering one-on-one 3D printing consultations; reserve your appointment today! Reserve your place by stopping by a reference desk or calling the library at (415) 485-3322.

We also offer 3D print-on-demand services. You can submit a link to the object you want printed at <http://srpubliclibrary.org/3d-printing/> or email a .stl file or link to library@cityofsanrafael.org.



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/

Teen Volunteers at the Downtown San Rafael Public Library

Are you in grades 7-12 and looking for a volunteer opportunity? Do you love the library and want to be more involved in designing programs, helping out with our 3D printer and virtual reality programs, and gaining other useful workplace experience? Fill out an online application and be part of our phenomenal team of teen volunteers and future library leaders!
<http://srpubliclibrary.org/teens/>

Teen Advisory Board

Come participate in our Teen Advisory Board! TAB is a place where you can share your opinions and directly improve the library's teen programs, services and collections. TAB meets the fourth Tuesday of every month at the Downtown Library. Must be in grades 7-12 to participate.. Participating in TAB counts as community service hours! No registration required; just show-up. Bring a friend! Pizza is also provided.

Programs for Youth at San Rafael Public Library Pickleweed

50 Canal Street • (415) 485-3181

Bilingual Family Storytime

For children birth to 10 years old • Wednesday • 6:00pm

Join our action-packed storytime with stories, songs, fingerplays, puppets, flannelboard stories and Mother Goose. Perfect for children from birth to 10 years old, accompanied by a parent or caregiver.

Bilingual Toddler Storytime

For children birth to 5 years old • Wednesday • 6:00pm

Join our 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.



Library Events & Activities for Adults

San Rafael Public Library, 1100 E Street • (415) 485-3321

FREE-Adult Library Programs at the Downtown Library

No registration required except where noted.

Please see all library programs and special events (Adults, Children's, and Pickleweed) and subscribe to receive our updated monthly program email at: <https://srpubliclibrary.org/events>

Ongoing Monthly and Weekly Programs

Chinese Mahjong @ the Library

Every 1st & 3rd Sunday from 1:00-4:00pm.

Members of the Marin Chinese Cultural Association will facilitate. All levels are welcome. Come learn how to play Chinese Mahjong, hone your skills with more experienced players, or help teach newcomers. Space is limited. Please register at the reference desk or call the Library.



Practice Speaking Spanish-A Conversational Spanish Workshop

Drop in every Monday, 1:00-3:00pm (except holidays)

Learn and practice speaking Spanish in a variety of everyday social settings: dining, shopping, travel, domestic help, gardening, asking for help/directions, medical. Bring your particular situation or scenario and we will create a conversation around it for you to use. Instructors: Joseph Cillo, instructional technologist and Carol Costa, native speaker, Madrid Spain.

Monday Night Reading/Discussion Group

Meets every 2nd Monday 6:30-7:30pm

The selection for March 11 is *An Unnecessary Woman* by Rabih Alameddine. Please call for the selections for April 8 and May 13.

Chess Club

Every Tuesday evening from 6:30-8:00pm

Boards and pieces supplied-just come and play!

Topics in Genealogy

Every second Tuesday from 2:00-4:00pm

Jeff Vaillant, Marin County Genealogy Director discusses a different area of genealogy research each second Tuesday of the month.

March 12 Land Records and Tax Records, Q & A

April 9 Miscellaneous Records-school, fraternal, newspapers, historical societies, library, Facebook, Q&A

May 14 Using Online Resources: like ancestry and family search, Q&A

June 11 Case Studies, Q&A

Color Me Calm Adult Coloring Group

Every 3rd Tuesday 2:00-3:30pm

Coloring isn't just for kids...it's relaxing and fun for adults, too! Carl Jung prescribed coloring to his patients to calm their minds, but the health benefits go beyond relaxation. Coloring is a structured activity and so it also activates the logic part of the brain, trains the brain to focus, and helps us exercise our fine motor skills. Drop-in every 3rd Tuesday afternoon, starting at 2:00pm for music and coloring. We'll provide a variety of coloring sheets, bookmarks, and colored pencils, but feel free to bring your own favorite supplies.

First Wednesday Art Talk-A Series of Museum Lectures

Meets every first Wednesday from 1:00-2:00pm in City Hall Council Chambers, 1400 5th Ave.

March 6 Monet: The Late Years-FAMSF Docent Speaker, Julia Geist

April 3 A Walk through the World of Jane Austen-FAMSF Docent, Kathryn Zupsic

May 1 The Celebrity of Peter Paul Rubens-FAMSF Docent, Rita Dunlay

June 5 Andy Warhol & the Pop Revolution, Docent Speaker, Avril Angevine

No Art Talks in July and August.

Summer Reading: A Universe of Stories

June 1 - August 17

Spend your summer with the library! Our summer reading theme celebrates the 50th anniversary of the Apollo Moon Landing. Take on our Summer Reading Challenge and earn prizes for reading and completing fun activities. Join us for programs for people of all ages and interests. More information to come!

Library Events & Activities for Adults

San Rafael Public Library, 1100 E Street • (415) 485-3321

Great Books Reading and Discussion Group

Meets every 1st Thursday, 1:30-3:00pm

Join us for a discussion of literature as “a fun and challenging way to become thoughtful, more engaged citizens.” Each month the group will select a reading ranging from nonfiction to fiction, ancient to modern. The discussion is free and open to all. For more information contact: Philip Sheridan 415-388-2987 or philsheridan@comcast.com or Louis C. Rutledge 415-388-2937 or louisrutledge@msn.com

Sundown Cinema-Watch with us...

Every second Wednesday, 6:30-8:30pm

Join us every second Wednesday of the month for a movie screening and discussion. We'll be watching a variety of fascinating films, enjoying snacks, and having a great discussion of the film each month. Please call for what we're watching each month.

Zentangle @ the Library with Romi Marks, CZT

Meets every 3rd Wednesday-Two classes at 2-4pm & 6-7:45pm

Zentangle is a fun, relaxing, easy-to-learn art form that uses repetitive patterns to create beautiful images while improving focus and creativity. This art form can be enjoyed by anyone, from non-artists to professionals, providing artistic satisfaction and personal well-being. All supplies provided. Please register at the Reference Desk or call the library.

All Things Apple! with Beryl Hammil

Almost every Thursday, 1:00-3:00pm in City Hall Council Chambers, 1400 5th Ave.

