



FALL 2025 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

Category	Class	Description	Dates	Time	Days	Location
Adult Arts & Crafts	Intermediate Pottery Handbuilding (Fall 2025)	Take your handbuilding to the next level in this 6-week intermediate series. Ideal for potters with foundational knowledge of coiling, slab, attaching, and glazing, you'll design and execute challenging independent projects. You'll have the opportunity to explore more complex, multi-week creations as well. Come refine your skills and bring ambitious ceramic ideas to life!	Sep 09, 2025 - Oct 14, 2025	05:00PM - 07:00PM	Every Tue	Belle Haven Community Campus
Adult Arts & Crafts	Exploring Watercolor (Fall 2025)	Students will have fun learning different techniques of painting with watercolors. The instructor will share guidelines and each session will focus on a specific technique of watercolor painting that builds each week.	Sep 04, 2025 - Dec 18, 2025	10:00AM - 12:00PM	Every Thu	Belle Haven Community Campus
Adult Arts & Crafts	Beginner Pottery Handbuilding (Fall 2025)	This 8 week class is for beginner potters (little to no experience) to learn the basics of handbuilding. We'll step through pinch, coil, and slab techniques for making functional dinnerware and fun sculptural pieces! We will also cover various techniques for decorating our pieces using colorful underglazes.	Sep 09, 2025 - Oct 14, 2025	10:00AM - 12:00PM	Every Tue	Belle Haven Community Campus
Adult Culinary	Introduction to Sourdough Baking From "Starter" to Finish (Fall 2025)	Delve into the art and science of sourdough baking in this hands-on workshop that aims to demystify the sourdough process and make it more approachable for at-home bakers! Gain insight into the science behind fermentation and gluten development and discover the secrets to achieving that perfect rise and flavor. Master starter cultivation, dough preparation, shaping, and baking techniques. Learn not only how to make a traditional rustic sourdough boule, but also how to apply your knowledge of using a sourdough starter culture and the sourdough method to make other sourdough goodies!	Oct 18, 2025 - Oct 18, 2025	01:30PM - 04:00PM	Once	Arrillaga Family Recreation Center
Adult Culinary	Adult Cooking: Sweet and Savory Sides (Fall 2025)	In this class you will learn how to make some of your favorite sides for your family gatherings and special occasions. - Ceviche - Corn Bread Stuffing - Balsamic Glazed Brussel Sprouts -Honey Glazed Carrot Medley	Nov 20, 2025 - Nov 20, 2025	06:00PM - 07:30PM	Once	Belle Haven Community Campus
Adult Culinary	Adult Cooking: Assorted Tarts (Fall 2025)	In this class you will learn how to make the best tarts for your events and gatherings. - Fruit Tart - Apple Cinnamon Tarts - Mascarpone Tarts - Garlic & Artichoke cheese Tarts	Oct 23, 2025 - Oct 23, 2025	06:00PM - 07:30PM	Once	Belle Haven Community Campus
Adult Culinary	Adult Cooking: Sauces For Your Entrees (Fall 2025)	In this class you will learn how to make different sauces from scratch to compliment your entrees. Entrees will be served to be paired with your sauces. - Steak Diane Sauce - Chimichurri Sauce - Teriyaki - Mango Salsa	Sep 25, 2025 - Sep 25, 2025	06:00PM - 07:30PM	Once	Belle Haven Community Campus
Adult Culinary	Fire Cider: Create an Immune Boosting Elixir (Fall 2025)	Fire cider is an herbal tonic that's used to boost immunity, help with digestion, and warm you up on a cold day. This is part demonstration and part hands-on	Sep 24, 2025 - Sep 24, 2025	06:15PM - 07:45PM	Once	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		activity. Participants will walk away understanding the nutritional benefits of each ingredient, observe making a bulk batch with the practitioner onsite, receive Fire Cider ingredients to take home and a full recipe.				
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!	Sep 05, 2025 - Dec 19, 2025	08:30AM - 09:25AM	Every Fri	Arrillaga Family Recreation Center
Adult Dance	Persian Dance (Fall 2025)	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 02, 2025 - Dec 16, 2025	07:30PM - 08:30PM	Every Tue	Arrillaga Family Recreation Center
Adult Dance	Palomanians Folk Dance (Fall 2025)	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.	Aug 19, 2025 - Dec 16, 2025	06:30PM - 09:00PM	Every Tue	Arrillaga Family Recreation Center
Adult Dance	Mostly Balkan Folk Dancing (Fall 2025)	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.	Sep 04, 2025 - Dec 18, 2025	06:45PM - 08:55PM	Every Thu	Arrillaga Family Recreation Center
Adult Dance	Line Dancing w/ Aunty Wendy (Fall 2025)	Fun energetic dance class where you will get your body Movin & Groovin to the sounds of a variety of music genres	Sep 04, 2025 - Dec 11, 2025	05:45PM - 06:30PM	Every Thu	Belle Haven Community Campus
Adult Dance	Line Dancing, Beginner (Fall 2025)	Line dancing is done to all genres of music: country, pop, rock & roll, big band, etc. A new dance is taught every week and reviews are done of previous dances so you will be able to practice ones you have already learned. It's fun, energetic and very people-friendly. We start with very easy Beginner dances and progress to a little bit harder Beginner dances. First-time beginners as well as returning beginners are welcome.	Sep 02, 2025 - Dec 16, 2025	12:30PM - 01:30PM	Every Tue	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
Adult Dance	Dance Expressions Adult Hip Hop (Fall 2025)	This fun, high energy class is open to all levels. Come move with us! For more information regarding our classes or placement, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Sep 04, 2025 - Dec 11, 2025	05:50PM - 06:50PM	Every Thu	Arrillaga Family Recreation Center
Adult Fitness - Yoga	Iyengar Yoga (Fall 2025)	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 08, 2025 - Dec 01, 2025	10:00AM - 11:30AM	Every Mon	Arrillaga Family Recreation Center
Adult Fitness - Yoga	Yoga Nidra and Breathwork (Fall 2025)	Through Yoga Nidra, a soothing meditative practice often called "yogic sleep," you will be led into a profound state of relaxation. In this deeply restful journey, you'll release physical and emotional tension, allowing your nervous system to reset and renew naturally. This is not yoga poses, yoga nidra is done lying down on your back. We will use breathwork to prime our bodies before yoga nidra. Blankets will be provided and limited yoga mats are available, first come first served. Please bring anything else to assist in your comfort (e.g., pillow, eye mask, layers, bolster). No experience is necessary, all levels welcome. Come well digested and ready to relax.	Sep 16, 2025 - Nov 18, 2025	06:15PM - 07:30PM	Every Tue	Arrillaga Family Recreation Center
Adult Fitness - Yoga	Vinyasa Yoga (Fall 2025)	This yoga class offers a balanced blend of movement, breathwork, and mindfulness designed to improve flexibility, strength, and mental clarity. Classes are suitable for all levels, with modifications provided to meet individual needs. Participants will be guided through thoughtfully sequenced poses to support both physical and emotional well-being. The goal is to create a welcoming space where the community can reconnect with their bodies and find a sense of inner calm. Please bring your yoga mat and any other props you need.	Sep 05, 2025 - Nov 21, 2025	12:00PM - 01:00PM	Every Fri	Arrillaga Family Recreation Center
Adult Fitness Classes	Bands and Beats	Feel strong, steady, and unstoppable with Bands and Beats a functional strength class that trains your body for real life. With a powerful combo of resistance bands, weights, and bodyweight movement, you'll develop muscle, mobility, and cardiovascular endurance in one efficient session. Ideal for anyone wanting to move	Sep 05, 2025 - Dec 19, 2025	09:30AM - 10:25AM	Every Fri	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		better, age well, and feel more at home in their body.				
