



FALL 2023 CATALOG

The City of Menlo Park hosts exceptional community classes at reasonable rates, including fitness, dance, sports, youth gymnastics, music, drama, art, lifelong learning and more.

Register: [**menlopark.gov/activityguide**](https://menlopark.gov/activityguide)

Need help registering? No problem! City staff are available in person and by phone at libraries and recreation facilities to help.

Phone: [**650-330-2200**](tel:650-330-2200)

Email: [**registration@menlopark.gov**](mailto:registration@menlopark.gov)

Web: [**menlopark.gov/feedback**](https://menlopark.gov/feedback)



Activities and classes - Youth

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3377	Enrichment and technology	Youth enrichment	Introducton to Crochet	This fun and hands-on three-class series will introduce participants to basic crochet stitches, tools and terminology. Crocheting is a practical and productive hobby that can help alleviate stress while fostering skills in dexterity, attention to detail, pattern reading, concentration, and endurance. With guidance and support, large hooks and soft yarn, students will work on making their own handcrafted infinity scarves.	Sep 16, 2023 - Sep 30, 2023	10:00AM - 12:00PM	Every Sat	Daniele Levy	Arrillaga Family Recreation Center	Resident Program Fee: \$89.00; Non-Resident Program Fee: \$120.00	07 Y	012 Y
3193	Enrichment and technology	Youth enrichment	Public Speaking & Speech Writing	Public speaking is one of the biggest fears of human beings. Building and developing public speaking skills should begin at an early age. Students learn to construct narrative, informative, and persuasive speech writing. To develop students confidence in public speaking at an early age, speech presentation will be a core activity in every class session. At EASE, we believe in creating a fun and engaging environment in coaching these young learners to become better communicators in the future.	Oct 30, 2023 - Dec 11, 2023	04:00PM - 05:00PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$655.00; Resident Program Fee: \$485.00	07 Y	012 Y
3192	Enrichment and technology	Youth enrichment	Public Speaking & Speech Writing	Public speaking is one of the biggest fears of human beings. Building and developing public speaking skills should begin at an early age. Students learn to construct narrative, informative, and persuasive speech writing. To develop students confidence in public speaking at an early age, speech presentation will be a core activity in every class session. At EASE, we believe in creating a fun and engaging environment in coaching these young learners to become better communicators in the future.	Sep 11, 2023 - Oct 23, 2023	04:00PM - 05:00PM	Every Mon		Arrillaga Family Recreation Center	Resident Program Fee: \$485.00; Non-Resident Program Fee: \$655.00	07 Y	012 Y
2970	Enrichment and technology	Youth enrichment	Pretotland Music and Magic (18 months - 3 years)	Experience the magic of live music in a supportive and gentle environment. We will sing many favorite children's songs including, "Wheels On The Bus," and "ABC", accompanied by my guitar. A music CD is included in this class. Come and join in the fun!	Sep 25, 2023 - Dec 11, 2023	11:00AM - 11:40AM	Every Mon	Rhea Sampson	Arrillaga Family Recreation Center		01 Y 06 Mos	003 Y
2959	Enrichment and technology	Youth enrichment	Toddler Music and Magic (4 months - 18 months)	Infants can experience the joy of live music in a supportive and gentle environment. We sing many favorite children's songs including, "Baby Beluga," and "Head, Shoulders, Knees and Toes," accompanied by my guitar. A music CD is included in this class. Come and join the fun!	Sep 27, 2023 - Dec 06, 2023	11:00AM - 11:40AM	Every Wed	Rhea Sampson	Arrillaga Family Recreation Center		04 Mos	18 Mos
3290	Enrichment and technology	Youth technology	Robotics & Engineering	EASE Education offers a stimulating robotics program for young engineers. Utilizing Artificial Intelligence (A.I.) concepts and Machine Learning algorithm as theoretical foundation, students work in teams to plan, build, test, and modify their own robotic creations! We use VEX GO construction system that teaches the fundamentals of STEM through fun, hands-on activities that help young students perceive coding and engineering in a fun and positive way. We help creative minds put mathematical concepts to the test as they develop a better knowledge of robotics, computer programming, and teamwork.	Oct 30, 2023 - Dec 11, 2023	05:00PM - 06:00PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$655.00; Resident Program Fee: \$485.00	07 Y	012 Y
3289	Enrichment and technology	Youth technology	Robotics & Engineering	EASE Education offers a stimulating robotics program for young engineers. Utilizing Artificial Intelligence (A.I.) concepts and Machine Learning algorithm as theoretical foundation, students work in teams to plan, build, test, and modify their own robotic creations! We use VEX GO construction system that teaches the fundamentals of STEM through fun, hands-on activities that help young students perceive coding and engineering in a fun and positive way. We help creative minds put mathematical concepts to the test as they develop a better knowledge of robotics, computer programming, and teamwork.	Sep 11, 2023 - Oct 23, 2023	05:00PM - 06:00PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$382.08; Resident Program Fee: \$282.92	07 Y	012 Y
3373	Performing arts	Youth dance	Cheer	Join our exciting cheer class and unleash your spirit as you learn the dynamic art of cheerleading! Our experienced instructor will guide you through a comprehensive curriculum that covers all aspects of cheer, from basic techniques to advanced stunts and choreography. Whether you're a beginner or have previous cheer experience, our class welcomes students of all skill levels. Throughout the class, you'll develop strength, flexibility, and coordination while mastering cheers, jumps, and synchronized routines. Our supportive and energetic environment fosters teamwork, confidence, and a sense of accomplishment.	Sep 14, 2023 - Dec 07, 2023	03:30PM - 04:30PM	Every Thu	Recreation Staff	Arrillaga Family Recreation Center	Resident Program Fee: \$202.00; Non-Resident Program Fee: \$150.00		