No Class April 11, 18, 25, & May 2. All Things Apple is a series of classes for both beginner and intermediate Apple users. You'll discover how to get the most out of your computer, iPhone and iPad by learning how to set up each device to suit your needs, and how to use your device to its best advantage to be more efficient and effective in your life, travels, work, and play. Each week we discuss a different area-Please contact the library for weekly topics.

Marin Master Gardeners

Every second Friday, 2:00-3:30pm in the Library Meeting Room.
Please call the library for lecture topic.

The Next Chapter: Retirement

Every fourth Friday, 2:00-3:30pm

We'll discuss a different topic on making your Next Chapter the best it can be. Please call the library for lecture topic.

Knitting Circle @ the Library

Every third Saturday 10:00-12:00 Members of the Marin Knitters' Guild facilitate our monthly knitting circle. All are welcome! Come to learn, seek or offer help, or come to support others and work on a project while enjoying the company of fellow knitters. Drop-in, no sign-ups required. Please bring your own knitting supplies and tools.

Special Events

Memory Lab Workshop – Learn to Digitize and Preserve Important Family Memories

Thursday, March 14, 1:30-2:30pm

Learn how to use the library's new high-quality scanner to create digital copies of your cherished memorabilia (photos, slides, negatives, and documents), preserve them for future generations, and share them easily among friends and family. Class participants will be able to reserve working time with the scanner in the future.

Words with Wings: Writing as Spiritual Practice with Susanne West

Tuesday, April 2, 5:30-7:30pm

As a spiritual practice, writing is a powerful tool that can take you beyond the limitations of the thinking mind. When you write freely from Presence, letting go of 'shoulds' and expectations, the mind opens, and you can access the heights and depths of Being. In this workshop we will explore writing exercises to open to the Vastness, the Imaginal Realms, and your Intuitive Mind. No prior writing experience is necessary.

Earth Day at the Library

Saturday, April 20 from 11:00-2:00pm on the Library Lawn

Celebrate Earth Day with games and activities at the library. Take part in a recycling relay, have all your tricky recycling questions answered, learn about composting with Zero Waste Marin, find out how to make your home more efficient with Rising Sun Energy Center, and much more. Free for all ages.

A Path to Financial Independence with Brian O'Donnell

Monday, April 29, 6:15 – 7:45 pm

In your 20's/30's/40's and feeling overwhelmed by finances? Want a path out of debt and towards financial independence? In this 90-minute workshop we'll cover:

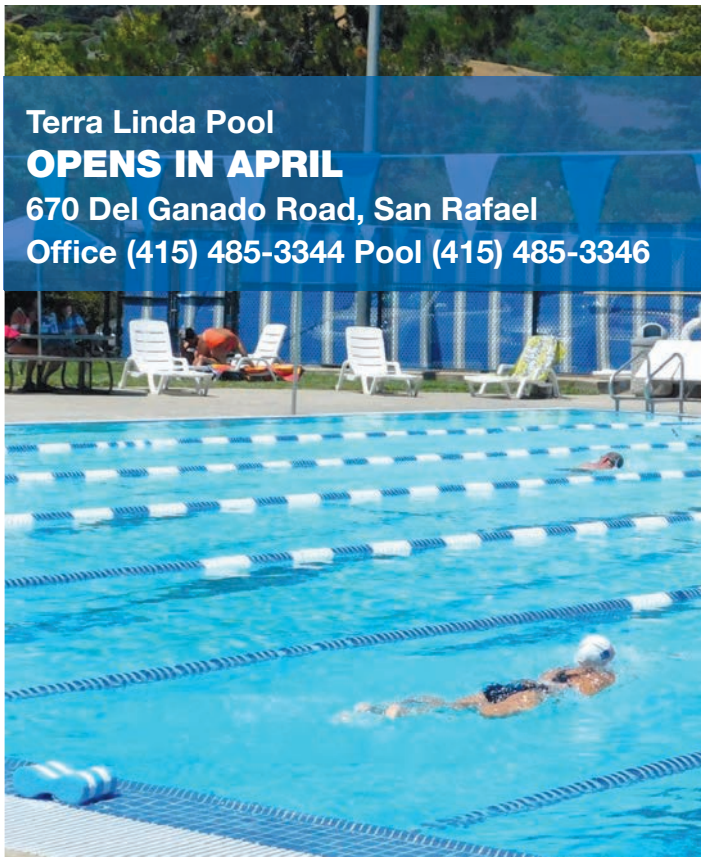
- The basics of personal finance
- Principles and free tools to support your financial vision
- Smart strategies for payoff of credit cards and other debt
- Basic principles of saving, investing, and financial independence

Brian O'Donnell is a retired software engineer and advocates basic financial literacy for those in need.

Deep Writing Workshop with Susanne West

Monday, May 20, 5:30-7:30pm

We will work with a variety of writing prompts and processes to help you: Free your imagination, write from deep and authentic places inside yourself, discover your natural writing voice, and write in flow. No prior writing experience is necessary.



Terra Linda Pool OPENS IN APRIL

670 Del Ganado Road, San Rafael
Office (415) 485-3344 Pool (415) 485-3346



Hamilton Pool OPENS IN MAY

203 El Bonito Road, Novato
Office (415) 485-3344 Pool (415) 883-7126

AQUATICS

SPECIALTY INSTRUCTION

For more information call (415) 485-3344, email terralindapool@cityofsanrafael.org

TERRA LINDA POOL

Lifeguard Training – Blended Learning

Lifeguard Training Course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. To be eligible for the LGT course, candidates must be 15 years of age on or before the final scheduled session of the course and have access to a computer to do the online components required for class completion. Certification includes ARC Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. In addition, candidates must successfully complete various swimming prerequisites. Attendance is mandatory. No refunds or make-up classes offered. Students not passing the course are not eligible for a refund or a discounted price on another session. Books are available to borrow at no additional cost or if you wish to purchase a book please contact the office at 415-485-3344. Requires tablet or computer technology.