Adult Fitness Classes	Pilates w/ Diamond (Fall 2025)	Group training to improve cardiovascular health, build strength, promote new skills, and establish health movement patterns for longevity.	Sep 04, 2025 - Dec 11, 2025	06:45PM - 07:45PM	Every Thu	Belle Haven Community Campus
Adult Fitness Classes	Full Body Strength/ HIIT (Fall 2025)	Strengthen, stretch, and stabilize your body with our energizing Pilates class! Designed to improve core strength, flexibility, and posture, this low-impact workout focuses on controlled movements and mindful breathing. Perfect for all fitness levels, whether you're a beginner or looking to refine your practice. Join us to feel stronger, more balanced, and refreshed!	Sep 03, 2025 - Dec 10, 2025	06:45PM - 07:45PM	Every Wed	Belle Haven Community Campus
Adult Fitness Classes	Pilates w/ Diamond (Fall 2025)	Strengthen, stretch, and stabilize your body with our energizing Pilates class! Designed to improve core strength, flexibility, and posture, this low-impact workout focuses on controlled movements and mindful breathing. Perfect for all fitness levels, whether you're a beginner or looking to refine your practice. Join us to feel stronger, more balanced, and refreshed!	Sep 08, 2025 - Dec 08, 2025	05:30PM - 06:30PM	Every Mon	Belle Haven Community Campus
Adult Fitness Classes	Fit & Fab 40+ Bootcamp: Longevity Edition (Fall 2025)	This 30 minute bootcamp is designed specifically for adults 40+ who want to build strength, boost energy, and future proof their bodies. Inspired by cutting edge longevity research from Dr. Peter Attia's Outlive, this class blends science- backed movement with fun, functional fitness, All fitness levels welcome!	Sep 03, 2025 - Dec 12, 2025	08:00AM - 08:30AM	Every Wed, Fri	Belle Haven Community Campus
Adult Fitness Classes	Pilates (Fall 2025)	Pilates w/ Diamond: Strengthen, stretch, and stabilize your body with our energizing Pilates class! Designed to improve core strength, flexibility, and posture, this low-impact workout focuses on controlled movements and mindful breathing. Perfect for all fitness levels, whether you're a beginner or looking to refine your practice. Join us to feel stronger, more balanced, and refreshed!	Sep 05, 2025 - Dec 19, 2025	12:00PM - 01:00PM	Every Fri	Arrillaga Family Recreation Center
Adult Fitness Classes	Pilates (Fall 2025)	Pilates w/ Diamond: Strengthen, stretch, and stabilize your body with our energizing Pilates class! Designed to improve core strength, flexibility, and posture, this low-impact workout focuses on controlled movements and mindful breathing. Perfect for all fitness levels, whether you're a beginner or looking to refine your practice. Join us to feel stronger, more balanced, and refreshed!	Sep 08, 2025 - Dec 15, 2025	08:45AM - 09:45AM	Every Mon	Arrillaga Family Recreation Center
Adult Fitness Classes	Group Strength Training (Fall 2025)	Strong muscles, strong bones, strong core! This class is carefully designed to strengthen your entire body using primarily free weights as resistance, with variations shown to ensure	Sep 11, 2025 - Dec 18, 2025	10:30AM - 11:30AM	Every Thu	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		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. Please contact Lisa Vande Voorde fitstart@gmail.com if you have any questions.				
Adult Fitness Classes	Group Strength Training (Fall 2025)	Strong muscles, strong bones, strong core! This class is carefully designed to strengthen your entire body using primarily free weights 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. Please contact Lisa Vande Voorde fitstart@gmail.com if you have any questions.	Sep 09, 2025 - Dec 16, 2025	10:30AM - 11:30AM	Every Tue	Arrillaga Family Recreation Center
Adult Fitness Classes	Group Strength Training (Early Morning Class) (Fall 2025)	Strong muscles, strong bones, strong core, and an earlier morning time slot! This class is carefully designed to strengthen your entire body using primarily free weights 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. Please contact Lisa Vande Voorde, fitstart@gmail.com if you have any questions.	Sep 11, 2025 - Dec 18, 2025	09:00AM - 10:00AM	Every Thu	Arrillaga Family Recreation Center
Adult Fitness Classes	Group Strength Training (Early Morning Class) (Fall 2025)	Strong muscles, strong bones, strong core, and an earlier morning time slot! This class is carefully designed to strengthen your entire body using primarily free weights 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. Please contact Lisa Vande Voorde, fitstart@gmail.com if you have any questions.	Sep 09, 2025 - Dec 16, 2025	09:00AM - 10:00AM	Every Tue	Arrillaga Family Recreation Center
Adult Fitness Classes	TRX Suspension Training (Fall 2025)	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.	Sep 02, 2025 - Dec 16, 2025	06:15PM - 07:10PM	Every Tue	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
Adult Fitness Classes	Feldenkrais Awareness Through Movement (Fall 2025)	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 08, 2025 - Dec 17, 2025	12:00PM - 01:00PM	Every Wed	Arrillaga Family Recreation Center
Adult Fitness Classes	Hip Hop Step Aerobics with Wendy (Fall 2025)	High energy fitness class that combines step aerobics and hip hop music and dance offering a fun full body cardio workout.	Sep 04, 2025 - Dec 18, 2025	05:00PM - 05:45PM	Every Thu	Belle Haven Community Campus
Adult Fitness Classes	Zumba (Fall 2025)	Zumba is a fun dance workout even for beginners. An amazing way to burn calories and staying active all through dancing. There will be no class on October 7th, 14th, & 21st	Sep 02, 2025 - Dec 16, 2025	06:00PM - 07:00PM	Every Tue	Belle Haven Community Campus
Adult Fitness Classes	Zumba Dance Fitness (Fall 2025)	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, 2025 - Dec 20, 2025	09:00AM - 10:00AM	Every Sat	Arrillaga Family Recreation Center
Adult Fitness Classes	Full Body Workout Plus Abs: Strength Training Class (Fall 2025)	This is a strength training class that will interchangeably include a HIIT format, Tabata. All levels of fitness are welcome- go at your own pace! In this class we will work our full body, engaging all major muscle groups. Please bring your mat, towel and water. Dress in workout clothes and wear comfortable workout shoes. Let's get stronger together!	Sep 16, 2025 - Dec 16, 2025	06:00PM - 07:00PM	Every Tue	Arrillaga Family Recreation Center
Adult Fitness Classes	CIRCL Mobility (Fall 2025)	CIRCL Mobility is a program developed by Zumba that focuses on improving flexibility, mobility, and breathwork to optimize movement and reduce physical restrictions. It aims to unlock the body's potential through targeted exercises based on the science of functional movement, helping individuals restore their range of motion and move better, longer.	Sep 17, 2025 - Dec 17, 2025	11:00AM - 12:00PM	Every Wed	Arrillaga Family Recreation Center
Adult Language	Conversational Spanish for Adults & Teens (Fall 2025)	Conversational Spanish for Teens & Adults class designed for both teens and adults! This engaging, beginner-friendly course focuses on practical	Sep 10, 2025 - Dec 10, 2025	06:45PM - 07:45PM	Every Wed	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
		Spanish language skills for everyday conversations. Build confidence in speaking, listening, and understanding through interactive activities, role-playing, and group discussions. Whether you're preparing for travel, connecting with others, or simply exploring a new language, this class offers a supportive environment to practice and improve your Spanish communication skills.				
Adult Leisure	Writing Memoir: Life Experiences & Family Stories (Fall 2025)	This weekly memoir writing class invites participants to shape their personal, family, or community stories into compelling narratives through the art of storytelling. Open to both returning and new writers, the course offers guidance in developing voice, structure, and emotional resonance within a supportive peer workshop. This fall, we'll also explore new tools that can assist in brainstorming, organizing memories, and revising drafts while keeping the writer's voice and intention at the center. By the end of the course, participants will have made meaningful progress on a memoir project and learned strategies to sustain a regular writing practice	Sep 02, 2025 - Dec 16, 2025	06:00PM - 07:30PM	Every Tue	Belle Haven Community Campus
Adult Leisure	Sound Healing and Meditation (Fall 2025)	Give yourself the gift of wellness through sound! Enjoy a relaxing experience with sound healing practitioner Gaby Castro of Song Pine and Stone as she hosts an immersive sound bath with instruments including crystal singing bowls, Koshi chimes, Tibetan bowls, and more. Please bring your own yoga mat, water, and pillows/blankets for comfort.	Sep 05, 2025 - Dec 19, 2025	12:00PM - 01:00PM	Every Fri	Arrillaga Family Recreation Center
Adult Leisure	Intro to Sound Healing with Song Pine and Stone (Fall 2025)	Want to learn more about sound healing and its benefits? Join sound healing practitioner Gaby Castro, founder of Song Pine and Stone, as she explains the basics and benefits of sound healing, ending with an immersive sound bath with instruments including crystal singing bowls, Koshi chimes, Tibetan bowls, and more. Please bring your own yoga mat, water, and pillows/blankets for comfort.	Oct 25, 2025 - Oct 25, 2025	11:00AM - 12:00PM	Every Sat	Arrillaga Family Recreation Center
Adult Leisure	Intro to Sound Healing with Song Pine and Stone (Fall 2025)	Want to learn more about sound healing and its benefits? Join sound healing practitioner Gaby Castro, founder of Song Pine and Stone, as she explains the basics and benefits of sound healing, ending with an immersive sound bath with instruments including crystal singing bowls, Koshi chimes, Tibetan bowls, and more. Please bring your own yoga mat, water, and pillows/blankets for comfort.	Sep 06, 2025 - Dec 06, 2025	03:00PM - 04:00PM	Every Sat	Arrillaga Family Recreation Center
Adult Leisure	Visual Meditation (Fall 2025)	Join an intimate community on a journey to build a more intentional life. This visual meditation class is designed to spark your imagination and rewire your brain, guiding you through deep	Sep 11, 2025 - Dec 04, 2025	12:00PM - 01:00PM	Every Thu	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		and immersive visualizations about yourself and the world around you. I will lead you through a playful and engaging approach to meditation that will light up your intuition and clairvoyance and create more space for you to be you. Over the 7 classes, you will learn to read and interpret energy and invite healing in different aspects of your life.				