Activities and classes - Youth

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3321	Performing arts	Youth dance	Advanced Saturday Technique	This class is for the dancer who is serious about giving extra attention to improving their technique. This class will increase your flexibility, strength, endurance, and will focus on the proper execution of basic - advanced leaps and turns as well as combinations and sequences. Essentials learned in this class can be applied and will be beneficial to all other areas of dance. Take this class along with another Dance Expressions class to see improvement! No Class: 11/11 & 11/25	Sep 16, 2023 - Dec 09, 2023	11:30AM - 01:30PM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	12 Y	
3320	Performing arts	Youth dance	Beginning/Intermediate Saturday Technique	This class is for the dancer who is serious about giving extra attention to improving their technique. This class will increase your flexibility, strength, endurance, and will focus on the proper execution of basic - advanced leaps and turns as well as combinations and sequences. Essentials learned in this class can be applied and will be beneficial to all other areas of dance. Take this class along with another Dance Expressions class to see improvement! No Class: 11/11 & 11/25	Sep 16, 2023 - Dec 09, 2023	01:30PM - 02:30PM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$409.00; Resident Program Fee: \$304.00	08 Y	
3319	Performing arts	Youth dance	Advanced Jazz Hip Hop	Geared towards the advanced dancer. No Class: 9/14 & 11/23	Sep 07, 2023 - Dec 14, 2023	06:50PM - 07:50PM	Every Thu	Danielle Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	12 Y	000 Y
3318	Performing arts	Youth dance	Beginning Intermediate Jazz Hip Hop	Geared towards the beginning and intermediate level dancers. No Class: 9/15, 11/10 & 11/24	Sep 08, 2023 - Dec 15, 2023	05:00PM - 06:00PM	Every Fri	Danielle Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	13 Y	018 Y
3317	Performing arts	Youth dance	Lyrical Advanced	Lyrical dance uses the mood of the music to bring out the movements from the dancers. This class will consist of a warm-up and include across the floor progressions and center combinations. The mixture of these two styles will make for a powerful, yet graceful class. The Saturday Technique class is a highly recommended supplement for any of our classes. No Class: 9/12 & 11/21	Sep 05, 2023 - Dec 12, 2023	07:15PM - 08:30PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	13 Y	
3316	Performing arts	Youth dance	Lyrical Intermediate	Lyrical dance uses the mood of the music to bring out the movements from the dancers. This class will consist of a warm-up and include across the floor progressions and center combinations. The mixture of these two styles will make for a powerful, yet graceful class. The Saturday Technique class is a highly recommended supplement for any of our classes. No Class: 9/15, 11/10 & 11/24	Sep 08, 2023 - Dec 08, 2023	06:00PM - 07:00PM	Every Fri	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	12 Y	
3315	Performing arts	Youth dance	Lyrical Beginning	Lyrical dance uses the mood of the music to bring out the movements from the dancers. This class will consist of a warm-up and include across the floor progressions and center combinations. The mixture of these two styles will make for a powerful, yet graceful class. The Saturday Technique class is a highly recommended supplement for any of our classes. No Class: 9/12 & 11/21	Sep 05, 2023 - Dec 12, 2023	04:00PM - 05:00PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	09 Y	
3314	Performing arts	Youth dance	Dance Expressions Performing Company	For students wanting more performance opportunities! Perform at local events and the end-of-the-year performance. Interested dancers must have strong dance skills, stage presence, and work ethic. All Performing Company dancers are required to enroll in and attend another weekly Dance Expressions class/classes, as well as be enrolled in and attend the Beg./Int. Saturday Technique class. Performances will be throughout the dance year concluding with the annual end-of-the-year performance in December! Please contact us at danceexpressionsmp@gmail.com if you are interested in joining the 2023-2024 Dance Expressions Performing Company! No Class: 9/11 & 11/20	Sep 04, 2023 - Dec 11, 2023	05:30PM - 06:30PM	Every Mon	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	08 Y	



Activities and classes - Youth

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3313	Performing arts	Youth dance	Dance Expressions Advanced Jazz & Performing Company	Being a part of the 2023-2024 Dance Expressions Performing Company is wonderful opportunity for students to develop technical dance skills, while making great friends and building confidence! Performing Company members are hardworking, passionate about dance, and have a desire to perform. Experience the joy of performing at various events in the area and working together to learn and grow as dancers! Interested dancers must have strong dance skills and an advanced skill set, presence, and work ethic. Performances will be throughout the dance year concluding with the annual end-of-the-year performance in June!	Sep 06, 2023 - Dec 13, 2023	06:30PM - 08:00PM	Every Mon, Wed	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$733.00; Resident Program Fee: \$544.00	12 Y	018 Y
3312	Performing arts	Youth dance	Teen Jazz	This class focuses on flexibility, strength, leaps, turns and jazz choreography. The class will be led through a full body warm up, stretch, technique exercises, and choreography. Dancers will love coming to class and seeing improvement not only in their dancing ability, but also in their self-confidence. No Class: 9/14 & 11/24	Sep 07, 2023 - Dec 14, 2023	05:45PM - 06:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	12 Y	018 Y
3311	Performing arts	Youth dance	Intermediate Jazz	This class is for last previous 4:00 & 5:00 Jazz students and new students at the intermediate level. Emphasis will be placed on technique and proper body alignment. Complexity will be added to previous skills/steps as well as the introduction of new skills. This class incorporates a warm-up, across the floor, and combinations. Dancers should be comfortable with double pirouettes and working towards triples, various leaps, kicks, and more. The Saturday Technique class is a highly recommended supplement for any of our classes. No Class: 9/12 & 11/21	Sep 05, 2023 - Dec 12, 2023	05:00PM - 06:00PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	13 Y	018 Y
3310	Performing arts	Youth dance	Beginning/Intermediate Jazz	Class focuses on flexibility, strength, turns and leaps and jazz choreography. For dancers with at least 2 years of dance experience. The Saturday Technique class is a highly recommended supplement for any of our classes. No Class: 9/14 & 11/23	Sep 07, 2023 - Dec 14, 2023	04:45PM - 05:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	10 Y	013 Y
3309	Performing arts	Youth dance	Beginning Jazz	This class is for previous Intro to Jazz students and new students with at least 1 year of dance experience. Students will learn skills such as leaps and turns while working on technique and increasing strength and flexibility. The Saturday Technique class is a highly recommended supplement for any of our classes. No Class: 9/13 & 11/22	Sep 06, 2023 - Dec 13, 2023	05:00PM - 06:00PM	Every Wed	Maryanne Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	08 Y	012 Y
3308	Performing arts	Youth dance	Intro to Jazz Dance	Come join us for this fun and upbeat class including warm ups, stretches, and energetic combinations performed to popular music. No Class: 9/13 & 11/22	Sep 06, 2023 - Dec 13, 2023	04:00PM - 05:00PM	Every Wed	Maryanne Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$315.46; Non-Resident Program Fee: \$424.66	08 Y	011 Y
3307	Performing arts	Youth dance	Mini Hip Hop	Make friends, explore movement, and develop dance skills. Dancers will learn the basics of hip hop dance through activities and dance combinations. Hip Hop steps are introduced to fun age appropriate music. This class will have them isolating, stretching, moving, and grooving to the most fun and up to date music. Fitted dance attire is required. Please no baggy clothing, long skirts/dresses, or jeans. Students should have their hair pulled back into ponytails. Take twice a week Æ pair this class with Mini Jazz! No Class: 11/23	Sep 11, 2023 - Dec 11, 2023	04:30PM - 05:15PM	Every Mon	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	06 Y	008 Y