Age: 15Y & Up

3 classes | \$235R/\$282N

4986 Tu-Th 2/19-2/21 9:00am-4:00pm

3 classes | \$235R/\$282N

4987 F 3/22 4:00pm-9:00pm
Sa/Sun 3/23-3/24 8:30am-5:30pm

3 classes | \$235R/\$282N

5816 F 4/12 4:00pm-9:00pm
Sa/Sun 4/13-4/14 8:30am-5:30pm

3 classes | \$235R/\$282N

5817 F 4/26 4:00pm-9:00pm
Sa/Sun 4/27-4/28 8:30am-5:30pm

3 classes | \$235R/\$282N

5818 F 5/24 4:00pm-9:00pm
Sa/Sun 5/25-5/26 8:30am-5:30pm

3 classes | \$235R/\$282N

5819 F 6/21 4:00pm-9:00pm
Sa/Sun 6/22-6/23 8:30am-5:30pm

TERRA LINDA & HAMILTON POOLS

Jr. Guards

Age: 12Y-14Y

Do you enjoy being at the pool? Ready to serve in a volunteer role; working alongside the Terra Linda pool lifeguards? Jr. Guards will be assigned specific weeks and times to volunteer, based on availability and interest in the program. Interested applicants should contact the Terra Linda Community Center for an application or to find out more about the program. This is a great program for those who have a great attitude, like to be part of a team, and want to help at their community pool this summer. Call (415) 485-3344 or email terralindapool@cityofsanrafael.org.

Aquatic Aide Institute

Age: 12Y-14Y

Enjoy being poolside, in a high energy environment surrounded by kids? This is your chance to make a difference while having fun and gaining on-the-job experience. Become an Aquatic Aide and volunteer/train alongside American Red Cross Lifeguards, swim instructors, and our very own Splash Camp Counselors.

Each participant receives a free season pass to the Terra Linda or Hamilton Pool - based on where they choose to volunteer, a certificate of completion, and a letter verifying volunteer hours. A manual provided during Orientation, which will provide training and tools.

Aquatic Aides are assigned to work a minimum of one session, Monday - Friday, 8:00am to 1:30pm or Monday-Thursday 10:15am-12:15pm. Times may vary. We invite all swim aides to enjoy our end-of-season celebration.

Prerequisites Must be able to swim 150 yards, tread water enjoy working with young children, and commit to a minimum of one full session.

Application Deadline Candidates must complete an application, which is due Friday, May 3. If accepted, fee is \$36



EXERCISE CLASSES

Terra Linda & Hamilton Pools

WaterGym

WaterGym™ is a fun, sports-oriented water aerobics work-out 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 or call (415) 388-5099. No class May 27, June 3, 5, 10 & 12, and September 2.

Terra Linda Pool - May 6-Sept 25

Mondays & Wednesdays • 10:00-11:00am

Hamilton Pool - June 18-Aug 27

Tuesdays • 9:30am-10:30am

TERRA LINDA COMMUNITY CENTER

POOL PARTY PACKAGE

Come enjoy your birthday at the Terra Linda Community Center's pool and park!

Your party package includes two reserved tables under a shade structure, pool entry, in & out privileges and free entry for the party organizer and birthday person. Pool parties can be booked during public swim times. Park picnic area available for a minimal fee for pool parties. Please note, for children under 10 years of age, we require the presence of minimum of 2 adults for every 10 children. For patrons between the ages 10 and 18 years we require 2 adults for every 20 children. Fee: \$40/per hour and \$4/per person. Refundable deposit: \$50

(415) 485-3344 terralindapool@cityofsanrafael.org

A cartoon illustration of a young boy with brown hair, wearing a red swim trunks, jumping into a green inflatable ring. He is smiling and has his arms outstretched. There are blue water splashes around the ring.

TERRA LINDA POOL

DAILY ADMISSION RATES

RESIDENT RATES For Terra Linda Pool you must be a San Rafael resident or work in San Rafael.
For Hamilton Pool you must be a Novato resident or work in Novato.
Proof of residency or employment is required for resident rate.

	Resident	Non-Resident
YOUTH RATES 12 months-15 years	\$4	\$7
ADULT RATES 16 years and older	\$5	\$9
SWIM PUNCH CARD	\$67	\$71

SEASON PASSES

Includes unlimited admission plus 4 Guest Passes.
Additional passes for pass holders are 5 for \$20 and 10 for \$35
For the Family Rate - family members must share the same household.
Additional family members after 5 persons is \$40/per person.

TERRA LINDA SEASON PASS RATES

EARLY BIRD RATES - ENDS MAY 27

Type	Resident	Non-Resident
Individual	\$190	\$201
Couple	\$245	\$258
Senior Citizen	\$126	\$133
Senior Couple	\$190	\$201
Family of 3	\$280	\$294
Family of 4	\$315	\$332
Family of 5	\$345	\$363

FULL SEASON RATES - MAY 28 & AFTER

Type	Resident	Non-Resident
Individual	\$211	\$222
Couple	\$272	\$286
Senior Citizen	\$141	\$148
Senior Couple	\$211	\$222
Family of 3	\$308	\$323
Family of 4	\$350	\$369
Family of 5	\$367	\$385

TERRA LINDA/HAMILTON JOINT SEASON PASS Access to both pools

EARLY BIRD RATES - ENDS MAY 27

Type	Resident	Non-Resident
Individual	\$250	\$261
Couple	\$325	\$338
Senior Citizen	\$178	\$185
Senior Couple	\$262	\$273
Family of 3	\$376	\$390
Family of 4	\$422	\$439
Family of 5	\$464	\$482

FULL SEASON RATES - MAY 28 & AFTER

Type	Resident	Non-Resident
Individual	\$271	\$282
Couple	\$352	\$366
Senior Citizen	\$193	\$200
Senior Couple	\$283	\$294
Family of 3	\$404	\$419
Family of 4	\$457	\$476
Family of 5	\$486	\$504

HAMILTON POOL

DAILY ADMISSION RATES

RESIDENT RATES For Terra Linda Pool you must be a San Rafael resident or work in San Rafael.
For Hamilton Pool you must be a Novato resident or work in Novato.
Proof of residency or employment is required for resident rate.

	Resident	Non-Resident
YOUTH RATES 12 months-15 years	\$4	\$7
ADULT RATES 16 years and older	\$5	\$9
SWIM PUNCH CARD	\$67	\$71

SEASON PASSES

Includes unlimited admission plus 4 Guest Passes.
Additional passes for pass holders are 5 for \$20 and 10 for \$35
For the Family Rate - family members must share the same household.
Additional family members after 5 persons is \$40/per person.