Adult Leisure	Menlo Park Chess Club (Fall 2025)	The Menlo Park Chess Club offers casual instruction, lectures, informal play, rated and unrated tournaments and other chess activities to residents of Menlo Park and the surrounding area, striving to appeal to players of all interests and skill levels, from complete beginners to strong masters. *Drop in fee \$3	Sep 04, 2025 - Dec 18, 2025	06:00PM - 09:00PM	Every Thu	Arrillaga Family Recreation Center
Adult Leisure	Sober Curious Group Info Night (Fall 2025)	Did you know September is National Sobriety Month? Are you curious about shifting your relationship with substances, habits, or coping patterns in a supportive, inclusive space? Join us for a free 45-minute Zoom info session designed for anyone interested in a trauma-informed, community-rooted approach to healing and recovery. Whether you're sober, sober-curious, or simply exploring your own patterns, this session is for you. You'll learn more about our three upcoming fully online September Sober Curious Groups. We'll cover what to expect, how these groups can support you, and share insights into addiction including medical perspectives and the unique ways it can impact women and femmes. You'll also meet your facilitator, hear about their approach to holding group spaces, and have the opportunity for live Q&A. Come as you are no preparation needed. Just bring your questions and an open heart. RSVP now to take the first step into a new kind of recovery conversation.	Sep 08, 2025 - Sep 08, 2025	07:00PM - 07:45PM	Once	Virtual Programs
Adult Leisure	Hypnosis Meditation & Sound Healing Journey (Fall 2025)	Experience a deep relaxation and meditative journey through guided hypnosis paired with the rhythmic vibrations of a native drum and singing bowl. Hypnosis is a gentle deep relaxation technique that helps quiet the mind, reduce stress, and foster inner peace, happiness, and emotional balance. The native drum's steady, grounding beat supports participants in entering a trance-like state and singing bowl enhances the hypnotic experience and promotes nervous system regulation & deep rest. This session is ideal for anyone seeking a calming, restorative practice to reconnect with themselves on a deeper level. Please bring your own yoga mat and any additional items to make yourself comfortable such as an eye mask, or cushions as these will not be provided. One blanket per person will be provided.	Oct 08, 2025 - Dec 10, 2025	06:30PM - 07:30PM	Every Wed	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
Adult Martial Arts	Menlo Aikijujitsu (Fall 2025)	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 04, 2025 - Dec 18, 2025	06:30PM - 08:30PM	Every Thu	Arrillaga Family Recreation Center
Adult Martial Arts	EXPERIENCED Traditional Karate (Fall 2025)	Experienced Karate students refine kata and kumite for belt testing or tournament performance, focusing on advanced applications, athletic development, and elite sportsmanship. Training integrates methods from the U.S. Olympic Committee and standards from the Japan Karate Federation (JKF) and MEXT. Participants may compete regionally or internationally and train in Japan. Drop-in rate is \$25. Membership/testing fees apply but are not mandatory.	Sep 15, 2025 - Dec 15, 2025	07:00PM - 08:30PM	Every Mon	Arrillaga Family Recreation Center
Adult Martial Arts	EXPERIENCED Traditional Karate (Fall 2025)	Experienced Karate students refine kata and kumite for belt testing or tournament performance, focusing on advanced applications, athletic development, and elite sportsmanship. Training integrates methods from the U.S. Olympic Committee and standards from the Japan Karate Federation (JKF) and MEXT. Participants may compete regionally or internationally and train in Japan. Drop-in rate is \$25. Membership/testing fees apply but are not mandatory.	Sep 03, 2025 - Dec 17, 2025	07:00PM - 08:30PM	Every Wed	Arrillaga Family Recreation Center
Adult Music	Menlo Park Chorus (Fall 2025)	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 09, 2025 - Dec 16, 2025	07:00PM - 09:00PM	Every Tue	Arrillaga Family Recreation Center
Adult Sports - Pickleball	Adult Novice Pickleball (Fall 2025)	We offer beginner-level Pickleball classes for adults of all ages. These sessions focus on learning the fundamentals of the game in a fun and social environment. No prior experience is needed just bring your energy and enjoy the game!	Oct 30, 2025 - Dec 18, 2025	07:00PM - 08:00PM	Every Thu	Kelly Park
Adult Sports - Pickleball	Adult Novice Pickleball (Fall 2025)	We offer beginner-level Pickleball classes for adults of all ages. These sessions focus on learning the fundamentals of the game in a fun and	Sep 04, 2025 - Oct 16, 2025	07:00PM - 08:00PM	Every Thu	Kelly Park

Category	Class	Description	Dates	Time	Days	Location
		social environment. No prior experience is needed just bring your energy and enjoy the game!				
Adult Sports - Tennis	Adult Tennis Novice (Fall 2025)	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 will be able to judge where the ball is going and you will be able to tackle a short rally with players that have the same basic ability.	Nov 02, 2025 - Dec 21, 2025	08:45AM - 09:45AM	Every Sun	Willow Oaks Park
Adult Sports - Tennis	Adult Tennis Novice (Fall 2025)	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 will be able to judge where the ball is going and you will be able to tackle a short rally with players that have the same basic ability.	Sep 07, 2025 - Oct 19, 2025	08:45AM - 09:45AM	Every Sun	Willow Oaks Park
Adult Sports - Tennis	Heebner Adult Tennis 2 (Intermediate) (Fall 2025)	Jim has been teaching for the Menlo Park Community Center for 30 years and is USPTA Certified. He formerly ranked #16 Men's Open in Northern California. Heebner Adult Tennis 2 is for students that can sustain a rally, are fairly consistent, and can serve 50% in the court. This class is a combination of working on solid fundamentals, excellent drills, fun games and strategic play. Make up days (for rainouts) are 12/11 and 12/18. No class 11/27. Note: If you are unsure about your ability level please give Jim a call at (650) 814-6734.	Sep 11, 2025 - Dec 04, 2025	06:15PM - 07:15PM	Every Thu	Nealon Park
Adult Sports - Tennis	Heebner Adult Tennis 1 (Fall 2025)	Jim has been teaching for the Menlo Park Community Center for 30 years and is USPTA Certified. He formerly ranked #16 Men's Open in Northern California. Heebner Adult Tennis 1 is for students starting to play or with limited playing experience. Beginners are welcome and encouraged to join. The class emphasizes fundamentals and working towards gameplay. Make up dates (for rainouts) are 12/10 and 12/17. No class 11/26.	Sep 10, 2025 - Dec 03, 2025	06:15PM - 07:15PM	Every Wed	Nealon Park
Adult Sports - Volleyball	Women's Intermediate Volleyball Class Supplemental Sessions (Fall 2025)	Exclusively offered to those currently enrolled in "Women's Intermediate Volleyball Class" (held Saturdays 10:30-1:30), these sessions offer an extra time dedicated to primarily scrimmage time and additional time working with coaches on various skills. Participation requires attendance to at least half of that week's main 10:30 to 1:30 session.	Sep 06, 2025 - Dec 06, 2025	01:45PM - 03:00PM	Every Sat	Arrillaga Family Gymnasium
Adult Sports - Volleyball	Women's Intermediate Volleyball Class (fall 2025)	Quite possibly the only women's volleyball class you will find in the Bay Area	Sep 06, 2025 - Dec 06, 2025	10:30AM - 01:30PM	Every Sat	Arrillaga Family Gymnasium

Category	Class	Description	Dates	Time	Days	Location
		<p>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. If you need to work on your fundamentals, please sign up for coed Volleyball: Beginner to Intermediate Skills & Drills held on Tuesdays instead. The first two sessions will help instructors assess whether or not you are a good fit for the class at the time. We may recommend you transfer to the previous class you don't meet the required volleyball fluency for this course. Drop-in fee of \$25 if space is available in session</p>	06, 2025			
Adult Sports - Volleyball	Volleyball Class - Part 2: Intermediate Drills & Skills (Tryouts Required) (Fall 2025)	<p>Student Assessment Required to Participate: Coaches will assess each student to make sure they meet the prerequisite skill level that will ensure the level of training will be worthwhile for intermediate level students. Success in volleyball (including running effective lessons and drills) is heavily dependent upon teammates and teamwork. 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. Without your fundamentals dialed in, the experience will be diminished for other students. If you need to work on your fundamentals, please sign up for Volleyball: Beginner to Intermediate Skills & Drills. The first two sessions will help instructors assess whether or not you are a good fit for the class at the time. We may recommend you transfer to the previous class if you don't meet the required volleyball fluency for this course. In order to participate, you must be a graduate of Part 1 and attend the first session of the season. Contact the instructor in advance if you will be absent. The first 2 sessions are critical review and set the expectations for the rest of the season. Players will be expected to commit to the entire season with minimal absences.</p>	Sep 09, 2025 - Dec 09, 2025	08:45PM - 10:45PM	Every Tue	Arrillaga Family Gymnasium
Adult Sports - Volleyball	Volleyball Class - Part 1: Beginner to Intermediate Skills & Drills (Fall 2025)	<p>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</p>	Sep 09, 2025 - Dec 09, 2025	06:30PM - 08:45PM	Every Tue	Arrillaga Family Gymnasium

Category	Class	Description	Dates	Time	Days	Location
		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.				