Activities and classes - Youth

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3306	Performing arts	Youth dance	Mini Jazz	Make friends, explore movement, and develop dance skills. Dancers will learn the basics of jazz dance through activities and dance combinations. Jazz steps are introduced to fun age appropriate music. This class will have them isolating, stretching, moving, and grooving to the most fun and up to date music. Fitted dance attire such as leotards along with dance skirts, jazz shorts, or leggings are required. Please no baggy clothing, long skirts/dresses, or jeans. Students should have their hair pulled back into ponytails. Take twice a week â€” pair this class with Mini Hip hop! No Class: 9/14 & 11/23	Sep 07, 2023 - Dec 14, 2023	04:00PM - 04:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$364.00; Non-Resident Program Fee: \$490.00	06 Y	008 Y
3304	Performing arts	Youth dance	Kinder Expressions	Students will be introduced to fundamental dance technique and dance terminology. Self-expression is encouraged as children glide, hop, skip, and leap across the dance floor. Listening skills, rhythm, and memorization skills are developed. Fitted dance attire such as leotards along with dance skirts, jazz shorts, or leggings are required. Please no baggy clothing, long skirts/dresses, or jeans. Students should have their hair pulled back into ponytails. No Class: 9/15, 11/10 & 11/24	Sep 08, 2023 - Dec 15, 2023	04:00PM - 04:45PM	Every Fri	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$490.00; Resident Program Fee: \$364.00	05 Y	006 Y
3303	Performing arts	Youth dance	Creative Cuties	Creative Movement is a joyful way for children to explore movement, channel energy, stimulate imagination, promote creativity and embrace discipline. Numerous creative movement exercises will be used to help the young student explore basic body movements: bending, stretching, turning, and jumping! Students are introduced to rhythm patterns, develop gross motor skills, and engage in imaginative play in this fun, high-energy class. Ballet basics will be taught while expressing creativity. Fitted dance attire such as leotards along with dance skirts, jazz shorts, or leggings are required. Please no baggy clothing, long skirts/dresses, or jeans. Students should have their hair pulled back into ponytails. No Class: 9/11 & 11/20	Sep 16, 2023 - Dec 16, 2023	10:15AM - 10:45AM	Every Sat	Maryanne Fernandez	Arrillaga Family Recreation Center	Resident Program Fee: \$392.00; Non-Resident Program Fee: \$490.00	03 Y	004 Y
3141	Performing arts	Youth dance	Creative Cuties	Creative Movement is a joyful way for children to explore movement, channel energy, stimulate imagination, promote creativity and embrace discipline. Numerous creative movement exercises will be used to help the young student explore basic body movements: bending, stretching, turning, and jumping! Students are introduced to rhythm patterns, develop gross motor skills, and engage in imaginative play in this fun, high-energy class. Ballet basics will be taught while expressing creativity. Fitted dance attire such as leotards along with dance skirts, jazz shorts, or leggings are required. Please no baggy clothing, long skirts/dresses, or jeans. Students should have their hair pulled back into ponytails. No Class: 9/11 & 11/20	Sep 18, 2023 - Dec 11, 2023	03:45PM - 04:15PM	Every Mon	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$420.00; Resident Program Fee: \$312.00	03 Y	004 Y
3376	Performing arts	Youth music and theatre	Fairytale Theater		Sep 25, 2023 - Dec 11, 2023	04:00PM - 04:50PM	Every Mon	Rhea Sampson	Arrillaga Family Recreation Center	Resident Program Fee: \$260.00; Non-Resident Program Fee: \$330.00	04 Y	006 Y
3194	Performing arts	Youth music and theatre	Theater Performance	In a supportive and creative environment, your child will learn stage presence, character development and vocal techniques. The students will perform an original one act play written by the instructor specifically for this class. Come and join the fun!	Sep 27, 2023 - Dec 13, 2023	04:00PM - 05:15PM	Every Wed	Rhea Sampson	Arrillaga Family Recreation Center	Resident Program Fee: \$310.00; Non-Resident Program Fee: \$419.00	07 Y	011 Y
3191	Performing arts	Youth music and theatre	Piano 2	Learning to play the piano is fun! By putting students into small groups (3-4 students) we give them a chance to share the learning experience with others. Activities include music-oriented games, EZ music theory and ear-training. Classes are sequential: Piano 1 (beginners™s level) is followed by Piano 2, the next level and so on. We hold a recital on the last class of the session. Each student has access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included.	Sep 27, 2023 - Dec 06, 2023	05:20PM - 05:55PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Resident Program Fee: \$465.00; Non-Resident Program Fee: \$628.00	06 Y	009 Y



Activities and classes - Youth

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3190	Performing arts	Youth music and theatre	Piano 4	Learning to play the piano is fun! By putting students into small groups (3-4 students) we give them a chance to share the learning experience with others. Activities include music-oriented games, EZ music theory and ear-training. Classes are sequential: Piano 1 (beginner's level) is followed by Piano 2, the next level and so on. We hold a recital on the last class of the session. Each student has access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included.	Sep 27, 2023 - Dec 06, 2023	04:40PM - 05:15PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Resident Program Fee: \$465.00; Non-Resident Program Fee: \$628.00	06 Y	009 Y
3189	Performing arts	Youth music and theatre	Piano 1 (Beginners)	Learning to play the piano is fun! By putting students into small groups (3-4 students) we give them a chance to share the learning experience with others. Activities include music-oriented games, EZ music theory and ear-training. Classes are sequential: Piano 1 (beginner's level) is followed by Piano 2, the next level and so on. We hold a recital on the last class of the session. Each student has access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included.	Sep 27, 2023 - Dec 06, 2023	04:00PM - 04:35PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Resident Program Fee: \$465.00; Non-Resident Program Fee: \$628.00	06 Y	009 Y
2981	Youth sports	Youth basketball	Hi Five Lil' Ballers Basketball	We help each child to get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we place a little more emphasis on teamwork, conditioning, and playing the game. This program will be the training ground for our Hi-Five Hoops League for K-6th Graders.	Nov 12, 2023 - Dec 10, 2023	10:00AM - 10:50AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y
2980	Youth sports	Youth basketball	Hi Five Lil' Ballers Basketball	We help each child to get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we place a little more emphasis on teamwork, conditioning, and playing the game. This program will be the training ground for our Hi-Five Hoops League for K-6th Graders.	Nov 12, 2023 - Dec 10, 2023	09:00AM - 09:50AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y
2964	Youth sports	Youth basketball	Hi Five Lil' Ballers Basketball	We help each child to get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we place a little more emphasis on teamwork, conditioning, and playing the game. This program will be the training ground for our Hi-Five Hoops League for K-6th Graders.	Oct 15, 2023 - Nov 05, 2023	10:00AM - 10:50AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Resident Program Fee: \$200.00; Non-Resident Program Fee: \$270.00	03 Y	005 Y
2963	Youth sports	Youth basketball	Hi Five Lil' Ballers Basketball	We help each child to get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we place a little more emphasis on teamwork, conditioning, and playing the game. This program will be the training ground for our Hi-Five Hoops League for K-6th Graders.	Sep 17, 2023 - Oct 08, 2023	10:00AM - 10:50AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y
2961	Youth sports	Youth basketball	Hi Five Lil' Ballers Basketball	We help each child to get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we place a little more emphasis on teamwork, conditioning, and playing the game. This program will be the training ground for our Hi-Five Hoops League for K-6th Graders.	Oct 15, 2023 - Nov 05, 2023	09:00AM - 09:50AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Resident Program Fee: \$200.00; Non-Resident Program Fee: \$270.00	03 Y	005 Y
2958	Youth sports	Youth basketball	Hi Five Lil' Ballers Basketball	We help each child to get a feel for the ball and an improved ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we place a little more emphasis on teamwork, conditioning, and playing the game. This program will be the training ground for our Hi-Five Hoops League for K-6th Graders.	Sep 17, 2023 - Oct 08, 2023	09:00AM - 09:50AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y