HAMILTON SEASON PASS RATES

EARLY BIRD RATES - ENDS MAY 27

Type	Resident	Non-Resident
Individual	\$150	\$165
Couple	\$200	\$220
Senior Citizen	\$130	\$143
Senior Couple	\$150	\$165
Family of 3	\$240	\$264
Family of 4	\$275	\$300
Family of 5	\$305	\$335

FULL SEASON RATES - MAY 28 & AFTER

Type	Resident	Non-Resident
Individual	\$165	\$182
Couple	\$220	\$242
Senior Citizen	\$143	\$157
Senior Couple	\$165	\$182
Family of 3	\$264	\$290
Family of 4	\$300	\$320
Family of 5	\$335	\$368

TERRA LINDA/HAMILTON JOINT SEASON PASS Access to both pools

EARLY BIRD RATES - ENDS MAY 27

Type	Resident	Non-Resident
Individual	\$250	\$261
Couple	\$325	\$338
Senior Citizen	\$178	\$185
Senior Couple	\$262	\$273
Family of 3	\$376	\$390
Family of 4	\$422	\$439
Family of 5	\$464	\$482

FULL SEASON RATES - MAY 28 & AFTER

Type	Resident	Non-Resident
Individual	\$271	\$282
Couple	\$352	\$366
Senior Citizen	\$193	\$200
Senior Couple	\$283	\$294
Family of 3	\$404	\$419
Family of 4	\$457	\$476
Family of 5	\$486	\$504

TERRA LINDA & HAMILTON SWIM LESSONS

Private Swim Lessons Children & Adults

To request a private or semi-private lesson, please complete the online form at www.livelifelocally.org or email terralindapool@cityofsanrafael.org.

We offer private, 30-minute swim lessons with a one-on-one student-to-teacher ratio or you may sign up for a semi private lesson, which is designed for two students at a similar swim level, assigned to one instructor.

Private lessons allow you the flexibility to schedule lessons around your availability. An instructor is assigned based on your needs and will coordinate lessons based on your availability.

Schedule An instructor will only wait ten minutes. If you are late for your lesson, you will still be charged for the full lesson and if the instructor has scheduled a lesson after your lesson, you may not receive your allotted lesson time.

Fees You may sign up for one lesson or a block of five lessons at a discounted rate. Please note -- you must pay for your lesson in advance. Refunds are not available for no-shows.

Private Lessons for One Student

One Lesson \$37 residents / \$40 non-residents
Five Lessons \$137 residents / \$150 residents

Semi-Private Lessons for Two Students at Similar Swim Level

\$58 residents / \$63 non-residents
\$187 residents / \$206 non-residents

Happy Fish Swim School Swim Lessons

We offer a wide variety of group lessons for children as young as six months to 2 years old. The Happy Fish Swim School emphasizes fun and safety in the aquatic environment through guided instruction by a professional swim instructor. It's never too late to start thinking about skills that are not only fun but could also save you or your child's life.

Lessons begin as early as mid-April and continue through the summer! Our intensive summer swim program starts June 17, 2019.

Group Swim Lesson Policies

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

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

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

Stay & Play Student in lesson can stay and swim for no charge for that day. If other family members or friends would like to stay and swim, they must pay the daily admission fee or have a season pass. Children who are three and under or are not potty-trained must wear an approved Swim Diaper.

Group Swim Lesson Fees

Parent Tot - Level 4

Three-Day Session: \$34 Resident / \$38 Non-Resident
Four-Day Session: \$44 Resident / \$48 Non-Resident

Levels 5-7

Three-Day Session: \$44 Resident / \$48 Non-Resident
Four-Day Session: \$55 Resident / \$60 Non-Resident

SWIM LEVEL CHART

Parent Tot - Water Baby Advanced 30 mins

Instructor/Student Ratio 1:12

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

Level 1 30 mins

Instructor/Student Ratio 1:3

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

Level 2 30 mins

Instructor/Student Ratio 1:3

- Fundamental water skills and aquatic safety taught
- Full Face Submersion Introduced
- Floating Back & Front
- Wall Push Offs on Back & 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

Level 3 30 mins

Instructor/Student Ratio 1:3

- Practices alternating arm circles and kicking together
- Begins discussion of side breathing
- beginning backstroke
- Streamline swimming introduced
- Breaststroke arms and legs introduced separately
- Jumps in and swims directly to wall
- Fully submerges face 3 times with bobs
- Swims front crawl 2 body lengths
- Able to push off wall on back and float 2 body lengths

Level 4 30 mins

Instructor/Student Ratio 1:4

- 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 three body lengths
- Able to swim breaststroke three body lengths
- Recognizable side-breathing

Level 5 40 mins

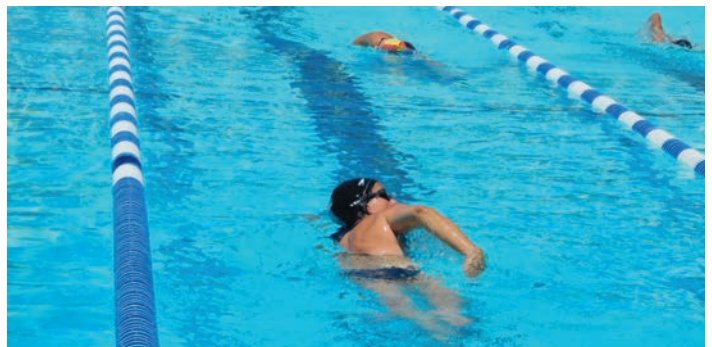
Instructor/Student Ratio 1:5

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

Level 6/7 40 mins

Instructor/Student Ratio 1:6

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



TERRA LINDA SWIM LESSONS



SESSION FEES

PARENT TOT THRU LEVEL 4

Three-Day Session:
\$34R/\$38N

Four-Day Session
\$44R/\$48N

LEVELS 5 THRU 7

Three-Day Session
\$44R/\$48N

Four-Day Session
\$55R/ \$60N

Monday & Wednesday Classes

Session 1 4/29, 5/1, 5/6, 5/8		
Level 1	3:30pm-4:00pm	5651
Level 2	4:05pm-4:35pm	5652
Level 3	4:40pm-5:10pm	5653

Session 2 5/13, 5/15, 5/20, 5/22		
Level 1	3:30pm-4:00pm	5654
Level 2	4:05pm-4:35pm	5655
Level 3	4:40pm-5:10pm	5656

Session 2 8/3, 8/10, 8/17, 8/24		
Parent Tot	9:10am-9:40am	5661
Level 1	10:55am-11:25am	5659
Level 2	10:20am-10:50am	5665
Level 3	9:45am-10:15am	5672
Level 4	9:45am-10:15am	5680
Level 5	11:30am-12:10pm	5682
Level 6/7	11:30am-12:10pm	5684
6&UP Lev 2	10:55am-11:25am	5687
6&UP Lev 3	10:20am-10:50am	5690