Senior/Older Adult Programs at Arrillaga Family Recreation Center	Movie Monday's (Fall 2025)	Join us for a relaxing and enjoyable Movie Day designed especially for older adults! Set in a comfortable, welcoming space, this evening offers the perfect opportunity to unwind, enjoy a classic or heartwarming film, and connect with friends old and new. There will also be fun games for you to play including mahjong, cards, and chess.	Sep 08, 2025 - Dec 22, 2025	09:30AM - 12:00PM	Every Mon	Arrillaga Family Recreation Center
Senior/Older Adult Programs at Arrillaga Family Recreation Center	Conversational Spanish Advanced Fall 2025	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. Please call 650- 330-2200 for more information.	Sep 10, 2025 - Dec 17, 2025	10:00AM - 11:00AM	Every Wed	Arrillaga Family Recreation Center
Senior/Older Adult Programs at Arrillaga Family Recreation Center	Conversational Spanish Beginner Fall 2025	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. Please call 650- 330-2200 for more information.	Sep 10, 2025 - Dec 17, 2025	09:00AM - 10:00AM	Every Wed	Arrillaga Family Recreation Center
Senior/Older Adult Programs at Arrillaga Family Recreation Center	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.	Sep 02, 2025 - Dec 16, 2025	01:00PM - 02:30PM	Every Tue	Arrillaga Family Recreation Center
Senior/Older Adult Programs at Belle Haven Community Campus	Senior Soul Line Dance (Saturday)	Learn to do the Cupid Shuffle, Electric Slide, Bus Stop, and many other line dances to R&B music! Come enjoy this Energetic class and meet new friends along the way. Classes will meet on the 1st & 3rd Thursdays of each month for Seniors - Registration Required. Registration will be completed in person. Please call 650- 330-2258 for more information BHCC front Desk.	Sep 13, 2025 - Dec 06, 2025	11:00AM - 12:30PM	Every Sat	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Culture Through Language Swahili (Fall 2025)	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 Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 08, 2025 - Dec 15, 2025	10:00AM - 11:00AM	Every Mon	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Sewing & Crafts (Fall 2025)	This class is designed for adults who want to learn basic sewing techniques and create simple and easy craft projects. Make something to take home weekly Registration Required.	Sep 26, 2025 - Dec 12, 2025	10:00AM - 12:00PM	Every Fri	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
		Registration will be completed in person. Please call 650- 330-2287 for more information.				
Senior/Older Adult Programs at Belle Haven Community Campus	Stress Management (Video) (Fall 2025)	While seated, the instructor will guide students to use Acupressure points, Meditation, Breathing, and gentle yoga for relaxation and health. You will learn how easy it is to bring peace to your mind and body using your hands to press some of the most therapeutic acupressure points on your head, arms, and legs, relieving pain, allergies, and insomnia and strengthening your immune system. Registration Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 05, 2025 - Dec 19, 2025	10:30AM - 11:30AM	Every Fri	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Strong for life (Fall 2025)	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 Required. Registration will be completed in person. Please call 650-330-2280 for more information.	Oct 03, 2025 - Dec 12, 2025	09:00AM - 09:45AM	Every Fri	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Technology Roundtable (Fall 2025)	Bring your Smartphone, Tablet, or Laptop 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. Registration Required. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 12, 2025 - Dec 19, 2025	09:30AM - 10:30AM	Every Fri	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Intro to English Writing (Fall 2025)	This class prepares students to write cohesive paragraphs and short essays. To meet this goal, the class focuses on word classes/parts of speech; grammar; phrases; sentence structure; writing strategies and paragraph development; and punctuation. Verbal expression is also emphasized in class.	Sep 04, 2025 - Dec 18, 2025	10:30AM - 12:00PM	Every Thu	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Create Ideas for seniors (Fall 2025)	Craft unique objects using various materials, combining recyclable products with other components to create functional, usable art pieces. Whether you're interested in crafting art for your home or creating a sustainable project, this class offers the perfect opportunity to learn and create. Registration is required and will be completed in-person. Please call 650-330-2280 for more information.	Sep 03, 2025 - Dec 17, 2025	09:30AM - 11:00AM	Every Wed	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Chair Exercise (Wed 10:45am - 11:45am) (Fall 2025)	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 Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 03, 2025 - Dec 17, 2025	10:45AM - 11:45AM	Every Wed	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community	Chair Exercise (Wed 9:30- 10:30) (Fall 2025)	This is an energetic, upbeat chair exercise class that is sure to get your	Sep 03, 2025 - Dec	09:30AM - 10:30AM	Every Wed	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
Campus		body moving a great workout for all levels of fitness enthusiasts Registration Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 17, 2025			
Senior/Older Adult Programs at Belle Haven Community Campus	English Writing Workshop: Non-Fiction Narratives (Fall 2025)	The workshop focuses on participants writing non-fiction stories about travel, adventures, or any topic involving change. The class engages in peer reviews and explores AI in writing. The instructor will provide prompts and cover the basics of the writing process. Registration Required.	Sep 02, 2025 - Dec 16, 2025	11:00AM - 12:00PM	Every Tue	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Folklorico for Seniors (Fall 2025)	A fun way to learn all about the cultural dances of MÃ©xico. 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 Required. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 02, 2025 - Dec 16, 2025	10:00AM - 11:00AM	Every Tue	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Drawing & Painting (Fall 2025)	We provide the supplies for you to practice your skills in drawing and painting while learning new ones. All levels of experience are welcome in this safe, non-judgmental class. Mediums we use are pencil, charcoal, watercolor, pastels and acrylics. Registration Required. Registration will be completed in person. Please call 650- 330-2280 for more information.	Sep 08, 2025 - Dec 15, 2025	10:00AM - 12:00PM	Every Mon	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	ESL Class with Alex (Fall 2025)	Learn useful words and improve your conversational skills in English. All levels are welcome. Registration Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 08, 2025 - Dec 15, 2025	11:00AM - 12:00PM	Every Mon	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Conversational Spanish Advance (Fall 2025)	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- 330-2287 for more information.	Sep 08, 2025 - Dec 15, 2025	10:00AM - 11:00AM	Every Mon	Belle Haven Community Campus
Senior/Older Adult Programs at Belle Haven Community Campus	Conversational Spanish Beginner (Fall 2025)	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 Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 08, 2025 - Dec 15, 2025	09:00AM - 10:00AM	Every Mon	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
Senior/Older Adult Programs at Belle Haven Community Campus	Chair Exercise (Mon) (Fall 2025)	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 Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Sep 08, 2025 - Dec 15, 2025	09:30AM - 10:30AM	Every Mon	Belle Haven Community Campus
Gymnastics	Kindergym (Fall 2025 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 06, 2025 - Dec 20, 2025	10:00AM - 10:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 06, 2025 - Dec 20, 2025	09:00AM - 09:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 05, 2025 - Dec 19, 2025	12:00PM - 12:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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	Sep 05, 2025 - Dec 19, 2025	10:00AM - 10:50AM	Every Fri	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		do not provide make-up classes or refunds for classes you do not attend.				
Gymnastics	Kindergym (Fall 2025 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 05, 2025 - Dec 19, 2025	09:00AM - 09:50AM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 04, 2025 - Dec 18, 2025	12:00PM - 12:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 04, 2025 - Dec 18, 2025	11:00AM - 11:50AM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 03, 2025 - Dec 17, 2025	11:00AM - 11:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 03, 2025 - Dec 17, 2025	10:00AM - 10:50AM	Every Wed	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	Kindergym (Fall 2025 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 03, 2025 - Dec 17, 2025	09:00AM - 09:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 09, 2025 - Dec 16, 2025	02:00PM - 02:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Kindergym (Fall 2025 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 09, 2025 - Dec 16, 2025	11:00AM - 11:50AM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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,	Sep 06, 2025 - Dec 20, 2025	11:00AM - 11:50AM	Every Sat	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		babies must be in carriers. We do not provide make-up classes or refunds for classes you do not attend.				