Activities and classes - Youth

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
2954	Youth sports	Youth basketball	Hi-Five Girls Basketball	1st-6th grade girls basketball, skills, games, and tons of fun! This class ideal for advanced players who want to learn more, or just have fun with other friends.	Sep 16, 2023 - Oct 28, 2023	11:30AM - 01:00PM	Every Sat	Joe Ram	Arrillaga Family Gymnasium	Resident Program Fee: \$440.00; Non-Resident Program Fee: \$594.00	06 Y	012 Y
2967	Youth sports	Youth tennis	Euro School of Tennis - Teen Tennis Novice	Ready to help your children develop a passion for the sport of tennis? Our Teen Tennis Stars program is the perfect way to do just that. Designed for ages 9-14 with little or no tennis experience, we focus on having fun with the game while learning the fundamentals. By the session's end, they will be skilled at hitting the ball with consistency, allowing them to enjoy a quick game with you or any player. Wear tennis shoes and bring a tennis racquet size 25 or 27.	Sep 17, 2023 - Nov 19, 2023	12:00PM - 01:00PM	Every Sun	Shipra Uttam	Willow Oaks Park	Resident Program Fee: \$454.00; Non-Resident Program Fee: \$612.00	09 Y	014 Y
2966	Youth sports	Youth tennis	Euro School of Tennis - Mini Aces	If you have a budding athlete, are looking for a great way to keep your kiddo active or interested in having your child learn tennis fundamentals, our Mini Aces program is the perfect solution! Each Mini Aces session is perfect for those with no tennis experience or only mild exposure to the game. We work on hand-eye coordination, movement drills and various strokes. Wear tennis shoes and bring a tennis racquet size 21 or 23	Sep 17, 2023 - Nov 19, 2023	11:00AM - 12:00PM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$612.00; Resident Program Fee: \$454.00	06 Y	008 Y
2965	Youth sports	Youth tennis	Euro School of Tennis - Pee Wee Tennis	Have fun and learn tennis basics at the same time with our Pee Wee Tennis sessions. Our program offers your small tennis star a fun introduction to the game in a setting thats perfect for their learning abilities. We use low compression red balls to help your child learn the fundamentals. From strokes and movements to the motor skills they will need to move forward as they grow, we make certain they learn in an environment that works for them. Wear tennis shoes and bring a tennis racquet size 19 or 21.	Sep 17, 2023 - Nov 19, 2023	10:15AM - 11:00AM	Every Sun	Shipra Uttam	Willow Oaks Park	Resident Program Fee: \$409.00; Non-Resident Program Fee: \$551.00	04 Y	005 Y
2962	Youth sports	Youth tennis	Euro School of Tennis - Mommy, Daddy, and Me	Searching for the perfect way to introduce your child to the game of tennis? This class offers a fun way to interact with your child, while teaching them the basics of the game! Kids learn in a number of different ways, and when they are under the age of four, they primarily learn through play. Working with them in an active setting is an important part of both their physical and mental development. During the class, parents and children participate together in fun, age-appropriate activities that will help your little one develop the motor and socialization skills necessary to continue with tennis as they grow. Wear tennis shoes and bring a racquet size 19.	Sep 17, 2023 - Nov 19, 2023	09:45AM - 10:15AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$551.00; Resident Program Fee: \$409.00	02 Y 06 Mos	004 Y
2955	Youth sports	Youth volleyball	Hi-Five Volleyball: Skills, Drills & Fun	Skills drills and fun is for those Volleyball players who need little extra practice and guidance. This is class is going tot each the game and make it fun for all.	Sep 16, 2023 - Oct 28, 2023	09:30AM - 11:00AM	Every Sat	Joe Ram	Arrillaga Family Gymnasium	Resident Program Fee: \$440.00; Non-Resident Program Fee: \$594.00	10 Y	014 Y



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3075	Gymnastics	Aerial Silks, Rope, & Hammock Level 1 Progressive	LEVEL 1 PROGRESSIVE - Age 8+, Class max 5 students. Class for new entries Level 1 Course runs from fall to spring sessions. Ability test for Level 1 on 1st 2 days of class. Learning the principles of aerial dance, basic exercises, athleticism, and flexibility. Warm up and stretching mandatory. Using silks, hammock, and rope. No drop-in for this level.	Sep 14, 2023 - Dec 21, 2023	04:30PM - 05:30PM	Every Thu	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Resident Program Fee: \$560.00; Non-Resident Program Fee: \$700.00	08 Y	
3074	Gymnastics	Aerial Silks, Rope, & Hammock Level 1 Progressive	LEVEL 1 PROGRESSIVE - Age 8+, Class max 5 students. Class for new entries Level 1 Course runs from fall to spring sessions. Ability test for Level 1 on 1st 2 days of class. Learning the principles of aerial dance, basic exercises, athleticism, and flexibility. Warm up and stretching mandatory. Using silks, hammock, and rope. No drop-in for this level.	Sep 12, 2023 - Dec 19, 2023	04:30PM - 05:30PM	Every Tue	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$750.00; Resident Program Fee: \$600.00	08 Y	
3077	Gymnastics	Aerial Silks, Rope, & Hammock Level 2-3	* LEVEL 2, 3, 4 - Age 9+. Progressing with aerial dance, flexibility and performance skills. Returning advanced students only or advanced from other schools. Class max depends on class. Access to Level 2 ONLY upon completion of three Level 1 courses or evaluation if coming from another aerial school. Access to Level 3, 4 ONLY upon completion of Level 2 class or evaluation if coming from another aerial school.	Sep 12, 2023 - Dec 19, 2023	05:35PM - 07:35PM	Every Tue	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$945.00; Resident Program Fee: \$750.00; Drop-In Fee for course: \$35.00	09 Y	
3076	Gymnastics	Aerial Silks, Rope, & Hammock Level 2-3	* LEVEL 2, 3, 4 - Age 9+. Progressing with aerial dance, flexibility and performance skills. Returning advanced students only or advanced from other schools. Class max depends on class. Access to Level 2 ONLY upon completion of three Level 1 courses or evaluation if coming from another aerial school. Access to Level 3, 4 ONLY upon completion of Level 2 class or evaluation if coming from another aerial school.	Sep 16, 2023 - Dec 16, 2023	12:30PM - 02:30PM	Every Sat	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$756.00; Resident Program Fee: \$600.00; Drop-In Fee for course: \$35.00	09 Y	
3079	Gymnastics	Aerial Silks, Rope, & Hammock Level 3-4	LEVEL 2, 3, 4 - Age 9+. Progressing with aerial dance, flexibility and performance skills. Returning advanced students only or advanced from other schools. Class max depends on class. Access to Level 3, 4 ONLY upon completion of Level 2 class or evaluation if coming from another aerial school.	Sep 16, 2023 - Dec 16, 2023	02:35PM - 04:35PM	Every Sat	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Resident Program Fee: \$600.00; Non-Resident Program Fee: \$700.00	09 Y	
3078	Gymnastics	Aerial Silks, Rope, & Hammock Level 3-4	LEVEL 2, 3, 4 - Age 9+. Progressing with aerial dance, flexibility and performance skills. Returning advanced students only or advanced from other schools. Class max depends on class. Access to Level 3, 4 ONLY upon completion of Level 2 class or evaluation if coming from another aerial school.	Sep 14, 2023 - Dec 21, 2023	05:35PM - 07:35PM	Every Thu	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$875.00; Resident Program Fee: \$700.00	09 Y	
3062	Gymnastics	Exploration through movement	A caregiver and child participation class, for children unable to be mainstreamed into a regular class due to physical or learning differences. Exploration through movement is a loosely structured class designed for children and their caregivers to socialize with their peers, experiment with movement on different surfaces, and explore different ways to move through the environment. This is a great class to help your child learn how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). Only children enrolled in class may attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2023 - Dec 20, 2023	04:00PM - 04:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00		