Saturday Classes

Session 1 7/6, 7/13, 7/20, 7/27		
Parent Tot	9:10am-9:40am	5660
Level 1	10:55am-11:25am	5658
Level 2	10:20am-10:50am	5663
Level 3	9:45am-10:15am	5671
Level 4	9:45am-10:15am	5679
Level 5	11:30am-12:10pm	5681
Level 6/7	11:30am-12:10pm	5683
6&UP Lev 2	10:55am-11:25am	5686
6&UP Lev 3	10:20am-10:50am	5689

Sunday Classes

Session 1 7/7, 7/14, 7/21, 7/28		
Parent Tot	9:10am-9:40am	5719
Level 1	10:55am-11:25am	5721
Level 2	10:20am-10:50am	5723
Level 3	9:45am-10:15am	5725
Level 4	9:10am-9:40am	5727
Level 5	11:30am-12:10pm	5729
Level 6/7	11:30am-12:10pm	5731

Session 2 8/4, 8/11, 8/18, 8/25		
Parent Tot	9:10am-9:40am	5720
Level 1	10:55am-11:25am	5722
Level 2	10:20am-10:50am	5724
Level 3	9:45am-10:15am	5726
Level 4	9:10am-9:40am	5728
Level 5	11:30am-12:10pm	5730
Level 6/7	11:30am-12:10pm	5732



Summer Intensive Swim Lessons

Monday - Thursday

Session 1	6/17-6/20
Session 2	6/24-6/27
Session 3	7/8-7/11
Session 4	7/15-7/18
Session 5	7/22-7/25
Session 6	7/29-8/1
Session 7	8/5-8/8

Session 1 6/17-6/20		
Level 1	10:30am-11am	5247
Level 1	11:05am-11:35am	5248
Level 1	11:40am-12:10pm	5249
Level 2	10:30am-11:00am	5250
Level 2	11:05am-11:35am	5251
Level 2	11:40am-12:10pm	5252
Level 3	10:30am-11:00am	5253
Level 3	11:05am-11:35am	5254
Level 3	11:40am-12:10pm	5255
Level 4	10:30am-11:00am	5256
Level 4	11:05am-11:35am	5257
Level 4	11:40am-12:10pm	5258
Level 5	10:20am-11am	5259
Level 6/7	10:20am-11am	5260
6&UP Lev 2	11:05am-11:35am	5261
6&UP Lev 3	11:40am-12:10pm	5262

Session 2 6/24-6/27		
Parent	11:05am-11:35am	5266
Level 1	10:30am-11:00am	5267
Level 1	11:05am-11:35am	5268
Level 1	11:40am-12:10pm	5272
Level 2	10:30am-11:00am	5274
Level 2	11:05am-11:35am	5278
Level 2	11:40am-12:10pm	5279
Level 3	10:30am-11:00am	5280
Level 3	11:05am-11:35am	5281
Level 3	11:40am-12:10pm	5282
Level 4	10:30am-11:00am	5283
Level 4	11:05am-11:35am	5284
Level 4	11:40am-12:10pm	5285
Level 5	10:20am-11:00am	5286
Level 6/7	10:20am-11:00am	5287
6&UP Lev 2	11:05am-11:35am	5288
6&UP Lev 3	11:40am-12:10pm	5289

Session 3 7/8-7/11		
Level 1	10:30am-11:00am	5290
Level 1	11:05am-11:35am	5291
Level 1	11:40am-12:10pm	5292
Level 2	10:30am-11:00am	5293
Level 2	11:05am-11:35am	5294
Level 2	11:40am-12:10pm	5295
Level 3	10:30am-11:00am	5296
Level 3	11:05am-11:35am	5297
Level 3	11:40am-12:10pm	5298
Level 4	10:30am-11:00am	5299
Level 4	11:05am-11:35am	5300
Level 4	11:40am-12:10pm	5301
Level 5	10:20am-11:00am	5302
Level 6/7	10:20am-11:00am	5306
6&UP Lev 2	11:05am-11:35am	5307
6&UP Lev 3	11:40am-12:10pm	5308

Session 4 7/15-7/18		
Parent	11:05am-11:35am	5309
Level 1	10:30am-11:00am	5310
Level 1	11:05am-11:35am	5311
Level 1	11:40am-12:10pm	5312
Level 2	10:30am-11:00am	5315
Level 2	11:05am-11:35am	5314
Level 2	11:40am-12:10pm	5316
Level 3	10:30am-11:00am	5317
Level 3	11:05am-11:35am	5318
Level 3	11:40am-12:10pm	5319
Level 4	10:30am-11:00am	5320
Level 4	11:05am-11:35am	5321
Level 4	11:40am-12:10pm	5322
Level 5	10:20am-11:00am	5323

Level 6/7	10:20am-11:00am	5324
6&UP Lev 2	11:05am-11:35am	5325
6&UP Lev 3	11:40am-12:10pm	5326

Session 5 7/22-7/25		
Level 1	10:30am-11:00am	5327
Level 1	11:05am-11:35am	5328
Level 1	11:40am-12:10pm	5329
Level 2	10:30am-11:00am	5330
Level 2	11:05am-11:35am	5331
Level 2	11:40am-12:10pm	5332
Level 3	10:30am-11:00am	5335
Level 3	11:05am-11:35am	5336
Level 3	11:40am-12:10pm	5337
Level 4	10:30am-11:00am	5338
Level 4	11:05am-11:35am	5339
Level 4	11:40am-12:10pm	5340
Level 5	10:20am-11:00am	5341
Level 6/7	10:20am-11:00am	5342
6&UP Lev 2	11:05am-11:35am	5343
6&UP Lev 3	11:40am-12:10pm	5344

Session 6 7/29-8/1		
Parent	11:05am-11:35am	5345
Level 1	10:30am-11:00am	5348
Level 1	11:05am-11:35am	5360
Level 1	11:40am-12:10pm	5408
Level 2	10:30am-11:00am	5427
Level 2	11:05am-11:35am	5428
Level 2	11:40am-12:10pm	5429
Level 3	10:30am-11:00am	5430
Level 3	11:05am-11:35am	5431
Level 3	11:40am-12:10pm	5432
Level 4	10:30-11am	5433
Level 4	11:05-11:35am	5434
Level 4	11:40-12:10pm	5435
Level 5	10:20-11am	5436
Level 6/7	10:20-11am	5438
6&UP Lev 2	11:05-11:35am	5439
6&UP Lev 3	11:40-12:10pm	5440

