



FALL 2024 CATALOG

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

Register: menlopark.gov/activityguide

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

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

Email: registration@menlopark.gov

Web: menlopark.gov/feedback



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11957	Youth Arts & Crafts	Introduction to Crochet	This fun and hands-on class will introduce participants to 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, agile hooks and strong yarn, students will learn to make adorable accessories including a headband, a pencil pouch, and more. All materials (yarn, hook, scissors, markers, needle, and carrying case) are included in the registration fee.	Sep 16, 2024 - Nov 04, 2024	05:00PM - 06:15PM	Every Mon	Lulu Maxcy	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$242.00; Resident Program Fee: \$179.00	09 Y	014 Y
12887	Youth Arts & Crafts	Sewing Class for 1-5 grades	Mom, I want to learn how to sew!" Sewing is not only fun and creative; but, it is a useful learning skill. Children will learn how to safely thread a needle; draw and cut-out a pattern; and sew their own pieces by hand. Students will make project that are either decorative or useful, such as: potpourri bag, glasses/phone case, ornaments and more. New projects introduced each session. Material fee: \$24	Sep 12, 2024 - Oct 17, 2024	05:30PM - 06:30PM	Every Thu	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$324.00; Resident Program Fee: \$240.00	06 Y	010 Y 06 Mos
12837	Youth Arts & Crafts	Friendship Bracelet Making	Participants will be taught how to make thread bracelets as well as beaded bracelets. Each week participants will bring home one bracelet. Thread bracelets will be made during the September and November dates, during that time they will learn three different methods. Beaded bracelets will be made during the October dates. The last two dates in December will be up to the participants on what they would like to make.	Sep 11, 2024 - Dec 11, 2024	04:00PM - 05:00PM	Every Wed	City of Menlo Park Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00;	05 Y	010 Y



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12888	Youth Arts & Crafts	Sewing Class for 1-5 grades	Mom, I want to learn how to sew!" Sewing is not only fun and creative; but, it is a useful learning skill. Children will learn how to safely thread a needle; draw and cut-out a pattern; and sew their own pieces by hand. Students will make project that are either decorative or useful, such as: potpourri bag, glasses/phone case, ornaments and more. New projects introduced each session. Material fee: \$24	Oct 31, 2024 - Dec 05, 2024	05:30PM - 06:30PM	Every Thu	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	06 Y	010 Y 06 Mos
12903	Youth Arts & Crafts	Sewing Class for Teens	Sewing is not only fun and creative; but, it is a useful learning skill. Students will learn how to thread a needle; work with patterns; and sew their own pieces by hand. Students will make project that are either decorative or useful, such as: pencil cases, drawstring bag, pincushions and more. Materials fee: \$36	Oct 30, 2024 - Dec 11, 2024	05:30PM - 06:30PM	Every Wed	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	11 Y	013 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11942	Youth Dance	Dance Expressions Advanced Saturday Technique	This class is for the dancer who is serious about giving extra attention to improving their technique as it 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, so it is highly recommended that this class be taken along with another Dance Expressions class to see improvement! for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Sep 14, 2024 - Dec 14, 2024	11:30AM - 01:30PM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	13 Y	019 Y
11941	Youth Dance	Dance Expressions Beginning Intermediate Saturday Technique	This class is for the dancer who is serious about giving extra attention to improving their technique as it will increase your flexibility, strength, endurance, and will focus on the proper execution of 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, so it is highly recommended that this class be taken along with another Dance Expressions class to see improvement! for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Sep 14, 2024 - Dec 14, 2024	01:30PM - 02:45PM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	08 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11925	Youth Dance	Dance Expressions Creative Cuties	This class encourages children to explore movement using music and imagination! Students will be introduced to rhythm patterns, develop gross motor skills, engage in imaginative play, and develop their social skills in a fun, high-energy class. Ballet basics will be taught while expressing creativity. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with dance skirts, jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Children must be able to participate without a parent/caregiver in the room. Fee includes instruction plus a \$15 studio fee.	Sep 14, 2024 - Dec 14, 2024	10:15AM - 10:45AM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$498.00; Resident Program Fee: \$369.00	03 Y	004 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12964	Youth Dance	Dance Expressions Intro to Hip Hop (3rd-4th Grade)	This class is a fabulous introduction to hip hop dance! ! Come join us for this fun and upbeat class including warm ups, across the floor, and energetic combinations to some of today's most popular songs! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee	Sep 13, 2024 - Dec 13, 2024	05:00PM - 06:00PM	Every Fri	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	08 Y	010 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11945	Youth Dance	Dance Expressions Kinder Expressions (Kindergarteners)	Children love to dance, so get your kindergartener moving, grooving, and learning with Kinder Expressions! Creativity and self-expression is encouraged as dancers glide, skip, hop, and leap across the dance floor. Not only are students introduced to fundamental dance techniques, but listening skills, rhythm, and memorization skills will also be developed. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire is required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee.	Sep 13, 2024 - Dec 13, 2024	04:00PM - 04:45PM	Every Fri	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00 Resident Program Fee: \$418.00	05 Y	006 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11933	Youth Dance	Dance Expressions Hip Hop	All levels welcome for this fun, high energy Friday evening dance class! Grab a friend and hit the dance floor! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire is required (no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee.	Sep 13, 2024 - Dec 13, 2024	05:00PM - 06:00PM	Every Fri	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	09 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11931	Youth Dance	Dance Expressions Intermediate Lyrical	Lyrical dance uses the mood of the music to bring out the movements from the dancers as each class will consist of a warm-up and include across the floor progressions and center combinations.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . All Dance Expressions dances Fee includes instruction plus a \$15 studio fee.	Sep 13, 2024 - Dec 13, 2024	06:00PM - 07:00PM	Every Fri	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00 Resident Program Fee: \$418.00	12 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11949	Youth Dance	Dance Expressions Beginning Intermediate Jazz (5th - 8th Grade)	This class focuses of flexibility, strength, turns, leaps, and jazz choreography. Dancers should have at least 2 - 3 years of dance experience. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee.	Sep 12, 2024 - Dec 12, 2024	04:45PM - 05:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00;Resident Program Fee: \$418.00	10 Y	014 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11946	Youth Dance	Dance Expressions Mini Jazz (1st & 2nd Grade)	Make friends, explore movement, and develop dance skills in this upbeat, high-energy dance class! Dancers will learn the basics of jazz dance introduced through fun activities and dance combinations to age appropriate music! This class will have them isolating, stretching, and moving on the dance floor while boosting self-esteem, self expression, and creativity! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire is required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Take twice a week and pair this class with Mini Hip Hop! Fee includes instruction plus a \$15 studio fee.	Sep 12, 2024 - Dec 12, 2024	04:00PM - 04:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	06 Y	008 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11934	Youth Dance	Dance Expressions Advanced Jazz Hip Hop	This class is geared towards the advanced dancer. Come join us on the dance floor! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire is required (no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee.	Sep 12, 2024 - Dec 12, 2024	07:00PM - 08:00PM	Every Thu	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	12 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11948	Youth Dance	Dance Expressions Beginning Jazz (4th - 6th Grade - ages 9 - 12)	This class is for dancers 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 this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee.	Sep 11, 2024 - Dec 11, 2024	05:00PM - 06:00PM	Every Wed	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	09 Y	012 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11947	Youth Dance	Dance Expressions Intro to Jazz (3rd-5th Grade)	This class is a fabulous introduction to jazz dance for students ages 8 - 11! Come join us for this fun and upbeat class including warm ups, stretches., and energetic combinations to some of today's most popular songs! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Fee includes instruction plus a \$15 studio fee	Sep 11, 2024 - Dec 11, 2024	04:00PM - 05:00PM	Every Wed	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	08 Y	011 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11932	Youth Dance	Dance Expressions Advanced Lyrical	Lyrical dance uses the mood of the music to bring out the movements from the dancers as each class will consist of a warm-up and include across the floor progressions and center combinations.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. All Dance Expressions dances Fee includes instruction plus a \$15 studio fee.	Sep 10, 2024 - Dec 10, 2024	07:15PM - 08:30PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	13 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11930	Youth Dance	Dance Expressions Beginning Lyrical	Lyrical dance uses the mood of the music to bring out the movements from the dancers as each class will consist of a warm-up and include across the floor progressions and center combinations.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. All Dance Expressions dances Fee includes instruction plus a \$15 studio fee	Sep 10, 2024 - Dec 10, 2024	04:00PM - 05:00PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	09 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11927	Youth Dance	Dance Expressions Intermediate Jazz (8th Grade - High School)	This class is for last year's Tuesday 5pm jazz students and new students who are at the intermediate level. Complexity will be added on to the previous skills/steps as well as the introduction of new skills. Students 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 this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . All Dance Expressions dances Fee includes instruction plus a \$15 studio fee.	Sep 10, 2024 - Dec 10, 2024	05:00PM - 06:00PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00 Resident Program Fee: \$418.00	13 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11929	Youth Dance	Dance Expressions Advanced Jazz Performing Company (Ages 13+)	The 2024 -2025 Dance Expressions Performing Company is a wonderful opportunity for students to develop technical dance skills, while making great friends and building confidence! Performing Company members are hard working, passionate about dance, and have a desire to perform. Interested dancers must have strong dance skills and an advanced skill set, presence and strong work ethic, and be dedicated and committed. All Performing Company dancers are required to enroll in and attend another weekly Dance Expressions class as well as enroll in and attend the Saturday 11:30 technique class. Performing Company is a yearlong commitment starting in September and concluding in June. Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. For more information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Sep 09, 2024 - Dec 11, 2024	06:30PM - 08:00PM	Every Mon, Wed	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	13 Y	019 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11944	Youth Dance	Dance Expressions Creative Cuties	This class encourages children to explore movement using music and imagination! Students will be introduced to rhythm patterns, develop gross motor skills, engage in imaginative play, and develop their social skills in a fun, high-energy class. Ballet basics will be taught while expressing creativity. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire such as leotards or fitted t-shirts/tanks along with dance skirts, jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Children must be able to participate without a parent/caregiver in the room. Fee includes instruction plus a \$15 studio fee.	Sep 09, 2024 - Dec 09, 2024	03:45PM - 04:15PM	Every Mon	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$498.00; Resident Program Fee: \$369.00	03 Y	004 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11928	Youth Dance	Dance Expressions Performing Company (Ages 8+)	For students wanting more performance opportunities! Interested dancers must have strong dance skills, stage presence, a strong work ethic, and dedication. All Performing Company dancers are required to enroll in and attend another weekly Dance Expressions class as well as enroll in and attend the Saturday 1:30 technique class. Performing Company is a yearlong commitment starting in September and concluding in June. Fitted dance attire such as leotards or fitted t-shirts/tanks along with jazz shorts, or leggings are required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. For more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email danceexpressionsmp@gmail.com . All Dance Expressions dances Fee includes instruction plus a \$15 studio fee.	Sep 09, 2024 - Dec 09, 2024	05:30PM - 06:30PM	Every Mon	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	08 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11926	Youth Dance	Dance Expressions Mini Hip Hop	Make friends, explore movement, and develop dance skills in this upbeat, high-energy dance class! Dancers will learn the basics of hip hop introduced through fun activities and dance combinations to age appropriate music! This class will have them isolating, stretching, and moving on the dance floor while boosting self-esteem, self expression, and creativity! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . . Take twice a week and pair this class with Mini Jazz! Fee includes instruction plus a \$15 studio fee	Sep 09, 2024 - Dec 09, 2024	04:30PM - 05:15PM	Every Mon	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$564.00; Resident Program Fee: \$418.00	06 Y	008 Y
12573	Youth Dance	Jazz-Hop (Jazz Hip Hop Dance)	A fun, high-energy class focused on learning dance fundamentals: jazz square, pivot, chasse, ball change, grapevine, isolations, kicks and more. We will combine these moves with popular hip-hop moves and songs.	Sep 11, 2024 - Oct 23, 2024	05:30PM - 06:30PM	Every Wed	Sandra & Ms. KiKi Step it Up Dance Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non- Resident Program Fee: \$71.00; ; Resident Program Fee: \$45.00	06 Y	010 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12581	Youth Dance	Intro to Latin Dance	Dancers will learn the basic steps to various Latin American dances, including salsa, bachata, merengue, samba, cumbia and reggaetÃ³n. Lots of upbeat music and fun moves!	Oct 30, 2024 - Dec 11, 2024	05:30PM - 06:30PM	Every Wed	Sandra & Ms. KiKi Step it Up Dance Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	06 Y	010 Y