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
2992	Gymnastics	Kindergym	A caregiver and child participation class, ages walking to 3 years of age. Kindergym is a loosely structured class designed for children to socialize with their peers, experiment with movement on different surfaces, and explore different ways to move through the environment. This is a great class to teach your child how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). Only children enrolled in the class may attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$192.00; Non-Resident Program Fee: \$240.00	12 Mos	003 Y
2991	Gymnastics	Kindergym	A caregiver and child participation class, ages walking to 3 years of age. Kindergym is a loosely structured class designed for children to socialize with their peers, experiment with movement on different surfaces, and explore different ways to move through the environment. This is a great class to teach your child how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). Only children enrolled in the class may attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 15, 2023 - Dec 22, 2023	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$305.48; Resident Program Fee: \$244.30	12 Mos	003 Y
2990	Gymnastics	Kindergym	A caregiver and child participation class, ages walking to 3 years of age. Kindergym is a loosely structured class designed for children to socialize with their peers, experiment with movement on different surfaces, and explore different ways to move through the environment. This is a great class to teach your child how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). Only children enrolled in the class may attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	12:00PM - 12:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	12 Mos	003 Y
2989	Gymnastics	Kindergym	A caregiver and child participation class, ages walking to 3 years of age. Kindergym is a loosely structured class designed for children to socialize with their peers, experiment with movement on different surfaces, and explore different ways to move through the environment. This is a great class to teach your child how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). Only children enrolled in the class may attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2023 - Dec 20, 2023	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$240.00; Non-Resident Program Fee: \$300.00	12 Mos	003 Y
2988	Gymnastics	Kindergym	A caregiver and child participation class, ages walking to 3 years of age. Kindergym is a loosely structured class designed for children to socialize with their peers, experiment with movement on different surfaces, and explore different ways to move through the environment. This is a great class to teach your child how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). Only children enrolled in the class may attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$240.00; Non-Resident Program Fee: \$300.00	12 Mos	003 Y
2997	Gymnastics	Kinderstars	A caregiver and child participation class, ages 2.5 to 4 years of age. Kinderstars introduces the first level of instruction. Students will learn to stand in line, be given a short set of directions and take turns on equipment. Children will also learn how to work in groups with their caregiver during parachute activities. We will work on listening skills, rolling, hanging, walking on uneven surfaces, and jumping. Children not enrolled in the class may not attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
2996	Gymnastics	Kinderstars	A caregiver and child participation class, ages 2.5 to 4 years of age. Kinderstars introduces the first level of instruction. Students will learn to stand in line, be given a short set of directions and take turns on equipment. Children will also learn how to work in groups with their caregiver during parachute activities. We will work on listening skills, rolling, hanging, walking on uneven surfaces, and jumping. Children not enrolled in the class may not attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 15, 2023 - Dec 22, 2023	10:00AM - 10:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	02 Y 06 Mos	004 Y
2995	Gymnastics	Kinderstars	A caregiver and child participation class, ages 2.5 to 4 years of age. Kinderstars introduces the first level of instruction. Students will learn to stand in line, be given a short set of directions and take turns on equipment. Children will also learn how to work in groups with their caregiver during parachute activities. We will work on listening skills, rolling, hanging, walking on uneven surfaces, and jumping. Children not enrolled in the class may not attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	02 Y 06 Mos	004 Y
2994	Gymnastics	Kinderstars	A caregiver and child participation class, ages 2.5 to 4 years of age. Kinderstars introduces the first level of instruction. Students will learn to stand in line, be given a short set of directions and take turns on equipment. Children will also learn how to work in groups with their caregiver during parachute activities. We will work on listening skills, rolling, hanging, walking on uneven surfaces, and jumping. Children not enrolled in the class may not attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2023 - Dec 20, 2023	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$240.00; Non-Resident Program Fee: \$300.00	02 Y 06 Mos	004 Y 11 Mo
2993	Gymnastics	Kinderstars	A caregiver and child participation class, ages 2.5 to 4 years of age. Kinderstars introduces the first level of instruction. Students will learn to stand in line, be given a short set of directions and take turns on equipment. Children will also learn how to work in groups with their caregiver during parachute activities. We will work on listening skills, rolling, hanging, walking on uneven surfaces, and jumping. Children not enrolled in the class may not attend, babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	02 Y 06 Mos	004 Y
3071	Gymnastics	Level 1 Silks	Level 1 Silks, Age 8+. Learning basic principles of Aerial Arts, dance & flexibility skills. For returning students or with instructors approval. REQUIREMENT: Ability test for Level 1 on 1st day of class required for admission to class.	Sep 14, 2023 - Dec 14, 2023	04:30PM - 05:30PM	Every Thu	Soo Hom	Arrillaga Family Gymnastics Center	Resident Program Fee: \$520.00; Non-Resident Program Fee:	08 Y	
3072	Gymnastics	Level 2 Silks	Level 2 Silks, Age 9+. Progressing and ability & skills from Level 1. Learning aerial dance and performance skills. For continuing students or with instructor's approval.	Sep 14, 2023 - Dec 14, 2023	05:45PM - 07:00PM	Every Thu	Soo Hom	Arrillaga Family Gymnastics Center	Resident Program Fee: \$585.00; Non-Resident Program Fee:	09 Y	
3059	Gymnastics	Level A Boys	Beginning level of gymnastics. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the boys will work on the parallel bars, rings, floor and vault (these take a great deal of strength so the boys spend a good deal of time working on coordination and strength activities). We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	02:00PM - 02:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$192.00; Non-Resident Program Fee: \$240.00	06 Y	



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3058	Gymnastics	Level A Boys	Beginning level of gymnastics. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the boys will work on the parallel bars, rings, floor and vault (these take a great deal of strength so the boys spend a good deal of time working on coordination and strength activities). We do not provide make-up classes or refunds for classes you do not attend.	Sep 15, 2023 - Dec 22, 2023	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
3057	Gymnastics	Level A Boys	Beginning level of gymnastics. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the boys will work on the parallel bars, rings, floor and vault (these take a great deal of strength so the boys spend a good deal of time working on coordination and strength activities). We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	06:00PM - 06:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
3056	Gymnastics	Level A Boys	Beginning level of gymnastics. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the boys will work on the parallel bars, rings, floor and vault (these take a great deal of strength so the boys spend a good deal of time working on coordination and strength activities). We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	06 Y	
3055	Gymnastics	Level A Boys	Beginning level of gymnastics. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the boys will work on the parallel bars, rings, floor and vault (these take a great deal of strength so the boys spend a good deal of time working on coordination and strength activities). We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2023 - Dec 20, 2023	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$240.00; Non-Resident Program Fee: \$300.00	06 Y	
3054	Gymnastics	Level A Boys	Beginning level of gymnastics. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the boys will work on the parallel bars, rings, floor and vault (these take a great deal of strength so the boys spend a good deal of time working on coordination and strength activities). We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	06 Y	
3042	Gymnastics	Level A Girls (Ages 10+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	07:00PM - 07:50PM	Every Thu		Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	10 Y	
3041	Gymnastics	Level A Girls (Ages 10+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	07:00PM - 07:50PM	Every Tue		Arrillaga Family Gymnastics Center	Resident Program Fee: \$240.00; Non-Resident Program Fee: \$300.00	10 Y	
3039	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	04:00PM - 04:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	06 Y	010 Y 00 Mo



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3037	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	02:00PM - 02:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	010 Y 00 Mo
3036	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	010 Y 00 Mo
3035	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 15, 2023 - Dec 22, 2023	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	010 Y 00 Mo
3034	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	06 Y	010 Y 00 Mo
3033	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2023 - Dec 20, 2023	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	06 Y	010 Y 00 Mo
3032	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	05:00PM - 05:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	06 Y	010 Y 00 Mo
3031	Gymnastics	Level A Girls (Ages 6+)	Beginning level of gymnastics, for students 6 and up. Open to students with no or little experience in the sport. The student will work on all the Olympic apparatuses, the girls will be on the balance beams, uneven bars, vault and floor. Strength work and basic skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	06 Y	010 Y 00 Mo
3061	Gymnastics	Level B Boys	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. Boys classes will be working more strength on parallel bars, rings and the single bar; cartwheels, round offs, handstands and different types of rolls; mushroom and pommel horse drills; and vaulting. We do not provide make-up classes or refunds for classes you do not attend.	Sep 15, 2023 - Dec 22, 2023	04:00PM - 04:50PM	Every Fri		Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	06 Y	