Session 7 8/5-8/8		
Level 1	10:30am-11:00am	5452
Level 1	11:05am-11:35am	5468
Level 1	11:40am-12:10pm	5470
Level 2	10:30am-11:00am	5495
Level 2	11:05am-11:35am	5496
Level 2	11:40am-12:10pm	5497
Level 3	10:30am-11:00am	5498
Level 3	11:05am-11:35am	5499
Level 3	11:40am-12:10pm	5500
Level 4	10:30am-11:00am	5501

Level 4	11:05am-11:35am	5502
Level 4	11:40am-12:10pm	5503
Level 5	10:20am-11:00am	5504
Level 6/7	10:20am-11:00am	5505
6&UP Lev 2	11:05am-11:35am	5506
6&UP Lev 3	11:40am-12:10pm	5507

Evening Summer Intensive Swim Lessons

Session 1 7/8-7/11		
Level 1	5:15pm-5:45pm	5691
Level 2	5:50pm-6:20pm	5699
Level 3	6:25pm-6:55pm	5703
Level 4	7:00pm-7:30pm	5707

Session 2 7/15-7/18		
Level 1	5:15pm-5:45pm	5692
Level 2	5:50pm-6:20pm	5700
Level 3	6:25pm-6:55pm	5704
Level 4	7:00pm-7:30pm	5708

Session 3 7/22-7/25		
Level 1	5:15pm-5:45pm	5693
Level 2	5:50pm-6:20pm	5701
Level 3	6:25pm-6:55pm	5705
Level 4	7:00pm-7:30pm	5709

Session 4 7/29-8/1		
Level 1	5:15pm-5:45pm	5697
Level 2	5:50pm-6:20pm	5702
Level 3	6:25pm-6:55pm	5706
Level 4	7:00pm-7:30pm	5710

Fall Swim Lessons

Monday & Wednesday Classes

Session 1 8/12, 8/14, 8/19, 8/21		
Level 1	3:30pm-4:00pm	5713
Level 2	4:05pm-4:35pm	5715
Level 3	4:40pm-5:10pm	5717
Level 4	5:15pm-5:45pm	5711

Session 2 8/26, 8/28, 9/4		
Level 1	3:30pm-4:00pm	5714
Level 2	4:05pm-4:35pm	5716
Level 3	4:40pm-5:10pm	5718
Level 4	5:15pm-5:45pm	5712

HAMILTON SWIM LESSONS



SESSION FEES

PARENT TOT THRU LEVEL 4

Three-Day Session:
\$34R/\$38N

Four-Day Session
\$44R/\$48N

LEVELS 5 THRU 7

Three-Day Session
\$44R/\$48N

Four-Day Session
\$55R/ \$60N

Saturday

Session 1 6/1, 6/8, 6/15, 6/22		
Parent Tot	9:10am-9:40am	5831
Level 1	10:55am-11:25am	5833
Level 2	10:20am-10:50am	5834
Level 3	9:45am-10:15am	5835
Level 4	9:45am-10:15am	5836
Level 5	11:30am-12:10pm	5775
Level 6/7	11:30am-12:10pm	5781
6&UP Lev 2	10:55am-11:25am	5784
6&UP Lev 3	10:20am-10:50am	5788

Session 2 7/6, 7/13, 7/20, 7/27		
Parent Tot	9:10am-9:40am	5734
Level 1	10:55am-11:25am	5739
Level 2	10:20am-10:50am	5767
Level 3	9:45am-10:15am	5770
Level 4	9:45am-10:15am	5773
Level 5	11:30am-12:10pm	5776
Level 6/7	11:30am-12:10pm	5782
6&UP Lev 2	10:55am-11:25am	5786
6&UP Lev 3	10:20am-10:50am	5789

Session 3 8/3, 8/10, 8/17, 8/24		
Parent Tot	9:10am-9:40am	5735
Level 1	10:55am-11:25am	5740
Level 2	10:20am-10:50am	5768
Level 3	9:45am-10:15am	5771
Level 4	9:45am-10:15am	5774
Level 5	11:30am-12:10pm	5780
Level 6/7	11:30am-12:10pm	5783
6&UP Lev 2	10:55am-11:25am	5787
6&UP Lev 3	10:20am-10:50am	5790



Sunday

Session 1 7/7, 7/14, 7/21, 7/28		
Parent Tot	9:10am-9:40am	5736
Level 1	10:55am-11:25am	5742
Level 2	10:20am-10:50am	5838
Level 3	9:45am-10:15am	5840
Level 4	9:10am-9:40am	5843
Level 5	11:30am-12:10pm	5845
Level 6/7	11:30am-12:10pm	5847

Session 1 8/4, 8/11, 8/18, 8/25		
Parent Tot	9:10am-9:40am	5737
Level 1	10:55am-11:25am	5837
Level 2	10:20am-10:50am	5839
Level 3	9:45am-10:15am	5841
Level 4	9:10am-9:40am	5844
Level 5	11:30am-12:10pm	5846
Level 6/7	11:30am-12:10pm	5848

HP Summer Intensive Swim Lessons

Starts Monday, June 18		
Session 1	6/17-6/20	
Session 2	6/24-6/27	
Session 3	7/8-7/11	
Session 4	7/15-7/18	
Session 5	7/22-7/25	
Session 6	7/29-8/1	
Session 7	8/5-8/8	

Session 1 6/17-6/20		
Parent	11:05am-11:35am	5508
Level 1	10:30am-11:00am	5509
Level 1	11:05am-11:35am	5510
Level 1	11:40am-12:10pm	5511
Level 2	10:30am-11:00am	5512
Level 2	11:05am-11:35am	5513
Level 2	11:40am-12:10pm	5514
Level 3	10:30am-11:00am	5515
Level 3	11:05am-11:35am	5516
Level 3	11:40am-12:10pm	5517
Level 4	10:30am-11:00am	5518
Level 4	11:05am-11:35am	5519
Level 4	11:40am-12:10pm	5520
Level 5	10:20am-11:00am	5521
Level 6/7	10:20am-11:00am	5522
6&UP Lev 2	11:05am-11:35am	5523
6&UP Lev 3	11:40am-12:10pm	5524

Session 2 6/24-6/27		
Level 1	10:30am-11:00am	5525
Level 1	11:05am-11:35am	5526
Level 1	11:40am-12:10pm	5527
Level 2	10:30am-11:00am	5528
Level 2	11:05am-11:35am	5529
Level 2	11:40am-12:10pm	5530
Level 3	10:30am-11:00am	5531
Level 3	11:05am-11:35am	5532
Level 3	11:40am-12:10pm	5533
Level 4	10:30am-11:00am	5534
Level 4	11:05am-11:35am	5535
Level 4	11:40am-12:10pm	5536
Level 5	10:20am-11:00am	5537
Level 6/7	10:20am-11:00am	5538
6&UP Lev 2	11:05am-11:35am	5539
6&UP Lev 3	11:40am-12:10pm	5540