Activities and Classes - Youth enrichment

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11880	Youth Enrichment	Building Public Speaking Confidence	This course teaches young students the essentials of building confidence in public speaking. Taught using the fun concepts of (don't) show and tell, storytelling (scary and funny stories!), reciting poems, pretend games, this is an excellent class to start developing confidence in young students in a fun way. The participants learn how to stand tall and speak confidently in front of a group.	Sep 19, 2024 - Nov 07, 2024	05:10PM - 06:10PM	Every Thu	Gurus Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$432.00; Resident Program Fee: \$320.00	07 Y	011 Y
11992	Youth Enrichment	Speech & Drama	Public speaking is one of the biggest fears of human beings. Building and developing public speaking skills should begin at an early age. To develop students' confidence in public speaking at an early age, we use plays and drama scripts to make public speaking fun and engaging for early elementary students. At EASE, we believe in creating a fun and engaging environment in coaching these young learners to become better communicators in the future.	Sep 09, 2024 - Oct 21, 2024	04:15PM - 05:15PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$651.00; Resident Program Fee: \$485.00	07 Y	012 Y



Activities and Classes - Youth enrichment

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11993	Youth Enrichment	Speech & Drama	Public speaking is one of the biggest fears of human beings. Building and developing public speaking skills should begin at an early age. To develop students' confidence in public speaking at an early age, we use plays and drama scripts to make public speaking fun and engaging for early elementary students. At EASE, we believe in creating a fun and engaging environment in coaching these young learners to become better communicators in the future.	Oct 28, 2024 - Dec 09, 2024	04:15PM - 05:15PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$654.00; Resident Program Fee: \$485.00	07 Y	012 Y
12392	Youth Enrichment	Bike Shop - Live in Peace	The Live In Peace Bike Shop is a new and exciting program for our young people and our community as well. As health consciousness and traffic continues to grow, people are seeking alternative forms of exercise and transportation. The Bike Shop is a place for service as well as education. It is a space that mentors and teaches young people how to maintain and repair their bicycles, and an opportunity for Live In Peace to give back to the community. The Bike Shop hosts regular events such as community repair days, collective bike rides, training sessions, and celebrations. The Bike Shop is supported by the community and corporate donations.	Sep 11, 2024 - Dec 11, 2024	04:00PM - 05:00PM	Every Wed	Live in Peace Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	10 Y	



Activities and Classes - Youth languages

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12879	Youth Languages	Italian Class for 1-5 grades	Children will learn the Italian language in a fun, comfortable learning environment. Material is presented in a visual, engaging, interactive manner. Students will learn real Italian in an immersion setting, as well as become familiar with cultural elements of Italian-speaking countries. Material fee: \$40 Our curriculum consists of: Learning ABC's, numbers, colors, vocabulary words, phrases (conversation), poems, songs, art projects, games and much more. Material fee: \$40	Sep 12, 2024 - Oct 17, 2024	05:00PM - 06:00PM	Every Thu	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	06 Y	010 Y 06 Mos
12877	Youth Languages	Mandarin Class for 1-5 grades	Children will learn the Mandarin language in a fun, comfortable learning environment. The objective of the class is to learn: vocabulary, conversational phrases, reading and some relevant cultural background. The Chinese phonetic system "Pinyin" is introduced at the beginning of the course. The goal of this program is to attain conversational skills and to build a Mandarin language foundation for when they enter middle school. Material fee: \$40	Sep 10, 2024 - Oct 22, 2024	05:00PM - 06:00PM	Every Tue	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	06 Y	010 Y 06 Mos
12878	Youth Languages	Mandarin Class for 1-5 grades	Children will learn the Mandarin language in a fun, comfortable learning environment. The objective of the class is to learn: vocabulary, conversational phrases, reading and some relevant cultural background. The Chinese phonetic system "Pinyin" is introduced at the beginning of the course. The goal of this program is to attain conversational skills and to build a Mandarin language foundation for when they enter middle school. New student material fee: \$40 Returning student material fee: \$15	Oct 29, 2024 - Dec 10, 2024	05:00PM - 06:00PM	Every Tue	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	06 Y	010 Y 06 Mos



Activities and Classes - Youth languages

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12880	Youth Languages	Italian Class for 1-5 grades	Children will learn the Italian language in a fun, comfortable learning environment. Material is presented in a visual, engaging, interactive manner. Students will learn real Italian in an immersion setting, as well as become familiar with cultural elements of Italian-speaking countries. Our curriculum consists of: Learning ABC's, numbers, colors, vocabulary words, phrases (conversation), poems, songs, art projects, games and much more. New student material fee: \$40 Returning student material fee: \$15	Oct 24, 2024 - Dec 12, 2024	05:00PM - 06:00PM	Every Thu	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	06 Y	010 Y 06 Mos
12393	Youth Languages	Advanced Spanish for Kids	Advanced Level Spanish: Grammar, Countries & Capitals, Verbs, Sentence, Reading, Writing, Words, Days of the Week, Months, and more.	Sep 12, 2024 - Dec 12, 2024	04:30PM - 05:30PM	Every Thu		Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00		
12398	Youth Languages	Beginners Spanish for Kids	Advanced Level Spanish: Grammar, Countries & Capitals, Verbs, Sentence, Reading, Writing, Words, Days of the Week, Months, and more.	Sep 11, 2024 - Dec 11, 2024	04:30PM - 05:30PM	Every Wed	Dennis Reyes	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	08 Y	017 Y



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11987	Youth Music	Infant Toddler Music	Experience the joy and magic of live music in a supportive and gentle environment. We will sing favorite children's songs including, Twinkle, Twinkle Little Star, and Old MacDonald. Percussion instruments will be provided in this class as well as a music CD. Come and enjoy the fun!	Sep 25, 2024 - Dec 11, 2024	11:00AM - 11:40AM	Every Wed	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$360.00; Resident Program Fee: \$0.00	04 Mos	18 Mos
11984	Youth Music	Pretotland Music & Magic	Experience the joy and magic of live music in a supportive and gentle environment. We will sing favorite children's songs including, Wheels On The Bus and Baby Beluga. Percussion instruments will be provided in this class as well as a music CD. Come and enjoy the fun!	Sep 23, 2024 - Dec 09, 2024	11:00AM - 11:40AM	Every Mon	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$360.00; Resident Program Fee: \$0.00	18 Mos	003 Y
11892	Youth Music	Mini-Group Piano Classes for Children (age 6-9) Piano 7	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 25, 2024 - Dec 04, 2024	05:20PM - 05:55PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$655.00; Resident Program Fee: \$485.00	06 Y	009 Y



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11891	Youth Music	Mini-Group Piano Classes for Children (age 6-9) 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 25, 2024 - Dec 04, 2024	04:40PM - 05:15PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$655.00; Resident Program Fee: \$485.00	06 Y	009 Y
11890	Youth Music	Mini-Group Piano Classes for Children (age 6-9) 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 25, 2024 - Dec 04, 2024	04:00PM - 04:35PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$655.00; Resident Program Fee: \$485.00;	06 Y	009 Y
11986	Youth Theater	Fairy Tale Theater	In a supportive and creative environment, we will act out a variety of multicultural fairy tales that reflect more empowered roles for girls. This is a great class to enhance your child's self-esteem and language skills. Come and enjoy the fun in this magical world of make- believe!	Sep 23, 2024 - Dec 09, 2024	04:00PM - 04:40PM	Every Mon	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$480.00; Resident Program Fee: \$355.00	04 Y	006 Y



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11985	Youth Theater	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 enjoy the magic of theater!	Sep 25, 2024 - Dec 11, 2024	04:00PM - 05:15PM	Every Wed	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$480.00; Resident Program Fee: \$355.00	07 Y	011 Y



Activities and Classes - Youth martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12223	Youth Martial Arts	BEGINNERS Traditional Karate Wednesday	Beginners Karate focuses on proper manners, basic skills (blocks, kicks & strikes) & introductory kata (forms) & kumite (sparring). Class also includes self-defense, focus & body mechanics to prepare participants for advanced training following the standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in is \$20 per session. White karate uniform is suggested (required to test).	Sep 11, 2024 - Dec 11, 2024	05:45PM - 07:00PM	Every Wed	Johnpaul Williams	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$383.00; Resident Program Fee: \$284.00	08 Y	
12222	Youth Martial Arts	BEGINNERS Traditional Karate Monday	Beginners Karate focuses on proper manners, basic skills (blocks, kicks & strikes) & introductory kata (forms) & kumite (sparring). Class also includes self-defense, focus & body mechanics to prepare participants for advanced training following the standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in is \$20 per session. White karate uniform is suggested (required to test).	Sep 09, 2024 - Dec 09, 2024	05:45PM - 07:00PM	Every Mon	Johnpaul Williams	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$328.00 Resident Program Fee: \$244.00	08 Y	
13161	Youth Martial Arts	GYMGUYZ Martial Arts (Session 1) Ages 6-11	GYMGUYZ Martial Arts program offers tailored training for two age groups: 6-11 and 12-18+. Each class is part of a 6-week program designed to help kids and teens develop confidence, discipline, and self-defense skills in a fun and supportive environment, all while staying active and building a strong, positive mindset! There will be two (2) 6-week sessions following these schedules: September 9th to October 18th and October 28th to December 19th.	Sep 09, 2024 - Oct 18, 2024	04:30 PM- 05:30 PM	Every Mon, Fri	Abdul Ansari	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00	06 Y	11 Y