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3060	Gymnastics	Level B Boys	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. Boys classes will be working more strength on parallel bars, rings and the single bar; cartwheels, round offs, handstands and different types of rolls; mushroom and pommel horse drills; and vaulting. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	05:00PM - 05:50PM	Every Thu		Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	06 Y	
3049	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	03:00PM - 03:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
3048	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 15, 2023 - Dec 22, 2023	04:00PM - 04:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
3047	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	07:00PM - 07:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$224.00; Non-Resident Program Fee: \$280.00	06 Y	
3046	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2023 - Dec 21, 2023	05:00PM - 05:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
3045	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 16, 2023 - Dec 16, 2023	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Resident Program Fee: \$192.00; Non-Resident Program Fee: \$240.00	06 Y	
3044	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	06:00PM - 06:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	06 Y	



Gymnastics

ID	Category	Class	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	Age To
3043	Gymnastics	Level B Girls	Intermediate level of gymnastics. Students must pass Level A in order to register for the class. Children will build on the skills they have learned in Level A. They will also learn move difficult floor exercise skills for example round offs, back walkovers; back hip circles on bars and connecting moves on the uneven bars; also connecting moves on the balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2023 - Dec 19, 2023	05:00PM - 05:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	06 Y	



Activities and classes - Adults

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
3302	Adult sports and fitness	Adult martial arts	Beginners Traditional Karate - Mondays	The beginner's class focuses on a basic skills, which include safely performing: introductory kata, blocks, kicks and strikes. The class further includes self-defense, proper manners, focus and body mechanics. This is in preparation to participate in advanced or experienced training. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation. Students may participate in regional & international competition with opportunities to train in Japan and international seminars with the instructor. Additional fee for national & international membership and testing (not mandatory). Drop in is \$20 per session.	Sep 18, 2023 - Dec 11, 2023	05:45PM - 07:00PM	Every Mon	Johnpaul Williams	Arrillaga Family Recreation Center	Resident Program Fee: \$260.00; Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$351.00	08 Y
3301	Adult sports and fitness	Adult martial arts	Beginners Traditional Karate - Wednesdays	The beginner's class focuses on a basic skills, which include safely performing: introductory kata, blocks, kicks and strikes. The class further includes self-defense, proper manners, focus and body mechanics. This is in preparation to participate in advanced or experienced training. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation. Students may participate in regional & international competition with opportunities to train in Japan and international seminars with the instructor. Additional fee for national & international membership and testing (not mandatory). Drop in is \$20 per session.	Sep 20, 2023 - Dec 06, 2023	05:45PM - 07:00PM	Every Wed	Johnpaul Williams	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$297.00; Resident Program Fee: \$220.00	08 Y
3300	Adult sports and fitness	Adult martial arts	Experienced Traditional Karate - Wednesdays	Participants learn intermediate and advanced kata, testing grading preparation, fine tuning applications, athletic and elite sportsmanship. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation. Students may participate in regional & international competition with opportunities to train in Japan and international seminars with the instructor. Additional fee for national & international membership and testing (not mandatory). Drop in is \$20 per session.	Sep 20, 2023 - Dec 06, 2023	07:00PM - 08:30PM	Every Wed	Johnpaul Williams	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$297.00; Resident Program Fee: \$220.00; Drop-In Fee for course: \$20.00	08 Y
3299	Adult sports and fitness	Adult martial arts	Experienced Traditional Karate - Mondays	Participants learn intermediate and advanced kata, testing grading preparation, fine tuning applications, athletic and elite sportsmanship. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation. Students may participate in regional & international competition with opportunities to train in Japan and international seminars with the instructor. Additional fee for national & international membership and testing (not mandatory). Drop in is \$20 per session.	Sep 18, 2023 - Dec 11, 2023	07:00PM - 08:30PM	Every Mon	Johnpaul Williams	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$351.00; Resident Program Fee: \$260.00	08 Y
3298	Adult leisure classes	Adult leisure classes	Ikebana	Students will learn or continue to learn the principals and styles of Sogetsu school of Ikebana, creating fresh flowers arrangements each week to take home to enjoy their creations. Material fee included in registration cost.	Sep 19, 2023 - Dec 12, 2023	01:00PM - 03:00PM	Every Tue	Emma Soloveychik	Arrillaga Family Recreation Center	Resident Program Fee: \$505.00; Non-Resident Program Fee: \$475.00	14 Y



Activities and classes - Adults

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
3297	Adult sports and fitness	Adult fitness classes	TRX Suspension Training	TRX is a revolutionary total body workout that uses gravity and your own body weight to simultaneously develop strength, balance, flexibility and core stability. TRX will challenge you week after week, launching you toward your definition of success. Concerned your body is 100%? Modifications and progressions will be used to accommodate any issues. New to TRX? Come in for a free session and try it out before you decide. \$25 drop-in fee, based on availability.	Sep 19, 2023 - Dec 12, 2023	06:15PM - 07:10PM	Every Tue	Ken Baker	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$329.54; Resident Program Fee: \$243.69	16 Y
3294	Adult performing arts	Adult dance	Hawaiian Hula - Beg/Int	Learn to "do the hula". You will learn basic hula footwork and movements, and hand gestures dancing to beautiful Hawaiian mele (song). Please wear comfortable clothing, loose fitting T-shirt and leggings okay or bring your hula pa'u or sarong. Drop in available for \$20 per class.	Sep 19, 2023 - Dec 12, 2023	10:30AM - 11:45AM	Every Tue	Nanette Antonio	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$184.00; Drop-In Fee for course: \$20.00; Resident Program Fee: \$136.00	18 Y
3293	Adult sports and fitness	Adult fitness classes	Group Strength Training - Thursdays	Lisa returns with her most popular class, now TWICE a week! Guidelines recommend that adults participate in resistance training at least two times a week, and Lisa has expanded her program to make that possible. This workout is carefully designed to strengthen all major muscle groups, using primarily free weights and/or body weight as resistance. Modifications and progressions are shown to ensure everyone is challenged appropriate to their ability. All levels are welcome, and all equipment is provided. Experience this total body workout and realize a stronger, fitter you! \$25 drop-in fee. For more information, contact Lisa Vande Voorde, fitstart@gmail.com	Sep 21, 2023 - Dec 14, 2023	10:30AM - 11:30AM	Every Thu	Lisa Vande Voorde	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Resident Program Fee: \$225.00; Non-Resident Program Fee: \$302.00	18 Y
3292	Adult sports and fitness	Adult fitness classes	Group Strength Training - Tuesdays	Lisa returns with her most popular class, now TWICE a week! Guidelines recommend that adults participate in resistance training at least two times a week, and Lisa has expanded her program to make that possible. This workout is carefully designed to strengthen all major muscle groups, using primarily free weights and/or body weight as resistance. Modifications and progressions are shown to ensure everyone is challenged appropriate to their ability. All levels are welcome, and all equipment is provided. Experience this total body workout and realize a stronger, fitter you! \$25 drop-in fee. For more information, contact Lisa Vande Voorde, fitstart@gmail.com	Sep 19, 2023 - Dec 12, 2023	10:30AM - 11:30AM	Every Tue	Lisa Vande Voorde	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$302.00; Resident Program Fee: \$225.00	18 Y
3188	Adult sports and fitness	Adult fitness classes	Gentle Yoga (via Zoom)	In this class we will be doing traditional yoga poses and stretches that will help you build strength, tone, balance, and increase flexibility for the entire body including core. Itâ€™s a terrific stress reliever and helps to detox your body. You will leave feeling rejuvenated and energized. All ages, body types and fitness levels welcome.	Sep 11, 2023 - Dec 18, 2023	09:30AM - 10:30AM	Every Mon	Monique Story	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$324.00; Resident Program Fee: \$240.00	10 Y
3178	Adult sports and fitness	Adult fitness classes	Yogalates - Saturdays (Via Zoom)	Great total body workout improving posture, strength (including core & back) and enhances flexibility as well as balance.	Sep 09, 2023 - Dec 23, 2023	09:30AM - 10:30AM	Every Sat	Monique Story	Arrillaga Family Recreation Center	Resident Program Fee: \$256.00; Non-Resident Program Fee: \$346.00	10 Y