Session 3 7/8-7/11		
Parent	11:05am-11:35am	5542
Level 1	10:30am-11:00am	5543
Level 1	11:05am-11:35am	5546
Level 1	11:40am-12:10pm	5547
Level 2	10:30am-11:00am	5548
Level 2	11:05am-11:35am	5549
Level 2	11:40am-12:10pm	5550
Level 3	10:30am-11:00am	5551
Level 3	11:05am-11:35am	5552
Level 3	11:40am-12:10pm	5553
Level 4	10:30am-11:00am	5555
Level 4	11:05am-11:35am	5556
Level 4	11:40am-12:10pm	5557
Level 5	10:20am-11:00am	5558
Level 6/7	10:20am-11:00am	5559
6&UP Lev 2	11:05am-11:35am	5560
6&UP Lev 3	11:40am-12:10pm	5561

Session 4 7/15-7/18		
Level 1	10:30am-11:00am	5563
Level 1	11:05am-11:35am	5564
Level 1	11:40am-12:10pm	5565
Level 2	10:30am-11:00am	5566
Level 2	11:05am-11:35am	5567
Level 2	11:40am-12:10pm	5569
Level 3	10:30am-11:00am	5570
Level 3	11:05am-11:35am	5571
Level 3	11:40am-12:10pm	5572
Level 4	10:30am-11:00am	5575
Level 4	11:05am-11:35am	5576
Level 4	11:40am-12:10pm	5577
Level 5	10:20am-11:00am	5578
Level 6/7	10:20am-11:00am	5580
6&UP Lev 2	11:05am-11:35am	5581
6&UP Lev 3	11:40am-12:10pm	5582

Session 5 7/22-7/25		
Parent	11:05am-11:35am	5583
Level 1	10:30am-11:00am	5584
Level 1	11:05am-11:35am	5585
Level 1	11:40am-12:10pm	5586
Level 2	10:30am-11:00am	5587
Level 2	11:05am-11:35am	5588
Level 2	11:40am-12:10pm	5589
Level 3	10:30am-11:00am	5590

Level 3	11:05am-11:35am	5591
Level 3	11:40am-12:10pm	5592
Level 4	10:30am-11:00am	5593
Level 4	11:05am-11:35am	5594
Level 4	11:40am-12:10pm	5595
Level 5	10:20am-11:00am	5596
Level 6/7	10:20am-11:00am	5597
6&UP Lev 2	11:05am-11:35am	5599
6&UP Lev 3	11:40am-12:10pm	5600

Session 6 7/29-8/1		
Level 1	10:30am-11:00am	5606
Level 1	11:05am-11:35am	5607
Level 1	11:40am-12:10pm	5608
Level 2	10:30am-11:00am	5609
Level 2	11:05am-11:35am	5610
Level 2	11:40am-12:10pm	5611
Level 3	10:30am-11:00am	5612
Level 3	11:05am-11:35am	5613
Level 3	11:40am-12:10pm	5614
Level 4	10:30am-11:00am	5615
Level 4	11:05am-11:35am	5616
Level 4	11:40am-12:10pm	5617
Level 5	10:20am-11:00am	5618
Level 6/7	10:20am-11:00am	5619
6&UP Lev 2	11:05am-11:35am	5620
6&UP Lev 3	11:40am-12:10pm	5621

Session 7 8/5-8/8		
Parent	11:05am-11:35am	5622
Level 1	10:30am-11:00am	5623
Level 1	11:05am-11:35am	5636
Level 1	11:40am-12:10pm	5637
Level 2	10:30am-11:00am	5638
Level 2	11:05am-11:35am	5639
Level 2	11:40am-12:10pm	5640
Level 3	10:30am-11:00am	5641
Level 3	11:05am-11:35am	5642
Level 3	11:40am-12:10pm	5643
Level 4	10:30am-11:00am	5644
Level 4	11:05am-11:35am	5645
Level 4	11:40am-12:10pm	5646
Level 5	10:20am-11:00am	5647
Level 6/7	10:20am-11:00am	5648
6&UP Lev 2	11:05am-11:35am	5649
6&UP Lev 3	11:40am-12:10pm	5650

HP Evening Summer Intensive Swim Lessons

Session 1 7/8-7/11		
Level 1	5:15pm-5:45pm	5746
Level 2	5:50pm-6:20pm	5941
Level 3	6:25pm-6:55pm	5945
Level 4	7:00pm-7:30pm	5949

Session 2 7/15-7/18		
Level 1	5:15pm-5:45pm	5747
Level 2	5:50pm-6:20pm	5942
Level 3	6:25pm-6:55pm	5946
Level 4	7:00pm-7:30pm	5950

Session 3 7/22-7/25		
Level 1	5:15pm-5:45pm	5761
Level 2	5:50pm-6:20pm	5943
Level 3	6:25pm-6:55pm	5947
Level 4	7:00pm-7:30pm	5951

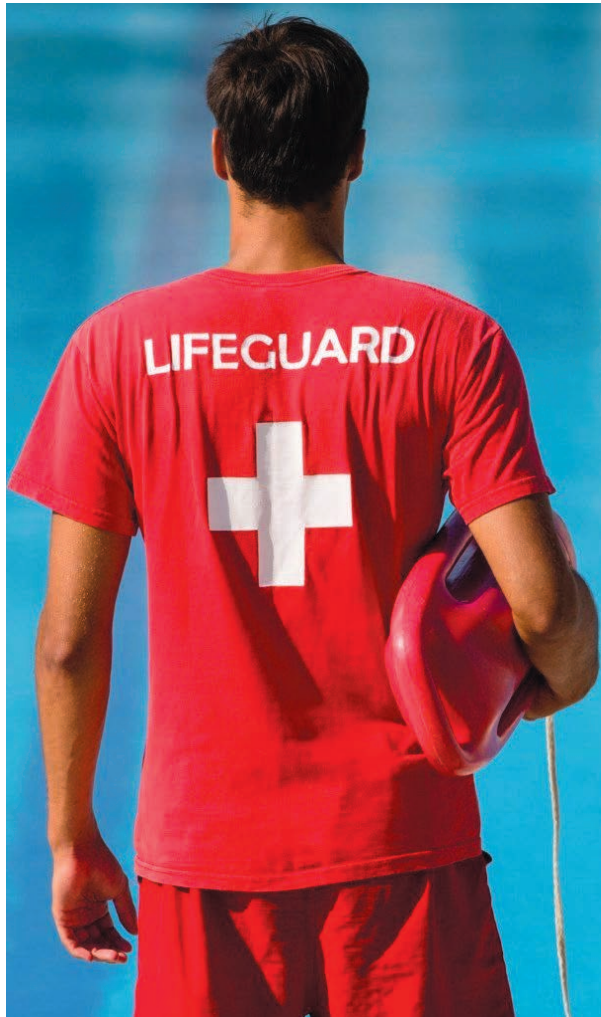
Session 4 7/29-8/1		
Level 1	5:15pm-5:45pm	5762
Level 2	5:50pm-6:20pm	5944
Level 3	6:25pm-6:55pm	5948
Level 4	7:00pm-7:30pm	5952