Gymnastics	Kinderstars (Fall 2025 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 05, 2025 - Dec 19, 2025	02:00PM - 02:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 05, 2025 - Dec 19, 2025	01:00PM - 01:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 05, 2025 - Dec 19, 2025	11:00AM - 11:50AM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 05, 2025 - Dec 19, 2025	10:00AM - 10:50AM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 05, 2025 - Dec 19, 2025	09:00AM - 09:50AM	Every Fri	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	Kinderstars (Fall 2025 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 04, 2025 - Dec 18, 2025	01:00PM - 01:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 04, 2025 - Dec 18, 2025	11:00AM - 11:50AM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 03, 2025 - Dec 17, 2025	01:00PM - 01:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 03, 2025 - Dec 17, 2025	12:00PM - 12:50PM	Every Wed	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	Kinderstars (Fall 2025 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 03, 2025 - Dec 17, 2025	11:00AM - 11:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 03, 2025 - Dec 17, 2025	10:00AM - 10:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 03, 2025 - Dec 17, 2025	09:00AM - 09:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 09, 2025 - Dec 16, 2025	01:00PM - 01:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Kinderstars (Fall 2025 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 09, 2025 - Dec 16, 2025	12:00PM - 12:50PM	Every Tue	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.	16, 2025			
Gymnastics	Kinderstars (Fall 2025 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 09, 2025 - Dec 16, 2025	11:00AM - 11:50AM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 06, 2025 - Dec 20, 2025	12:00PM - 12:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 06, 2025 - Dec 20, 2025	10:00AM - 10:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 06, 2025 - Dec 20, 2025	09:00AM - 09:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 Season)	An independent class for 3-4 year olds. Children are given short sets of	Sep 05, 2025 - Dec	02:00PM - 02:50PM	Every Fri	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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 19, 2025			
Gymnastics	NewStars (Fall 2025 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 05, 2025 - Dec 19, 2025	01:00PM - 01:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 05, 2025 - Dec 19, 2025	10:00AM - 10:50AM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 05, 2025 - Dec 19, 2025	09:00AM - 09:50AM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 04, 2025 - Dec 18, 2025	02:00PM - 02:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 04, 2025 - Dec 18, 2025	01:00PM - 01:50PM	Every Thu	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		and coordination are worked on in this class. We do not provide make-up classes or refunds for classes you do not attend.				
Gymnastics	NewStars (Fall 2025 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 04, 2025 - Dec 18, 2025	12:00PM - 12:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 03, 2025 - Dec 17, 2025	02:00PM - 02:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 03, 2025 - Dec 17, 2025	01:00PM - 01:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 03, 2025 - Dec 17, 2025	09:00AM - 09:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 09, 2025 - Dec 16, 2025	02:00PM - 02:50PM	Every Tue	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
Gymnastics	NewStars (Fall 2025 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 09, 2025 - Dec 16, 2025	01:00PM - 01:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 09, 2025 - Dec 16, 2025	12:00PM - 12:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	NewStars (Fall 2025 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 09, 2025 - Dec 16, 2025	11:00AM - 11:50AM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 06, 2025 - Dec 20, 2025	11:00AM - 11:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 06, 2025 - Dec 20, 2025	10:00AM - 10:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 05, 2025 - Dec 19, 2025	01:00PM - 01:50PM	Every Fri	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 05, 2025 - Dec 19, 2025	11:00AM - 11:50AM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 04, 2025 - Dec 18, 2025	03:00PM - 03:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 04, 2025 - Dec 18, 2025	02:00PM - 02:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 04, 2025 - Dec 18, 2025	01:00PM - 01:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 04, 2025 - Dec 18, 2025	12:00PM - 12:50PM	Every Thu	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 03, 2025 - Dec 17, 2025	03:00PM - 03:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 03, 2025 - Dec 17, 2025	02:00PM - 02:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 03, 2025 - Dec 17, 2025	01:00PM - 01:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 09, 2025 - Dec 16, 2025	03:00PM - 03:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 09, 2025 - Dec 16, 2025	02:00PM - 02:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 year olds. Children are given short sets of directions and work in circuits to practice and learn different types of	Sep 09, 2025 - Dec 16, 2025	01:00PM - 01:50PM	Every Tue	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	MiniStars (Fall 2025 Season)	An independent class for 4-5 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 09, 2025 - Dec 16, 2025	12:00PM - 12:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 06, 2025 - Dec 20, 2025	12:00PM - 12:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 06, 2025 - Dec 20, 2025	11:00AM - 11:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 06, 2025 - Dec 20, 2025	09:00AM - 09:50AM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 05, 2025 - Dec 19, 2025	03:00PM - 03:50PM	Every Fri	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	SuperStars (Fall 2025 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 05, 2025 - Dec 19, 2025	02:00PM - 02:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 04, 2025 - Dec 18, 2025	03:00PM - 03:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 04, 2025 - Dec 18, 2025	03:00PM - 03:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 04, 2025 - Dec 18, 2025	02:00PM - 02:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 03, 2025 - Dec 17, 2025	04:00PM - 04:50PM	Every Wed	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	SuperStars (Fall 2025 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 03, 2025 - Dec 17, 2025	03:00PM - 03:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 03, 2025 - Dec 17, 2025	03:00PM - 03:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 03, 2025 - Dec 17, 2025	02:00PM - 02:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 09, 2025 - Dec 16, 2025	03:00PM - 03:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	SuperStars (Fall 2025 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 09, 2025 - Dec 16, 2025	03:00PM - 03:50PM	Every Tue	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	Stretch And Strength (Fall 2025 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 09, 2025 - Dec 16, 2025	07:00PM - 07:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Exploration through movement (Fall 2025 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 03, 2025 - Dec 17, 2025	05:00PM - 05:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 06, 2025 - Dec 20, 2025	04:00PM - 04:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 06, 2025 - Dec 20, 2025	02:00PM - 02:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 06, 2025 - Dec 20, 2025	01:00PM - 01:50PM	Every Sat	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
Gymnastics	Level A Boys (Fall 2025 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 05, 2025 - Dec 19, 2025	05:00PM - 05:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 05, 2025 - Dec 19, 2025	03:00PM - 03:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 04, 2025 - Dec 18, 2025	06:00PM - 06:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 04, 2025 - Dec 18, 2025	04:00PM - 04:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 03, 2025 - Dec 17, 2025	04:00PM - 04:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Level A Boys (Fall 2025 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 09, 2025 - Dec 16, 2025	06:00PM - 06:50PM	Every Tue	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		make-up classes or refunds for classes you do not attend.				
Gymnastics	Level A Boys (Fall 2025 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 09, 2025 - Dec 16, 2025	04:00PM - 04:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 05, 2025 - Dec 19, 2025	04:00PM - 04:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 05, 2025 - Dec 19, 2025	05:00PM - 05:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 04, 2025 - Dec 18, 2025	06:00PM - 06:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 06, 2025 - Dec 20, 2025	04:00PM - 04:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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	Sep 06, 2025 - Dec 20, 2025	03:00PM - 03:50PM	Every Sat	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		skills will be worked on in these classes. We do not provide make-up classes or refunds for classes you do not attend.				
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 06, 2025 - Dec 20, 2025	02:00PM - 02:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 06, 2025 - Dec 20, 2025	01:00PM - 01:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 03, 2025 - Dec 17, 2025	04:00PM - 04:50PM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 05, 2025 - Dec 19, 2025	03:00PM - 03:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 04, 2025 - Dec 18, 2025	07:00PM - 07:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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	Sep 04, 2025 - Dec 18, 2025	04:00PM - 04:50PM	Every Thu	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 09, 2025 - Dec 16, 2025	07:00PM - 07:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 09, 2025 - Dec 16, 2025	05:00PM - 05:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 6+) (Fall 2025 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 09, 2025 - Dec 16, 2025	04:00PM - 04:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 9+) (Fall 2025 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 06, 2025 - Dec 20, 2025	04:00PM - 04:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 9+) (Fall 2025 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 04, 2025 - Dec 18, 2025	07:00PM - 07:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level A Girls (Ages 9+) (Fall 2025 Season)	Beginning level of gymnastics, for students 9 and up. Open to students with no or little experience in the sport.	Sep 09, 2025 - Dec 16, 2025	07:00PM - 07:50PM	Every Tue	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Gymnastics	Level A Girls (Ages 9+) (Fall 2025 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 09, 2025 - Dec 16, 2025	05:00PM - 05:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level B Boys (Fall 2025 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 05, 2025 - Dec 19, 2025	04:00PM - 04:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level B Boys (Fall 2025 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 04, 2025 - Dec 18, 2025	05:00PM - 05:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 06, 2025 - Dec 20, 2025	03:00PM - 03:50PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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	Sep 06, 2025 - Dec 20, 2025	01:00PM - 01:50PM	Every Sat	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		beams. We do not provide make-up classes or refunds for classes you do not attend.				