Activities and classes - Adults

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
3177	Adult sports and fitness	Adult fitness classes	Yogalates - Wednesdays (Via Zoom)	Great total body workout improving posture, strength (including core & back) and enhances flexibility as well as balance.	Sep 06, 2023 - Dec 20, 2023	05:30PM - 06:30PM	Every Wed	Monique Story	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$346.00; Resident Program Fee: \$256.00	10 Y
3176	Adult sports and fitness	Adult fitness classes	Strength Training Home Workout (ZOOM)	Do you prefer to workout in the convenience of your own home when you want? You will learn a home workout routine by using hand weights. You will learn to do safe & effective exercises to help strengthen and tone all muscle groups, as well as increase bone density to help prevent Osteoporosis. An additional benefit can be weight loss as you burn calories up to 24 hours after lifting weights. The class will start with a gentle cardio warm up and end with stretching. Register through Library and Community Services and then Monique will contact you directly to schedule your sessions	Sep 23, 2023 - Sep 30, 2023	12:00AM - 12:00AM	Every Sat	Monique Story	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$68.00; Resident Program Fee: \$50.00	
3175	Adult performing arts	Adult music	Menlo Park Chorus	Join your friends and neighbors and have fun singing in the Menlo Park Chorus! We are a community choral organization. The chorus rehearses and performs a wide variety of music. As our skills and repertoire expand, we focus on the sheer enjoyment of singing. The ability to read music is not required nor is any previous singing experience. The Menlo Park Chorus prepares music for at least two concerts per year.	Sep 12, 2023 - Dec 12, 2023	07:15PM - 09:45PM	Every Tue	April McNeely	Arrillaga Family Recreation Center	Resident Program Fee: \$100.00; Non-Resident Program Fee: \$135.00	18 Y
2977	Adult sports and fitness	Adult sports classes	Advanced Beginner Pickleball - Session 2	This course will focus on basic skills you need to be a great pickleball player! The clinic will include drills that will be in game style to keep it fun and to add some light competitiveness. Basic skills that will be learned are dinking, groundstrokes, serves, volleys, strategies and positioning. This is perfect for 3.0 to 3.5 level players.	Oct 31, 2023 - Nov 21, 2023	09:00AM - 10:30AM	Every Tue	David Mok	Kelly Park	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	18 Y
2976	Adult sports and fitness	Adult sports classes	Advanced Beginner Pickleball - Session 1	Join our beginner-level pickleball classes and discover the fun and excitement of this fast-paced sport. Our expert instructor will teach you the fundamentals of the game, including serving, scoring, and technique and do so in a supportive and encouraging environment. With personalized attention and hands-on instruction, you'll quickly build your skills and confidence on the court. Designed specifically for beginners, our classes are perfect for anyone who is new to the sport or looking to improve their skills. Stay active, boost your coordination and agility, and make new friends. Sign up today and start playing pickleball like a pro!	Oct 03, 2023 - Oct 24, 2023	09:00AM - 10:30AM	Every Tue	David Mok	Kelly Park	Resident Program Fee: \$180.00; Non-Resident Program Fee: \$243.00	18 Y
2974	Adult sports and fitness	Adult sports classes	Beginner Pickleball - Session 2	This course will focus on basic skills you need to be a great pickleball player! The clinic will include drills that will be in game style to keep it fun and to add some light competitiveness. Basic skills that will be learned are dinking, groundstrokes, serves, volleys, strategies and positioning. This is perfect for 3.0 to 3.5 level players.	Nov 01, 2023 - Nov 22, 2023	09:00AM - 12:30PM	Every Wed	David Mok	Kelly Park	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	18 Y



Activities and classes - Adults

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
2973	Adult sports and fitness	Adult sports classes	Beginner Pickleball - Session 1	Join our beginner-level pickleball classes and discover the fun and excitement of this fast-paced sport. Our expert instructor will teach you the fundamentals of the game, including serving, scoring, and technique and do so in a supportive and encouraging environment. With personalized attention and hands-on instruction, you'll quickly build your skills and confidence on the court. Designed specifically for beginners, our classes are perfect for anyone who is new to the sport or looking to improve their skills. Stay active, boost your coordination and agility, and make new friends. Sign up today and start playing pickleball like a pro!	Oct 04, 2023 - Oct 25, 2023	09:00AM - 10:30AM	Every Wed	David Mok	Kelly Park	Resident Program Fee: \$180.00; Non-Resident Program Fee: \$243.00	18 Y
2972	Adult performing arts	Adult dance	Palomians Folk Dance	This class offers the opportunity to learn dances from around the world: Europe, Asia and the Americas. All levels of dance are offered, from beginning to advanced. The complexity of dances increases through the evening. Beginners and experienced dancers will feel right at home and have fun. Both partner and non-partner dances will be presented. Drop-in fee is \$8.00.	Sep 12, 2023 - Dec 05, 2023	07:00PM - 09:30PM	Every Tue	Clem Dickey	Arrillaga Family Recreation Center	Resident Program Fee: \$72.15; Drop-In Fee for course: \$8.00; Non-Resident Program Fee: \$96.85	13 Y
2971	Adult sports and fitness	Adult martial arts	Menlo Aikijujitsu	Bushin Ryu Aikijujitsu is a martial art system based on the techniques from Japanese Jujitsu, Yoshinkan Aikido and Filipino Escrima. The classical elements of these martial art systems have been modified and adapted to fit the needs of today's society with many of these techniques used in law enforcement around the world. Students learn techniques of striking/blocking, pressure points, joint locks and submissions as well as the values of: discipline, self-control, and respect. Drop in option available. For more information, visit www.bushinryutaojitsu.com	Sep 14, 2023 - Dec 14, 2023	06:30PM - 08:30PM	Every Thu	Tom Chow	Arrillaga Family Recreation Center	Drop-In Fee for course: \$15.00; Non-Resident Program Fee: \$132.00; Resident Program Fee: \$99.00	16 Y
2969	Adult sports and fitness	Adult sports classes	Euro School of Tennis - Adult Tennis	A common question for many new players is where to begin with lessons and classes, and the United States Tennis Association (USTA) offers ratings for courses to help you decide what might be right for you. This course is rated a 2.5-3.0, which means after the course, you'll be able to judge where the ball is going and you'll be able to tackle a short rally with players that have the same basic ability	Sep 17, 2023 - Nov 19, 2023	08:45AM - 09:45AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$612.00; Resident Program Fee: \$454.00	15 Y
2968	Adult performing arts	Adult dance	Balkan Folk Dancing	In Balkan Folk dancing you will enjoy a repertoire of lively dances from the Balkans and beyond, including Macedonia, Bulgaria, Romania, Serbia, Croatia, Albania, Greece, Hungary, Turkey, Brittany, Poland, Israel, Scandinavia, and the British Isles. Dances range from beginner to advanced levels. Drop-in fee is \$8.00.	Sep 21, 2023 - Dec 21, 2023	07:45PM - 09:55PM	Every Thu	Sue Ritz	Arrillaga Family Recreation Center	Drop-In Fee for course: \$8.00; Non-Resident Program Fee: \$92.00; Resident Program Fee: \$64.00	18 Y
2960	Adult sports and fitness	Adult martial arts	Intermediate Taiji (Tai Chi) Chuan	Taiji Chuan, is an internal martial art that cultivates power and relaxation. The Chen style encompasses both hard and soft aspects of taiji. Practice strengthens the core and improves posture and balance. Learn the original Old Frame form from which all Taiji Chuan originated. The beginning class will focus on learning fundamentals such as correct posture and moving from the center. Push hands and weapons such as sword, spear, and Guan Dao are covered in the intermediate class.	Sep 13, 2023 - Dec 13, 2023	08:30PM - 09:30PM	Every Wed	Eduardo Horvath	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$138.00; Resident Program Fee: \$102.00	18 Y