Fall Swim Lessons

Wednesday & Thursday

Session 1 8/14, 8/15, 8/21, 8/22		
Level 1	3:30pm-4:00pm	5763
Level 2	4:05pm-4:35pm	5953
Level 3	4:40pm-5:10pm	5956
Level 4	5:15pm-5:45pm	5958

Session 2 8/28, 8/29, 9/4, 9/5		
Level 1	3:30pm-4:00pm	5765
Level 2	4:05pm-4:35pm	5954
Level 3	4:40pm-5:10pm	5957
Level 4	5:15pm-5:45pm	5959



WE'RE HIRING Swim Instructors, Lifeguards & Pool Attendants

Must be at least 15 years of age at time of hire. To schedule an interview or for more information: Call (415) 485-3344 or email terralindapool@cityofsanrafael.org.

How to Register

REGISTRATION DATES



ONLINE REGISTRATION

First Opportunity to Register!

Beginning at 8:30am on Monday, February 11

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



MAIL-IN

Beginning at 8:30am on Friday, February 15

Please do not send cash!!

We will not call you to confirm your registration; however, we will mail receipts. Mail-in registrations will be processed beginning at 8:30 a.m. on **February 15, regardless of mail-in date.**

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



WALK-IN REGISTRATION

Beginning on Tuesday, February 19

Available at the following locations during posted business hours:

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

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



CREDIT CARDS



We gladly accept Discover, Mastercard and Visa.



CONTACT US

Any questions? Need assistance?
Please call (415) 485 -3333 or email
community.services@cityofsanrafael.org

REGISTRATION INFORMATION

- Registration for the School-age Child Care Program is conducted at the various school sites.
- You may register for the After-school Enrichment Program online at www.livelifelocally.org.
- Only one family per form.
- All registrations are taken on a first-come, first-serve basis.
- Programs/classes may be canceled if there is a low enrollment.
- **Waiting lists** will be established if a program is full.
We will notify you if space becomes available. If waitlisted, do not attend the first class if you have not been notified.
- Returned checks will incur a \$25 service charge.

REFUND POLICY

- Full refunds will be issued if the class/program is canceled by the Department.
- Refund requests received at least 14 days prior to the start of the class or program will receive a refund less a \$25 administrative fee, per class/program.
- No refunds will be issued for requests received less than 14 days prior to the start of the class or program.
- No refunds given for non-attendance, one-day workshops, trips or material fees.
- Swim Lessons Only – Request for transfers must be done in person at the Terra Linda Community Center at least five (5) days prior to the start of the session.

QUALITY ASSURANCE POLICY

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

RESIDENT STATUS

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



Activity Registration Form

City of San Rafael



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

1. PRIMARY CONTACT (Adult)

COMPLETE

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

2. ACTIVITY REGISTRATION

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

Total Fees \$

Please note any allergies and/or medications:

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

Total \$

3. LIABILITY WAIVER & PHOTO RELEASE

HOLD HARMLESS AND RELEASE AGREEMENT The undersigned on behalf of himself/herself and on behalf of any child enrolled by the undersigned in the program, in consideration of participation in this program, agrees to indemnify and hold harmless, and to release, waive, and discharge, the City of San Rafael 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 nor my child has any physical illnesses, conditions, disabilities or weaknesses that would interfere with safe participation in the activity. I recognize that bodily injury and/or property damage may be sustained through participation in this activity and acknowledge that I/we voluntarily accept all risks of injury to persons or property.

Applicant's Signature _____ Date ____/____/____

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

4. PAYMENT

☐ Credit Card

Card #	Exp. Date
3 Digit Security Code	
Signature	
Name on Card (print)	

☐ Check

Payable to: City of San Rafael

Mail to:
San Rafael Community Center
618 B Street
San Rafael, CA 94901

After School Enrichment Program

LEARN A LANGUAGE, CREATE A
MASTERPIECE, PLAY A NEW SPORT

Check out your school site for classes in arts & crafts, foreign language, computers, science, drama, chess, music, sports and more! Call us at 485-3333 for more details and information about the enrichment program beginning in mid-August.

OUR PROGRAMS ARE IN BOTH THE DIXIE AND SAN RAFAEL SCHOOL DISTRICTS AND WE CURRENTLY OFFER CLASSES AT COLEMAN, DIXIE, GLENWOOD, MARY SILVEIRA, SUN VALLEY, AND VALLECITO SCHOOLS. REGISTRATION IS FIRST COME, FIRST SERVED.

CARING FOR WHAT WE HAVE

Taken at Terra Linda
Open Space by Craig Solin

marincountyparks.org





SAN RAFAEL

THE CITY WITH A MISSION

618 B Street
San Rafael, CA 94901

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COME SPEND SUMMER WITH US!



**Join us for new camps
along with your favorites**

**Two great pools—
One cool summer!**

TERRA LINDA COMMUNITY POOL

- Swim Lessons
- Junior Lifeguard
- Splash Camp
- Tot Pool • Mighty Medley
- Lifeguard Training

HAMILTON POOL

- Lap Swim • Swim Lessons
- Water Slide • Water Gym
- Junior Lifeguard
- Pool Party Packages
- Lifeguard Training

Swimming
Fishing
Carpentry
Language
Technology
Outdoor Adventure
Babysitter University
Junior Lifeguards
Cooking
and more . . .

Our Child Care Kid's Camps

include weekly field trips,
swimming days,
cooking, arts & crafts
and lots of fun activities!

Flexible scheduling
Licensed facilities
Professional, caring &
enthusiastic staff