Gymnastics	Level B Girls (Fall 2025 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 05, 2025 - Dec 19, 2025	05:00PM - 05:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 05, 2025 - Dec 19, 2025	04:00PM - 04:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 04, 2025 - Dec 18, 2025	07:00PM - 07:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 04, 2025 - Dec 18, 2025	05:00PM - 05:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 04, 2025 - Dec 18, 2025	04:00PM - 04:50PM	Every Thu	Arrillaga Family Gymnastics Center

Category	Class	Description classes or refunds for classes you do not attend.	Dates	Time	Days	Location
Gymnastics	Level B Girls (Fall 2025 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 09, 2025 - Dec 16, 2025	06:00PM - 06:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 09, 2025 - Dec 16, 2025	05:00PM - 05:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level B Girls (Fall 2025 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 09, 2025 - Dec 16, 2025	04:00PM - 04:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level C Boys (Fall 2025 Season)	Intermediate level of gymnastics. Students must pass Level A and Level B in order to register for the class. Children will build on the skills they have learned in Level A and Level B. 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 05, 2025 - Dec 19, 2025	04:00PM - 04:50PM	Every Fri	Arrillaga Family Gymnastics Center
Gymnastics	Level C Girls (Fall Season 2025)	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 06, 2025 - Dec 20, 2025	02:00PM - 02:50PM	Every Sat	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
Gymnastics	Level C Girls (Fall Season 2025)	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 04, 2025 - Dec 18, 2025	05:00PM - 05:50PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Level C Girls (Fall Season 2025)	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 09, 2025 - Dec 16, 2025	06:00PM - 06:50PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Level D Girls (Fall 2025 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 06, 2025 - Dec 20, 2025	03:00PM - 04:20PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Level D Girls (Fall 2025 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 04, 2025 - Dec 18, 2025	06:00PM - 07:20PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	MCC Bigs Gymnastics (Fall 2025 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 05, 2025 - Dec 19, 2025	11:00AM - 11:50AM	Every Fri	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
Gymnastics	MCC Middles (Fall 2025 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 03, 2025 - Dec 17, 2025	11:00AM - 11:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	MCC Littles (Fall 2025 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.	Sep 03, 2025 - Dec 17, 2025	10:00AM - 10:50AM	Every Wed	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Exploration (Fall 2025 Season)	Ever wonder what aerial arts is? This class lets the student sample skills on silks, hammock, static trapeze and partner acrobatics. Come explore and see what excites your child in the aerial arts.	Sep 06, 2025 - Dec 13, 2025	01:30PM - 02:30PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks & Rope Level 4 (Fall 2025 Season)	Intermediate/Advanced class. 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 required.	Sep 20, 2025 - Dec 20, 2025	02:35PM - 04:35PM	Every Sat	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks & Rope Level 4 (Fall 2025 Season)	Intermediate/Advanced class. 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 required.	Sep 18, 2025 - Dec 18, 2025	05:35PM - 07:35PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks & Rope Level 2 (Fall 2025 Season)	Intermediate/Advanced class. 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 required.	Sep 18, 2025 - Dec 18, 2025	04:30PM - 05:30PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks & Rope Level 3 (Fall 2025 Season)	Intermediate/Advanced class. Admission to this class for outsiders upon evaluation. Learning and practicing aerial dance technique & conditioning. Working on flexibility, athleticism, artistry and performance	Sep 18, 2025 - Dec 18, 2025	05:35PM - 07:35PM	Every Thu	Arrillaga Family Gymnastics Center

Category	Class	Description	Dates	Time	Days	Location
		skills in the air. Warm-up & stretching required.				
Gymnastics	Aerial Silks & Rope Level 3 (Fall 2025 Season)	Intermediate/Advanced class. 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 required.	Sep 23, 2025 - Dec 16, 2025	05:35PM - 07:35PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks 101 (Fall 2025 Season)	Class open every session to new participants. No experience required. Learning & training some simple, basic and fun aerial moves a few feet from the ground using aerial silks, and preparing an aerial dance routine accompanied by music at the end of every session. Class program repeats every session. Safe attire highly required: leotard and leggings. Safe hair tie: ponytail and hair out of ears and forehead.	Sep 23, 2025 - Dec 16, 2025	04:30PM - 05:30PM	Every Tue	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks Intermediate (Fall 2025 Season)	Students must have previously taken Aerial Silks 1c, 2, or approved by instructor. Students will continue learning skills on the aerial apparatus. They will also learn choreograph a routine with the option to participate in a class showcase.	Sep 04, 2025 - Dec 11, 2025	05:30PM - 06:30PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Silks Level 1A (Fall 2025 Season)	Students will learn skills on the aerial silk apparatus. Skills include basic climbs, poses and drops.	Sep 04, 2025 - Dec 11, 2025	04:30PM - 05:30PM	Every Thu	Arrillaga Family Gymnastics Center
Gymnastics	Aerial Static trapeze (Fall 2025 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.  Students will be assessed to ensure they are suitable for the aerial class level.  Short or ¾ sleeves leotard, long leg fitted to ankle cotton leggings OR microfiber stirrup tights + cotton dance fitted shorts. Attire must protect the skin from frictions and burns.  For safety purposes nails of toes & fingers must be very, very short. NO zippers, NO sharp parts on attire. NO jewelry, no earrings, no watches, no Fit Track devices while in class.  For safety purposes students must have their hair in a ballet bun (for medium-long hair), high ponytail (for medium-short hair) and keep hair away from the forehead & eyes using snapping pins.	Sep 06, 2025 - Dec 13, 2025	12:30PM - 01:30PM	Every Sat	Arrillaga Family Gymnastics Center
Infant/Toddler	Baby and Me Open Play (Fall 2025)	Calling all babies! Come meet up and play with friends from the community! A few toys will be provided, but please make sure you bring your own adult and keep your adult with you the entire time you're here. Drop-in fee=\$5 per each session. Paid in-person only.	Sep 02, 2025 - Dec 19, 2025	09:00AM - 03:00PM	Every Mon, Tue, Wed, Thu, Fri	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
Infant/Toddler	Pretotland Music & Magic (Fall 2025)	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 "Happy and You Know It, accompanied by my guitar. Percussion instruments will be provided in this class as well as a free CD and song sheets. Come and join the fun!	Sep 22, 2025 - Dec 08, 2025	11:00AM - 11:40AM	Every Mon	Arrillaga Family Recreation Center
Infant/Toddler	Infant Toddler Music (Fall 2025)	Experience the joy and magic of live music in a supportive and gentle environment. We will sing favorite songs including, "Twinkle, Twinkle, Little Star," and "Old MacDonald," accompanied by my guitar. Percussion instruments will be provided during class as well as a free CD and song sheets. Come and join the fun!	Sep 24, 2025 - Dec 10, 2025	11:00AM - 11:40AM	Every Wed	Arrillaga Family Recreation Center
Teen classes and events	Club 678	Club 678 Where Middle Schoolers Belong, Create, and Thrive! Club 678 is our exciting after-school program designed just for 6th, 7th, and 8th graders! It's the perfect place to unwind after school, connect with friends, try new things, and discover your passions. Each week follows a fun theme from Motivation Mondays that inspire leadership to Tech Tuesdays full of creativity and innovation. Students can join in hands-on projects, sports, games, art, STEM activities, and special events that keep things fresh and exciting. With a mix of recreation, light academic support, and plenty of opportunities to lead, Club 678 is more than just a program it's a community where middle schoolers feel safe, supported, and celebrated for who they are.	Aug 07, 2025 - Dec 19, 2025	03:00PM - 05:30PM	Every Mon, Tue, Wed, Thu, Fri	Belle Haven Community Campus
Youth Arts & Crafts	Hooked on Crochet: Build Your Skills with Bags & More (Fall 2025)	This fun, hands-on class is designed for students with some crochet experience who want to build on their skills. 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. Through guided exploration of stitches, tools, and terminology, students will practice and refine their crochet technique. With guidance and support, agile hooks and strong yarn, they will learn to make strong crochet bags to hold their treasures. All materials (yarn, hook, scissors, markers, needle, and a carrying case) are provided and covered in the registration fee.	Sep 08, 2025 - Oct 27, 2025	05:00PM - 06:15PM	Every Mon	Arrillaga Family Recreation Center
Youth Arts & Crafts	Sparkle & Shine: Jewelry Making for Beginners (Fall 2025)	Spark your child's confidence through creativity! In this joyful beginner's jewelry class, young makers will explore vibrant colors, textures, and patterns as they learn foundational beading techniques. Each project supports early childhood	Sep 08, 2025 - Nov 17, 2025	03:30PM - 04:30PM	Every Mon	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		development from fine motor skills to pattern recognition all while encouraging imaginative expression. Children leave not just with beautiful, wearable art, but with the self-assurance that comes from making something all their own.				