Activities and classes - Adults

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
2957	Adult sports and fitness	Adult martial arts	Beginning Taiji (Tai Chi) Chuan	Taiji Chuan, is an internal martial art that cultivates power and relaxation. The Chen style encompasses both hard and soft aspects of taiji. Practice strengthens the core and improves posture and balance. Learn the original Old Frame form from which all Taiji Chuan originated. The beginning class will focus on learning fundamentals such as correct posture and moving from the center.	Sep 13, 2023 - Dec 13, 2023	07:00PM - 08:30PM	Every Wed	Eduardo Horvath	Arrillaga Family Recreation Center	Resident Program Fee: \$102.00; Non-Resident Program Fee: \$137.00	18 Y
2953	Adult sports and fitness	Adult sports classes	Volleyball: Beginner to Intermediate Skills & Drills	As an extension to the Volleyball: Beginner to Intermediate Skills & Drills class, students may participate in a class designed to introduce students to more consistent team play. Students will be split into small groups that they will stay with throughout the season. Students will be provided a chance to implement skills from that day's drills class in a competitive environment. Although play will be competitive and week-to-week stats will be tracked, frequent feedback, instructions, and breaks to address issues on the court will be provided. Players will be expected to commit to the entire season and coordinate with their class/teammates outside of class in the event of their absence.	Sep 19, 2023 - Dec 12, 2023	09:00PM - 10:30PM	Every Tue	Derek Tran	Arrillaga Family Gymnasium	Drop-In Fee for course: \$25.00; Resident Program Fee: \$117.00; Non-Resident Program Fee: \$146.00	18 Y
2936	Adult sports and fitness	Adult sports classes	Volleyball: Beginner to Intermediate Skills & Drills	This class offers instruction to new and intermediate players. Students will learn and/or refine: passing, setting, hitting, serving, and blocking. Team skills will be taught or refined depending on the experience level of students. The class will primarily consist of game-like drills to provide many repetitions. When appropriate, courts will be split by skill level and modifications of drills will be provided for the varying levels. Drop-in fee of \$25.00 if space is available in session. This class consists of 13 sessions.	Sep 19, 2023 - Dec 12, 2023	06:30PM - 09:00PM	Every Tue	Derek Tran	Arrillaga Family Gymnasium	Resident Program Fee: \$212.00; Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$284.00	18 Y



Activities and classes - Seniors

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
2928	Classes	Senior Center Classes	Travel Around the World in a Day!	No need to get a visa or passport! Stay in your seats while we travel throughout the world. Each Friday we will visit a new country and hear about the country we are visiting from our travel guide. In Spanish & English. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 29, 2023 - Dec 15, 2023	11:00AM - 11:45AM	Every Fri	Dan Fillin	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2927	Classes	Senior Center Classes	Fellowship Circle (Spanish) - Fridays	A safe place to get your questions answered, and feel empowered with the knowledge you gain through discussions. Join this friendly group and feel connected. In Spanish only. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 29, 2023 - Dec 15, 2023	10:30AM - 11:00AM	Every Fri	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2924	Classes	Senior Center Classes	Sewing and Crafts	This class is designed for adults who would like to learn basic sewing techniques, as well as to create simple and easy craft projects. Make something to take home weekly. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 29, 2023 - Dec 15, 2023	10:00AM - 11:30AM	Every Fri	Jorel Thomson	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2922	Classes	Senior Center Classes	Strong for Life		Sep 29, 2023 - Dec 15, 2023	09:00AM - 09:45AM	Every Fri	Lida Tesarkova	Arrillaga Family Recreation Center		60 Y
2919	Classes	Senior Center Classes	Meditation and Acupressure	Using acupressure points for pain and stress management, learn how easy it is to bring peace to your mind and body. While seated, you will use your own hands to press some of the most therapeutic acupressure points on your head, arms, and legs, which can relieve pain, allergies, insomnia, and strengthen your immune system. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 27, 2023 - Dec 13, 2023	10:30AM - 11:45AM	Every Wed		Arrillaga Family Recreation Center	General: \$0.00	60 Y
2918	Classes	Senior Center Classes	Fellowship Circle (Spanish) - Mondays	A safe place to get your questions answered, and feel empowered with the knowledge you gain through discussions. Join this friendly group and feel connected. In Spanish only.	Sep 25, 2023 - Dec 11, 2023	11:00AM - 12:00PM	Every Mon	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2908	Classes	Senior Center Classes	Folklorico	A fun way to learn all about the cultural dances of Mexico. Improve your technique, poise, self-confidence, and creative ability as well as deepening your understanding of and appreciation for the rich and colorful heritage that each dance represents. Performance opportunities each quarter in front of live audience. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 26, 2023 - Dec 12, 2023	10:00AM - 11:00AM	Every Tue	Patty Barrera	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2907	Classes	Senior Center Classes	Technology Roundtable for Seniors	Bring your Smart Phone, Tablet, or Lap top and learn how to work with them. This bilingual, patient teacher will walk you through every step of the way so you feel comfortable using your technology. Maximum 6 students per class. Registration required. Free.	Sep 29, 2023 - Dec 15, 2023	09:30AM - 10:30AM	Every Fri	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2906	Classes	Senior Center Classes	Drawing and Painting for Seniors	We provide the supplies for you to practice your skills in drawing and painting while learning new ones. All levels of experience are welcome in this safe, non-judgmental class. Mediums we use are pencil, charcoal, watercolor, pastels, and acrylics. Registration required.	Sep 25, 2023 - Dec 11, 2023	10:00AM - 11:30AM	Every Mon	Jorel Thomson	Menlo Park Main Library	General: \$0.00	60 Y
2899	Classes	Senior Center Classes	Conversational Spanish Advance	Learn Spanish to communicate with your neighbors in our diverse community, and make new friends, too! This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish while learning grammar and writing.	Sep 25, 2023 - Dec 11, 2023	10:00AM - 11:00AM	Every Mon	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y



Activities and classes - Seniors

ID	Category	Service	Class	Description	Dates	Time	Days	Instructor	Location	Fees	From
2897	Classes	Senior Center Classes	Conversational Spanish Beginner	Learn Spanish to communicate with your neighbors in our diverse community, and make new friends, too! This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish while learning grammar and writing.	Sep 25, 2023 - Dec 11, 2023	09:00AM - 10:00AM	Every Mon	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y
2871	Classes	Senior Center Classes	Tai Chi	This is an energetic, upbeat chair exercise class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 26, 2023 - Dec 12, 2023	09:00AM - 10:00AM	Every Tue		Arrillaga Family Recreation Center	General: \$0.00	60 Y
2870	Classes	Senior Center Classes	Chair Exercise	This is an energetic, upbeat chair exercise class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts. Registration will be completed in-person. Please call 650-330-2287 for more information.	Sep 25, 2023 - Dec 11, 2023	09:00AM - 10:00AM	Every Mon	Patty Barrera	Arrillaga Family Recreation Center	General: \$0.00	60 Y