Activities and Classes - Youth martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
13164	Youth Martial Arts	GYMGUYZ Martial Arts (Session 1) Ages 12-18	GYMGUYZ Martial Arts program offers tailored training for two age groups: 6-11 and 12-18+. Each class is part of a 6-week program designed to help kids and teens develop confidence, discipline, and self-defense skills in a fun and supportive environment, all while staying active and building a strong, positive mindset! There will be two (2) 6-week sessions following these schedules: September 9th to October 18th and October 28th to December 19th.	Sep 14, 2024 - Oct 19, 2024	04:30 PM-05:30 PM	Every Sat	Abdul Ansari	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00	12 Y	18Y
13162	Youth Martial Arts	GYMGUYZ Martial Arts (Session 2) Ages 6-11	GYMGUYZ Martial Arts program offers tailored training for two age groups: 6-11 and 12-18+. Each class is part of a 6-week program designed to help kids and teens develop confidence, discipline, and self-defense skills in a fun and supportive environment, all while staying active and building a strong, positive mindset! There will be two (2) 6-week sessions following these schedules: September 9th to October 18th and October 28th to December 19th.	Oct 28, 2024 - Dec 20, 2024	04:30 AM-05:30 AM	Every Mon, Fri	Abdul Ansari	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00	06 Y	11 Y
13165	Youth Martial Arts	GYMGUYZ Martial Arts (Session) Ages 12-18	GYMGUYZ Martial Arts program offers tailored training for two age groups: 6-11 and 12-18+. Each class is part of a 6-week program designed to help kids and teens develop confidence, discipline, and self-defense skills in a fun and supportive environment, all while staying active and building a strong, positive mindset! There will be two (2) 6-week sessions following these schedules: September 9th to October 18th and October 28th to December 19th.	Nov 02, 2024 - Dec 21, 2024	12:00 AM-01:00 AM	Every Sat	Abdul Ansari	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00	12 Y	18Y



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12475	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Sep 15, 2024 - Oct 06, 2024	10:30AM - 11:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y 05 Mos
12474	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Sep 15, 2024 - Oct 06, 2024	09:30AM - 10:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y 05 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12473	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Sep 15, 2024 - Oct 06, 2024	08:30AM - 09:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y 05 Mos
12481	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	The main goal and priority at Hi-Five is for all the players to gain confidence, learn the ins and outs of basketball, and gain a great relationship with their coach and Hi-Five. With our highly trained staff our job is to teach the kids the fundamentals of basketball and skills to become a better athlete. In this 1 hour your kids will learn fast and grow with their basketball skills. AGE SPLIT: Your child will be put on a team with similar age kids and compete against similar age kids	Sep 15, 2024 - Nov 17, 2024	11:30AM - 12:30PM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$546.30; Resident Program Fee: \$405.00	05 Y 05 Mos	008 Y



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12492	Youth Sports - Basketball	Hoopsters Basketball Class	Come Join Class of 2018 Canada College Hall of Fame Inductee Tim Bowler (Basketball and Baseball), in this fun basketball class. An exciting non-competitive introduction to basketball for boys and girls. Young hoopsters will learn the fundamental skills of dribbling, catching and shooting, as well as basic rules, while having a great time. Low hoops and small basketballs will be used. Participants must wear gym shoes. Coach Tim Bowler is a National Board Certified Physical Education Teacher at Menlo Atherton High School and has coached for many years.	Sep 11, 2024 - Oct 30, 2024	05:00PM - 06:00PM	Every Wed	Tim Bowler	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$472.00; Resident Program Fee: \$350.00	05 Y	012 Y



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12478	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Oct 13, 2024 - Nov 03, 2024	10:30AM - 11:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y 05 Mos
12477	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Oct 13, 2024 - Nov 03, 2024	09:30AM - 10:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y 05 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12476	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Oct 13, 2024 - Nov 03, 2024	08:30AM - 09:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	03 Y	005 Y 05 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12480	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Nov 17, 2024 - Dec 08, 2024	09:30AM - 10:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$203.00; Resident Program Fee: \$150.00	03 Y	005 Y 05 Mos
12479	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. For the older kids, we'll place a little more emphasis on teamwork, conditioning, and actually playing the game. This program will be the training ground for our Hi-Five Hoops League for K-2nd Graders. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Nov 17, 2024 - Dec 08, 2024	08:30AM - 09:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$203.00 Resident Program Fee: \$150.00	03 Y	005 Y 05 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12666	Youth Sports - Basketball	Basketball Skills & Games (ages 8 - 14)	Skills & Games: 45 minutes class. Learn and practice basic basketball skills such dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Sep 14, 2024 - Oct 12, 2024	05:05PM - 06:00PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$120.00; Resident Program Fee: \$185.00	08 Y	014 Y
12665	Youth Sports - Basketball	Basketball Skills & Games (ages 5 - 7)	Skills & Games: 45 minutes class. Learn and practice basic basketball skills such dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Sep 14, 2024 - Oct 12, 2024	04:15PM - 05:00PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$100.00; Non-Resident Program Fee: \$209.00; Resident Program Fee: \$155.00	05 Y	007 Y
12663	Youth Sports - Basketball	First Shots Basketball (ages 3.5 - 5)	First Shots: The fundamentals of basketball are learned in a fun recreational environment. The class includes age-appropriate activities and emphasize basketball skills such as shooting, dribbling, and passing. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Sep 14, 2024 - Oct 12, 2024	03:35PM - 04:05PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$88.00; Non-Resident Program Fee: \$182.00; Resident Program Fee: \$135.00	03 Y 06 Mos	005 Y
12661	Youth Sports - Basketball	Parent & Me Basketball (ages 2 - 3.5)	Parent & me: This parent-child class develops gross motor skills and coordination pertinent to the game of basketball. Activities include organized games that help children to develop skills and learn to follow directions. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Sep 14, 2024 - Oct 12, 2024	03:05PM - 03:30PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$81.00; Non-Resident Program Fee: \$169.00; Resident Program Fee: \$125.00	02 Y	003 Y 05 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12672	Youth Sports - Basketball	Basketball Skills & Games (ages 8 - 14)	Skills & Games: 45 minutes class. Learn and practice basic basketball skills such dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Oct 26, 2024 - Dec 14, 2024	05:05PM - 06:00PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$120.00; Non-Resident Program Fee: \$250.00 Resident Program Fee: \$185.00	08 Y	014 Y
12671	Youth Sports - Basketball	Basketball Skills & Games (ages 5 - 7)	Skills & Games: 45 minutes class. Learn and practice basic basketball skills such dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Oct 26, 2024 - Dec 14, 2024	04:15PM - 05:00PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$100.00; Non-Resident Program Fee: \$209.00 Resident Program Fee: \$155.00	05 Y	007 Y
12670	Youth Sports - Basketball	First Shots Basketball (ages 3.5 - 5)	First Shots: The fundamentals of basketball are learned in a fun recreational environment. The class includes age-appropriate activities and emphasize basketball skills such as shooting, dribbling, and passing. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Oct 26, 2024 - Dec 14, 2024	03:35PM - 04:05PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$105.60; Non-Resident Program Fee: \$218.40; Resident Program Fee: \$162.00	03 Y 06 Mos	005 Y



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12669	Youth Sports - Basketball	Parent & Me Basketball (ages 2 - 3.5)	Parent & me: This parent-child class develops gross motor skills and coordination pertinent to the game of basketball. Activities include organized games that help children to develop skills and learn to follow directions. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle.	Oct 26, 2024 - Dec 14, 2024	03:05PM - 03:30PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$81.00; Non-Resident Program Fee: \$169.00 Resident Program Fee: \$125.00	02 Y	003 Y 05 Mos



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12472	Youth Sports - Tennis	TEEN TENNIS STARS NOVICE (Ages 9-14)	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 15, 2024 - Dec 08, 2024	12:00PM - 12:30PM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$746.00; Resident Program Fee: \$554.00	09 Y	014 Y
12464	Youth Sports - Tennis	MINI ACES TENNIS (Ages 6-8)	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 15, 2024 - Dec 08, 2024	11:00AM - 12:00PM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$746.00; Resident Program Fee: \$554.00	06 Y	008 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12460	Youth Sports - Tennis	Mommy Daddy And Me Tennis(Ages 2.5-4 years)	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 15, 2024 - Dec 08, 2024	09:45AM - 10:15AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$672.00; Resident Program Fee: \$499.00	02 Y 06 Mos	004 Y
12454	Youth Sports - Tennis	PEE WEE TENNIS (Ages 4- 5)	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 15, 2024 - Dec 08, 2024	10:15AM - 11:00AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$672.00; Resident Program Fee: \$499.00	04 Y	005 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12509	Youth Sports - Tennis	Heebner Tennis 2	Heebner Tennis 2 is for players who can play a game. This is a high energy and fun workout for enthusiastic tennis players! This class is a combination of advanced drills, improving fundamentals, playing fun games and singles & doubles strategy. This player has good fundamentals, fairly consistent with topspin groundstrokes from the baseline and can hit a spin serve okay. Also, this player can rally 10 balls in a row hitting groundstrokes from the baseline. Please note: If you are not sure about your ability level please give Jim a call at 650-814-6734	Sep 13, 2024 - Oct 11, 2024	05:15PM - 06:30PM	Every Fri	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$342.00; Resident Program Fee: \$254.00	11 Y	013 Y
12507	Youth Sports - Tennis	Heebner Kids Tennis 2	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Kids Tennis 2 is for players who can play a game and know how to keep score. Players have good fundamentals, fairly consistent with groundstrokes and can serve okay on the Orange Court. Please note: If you are not sure about the level please Jim a call at 650-814-6734	Sep 13, 2024 - Oct 11, 2024	03:45PM - 05:00PM	Every Fri	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$342.00; Resident Program Fee: \$254.00	08 Y	010 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12505	Youth Sports - Tennis	Heebner Tennis 1	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Tennis 1 will be a combination of fundamentals, drills and playing the game. Goal: The ability to serve and rally from the baseline. Also, you'll learn the rules and etiquette of tennis in this class.	Sep 12, 2024 - Oct 10, 2024	03:45PM - 04:45PM	Every Thu	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	11 Y	013 Y
12513	Youth Sports - Tennis	Heebner Kids Tennis 1	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Kids Tennis 1 will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve on the Orange Court. (The area between the service line and the baseline).	Sep 11, 2024 - Oct 09, 2024	04:45PM - 05:45PM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	08 Y	010 Y
12503	Youth Sports - Tennis	Hot Shot Tennis	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Hot Shot Tennis is a fun introduction to the great game of tennis. This class is played on a smaller court and we use soft balls which make it easier. Come join a popular class and get into tennis! Note: Most students take this class more than one time.	Sep 11, 2024 - Oct 09, 2024	03:45PM - 04:45PM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	06 Y	007 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12515	Youth Sports - Pickleball	Pickleball	The objective in pickleball is for a singles player or doubles team to hit the ball over a net until they win the point when the opponent cannot return it. Some Health Benefits Mood & Mental Health. Playing pickleball can improve your mood and ward off depression. ... Burn Calories. ... Improve Balance. ... Better Agility. ... Reduce Health Risks. ... It's Fun!	Sep 10, 2024 - Oct 29, 2024	05:00PM - 06:00PM	Every Tue	Tim Bowler	La Entrada Middle School	Non-Resident Program Fee: \$472.00; Resident Program Fee: \$350.00	05 Y	012 Y
12511	Youth Sports - Tennis	Heebner Kids Tennis 1	Heebner Kids Tennis 1 will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve on the Orange Court. (The area between the service line and the baseline).	Sep 10, 2024 - Oct 08, 2024	04:45PM - 05:45PM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	08 Y	010 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12500	Youth Sports - Tennis	Hot Shot Tennis	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Hot Shot Tennis is a fun introduction to the great game of tennis. This class is played on a smaller court and we use soft balls which make it easier. Come join a popular class and get into tennis! Note: Most students take this class more than one time.	Sep 10, 2024 - Oct 08, 2024	03:45PM - 04:45PM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	06 Y	007 Y
12510	Youth Sports - Tennis	Heebner Tennis 2	Heebner Tennis 2 is for players who can play a game. This is a high energy and fun workout for enthusiastic tennis players! This class is a combination of advanced drills, improving fundamentals, playing fun games and singles & doubles strategy. This player has good fundamentals, fairly consistent with topspin groundstrokes from the baseline and can hit a spin serve okay. Also, this player can rally 10 balls in a row hitting groundstrokes from the baseline. Please note: If you are not sure about your ability level please give Jim a call at 650-814-6734	Oct 25, 2024 - Dec 06, 2024	05:15PM - 06:30PM	Every Fri	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$342.00; Resident Program Fee: \$254.00	11 Y	013 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12508	Youth Sports - Tennis	Heebner Kids Tennis 2	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Kids Tennis 2 is for players who can play a game and know how to keep score. Players have good fundamentals, fairly consistent with groundstrokes and can serve okay on the Orange Court. Please note: If you are not sure about the level please Jim a call at 650-814-6734	Oct 25, 2024 - Dec 06, 2024	03:45PM - 05:00PM	Every Fri	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$342.00; Resident Program Fee: \$254.00	08 Y	010 Y
12506	Youth Sports - Tennis	Heebner Tennis 1	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Tennis 1 will be a combination of fundamentals, drills and playing the game. Goal: The ability to serve and rally from the baseline. Also, you'll learn the rules and etiquette of tennis in this class.	Oct 24, 2024 - Dec 05, 2024	03:45PM - 04:45PM	Every Thu	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$368.00; Resident Program Fee: \$274.00	11 Y	013 Y
12514	Youth Sports - Tennis	Heebner Kids Tennis 1	Heebner Kids Tennis 1 will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve on the Orange Court. (The area between the service line and the baseline).	Oct 23, 2024 - Dec 11, 2024	04:45PM - 05:45PM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$368.00; Resident Program Fee: \$274.00	08 Y	010 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12504	Youth Sports - Tennis	Hot Shot Tennis	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Hot Shot Tennis is a fun introduction to the great game of tennis. This class is played on a smaller court and we use soft balls which make it easier. Come join a popular class and get into tennis! Note: Most students take this class more than one time.	Oct 23, 2024 - Dec 04, 2024	03:45PM - 04:45PM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$368.00; Resident Program Fee: \$274.00	06 Y	007 Y
12512	Youth Sports - Tennis	Heebner Kids Tennis 1	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Kids Tennis 1 will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve on the Orange Court. (The area between the service line and the baseline).	Oct 22, 2024 - Dec 10, 2024	04:45PM - 05:45PM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$368.00; Resident Program Fee: \$274.00	08 Y	010 Y
12501	Youth Sports - Tennis	Hot Shot Tennis	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Hot Shot Tennis is a fun introduction to the great game of tennis. This class is played on a smaller court and we use soft balls which make it easier. Come join a popular class and get into tennis! Note: Most students take this class more than one time.	Oct 22, 2024 - Dec 03, 2024	03:45PM - 04:45PM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$368.00; Resident Program Fee: \$274.00	06 Y	007 Y