Youth Arts & Crafts	Honey, I Shrunk My Art! Clay & Mixed Media (Fall 2025)	Tiny treasures, big imaginations! This mixed media class invites children to sculpt, paint, and construct in miniature. As they explore different textures and materials, kids build fine motor skills, spatial reasoning, and creativity while expressing their unique voice through small-scale masterpieces.	Sep 09, 2025 - Nov 18, 2025	03:30PM - 04:30PM	Every Tue	Arrillaga Family Recreation Center
Youth Arts & Crafts	Costume Creations (Fall 2025)	Let their imaginations take center stage! In this playful class, children bring stories to life through colorful, handmade costumes. From capes to crowns, each project builds hand-eye coordination and creativity while strengthening their ability to focus and express big feelings. Designed with early childhood development in mind, this class supports social-emotional growth through imaginative play and collaboration.	Sep 11, 2025 - Nov 20, 2025	03:30PM - 04:30PM	Every Thu	Arrillaga Family Recreation Center
Youth Arts & Crafts	Comics Creation (Fall 2025)	Comics is one of the most popular and exciting ways to tell a story. Students learn to create a genre of comic strips, draw characters developed through their imagination, and plot a storyline for their comic creation. Whether students have tried their hand at comics before or are simply interested in investigating how comics work, this course will provide insights to help storytellers make the most of every page. A step-by-step process will be adopted to guide and coach the students through this creative and artistic program.	Oct 21, 2025 - Nov 25, 2025	04:30PM - 05:30PM	Every Tue	Arrillaga Family Recreation Center
Youth Arts & Crafts	Comics Creation (Fall 2025)	Comics is one of the most popular and exciting ways to tell a story. Students learn to create a genre of comic strips, draw characters developed through their imagination, and plot a storyline for their comic creation. Whether students have tried their hand at comics before or are simply interested in investigating how comics work, this course will provide insights to help storytellers make the most of every page. A step-by-step process will be adopted to guide and coach the students through this creative and artistic program.	Sep 09, 2025 - Oct 07, 2025	04:30PM - 05:30PM	Every Tue	Arrillaga Family Recreation Center
Youth Dance	Broadway Bound: Performance Dance for Kids With MZ.Je! (Fall 2025)	In this fun and engaging class, young dancers will explore musical theater and popular kids' movie scenes while learning basic to intermediate performance etiquette. Exploring dance performance techniques and movement introducing various dance genres, expression, and storytelling, students will develop confidence and stage	Sep 05, 2025 - Dec 19, 2025	04:00PM - 06:00PM	Every Fri	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
		presence. The session culminates in an exciting in-class performance for family and friends. Perfect for kids who love to dance, act, and shine on stage!				
Youth Dance	Broadway Bound: Performance Dance for Kids With MZ.Je! (Fall 2025)	In this fun and engaging class, young dancers will explore musical theater and popular kids' movie scenes while learning basic to intermediate performance etiquette. Exploring dance performance techniques and movement introducing various dance genres, expression, and storytelling, students will develop confidence and stage presence. The session culminates in an exciting in-class performance for family and friends. Perfect for kids who love to dance, act, and shine on stage!	Sep 03, 2025 - Dec 17, 2025	05:00PM - 06:30PM	Every Wed	Belle Haven Community Campus
Youth Dance	Dance Expressions Mini Jazz (1st & 2nd Grade) (Fall 2025)	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! For more information regarding our classes or placement, 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 Jazz!	Sep 04, 2025 - Dec 11, 2025	04:00PM - 04:45PM	Every Thu	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Kinder Expressions (Kindergarten) (Fall 2025)	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. For more information regarding our classes or placement, 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.	Sep 05, 2025 - Dec 12, 2025	04:00PM - 04:45PM	Every Fri	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Intro to Jazz (3rd 5th Grade) (Fall 2025)	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! For more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at	Sep 03, 2025 - Dec 10, 2025	04:00PM - 05:00PM	Every Wed	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Youth Dance	Dance Expressions Intro to Hip Hop (3rd 5th Grade) (Fall 2025)	This class is a fabulous introduction to Hip Hop 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! For more information regarding our classes or placement, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Please no baggy clothing, long skirts/dresses, or jeans and students will need to have their hair up and off the face pulled back into ponytails.	Sep 05, 2025 - Dec 12, 2025	05:00PM - 06:00PM	Every Fri	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Creative Cuties (Fall 2025)	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. For more information regarding our classes or placement please 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.	Sep 08, 2025 - Dec 08, 2025	03:45PM - 04:25PM	Every Mon	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Beginning Jazz (5th 8th Grade) (Fall 2025)	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. For more information regarding our classes or placement, 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.	Sep 03, 2025 - Dec 10, 2025	05:00PM - 06:00PM	Every Wed	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Beginning Intermediate Jazz (6th 8th Grade) (Fall 2025)	This class focuses of flexibility, strength, turns, leaps, and jazz choreography. Dancers should have at	Sep 04, 2025 - Dec 11, 2025	04:45PM - 05:45PM	Every Thu	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		<p>least 2 3 years of dance experience and entering an intermediate level.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. For more information regarding our classes or placement 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.</p>				
Youth Dance	Dance Expressions Mini Hip Hop (1st & 2nd Grade) (Fall 2025)	<p>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! For more information regarding our classes or placement please 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 Jazz!</p>	Sep 08, 2025 - Dec 08, 2025	04:30PM - 05:15PM	Every Mon	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Performing Company (9+) (Fall 2025)	<p>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 and placement visit www.danceexpressions5678.com or email danceexpressionsmp@gmail.com.</p>	Sep 08, 2025 - Dec 08, 2025	05:30PM - 06:30PM	Every Mon	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Intermediate Lyrical (11+) (Fall 2025)	<p>Lyrical dance uses the mood of the music to bring out the movements of 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</p>	Sep 05, 2025 - Dec 12, 2025	06:00PM - 07:00PM	Every Fri	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		<p>classes. For more information regarding our classes or placement, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com.</p> <p>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.</p>				
Youth Dance	Dance Expressions Intermediate Jazz (12+) (Fall 2025)	<p>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. For more information regarding our classes or placement information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com.</p> <p>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.</p>	Sep 02, 2025 - Dec 09, 2025	05:00PM - 06:00PM	Every Tue	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Hip Hop (11+) (Fall 2025)	<p>All levels welcome for this fun, high energy Friday evening dance class! Grab a friend and hit the dance floor! For more information regarding our classes or placement, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com.</p> <p>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.</p>	Sep 05, 2025 - Dec 12, 2025	05:00PM - 06:00PM	Every Fri	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Creative Cuties (Fall 2025)	<p>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. For more information regarding our classes or placement, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com.</p> <p>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</p>	Sep 06, 2025 - Dec 13, 2025	10:15AM - 10:55AM	Every Sat	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		ponytails. Children must be able to participate without a parent/caregiver in the room.				
Youth Dance	Dance Expressions Beginning Lyrical (9+) (Fall 2025)	Lyrical dance uses the mood of the music to bring out the movements of 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. For more information regarding our classes or placement 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.	Sep 02, 2025 - Dec 09, 2025	04:00PM - 05:00PM	Every Tue	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Beginning/Intermediate Technique (9+)(Fall 2025)	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, 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.	Sep 06, 2025 - Dec 13, 2025	01:30PM - 02:45PM	Every Sat	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Advanced Technique (12+) (Fall 2025)	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 or placement, 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	Sep 06, 2025 - Dec 13, 2025	11:00AM - 01:30PM	Every Sat	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		will need to have their hair up and off the face pulled back into ponytails.				
Youth Dance	Dance Expressions Advanced Lyrical (12+) (Fall 2025)	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. For more information regarding our classes or placement, 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.	Sep 02, 2025 - Dec 09, 2025	07:20PM - 08:30PM	Every Tue	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Advanced Jazz/Performing Company (13+) (Fall 2025)	The 2025 2026 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 08, 2025 - Dec 10, 2025	06:30PM - 08:00PM	Every Mon, Wed	Arrillaga Family Recreation Center
Youth Dance	Dance Expressions Advanced Hip Hop Jazz (12+) (Fall 2025)	This class is geared towards the advanced dancer. Come join us on the dance floor! For more information regarding our classes or placement, 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.	Sep 04, 2025 - Dec 11, 2025	07:00PM - 08:00PM	Every Thu	Arrillaga Family Recreation Center
Youth Enrichment	Building Public Speaking Confidence (Fall 2025)	This course teaches young students the essentials of building confidence in public speaking. Taught using the fun concepts of (don't) show and tell,	Sep 18, 2025 - Nov 06, 2025	05:10PM - 06:10PM	Every Thu	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		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.				