Activities and Classes - Youth sports: soccer

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12488	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Sep 21, 2024 - Nov 02, 2024	10:00AM - 11:00AM	Every Sat	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$322.00; Resident Program Fee: \$239.00	04 Y	006 Y
12483	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Sep 21, 2024 - Nov 02, 2024	11:00AM - 12:00PM	Every Sat	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$322.00; Resident Program Fee: \$239.00	07 Y	009 Y



Activities and Classes - Youth sports: soccer

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12486	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Sep 17, 2024 - Oct 29, 2024	04:00PM - 05:00PM	Every Tue	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$322.00; Resident Program Fee: \$239.00	04 Y	006 Y
12482	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Sep 17, 2024 - Oct 29, 2024	05:00PM - 06:00PM	Every Tue	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$322.00; Resident Program Fee: \$239.00	07 Y	009 Y



Activities and Classes - Youth sports: soccer

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12490	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Nov 09, 2024 - Dec 21, 2024	10:00AM - 11:00AM	Every Sat	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$282.00; Resident Program Fee: \$209.00	04 Y	006 Y
12485	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Nov 09, 2024 - Dec 21, 2024	11:00AM - 12:00PM	Every Sat	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$282.00; Resident Program Fee: \$209.00	07 Y	009 Y



Activities and Classes - Youth sports: soccer

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12489	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Nov 05, 2024 - Dec 17, 2024	04:00PM - 05:00PM	Every Tue	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$282.00; Resident Program Fee: \$209.00	04 Y	006 Y
12484	Youth Sports - Soccer	World Cup Soccer Skill Clinics	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt. Please bring to each class: Soccer ball, shin guards, soccer cleats or tennis shoes and water. Weather/Rain Policy Note: If the field is closed due to rain or other weather conditions, we will run our soccer class online via Zoom or offer a make-up class.	Nov 05, 2024 - Dec 17, 2024	04:00PM - 05:00PM	Every Tue	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$282.00; Resident Program Fee: \$209.00	07 Y	009 Y



Activities and Classes - Youth technology

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11998	Youth Technology	Adventures in STEM using LEGO® Materials	Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.	Sep 18, 2024 - Nov 20, 2024	04:00PM - 05:30PM	Every Wed	Play-Well TEKnologies Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$540.00; Resident Program Fee: \$400.00	05 Y	009 Y
11988	Youth Technology	Robotics & Engineering	EASE Education offers a stimulating robotics program for young engineers. Students work in teams to plan, build, test, and modify their own robotic creations! We use VEX GO and teach the fundamentals of STEM 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 09, 2024 - Oct 21, 2024	04:15PM - 05:15PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$654.00 Resident Program Fee: \$485.00	07 Y	012 Y
11989	Youth Technology	Robotics & Engineering	EASE Education offers a stimulating robotics program for young engineers. Students work in teams to plan, build, test, and modify their own robotic creations! We use VEX GO and teach the fundamentals of STEM 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 28, 2024 - Dec 09, 2024	04:15PM - 05:15PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$654.00; Resident Program Fee: \$485.00	07 Y	012 Y



Activities and Classes - Youth technology

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
11999	Youth Technology	Haunted House Workshop with LEGO® Materials	This Halloween season, join Play-Well TEKnologies for a LEGO Haunted House workshop! Participants will use their imagination to create their own spooky designs, building their haunted houses and engineering their own traps with the guidance of an experienced Play-Well instructor. Can your LEGO Minifigure make it through the haunted house without getting scared?!	Oct 26, 2024 - Oct 26, 2024	09:00AM - 12:00PM	Once	Play-Well TEKnologies Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$71.00; Resident Program Fee: \$52.00	05 Y	012 Y
12936	Youth Technology	Scratch Level 2	In Scratch Level 2, students will deepen their understanding of programming by exploring more complex concepts such as loops, variables, and conditionals. This course builds on the basics of Scratch, encouraging students to create more intricate animations, interactive stories, and simple games. Students will also be introduced to debugging techniques and will work on collaborative projects to enhance their problem-solving skills. This course is perfect for those who have completed the introductory level and are eager to take their coding skills to the next level.	Sep 10, 2024 - Dec 10, 2024	05:00PM - 06:00PM	Every Tue	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	07 Y	011 Y



Activities and Classes - Youth technology

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12935	Youth Technology	Level 2 3D Printing	Level 2 3D Printing is designed for students who have a foundational understanding of 3D design and printing. In this course, students will learn advanced techniques in 3D modeling, including how to design more complex objects and assemblies. They will also explore the use of different materials and post-processing techniques to refine their prints. The course will cover troubleshooting common issues in 3D printing and will culminate in a personalized project where students bring their unique designs to life. This course is ideal for students looking to expand their 3D printing skills and take on more challenging projects.	Sep 10, 2024 - Dec 10, 2024	06:00PM - 07:00PM	Every Tue	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	07 Y	011 Y
12934	Youth Technology	Intro to 3D Printing / Intro to Scratch	This dual-introductory course offers students the chance to explore two exciting areas of technology. The Intro to 3D Printing segment will guide students through the basics of 3D design and printing, teaching them how to create simple models that they can bring to life with our 3D printers. Meanwhile, the Intro to Scratch portion introduces students to the world of block-based coding, where they will learn to create interactive stories, animations, and games using the Scratch platform. This course is perfect for beginners eager to explore both 3D printing and coding in a supportive and hands-on environment.	Sep 09, 2024 - Dec 09, 2024	06:00PM - 07:00PM	Every Mon	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; ; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	07 Y	011 Y



Activities and Classes - Youth technology

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12930	Youth Technology	Hour of Code	The Hour of Code is a beginner-friendly introduction to the world of programming. This one-hour session provides a hands-on experience where students of all ages can dive into the basics of coding through engaging and interactive activities. Whether you're new to coding or looking to brush up on your skills, this session is designed to be fun and accessible, offering a solid foundation in programming logic and problem-solving.	Sep 09, 2024 - Dec 09, 2024	05:00PM - 06:00PM	Every Mon	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	07 Y	011 Y



Activities and Classes - Adult arts, leisure, music

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12953	Adult Leisure	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 24, 2024 - Dec 10, 2024	01:00PM - 02:30PM	Every Tue	Emma Soloveychik	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$567.00 Resident Program Fee: \$420.00	14 Y
12022	Adult Leisure	Intro to Reiki Energy Healing	- Learn a brief history and benefits of reiki and energy work for your mind, body, and well-being - Receive group reiki energy healing - Explore simple (and fun!) self reiki practices - Feel inspired to weave more positivity and care into your life Crysta	Oct 18, 2024 - Oct 18, 2024	05:00PM - 06:30PM	Once	Banyan Wellness Team	Arrillaga Family Recreation Center	General Program Fee: \$0.00	18 Y
11917	Adult Leisure	Warming Kitchari: Ayurvedic One-Pot Meal to Heal	Learn how to make this Ayurvedic one-pot-meal that is easy to digest, warming, and nourishing all at the same time. Ayurveda believes that the root of all disease begins in our digestive system, so it is crucial to cook and eat things that are easily digestible and assimilated into our tissues. Kitchari is a balancing staple meal in Ayurveda. You will learn about the nutritive benefits of the main components and why kitchari is such a staple meal. I'll be demonstrating how to make it in class; everyone will enjoy a bowl and some hot tea.	Oct 12, 2024 - Oct 12, 2024	11:00AM - 12:30PM	Once	Banyan Wellness Team	Arrillaga Family Recreation Center	General Program Fee: \$0.00	18 Y



Activities and Classes - Adult arts, leisure, music

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11889	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 10, 2024 - Dec 10, 2024	07:00PM - 09:00PM	Every Tue	April McNeely	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00	18 Y
12422	Adult Arts & Crafts	Intro to Graphic Design	Ever wanted to dive into the world of graphic design? Now's your chance! Join Foothill College Adjunct Professor Christina Krzasczak as she guides you through the essentials of graphic design. From logos to layouts and beyond, we'll cover all the basics to get you started on your creative journey!	Sep 13, 2024 - Dec 13, 2024	04:00PM - 05:30PM	Every Fri	Christina Krzasczak	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00;	15 Y
11924	Adult Leisure	Sound Healing and Breathwork for Relaxation and Stress Relief	Sound healing and breathe work are not just spiritual wellness practices, they are proven as science backed therapeutic tools to improve many areas of one's wellbeing. Effective for stress reduction and benefiting mental health and Immune health. The cognitive benefits have been proven to enhance memory. Come to class with an empty or digested stomach. Create a space in your home that is quiet and dark where you can lay down.	Sep 04, 2024 - Dec 04, 2024	07:00PM - 08:15PM	Every Wed	Banyan Wellness Team	Virtual Programs	General Program Fee: \$0.00	16 Y



Activities and Classes - Adult martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12751	Adult Martial Arts	EXPERIENCED Traditional Karate Monday	Experienced participants fine-tune kata (forms) & kumite (sparring) in preparation to grade or compete, applying applications, building athletic & elite sportsmanship. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in fee is \$20 per session. Additional fee for national & international membership & testing (not mandatory).	Sep 09, 2024 - Dec 09, 2024	07:00PM - 08:30PM	Every Mon	Johnpaul Williams	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$329.00; Resident Program Fee: \$244.00	08 Y
12752	Adult Martial Arts	EXPERIENCED Traditional Karate Wednesday	Experienced participants fine-tune kata (forms) & kumite (sparring) in preparation to grade or compete, applying applications, building athletic & elite sportsmanship. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in fee is \$20 per session. Additional fee for national & international membership & testing (not mandatory).	Sep 11, 2024 - Dec 11, 2024	07:00PM - 08:30PM	Every Wed	Johnpaul Williams	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$383.00; Resident Program Fee: \$284.00	08 Y



Activities and Classes - Adult martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11893	Adult Martial Arts	Menlo Aikijujitsu	Bushin Ryu Aikijujitsu is a martial art system based on the techniques from Traditional Japanese Jujitsu, 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. This is not a MMA system. For more information, visit www.bushinryutaojitsu.com	Sep 12, 2024 - Dec 12, 2024	06:30PM - 08:30PM	Every Thu	Tom Chow	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$132.00 Resident Program Fee: \$99.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11876	Adult Fitness Classes	Feldenkrais Awareness Through Movement	Feldenkrais® Awareness Through Movement® uses slow, mindful movements to powerfully improve strength and flexibility, and to integrate body and mind. Unique to the Feldenkrais Method® is that these lessons tie directly into functional movements of daily life, such as walking efficiently and improving one's posture in sitting or standing. Judy will guide you through a sequence of movements, encouraging you to move with gentle attention within a comfortable range. As you attend to the improving quality of movement, unnecessary muscular tensions throughout yourself can reorganize and release. Students are often amazed at the quick and clear changes that occur in an Awareness Through Movement lesson!	Oct 02, 2024 - Dec 11, 2024	12:00PM - 01:00PM	Every Wed	Judy Windt	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$178.00; Resident Program Fee: \$132.00	18 Y
11884	Adult Fitness Classes	Adult Boxing	Adult boxing will include boxing fundamentals, with a specific focus on footwork and proper punching technique. Students in this class will learn basic combinations, offense, and defense while doing a full body cardio workout. Students will come away knowing how to jab, throw power punches, and counter punches.	Sep 09, 2024 - Dec 09, 2024	10:00AM - 11:00AM	Every Mon	Gladiator's Boxing Gym	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$215.00; Resident Program Fee: \$159.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11962	Adult Fitness - Yoga	Iyengar Yoga	This yoga class is for students new to yoga and experienced students of all levels. Students will learn basic yoga asanas and build further from the foundation rotating between standing poses, forward extensions, back extensions, twists and breath awareness as well as learn some yoga philosophy. Iyengar yoga puts emphasis on alignment using props and builds flexibility and strength. Yoga is a practice for self-understanding. A consistent practice can improve your life in many ways. Please bring your yoga mat and any other props you already have, additional yoga props will be provided by the instructor.	Sep 09, 2024 - Nov 18, 2024	10:00AM - 11:30AM	Every Mon	Ruchi Murlidhar	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$217.00; Resident Program Fee: \$161.00	16 Y
11960	Adult Fitness Classes	Group Strength Training	Strong muscles, strong bones, strong core, and an earlier morning time slot to accommodate school drop-offs and flexible work schedules! This class is carefully designed to strengthen your entire body using primarily free weights or body weight as resistance, with variations 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 any questions please reach out to Lisa Vande Voorde at fitstart@gmail.com	Sep 10, 2024 - Dec 10, 2024	09:00AM - 10:00AM	Every Tue	Lisa Vande Voorde	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$302.00; Resident Program Fee: \$225.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11958	Adult Fitness Classes	Group Strength Training	Strong muscles, strong bones, strong core! This class is carefully designed to strengthen your entire body using primarily free weights or body weight as resistance, with variations shown to ensure everyone is challenged appropriate to their ability. All levels are welcome, and all equipment is provided. Whether you attend once or twice a week, experience this total body workout and realize a stronger, fitter you! \$25 drop-in fee. For any questions please reach out to Lisa Vande Voorde at fitstart@gmail.com	Sep 10, 2024 - Dec 10, 2024	10:30AM - 11:30AM	Every Tue	Lisa Vande Voorde	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$302.00; Resident Program Fee: \$225.00	18 Y
11894	Adult Fitness Classes	TRX Suspension Training	Want to be stronger? Want to achieve that toned body? TRX can help you achieve that look!! TRX is a revolutionary total body workout that uses gravity and your own body weight to simultaneously develop strength, balance, flexibility, and core stability. I will give you a workout that will challenge you week after week, launching you toward your definition of success. Concerned your body isn't 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/\$30 drop-in fee (based on availability). No Class Nov. 26th.	Sep 10, 2024 - Dec 10, 2024	06:15PM - 07:10PM	Every Tue	Ken Baker	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$351.00; Resident Program Fee: \$260.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11887	Adult Fitness Classes	Joint Point	This class has been called a posture class, a stretching class, and "Mariantics", derived from the originator's name Marianne Crowder. Unfortunately, Marianne is no longer with us but her appointed successor is still offering "class" to anyone interested in maintaining their body well into old age. Flexibility is definitely an advantage as this class originates from Modern Dance. Drop ins available \$5 per class	Sep 10, 2024 - Dec 12, 2024	09:30AM - 10:30AM	Every Tue, W	Cyndi Jung	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00;	18 Y
11959	Adult Fitness Classes	Group Strength Training	Strong muscles, strong bones, strong core! This class is carefully designed to strengthen your entire body using primarily free weights or body weight as resistance, with variations shown to ensure everyone is challenged appropriate to their ability. All levels are welcome, and all equipment is provided. Whether you attend once or twice a week, experience this total body workout and realize a stronger, fitter you! \$25 drop-in fee. For any questions please reach out to Lisa Vande Voorde at fitstart@gmail.com	Sep 12, 2024 - Dec 12, 2024	10:30AM - 11:30AM	Every Thu	Lisa Vande Voorde	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$302.00; Resident Program Fee: \$225.00	18 Y
11922	Adult Fitness - Yoga	Exploring the Body Through Yoga	This class is a weekly offering to explore the body through yoga asana. We will use micromovements and the breath to listen to our bodies and bring support. This is a gentle, slow moving yoga practice. Ask staff for exclusion dates.	Sep 12, 2024 - Dec 12, 2024	06:00PM - 07:00PM	Every Thu	Banyan Wellness Team	Arrillaga Family Recreation Center	General: \$0.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
13057	Adult Fitness Classes	Zumba Dance Fitness	Come join my Zumba class- the most fun cardio workout! NO dance experience required. We will dance to the world rhythms of merengue, salsa, reggaeton, cumbia, bachata, belly dance, Brazilian funk- just to name a few. Wear comfortable workout clothes and good dance shoes, bring a towel and a bottle of water. Let's have fun!	Sep 13, 2024 - Dec 13, 2024	11:00AM - 12:00PM	Every Fri	Asya Namsaraeva	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$310.00; Resident Program Fee: \$230.00	18 Y
13058	Adult Fitness Classes	Zumba Dance Fitness	Come join my Zumba class- the most fun cardio workout! NO dance experience required. We will dance to the world rhythms of merengue, salsa, reggaeton, cumbia, bachata, belly dance, Brazilian funk- just to name a few. Wear comfortable workout clothes and good dance shoes, bring a towel and a bottle of water. Let's have fun!	Sep 14, 2024 - Dec 14, 2024	09:00AM - 10:00AM	Every Sat	Asya Namsaraeva	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$310.00; Resident Program Fee: \$230.00	18 Y
11918	Adult Fitness Classes	Band and Beats	Functional and resistance training using bands, weights, gliders and one's own body weight to improve muscle mass, balance and cardiovascular health.	Sep 20, 2024 - Dec 13, 2024	09:30AM - 10:30AM	Every Fri	Banyan Wellness Team	Arrillaga Family Recreation Center	General: \$0.00	16 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12732	Adult Fitness Classes	Zumba	Zumba is a fun dance workout even for beginners. An amazing way to burn calories and staying active all through dancing.	Sep 10, 2024 - Dec 10, 2024	06:00PM - 07:00PM	Every Tue	Kristine Ubungen	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; ; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y
12390	Adult Fitness Classes	Fit & Fabulous 40+ Bootcamp	This 30 minute beginner friendly over 40 Boot camp style workout has been created specifically with our 40+ Fit and Fabulous community members in mind. What to expect: 1. Expert guidance from certified personal trainer. 2. Tailored workouts for all fitness levels. 3. Fun and supportive community of like minded individuals. 4. Workout done in 30 minutes.	Sep 11, 2024 - Dec 13, 2024	08:00AM - 08:30AM	Every Wed, F	Tracie VanHook	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	40 Y
12970	Adult Fitness Classes	Personal Training 4 sessions	Monique is passionate about helping people improve their overall health through fitness & nutrition. She is a Personal Trainer as well as a Yoga& Pilates Instructor.Regardless of your age or ability, Monique will create a safe, well-rounded fitness program tailored to your needs, by combining strength, core, cardio,& flexibility training with her fun and energetic style. ACE,SCW,AFAA, NASM Certified please contact at 650-367-6559 to schedule	Sep 09, 2024 - Dec 13, 2024	03:30PM - 04:30PM	Every day	Monique Story	Virtual Programs	Non-Resident Program Fee: \$405.00; Resident Program Fee: \$300.00	18 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11956	Adult Dance	Persian dance	Explore Persian music and dance with a focus on the classical, lyrical style. Learn the foundational foot patterns, arm movements and hand positions found in Persian dance. This style emphasizes delicate, graceful arm movements and expressiveness through lifted body positions. Beginners and intermediate dancers welcome - for more information please visit persiandancing.com	Sep 10, 2024 - Dec 10, 2024	07:30PM - 08:30PM	Every Tue	Shadan Mirabedi	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$340.00 Resident Program Fee: \$252.00	16 Y
11886	Adult Dance	Palomanians Folk Dance	Learn dances from around the world: Europe, Asia and the Americas. The complexity of dances increases through the evening, with appropriate level of teaching based on the evening's attendees. Both partner and non-partner dances will be presented; you do not need a partner to attend. Drop-in fee is \$8.00. Questions? Call (408) 537-3352 or (408) 249-6104.	Sep 10, 2024 - Dec 10, 2024	06:30PM - 09:00PM	Every Tue	Clem Dickey	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$102.00; Resident Program Fee: \$77.00	18 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12013	Adult Dance	Line Dancing-Beginning, Line Dancing Intermediate level	Classic line dances featuring music from country western, Latin, ballroom, swing and zydeco traditions. Emphasis on developing dance presence and poise while building skill and endurance. An outrageously fun way to stay in shape, make new friends, and energize mind, body, and spirit. Singles and couples welcome, no partners necessary. Beginning section focuses on absolute beginners and experienced dancers who want to review, warm-up or build dance skills. Intermediate class has harder dances taught at a faster pace.	Sep 11, 2024 - Nov 27, 2024	11:00AM - 12:00PM	Every Wed	Donna Frankel	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$189.00; Resident Program Fee: \$140.00;	18 Y
12012	Adult Dance	Line Dancing-Beginning, Line Dancing Intermediate level	Classic line dances featuring music from country western, Latin, ballroom, swing and zydeco traditions. Emphasis on developing dance presence and poise while building skill and endurance. An outrageously fun way to stay in shape, make new friends, and energize mind, body, and spirit. Singles and couples welcome, no partners necessary. Beginning section focuses on absolute beginners and experienced dancers who want to review, warm-up or build dance skills. Intermediate class has harder dances taught at a faster pace.	Sep 11, 2024 - Nov 27, 2024	10:00AM - 11:00AM	Every Wed	Donna Frankel	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$189.00; Resident Program Fee: \$140.00	18 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
11943	Adult Dance	Dance Expressions Adult Hip Hop	This fun, high energy class is open to all levels. Come move with us! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College in June and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Sep 12, 2024 - Dec 12, 2024	05:45PM - 06:45PM	Every Thu	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$503.00; Resident Program Fee: \$372.00	18 Y
11881	Adult Dance	Balkan Folk Dancing	At Mostly 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. \$8 drop-in fee. No class 11/28.	Sep 12, 2024 - Dec 12, 2024	06:45PM - 08:55PM	Every Thu	Sue Ritz	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$91.00 Resident Program Fee: \$69.00	18 Y
11919	Adult Dance	SALSAMBA	This class is designed for dancers to explore and combine some of Carmen's favorite dance genres: Salsa, Samba, Baile Funk, and Funk. Within each class we will warm-up, drill some combinations, dance across the floor, and build our own easy-to-follow mini routine. Towards the end of class, we will challenge you to perform the routine at slow, medium, and fast tempos! We will explore different choreographies every Friday! Ready for a fun challenge?! LET'S GO! Ask staff for exclusion dates.	Sep 20, 2024 - Dec 13, 2024	08:30AM - 09:25AM	Every Fri	Banyan Wellness Team	Arrillaga Family Recreation Center	General: \$0.00	16 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12401	Adult Dance	Traditional Aztec Dance	Learn to dance the traditional Aztec Dance that has been taught for centuries in Mexico and other Latin American countries.	Sep 09, 2024 - Dec 09, 2024	06:00PM - 08:00PM	Every Mon	Gerardo Salinas	Belle Haven Community Campus	Drop-In Fee for course: \$8.00; Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; ; Resident Program Fee: \$45.00	18 Y
12391	Adult Dance	Poi Spinning	Discover the mesmerizing art of Poi spinning, where you'll swing LED Poi in rhythmic and geometric patterns to create stunning visual effects. Join expert instructor Christina Krzasczak for an engaging class on the basics of Poi. From fundamental techniques to dazzling spins, you'll learn everything you need to start your Poi journey. Unleash your creativity and enjoy the flow of this captivating practice!	Sep 12, 2024 - Dec 12, 2024	05:00PM - 06:00PM	Every Thu	Christina Krzasczak	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; \$45.00; Resident Program Fee: \$45.00	18 Y



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12469	Adult Sports - Tennis	ADULT TENNIS NOVICE(Ages 15 & and up)	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 15, 2024 - Dec 08, 2024	08:45AM - 09:45AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$746.00; Resident Program Fee: \$554.00	15 Y
12493	Adult Sports - Tennis	Heebner Adult Tennis 2: Intermediate	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Adult Tennis 2 is for students that can sustain a rally, are fairly consistent, can serve 50% in and can play a game. This class is a combination of working on solid fundamentals, excellent drills, fun games and playing the game with strategy. Students are welcome to practice after class when courts are available. If you are not sure if it's the right fit for you please call Jim 650-814-6734.	Sep 11, 2024 - Oct 09, 2024	10:00AM - 11:00AM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	18 Y



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12495	Adult Sports - Tennis	Heebner Adult Tennis 1: Beginner - Advanced Beginner	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Adult Tennis 1 is for students just starting to play or with inconsistent playing experience. Beginners are welcome and encouraged to join! This class emphasizes basic fundamentals and working towards playing a game. Students are welcome to practice after class when courts are available.	Sep 10, 2024 - Oct 08, 2024	10:00AM - 11:00AM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$308.00; Resident Program Fee: \$229.00	18 Y
12494	Adult Sports - Tennis	Heebner Adult Tennis 2: Intermediate	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is a USPTA Certified Tennis Teacher. He was ranked #16 Men's open in Northern California. Heebner Adult Tennis 2 is for students that can sustain a rally, are fairly consistent, can serve 50% in and can play a game. This class is a combination of working on solid fundamentals, excellent drills, fun games and playing the game with strategy. Students are welcome to practice after class when courts are available. If you are not sure if it's the right fit for you please call Jim 650-814-6734.	Oct 23, 2024 - Dec 04, 2024	10:00AM - 11:00AM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$369.00; Resident Program Fee: \$274.00	18 Y



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12496	Adult Sports - Tennis	Heebner Adult Tennis 1: Beginner - Advanced Beginner	Heebner Adult Tennis 1 is for students just starting to play or with inconsistent playing experience. Beginners are welcome and encouraged to join! This class emphasizes basic fundamentals and working towards playing a game. Students are welcome to practice after class when courts are available.	Oct 22, 2024 - Dec 03, 2024	10:00AM - 11:00AM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$369.00; Resident Program Fee: \$275.00	18 Y
12449	Adult Sports - Volleyball	Women's Volleyball Class	Quite possibly the only women's volleyball class you will find in the Bay Area. This class teaches the unique aspects of the women's game on regulation women's height nets. Nothing is watered down here; Athletes will be challenged to learn and perform full jumping spikes, diving, double blocking, and other things that are the exception in coed play. Teamwork, effective communication, learning what it means to be on a team are just as important as the volleyball movements in this environment. The class will primarily consist of lessons and 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. An hour at the end of class will be reserved for additional reps or games depending on the classes' preference on the given day. Drop-in fee of \$32.00 if space is available in session.	Sep 14, 2024 - Dec 07, 2024	03:00PM - 07:00PM	Every Sat	Derek Tran	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$403.00; Resident Program Fee: \$299.00	18 Y



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12448	Adult Sports - Volleyball	Volleyball Class - Part 2: Applied Skills with Intro to Competition	Important Prerequisite: Students must have taken at least one season of the Volleyball: Beginner to Intermediate Skills & Drills class to participate as a prerequisite. This ensures that all students have a baseline understanding of what their responsibilities are on the court and use the same team systems taught specifically in the prerequisite class. As an extension and to the Volleyball: Beginner to Intermediate Skills & Drills class, students will be introduced to a competitive learning environment with 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.	Sep 10, 2024 - Dec 14, 2024	08:45PM - 10:45PM	Every Tue, S	Derek Tran	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$170.00; Resident Program Fee: \$126.00;	18 Y
12447	Adult Sports - Volleyball	Volleyball Class - Part 1: 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.	Sep 10, 2024 - Dec 10, 2024	06:30PM - 08:45PM	Every Tue	Derek Tran	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$310.00; Resident Program Fee: \$230.00	18 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12748	Senior/Older Adult Programs at Belle Haven Community Campus	English as a Second Language (ESL) for Seniors at BHCC	Learn useful words and improve your conversational skills in English. All levels are welcome. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 09, 2024 - Dec 09, 2024	11:00AM - 12:00PM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
12745	Senior/Older Adult Programs at Belle Haven Community Campus	Conversational Spanish Advance at BHCC	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. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 09, 2024 - Dec 09, 2024	10:00AM - 11:00AM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
12739	Senior/Older Adult Programs at Belle Haven Community Campus	Chair Exercise at BHCC	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- 330-2280 for more information.	Sep 09, 2024 - Dec 09, 2024	09:30AM - 10:30AM	Every Mon	Patty Barrera	Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12749	Senior/Older Adult Programs at Belle Haven Community Campus	Folklorico at BHCC	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- 330-2280 for more information.	Sep 10, 2024 - Dec 10, 2024	10:00AM - 11:00AM	Every Tue	Patty Barrera	Belle Haven Community Campus	General: \$0.00	60 Y
12818	Senior/Older Adult Programs at Belle Haven Community Campus	Conversational Spanish Beginner at BHCC	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. Registration will be completed in person. Please call 650- 330-2200 for more information.	Sep 11, 2024 - Dec 11, 2024	09:00AM - 10:00AM	Every Wed	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
12815	Senior/Older Adult Programs at Belle Haven Community Campus	Technology Roundtable for Seniors at BHCC	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 will be completed in person. Please call 650- 330-2280 for more information.	Sep 13, 2024 - Dec 13, 2024	09:30AM - 10:30AM	Every Fri	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
12814	Senior/Older Adult Programs at Belle Haven Community Campus	Strong for Life at BHCC	Through a collaborative partnership with Stanford Hospital, you are invited to an exercise class that will help you with your balance, doing daily activities, and more! Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 13, 2024 - Dec 13, 2024	09:00AM - 09:45AM	Every Fri	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12738	Senior/Older Adult Programs at Belle Haven Community Campus	Fellowship Circle (Spanish) - Fridays at BHCC	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- 330-2280 for more information. Ask staff for exclusion dates.	Sep 13, 2024 - Dec 13, 2024	10:30AM - 11:30AM	Every Fri	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
12747	Senior/Older Adult Programs at Belle Haven Community Campus	Drawing and Painting for Seniors at BHCC	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- 330-2280 for more information.	Sep 23, 2024 - Dec 09, 2024	10:00AM - 11:30AM	Every Mon	Jorel Thomson	Belle Haven Community Campus	General: \$0.00	60 Y
12819	Senior/Older Adult Programs at Belle Haven Community Campus	Senior Pool Table and Dominos	Were seniors come to socialize with friends, play on the pool table and dominos. Registration will be completed in person. Please call 650- 330-2280 for more information. Ask staff for exclusion dates.	Sep 23, 2024 - Dec 13, 2024	09:00AM - 04:00PM	Every Mon, Tue, Wed, Thu, Fri		Belle Haven Community Campus	General: \$0.00	60 Y
12794	Senior/Older Adult Programs at Belle Haven Community Campus	Conversation for Peace and Unity	While sitting or standing, experience easy strengthening and relaxation techniques. Improve your balance and stamina as we enjoy listening to classic tunes and learning gentle, modified yoga poses. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 24, 2024 - Dec 10, 2024	10:00AM - 11:00AM	Every Tue		Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12750	Senior/Older Adult Programs at Belle Haven Community Campus	Yoga Chair & Stand at BHCC	While sitting or standing, experience easy strengthening and relaxation techniques. Improve your balance and stamina as we enjoy listening to classic tunes and learning gentle, modified yoga poses. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 24, 2024 - Dec 10, 2024	11:00AM - 11:45PM	Every Tue	Patricia Mayall	Belle Haven Community Campus	General: \$0.00	60 Y
12811	Senior/Older Adult Programs at Belle Haven Community Campus	Meditation and Acupressure at BHCC	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- 330-2280 for more information.	Sep 25, 2024 - Dec 11, 2024	10:30AM - 11:45AM	Every Wed	Patricia Mayall	Belle Haven Community Campus	General: \$0.00	60 Y
12817	Senior/Older Adult Programs at Belle Haven Community Campus	Travel Around the World! at BHCC	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. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 27, 2024 - Dec 13, 2024	11:00AM - 12:00PM	Every Fri	Dan Fillin	Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12816	Senior/Older Adult Programs at Belle Haven Community Campus	Sewing and Crafts at BHCC	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- 330-2280 for more information.	Sep 27, 2024 - Dec 13, 2024	10:00AM - 11:30AM	Every Fri	Jorel Thomson	Belle Haven Community Campus	General: \$0.00	60 Y
Event	Senior/Older Adult Programs at Belle Haven Community Campus	Mexican Independence Day Event	Prepare your most colorful outfit and come dance to live Mariachi band music with your friends. This will be an unforgettable fiesta with music, fun, and delicious food!	Sep 16, 2024 -	11:30AM - 1:00PM	Mon		Belle Haven Community Campus	General: \$10.00	60 Y
Lunch	Senior/Older Adult Programs at Belle Haven Community Campus	Lunch	Nutritionally balanced meals are available weekdays where senior center program is open. All meals are first come first serve. No lunch served on 2nd and 4th Thursday of the month. Please call 650- 330-2280 for more information.	Sep 9, 2024 - Dec 13, 2024	12:00 PM (noon)	Mon-Fri <i>No lunch served on 2nd and 4th Thursday of the month</i>		Belle Haven Community Campus	General: \$2.50	60 Y



Older adult activities at Arrillaga Family Recreation Center

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
13076	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Watercolor with Richard Becker	Using still-life and landscape the students will learn the basics of watercolor covering wet-into-wet, dry brush, washes, the variety of papers, pigments and brushes, learn about composition, design, and color theory.	Sep 19, 2024 - Nov 21, 2024	02:00PM - 04:30PM	Every Thu	Richard Becker	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$283.00; Resident Program Fee: \$210.00	50 Y
13104	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Italian Class for Adults	Learn a basic foundation of phrases, grammar, vocabulary, verbs and more. Be challenged with oral, written, and audio learning. Practice and learn pronunciation, conversational skills, and grammar. \$30 textbook, which students will purchase on their own.	Sep 12, 2024 - Oct 24, 2024	10:30AM - 11:00AM	Every Thu	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$424.00; Resident Program Fee: \$315.00	40 Y
13101	Senior/Older Adult Programs at Arrillaga Family Recreation Center	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. Registration will be completed in person. Please call 650- 330-2200 for more information.	Sep 11, 2024 - Dec 11, 2024	10:00AM - 11:00AM	Every Wed	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y
12927	Senior/Older Adult Programs at Arrillaga Family Recreation Center	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. Registration will be completed in person. Please call 650- 330-2200 for more information.	Sep 11, 2024 - Dec 11, 2024	09:00AM - 10:00AM	Every Wed	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	60 Y



Older adult activities at Arrillaga Family Recreation Center

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
13077	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Sewing Class for Adults	Sewing is not only fun and creative; but, it is a useful learning skill. Students will learn basics (separate threads, thread a needle), several stitches (running stitch, wip stitch, gathering stitch and more), use patterns, sew projects by hand. Students will make projects that are decorative or useful. Materials fee: \$30	Sep 10, 2024 - Oct 22, 2024	09:30AM - 10:30AM	Every Tue	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$283.00; Resident Program Fee: \$210.00	40 Y
12929	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Italian Class for Adults	Learn a basic foundation of phrases, grammar, vocabulary, verbs and more. Be challenged with oral, written, and audio learning. Practice and learn pronunciation, conversational skills, and grammar. \$30 textbook, which students will purchase on their own.	Oct 31, 2024 - Dec 12, 2024	09:30AM - 10:30AM	Every Thu	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$363.00; Resident Program Fee: \$270.00	40 Y
	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Sewing Class for Adults	Sewing is not only fun and creative; but, it is a useful learning skill. Students will learn basics (separate threads, thread a needle), several stitches (running stitch, wip stitch, gathering stitch and more), use patterns, sew projects by hand. Students will make projects that are decorative or useful. Materials fee: \$24	Oct 29, 2024 - Dec 10, 2024	09:30AM - 10:30AM	Every Tue	Spanish Academy Francisca Bustos	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$243.00; Resident Program Fee: \$180.00	40 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12239	Kindergym	Kindergym (Fall Season)	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 10, 2024 - Dec 17, 2024	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	12 Mos	003 Y
12238	Kindergym	Kindergym (Fall Season)	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 10, 2024 - Dec 17, 2024	02:00PM - 02:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	12 Mos	003 Y
12242	Kindergym	Kindergym (Fall Season)	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 11, 2024 - Dec 18, 2024	11:00AM - 11:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	12 Mos	003 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12241	Kindergym	Kindergym (Fall Season)	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 11, 2024 - Dec 18, 2024	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	12 Mos	003 Y
12240	Kindergym	Kindergym (Fall Season)	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 11, 2024 - Dec 18, 2024	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	12 Mos	003 Y
12243	Kindergym	Kindergym (Fall Season)	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, 2024 - Dec 19, 2024	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



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12244	Kindergym	Kindergym (Fall Season)	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, 2024 - Dec 20, 2024	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	12 Mos	003 Y
12246	Kindergym	Kindergym (Fall Season)	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, 2024 - Dec 21, 2024	10:00AM - 10:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	12 Mos	003 Y
12245	Kindergym	Kindergym (Fall Season)	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, 2024 - Dec 21, 2024	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	12 Mos	003 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12247	Kinderstars	Kinderstars (Fall Season)	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 10, 2024 - Dec 17, 2024	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	02 Y 06 Mos	004 Y
12250	Kinderstars	Kinderstars (Fall Season)	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 11, 2024 - Dec 18, 2024	01:00PM - 01:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12249	Kinderstars	Kinderstars (Fall Season)	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 11, 2024 - Dec 18, 2024	11:00AM - 11:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	02 Y 06 Mos	004 Y
12248	Kinderstars	Kinderstars (Fall Season)	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 11, 2024 - Dec 18, 2024	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12251	Kinderstars	Kinderstars (Fall Season)	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, 2024 - Dec 19, 2024	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00 Resident Program Fee: \$224.00	02 Y 06 Mos	004 Y
12254	Kinderstars	Kinderstars (Fall Season)	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, 2024 - Dec 20, 2024	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12253	Kinderstars	Kinderstars (Fall Season)	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, 2024 - Dec 20, 2024	01:00PM - 01:50PM	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
12252	Kinderstars	Kinderstars (Fall Season)	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, 2024 - Dec 20, 2024	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
12255	Kinderstars	Kinderstars (Fall Season)	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, 2024 - Dec 21, 2024	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00 Resident Program Fee: \$224.00	02 Y 06 Mos	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12258	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	02:00PM - 02:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00 Resident Program Fee: \$224.00	03 Y	004 Y
12257	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00 Resident Program Fee: \$224.00	03 Y	004 Y
12256	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00 Resident Program Fee: \$224.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12261	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	03 Y	004 Y
12260	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	01:00PM - 01:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	03 Y	004 Y
12259	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12264	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y
12263	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y
12262	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	12:00PM - 12:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12269	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	03 Y	004 Y
12268	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	01:00PM - 01:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y
12267	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	11:00AM - 11:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12266	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	10:00AM - 10:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y
12265	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y
12272	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	12:00PM - 12:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12271	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	10:00AM - 10:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y
12270	Newstars	NewStars (Fall Season)	An independent class for 3-4 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of rolls, be introduced to handstands and cartwheels, and work on gymnastics equipment that is at the proper height for their age and size. Balance, strength and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	03 Y	004 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12276	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12275	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12274	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	02:00PM - 02:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12273	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12279	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	04 Y	005 Y
12278	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	01:00PM - 01:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12277	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	04 Y	005 Y
12283	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12282	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12281	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	04 Y	005 Y
12280	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	12:00PM - 12:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	04 Y	005 Y
12287	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	01:00PM - 01:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12286	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	11:00AM - 11:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12285	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	10:00AM - 10:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12284	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12289	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y
12288	MiniStars	MiniStars (Fall Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	10:00AM - 10:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	04 Y	005 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12302	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y
12301	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y
12304	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	05 Y	06 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12303	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 11, 2024 - Dec 18, 2024	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	05 Y	06 Y
12307	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y
12306	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12305	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y
12309	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	05 Y	06 Y
12308	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 13, 2024 - Dec 20, 2024	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	05 Y	06 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12312	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	12:00PM - 12:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y
12311	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y
12310	SuperStars	SuperStars (Fall Season)	An independent class for ages 5 to 6. Children will continue to improve the skills they learned in NewStars and MiniStars. They will learn to connect skills and some will be able to perform the skills with little or no help. The class still works on the obstacle courses but different skills are introduced into the course. Children will be working on forward and backward skills on both the floor and balance beams. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	05 Y	06 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12315	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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 10, 2024 - Dec 17, 2024	07:00PM - 07:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	010 Y
12314	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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 10, 2024 - Dec 17, 2024	05:00PM - 05:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	010 Y
12313	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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 10, 2024 - Dec 17, 2024	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	10 Y
12316	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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 11, 2024 - Dec 18, 2024	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	10 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12319	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 19, 2024	07:00PM - 07:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	10 Y
12318	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 19, 2024	06:00PM - 06:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	10 Y
12317	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 19, 2024	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	10 Y
12321	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 20, 2024	04:00PM - 04:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	10 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12320	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 20, 2024	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	10 Y
12325	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 21, 2024	04:00PM - 04:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	10 Y
12324	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 21, 2024	03:00PM - 03:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	10 Y
12323	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 21, 2024	02:00PM - 02:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	10 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12322	Level A Girls (Ages 6+)	Level A Girls (Ages 6+) (Fall Season)	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, 2024 - Dec 21, 2024	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	10 Y
12327	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Fall Season)	Beginning level of gymnastics, for students 9 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 10, 2024 - Dec 17, 2024	07:00PM - 07:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	09 Y	
12326	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Fall Season)	Beginning level of gymnastics, for students 9 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 10, 2024 - Dec 17, 2024	05:00PM - 05:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	09 Y	
12328	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Fall Season)	Beginning level of gymnastics, for students 9 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, 2024 - Dec 19, 2024	07:00PM - 07:50PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	09 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12329	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Fall Season)	Beginning level of gymnastics, for students 9 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, 2024 - Dec 21, 2024	04:00PM - 04:50PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	09 Y	
12332	Level B Girls	Level B Girls (Fall Season)	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 10, 2024 - Dec 17, 2024	06:00PM - 06:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
12331	Level B Girls	Level B Girls (Fall Season)	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 10, 2024 - Dec 17, 2024	05:00PM - 05:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12330	Level B Girls	Level B Girls (Fall Season)	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 10, 2024 - Dec 17, 2024	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
12335	Level B Girls	Level B Girls (Fall Season)	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, 2024 - Dec 19, 2024	07:00PM - 07:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	
12334	Level B Girls	Level B Girls (Fall Season)	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, 2024 - Dec 19, 2024	05:00PM - 05:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12333	Level B Girls	Level B Girls (Fall Season)	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, 2024 - Dec 19, 2024	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	
12336	Level B Girls	Level B Girls (Fall Season)	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 13, 2024 - Dec 20, 2024	04:00PM - 04:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	
12338	Level B Girls	Level B Girls (Fall Season)	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, 2024 - Dec 21, 2024	03:00PM - 03:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12337	Level B Girls	Level B Girls (Fall Season)	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, 2024 - Dec 21, 2024	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
12297	Level C Girls	Level C Girls (Fall Season)	Advanced level of gymnastics. Must pass Level B in order to be in the class. Will work on skills such as back extension rolls, back walkovers, and back handsprings. More difficult moves will also be worked on the uneven bars and vault. Connecting moves and working them into a sequence of a short routine will be part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 10, 2024 - Dec 17, 2024	06:00PM - 06:50PM	Every Tue		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
12299	Level C Girls	Level C Girls (Fall Season)	Advanced level of gymnastics. Must pass Level B in order to be in the class. Will work on skills such as back extension rolls, back walkovers, and back handsprings. More difficult moves will also be worked on the uneven bars and vault. Connecting moves and working them into a sequence of a short routine will be part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	05:00PM - 05:50PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12300	Level C Girls	Level C Girls (Fall Season)	Advanced level of gymnastics. Must pass Level B in order to be in the class. Will work on skills such as back extension rolls, back walkovers, and back handsprings. More difficult moves will also be worked on the uneven bars and vault. Connecting moves and working them into a sequence of a short routine will be part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	02:00PM - 02:50PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y	
12537	Level D Girls	Level D Girls (Summer Season)	Advanced level of Gymnastics. You must pass our Level C class in order to be eligible for this class. Our most advanced recreational class, that will be working on skills such as back handsprings and roundoffs on the floor. Conditioning will be used to develop gymnast's strength and shapes for skills such as kips, casts, and front hip circles. More difficult skills will be worked on the balance beam such as handstands and cartwheels. You must have instructors' approval to move into this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 12, 2024 - Dec 19, 2024	06:00PM - 07:20PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$390.00; Resident Program Fee: \$312.00	07 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12538	Level D Girls	Level D Girls (Summer Season)	Advanced level of Gymnastics. You must pass our Level C class in order to be eligible for this class. Our most advanced recreational class, that will be working on skills such as back handsprings and roundoffs on the floor. Conditioning will be used to develop gymnast's strength and shapes for skills such as kips, casts, and front hip circles. More difficult skills will be worked on the balance beam such as handstands and cartwheels. You must have instructors' approval to move into this class. We do not provide make-up classes or refunds for classes you do not attend.	Sep 14, 2024 - Dec 21, 2024	03:00PM - 04:20PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$420.00; Resident Program Fee: \$336.00	07 Y	



Gymnastics - Level A-B Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12527	Level A Boys	Level A Boys (Fall Season)	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 10, 2024 - Dec 17, 2024	06:00PM - 06:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y
12526	Level A Boys	Level A Boys (Fall Season)	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 10, 2024 - Dec 17, 2024	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y
12528	Level A Boys	Level A Boys (Fall Season)	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 11, 2024 - Dec 18, 2024	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



Gymnastics - Level A-B Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12530	Level A Boys	Level A Boys (Fall Season)	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, 2024 - Dec 19, 2024	06:00PM - 06:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y
12529	Level A Boys	Level A Boys (Fall Season)	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, 2024 - Dec 19, 2024	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y
12531	Level A Boys	Level A Boys (Fall Season)	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, 2024 - Dec 20, 2024	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y



Gymnastics - Level A-B Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12533	Level A Boys	Level A Boys (Fall Season)	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, 2024 - Dec 21, 2024	02:00PM - 02:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y
12532	Level A Boys	Level A Boys (Fall Season)	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, 2024 - Dec 21, 2024	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	06 Y
12534	Level B Boys	Level B Boys (Fall Season)	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 12, 2024 - Dec 19, 2024	05:00PM - 05:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y



Gymnastics - Level A-B Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12535	Level B Boys	Level B Boys (Fall Season)	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 13, 2024 - Dec 20, 2024	04:00PM - 04:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$260.00; Resident Program Fee: \$208.00	06 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12550	Aerial Silks Level 1A	Aerial Silks Level 1A (Fall Season)	Students will learn skills on the aerial silk apparatus. Skills include basic climbs, poses, and drops.	Sep 12, 2024 - Dec 19, 2024	04:30PM - 05:30PM	Every Thu	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$660.00 Resident Program Fee: \$530.00	08 Y
12552	Aerial Silks Level 2	Aerial Silks Level 2 (Fall Season)	Students must have completed Aerial Silks Level 1, 1a, or approved by the instructor. Students will be progressing beyond Level 1 skills to develop a performance quality routine.	Sep 12, 2024 - Dec 19, 2024	05:30PM - 06:45PM	Every Thu	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$659.00; Non-Resident Program Fee: \$660.00; Resident Program Fee: \$529.00; Resident Program Fee: \$530.00	08 Y
12553	Aerial Silks, Rope, & Hammock Level 2-3	Aerial Silks, Rope, & Hammock Level 2-3 (Fall Season)	Class for intermediate students only. Admission to this class for outsiders upon evaluation. Learning and practicing aerial dance technique & conditioning. Working on flexibility, athleticism, artistry and performance skills in the air. Warm-up & stretching mandatory. No more than 3 drop-ins per session. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Sep 17, 2024 - Dec 17, 2024	05:35PM - 07:35PM	Every Tue	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Drop-In Fee for course: \$45.00; Non-Resident Program Fee: \$825.00; Resident Program Fee: \$660.00	09 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12554	Aerial Silks, Rope, & Hammock Level 2-3	Aerial Silks, Rope, & Hammock Level 2-3 (Fall Season)	Class for intermediate students only. Admission to this class for outsiders upon evaluation. Learning and practicing aerial dance technique & conditioning. Working on flexibility, athleticism, artistry and performance skills in the air. Warm-up & stretching mandatory. No more than 3 drop-ins per session. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Sep 21, 2024 - Dec 21, 2024	12:30PM - 02:30PM	Every Sat	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Drop-In Fee for course: \$45.00; Non-Resident Program Fee: \$825.00; Resident Program Fee: \$660.00	09 Y
12551	Aerial Silks, Rope, & Hammock Level 1A	Aerial Silks, Rope, & Hammock Level 1A (Fall Season)	This is a course for new entries and students from Introduction to Aerial Arts. Course runs from fall to spring sessions, 1-A, 1-B, 1-C. Ability tests the first two days of class. Learning the principles of the aerial dance, basic exercises, athleticism and flexibility. Warm up & stretching mandatory. No drop-in for this level. Refer to the Requirements section once registered for this course for safe & appropriate attire and etiquette. Instructor Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Sep 19, 2024 - Dec 19, 2024	04:30PM - 05:30PM	Every Thu	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$609.00; Non-Resident Program Fee: \$610.00; Resident Program Fee: \$489.00; Resident Program Fee: \$490.00	08 Y
12555	Aerial Silks, Rope, & Hammock Level 3-4	Aerial Silks, Rope, & Hammock Level 3-4 (Fall Season)	Class for advanced students only. Admission to this class for outsiders upon evaluation. Learning and practicing technique for advanced dynamic drills in the air. Skills required: strength, athleticism, endurance, flexibility, artistry and grace of advanced aerial dance movements. No more than 3 drop-ins per session. Showcase in May. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Sep 19, 2024 - Dec 19, 2024	05:35PM - 07:35PM	Every Thu	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$763.00; Resident Program Fee: \$610.00	09 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12556	Aerial Silks, Rope, & Hammock Level 3-4	Aerial Silks, Rope, & Hammock Level 3-4 (Fall Season)	Class for advanced students only. Admission to this class for outsiders upon evaluation. Learning and practicing technique for advanced dynamic drills in the air & conditioning. Skills required: strength, athleticism, endurance, flexibility, artistry and grace for advanced aerial dance movements. Warm-up & stretching mandatory. No more than 3 drop-ins per session. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Sep 21, 2024 - Dec 21, 2024	02:35PM - 04:35PM	Every Sat	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$825.00 Resident Program Fee: \$660.00	09 Y
12563	Aerial Static trapeze	Aerial Static trapeze (Fall Season)	Beginners will learn the basics of static trapeze. Students with the basic skills will continue to expand their repertoire and learn to sequence these moves. Basic and advance instructions on static trapeze and partner acrobatics will be taught. Advance students will develop a performance quality routine that can be shown in the Spring showcase in May.	Sep 14, 2024 - Dec 14, 2024	12:30PM - 01:45PM	Every Sat	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$741.00; Resident Program Fee: \$595.00	08 Y



Gymnastics - Menlo Children's Center classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees
12295	Menlo Childrens Center Gymnastics	MCC Middles (Fall Season)	This class is only for the MCC Middles class, children must attend with their class and teacher. MCC Middles 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 for teaching children how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). No class on days MCC is closed	Sep 11, 2024 - Dec 18, 2024	11:00AM - 11:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$150.00; Resident Program Fee: \$120.00
12294	Menlo Childrens Center Gymnastics	MCC Littles Gymnastics (Fall Season)	This class is only for the MCC Littles class, children must attend with their class and teacher. MCC Littles 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 for teaching children how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). No class on days MCC is closed.	Sep 11, 2024 - Dec 18, 2024	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$150.00; Resident Program Fee: \$120.00
12298	Menlo Childrens Center Gymnastics	MCC Bigs (Fall Season)	This class is only for the MCC Bigs class, children must attend with their class and teacher. MCC Bigs 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 for teaching children how to safely climb and walk on uneven surfaces (bilateral movement and motor mapping). No class on days MCC is closed. No class on Friday August 25.	Sep 13, 2024 - Dec 20, 2024	11:00AM - 11:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$130.00; Resident Program Fee: \$104.00



Gymnastics - Stretch & Strength and Exploration through movement

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
12540	Stretch And Strength	Stretch And Strength (Fall Season)	Designed to work skills to strengthen core muscle groups. Also designed for gymnasts interested in competitive gymnastics and former competitive gymnasts interested in regaining strength and flexibility in order to compete in later seasons. The class will be designed to work on areas that are needed by the group of participants.	Sep 10, 2024 - Dec 17, 2024	07:00PM - 07:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$280.00; Resident Program Fee: \$224.00	13 Y	
12536	Exploration Through Movement	Exploration through movement (Fall Season)	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 11, 2024 - Dec 18, 2024	04:00PM - 04:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$300.00; Resident Program Fee: \$240.00	05 Y	018 Y