Youth Languages	Beginner Spanish (Fall 2025)	ABC, Vowels, Numbers, Pronouns, etc.	Sep 10, 2025 - Dec 17, 2025	04:30PM - 05:30PM	Every Wed	Belle Haven Community Campus
Youth Languages	Intermediate Spanish (Fall 2025)	ABC, Vowels, Numbers, Pronouns, etc.	Sep 08, 2025 - Dec 15, 2025	04:30PM - 05:30PM	Every Mon	Belle Haven Community Campus
Youth Martial Arts	BEGINNERS Traditional Karate (Fall 2025)	Beginners Karate teaches proper manners and etiquette, fundamental techniques (blocks, kicks, strikes), introductory kata and kumite, along with self-defense, body mechanics, and focus training. Curriculum follows Japan Karate Federation (JKF) and MEXT standards. Students may join regional or international competitions and train in Japan. Drop-in fee is \$25. White Karate uniform (dōgi) is recommended and required for belt testing.	Sep 03, 2025 - Dec 17, 2025	05:45PM - 07:00PM	Every Wed	Arrillaga Family Recreation Center
Youth Martial Arts	BEGINNERS Traditional Karate (Fall 2025)	Beginners Karate teaches proper manners and etiquette, fundamental techniques (blocks, kicks, strikes), introductory kata and kumite, along with self-defense, body mechanics, and focus training. Curriculum follows Japan Karate Federation (JKF) and MEXT standards. Students may join regional or international competitions and train in Japan. Drop-in fee is \$25. White Karate uniform (dōgi) is recommended and required for belt testing.	Sep 15, 2025 - Dec 15, 2025	05:45PM - 07:00PM	Every Mon	Arrillaga Family Recreation Center
Youth Music	Mini-Group Piano Classes for Children Piano 10 (Prerequisite Piano 9) (Fall 2025)	Learning to play piano is fun! By putting students into small groups (3-4 students) we give them opportunity to share learning experience with others. Children are grouped according to their skill level. We start with Piano 1 (beginner's level) and continue in Piano 2, Piano 3 and so on. We hold a recital on the last class of the session. Each student has an access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included. Parents of transfer students enrolling in Piano 2 level and above, are advised to contact Teacher Svetlana at stuchinsky@hotmail.com for evaluating child's skill level, prior to registration.	Sep 24, 2025 - Dec 03, 2025	05:20PM - 05:55PM	Every Wed	Arrillaga Family Recreation Center
Youth Music	Mini-Group Piano Classes for Children Piano 3 (Prerequisite Piano 2) (Fall 2025)	Learning to play piano is fun! By putting students into small groups (3-4 students) we give them opportunity to share learning experience with others. Children are grouped according to their skill level. We start with Piano 1	Sep 24, 2025 - Dec 03, 2025	04:40PM - 05:15PM	Every Wed	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
		(beginner's level) and continue in Piano 2, Piano 3 and so on. We hold a recital on the last class of the session. Each student has an access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included. Parents of transfer students enrolling in Piano 2 level and above, are advised to contact Teacher Svetlana at stuchinsky@hotmail.com for evaluating child's skill level, prior to registration.				
Youth Music	Mini-Group Piano Classes for Children Piano 1 (Beginners) (Fall 2025)	Learning to play piano is fun! By putting students into small groups (3-4 students) we give them opportunity to share learning experience with others. Children are grouped according to their skill level. We start with Piano 1 (beginner's level) and continue in Piano 2, Piano 3 and so on. We hold a recital on the last class of the session. Each student has an access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included. Parents of transfer students enrolling in Piano 2 level and above, are advised to contact Teacher Svetlana at stuchinsky@hotmail.com for evaluating child's skill level, prior to registration.	Sep 24, 2025 - Dec 03, 2025	04:00PM - 04:35PM	Every Wed	Arrillaga Family Recreation Center
Youth Music	Guitar & SingAlong (Fall 2025)	Life without playing music is inconceivable for me," Einstein declared. "I live my daydreams in music. I see my life in terms of music ... I get most joy in life out of music. Here at EASE, we teach children the basics of the guitar chords, scales, and finger exercises and coach students to sing along to their instrument. We offer a new way to learn how to play the guitar, sing and practice their vocals, and most importantly develop their confidence to sing in front of a live audience.	Oct 20, 2025 - Nov 17, 2025	04:30PM - 05:30PM	Every Mon	Arrillaga Family Recreation Center
Youth Music	Guitar & SingAlong (Fall 2025)	Life without playing music is inconceivable for me," Einstein declared. "I live my daydreams in music. I see my life in terms of music ... I get most joy in life out of music. Here at EASE, we teach children the basics of the guitar chords, scales, and finger exercises and coach students to sing along to their instrument. We offer a new way to learn how to play the guitar, sing and practice their vocals, and most importantly develop their confidence to sing in front of a live audience.	Sep 08, 2025 - Oct 06, 2025	04:30PM - 05:30PM	Every Mon	Arrillaga Family Recreation Center
Youth Sports - Basketball	Hi-Five Lil Ballers Basketball (Fall 2025)	Hi-Five Lil Ballers is a weekly developmental program for 3-5 Year olds. We introduce them to basketball, play fun games and get them running around and having fun. Our main goal is for all players to gain confidence, learn and develop everyday skills and smile	Nov 09, 2025 - Dec 14, 2025	11:00AM - 11:50AM	Every Sun	Arrillaga Family Gymnasium

Category	Class	Description	Dates	Time	Days	Location
Youth Sports - Basketball	Hi-Five Lil Ballers Basketball (Fall 2025)	Hi-Five Lil Ballers is a weekly developmental program for 3-5 Year olds. We introduce them to basketball, play fun games and get them running around and having fun. Our main goal is for all players to gain confidence, learn and develop everyday skills and smile	Oct 12, 2025 - Nov 02, 2025	10:00AM - 10:50AM	Every Sun	Arrillaga Family Gymnasium
Youth Sports - Basketball	Hi-Five Lil Ballers Basketball (Fall 2025)	Hi-Five Lil Ballers is a weekly developmental program for 3-5 Year olds. We introduce them to basketball, play fun games and get them running around and having fun. Our main goal is for all players to gain confidence, learn and develop everyday skills and smile	Sep 14, 2025 - Oct 05, 2025	09:00AM - 09:50AM	Every Sun	Arrillaga Family Gymnasium
Youth Sports - Basketball	Hi-Five Hoops Class (Fall 2025)	Hi-Five Hoops class is a weekly developmental program for 5 + Year olds. We help them grow through basketball, play fun games and get them running around and having fun.	Sep 14, 2025 - Nov 16, 2025	12:00PM - 01:00PM	Every Sun	Arrillaga Family Gymnasium
Youth Sports - Basketball	Hoopsters Basketball - Beginners	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. Program will be located at Burgess Park Outdoor Basketball Courts - by the skate park.	Sep 10, 2025 - Oct 29, 2025	05:00PM - 06:00PM	Every Wed	Burgess Community Park
Youth Sports - Pickleball	Beginning Pickleball (Fall 2025)	Coach Tim and staff will teach each participant the rules and strategies of Pickleball. This beginner class will cover the fundamentals of the sport, including rules, basic strokes and court positioning. You will also learn how to keep score and the unique terminology used in Pickleball.	Sep 09, 2025 - Oct 28, 2025	05:00PM - 06:00PM	Every Tue	La Entrada Middle School
Youth Sports - Pickleball	Mini Aces Pickleball (Fall 2025)	We offer beginner-level Pickleball classes for kids aged 6 to 8. These fun and engaging sessions help young players learn the basics of the game while building coordination and confidence. No prior experience neededjust come ready to play and have fun!	Oct 30, 2025 - Dec 18, 2025	05:00PM - 06:00PM	Every Thu	Kelly Park
Youth Sports - Pickleball	Mini Aces Pickleball (Fall 2025)	We offer beginner-level Pickleball classes for kids aged 6 to 8. These fun and engaging sessions help young players learn the basics of the game while building coordination and confidence. No prior experience neededjust come ready to play and have fun!	Sep 04, 2025 - Oct 16, 2025	05:00PM - 06:00PM	Every Thu	Kelly Park
Youth Sports - Pickleball	Teen Stars Pickleball (Fall 2025)	We offer beginner-level Pickleball classes for kids aged 6 to 8. These fun and engaging sessions help young players learn the basics of the game	Oct 30, 2025 - Dec 18, 2025	06:00PM - 07:00PM	Every Thu	Kelly Park

Category	Class	Description	Dates	Time	Days	Location
		while building coordination and confidence. No prior experience neededjust come ready to play and have fun!				
Youth Sports - Pickleball	Teen Stars Pickleball (Fall 2025)	We offer beginner-level Pickleball classes for kids aged 6 to 8. These fun and engaging sessions help young players learn the basics of the game while building coordination and confidence. No prior experience neededjust come ready to play and have fun!	Sep 04, 2025 - Oct 16, 2025	06:00PM - 07:00PM	Every Thu	Kelly Park
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 7-9) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Nov 08, 2025 - Dec 20, 2025	11:00AM - 12:00PM	Every Sat	Jack W. Lyle Park
Youth Sports - Soccer	World Cup Soccer Skills Clinic (Ages 7-9) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Sep 20, 2025 - Nov 01, 2025	11:00AM - 12:00PM	Every Sat	Jack W. Lyle Park
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 7-9) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Nov 04, 2025 - Dec 16, 2025	04:00PM - 05:00PM	Every Tue	Jack W. Lyle Park
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 7-9) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Sep 16, 2025 - Oct 28, 2025	05:00PM - 06:00PM	Every Tue	Jack W. Lyle Park
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 4-6) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each	Nov 08, 2025 - Dec 20, 2025	10:00AM - 11:00AM	Every Sat	Jack W. Lyle Park

Category	Class	Description	Dates	Time	Days	Location
		session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.				
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 4-6) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Sep 20, 2025 - Nov 01, 2025	10:00AM - 11:00AM	Every Sat	Jack W. Lyle Park
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 4-6) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Nov 04, 2025 - Dec 16, 2025	04:00PM - 05:00PM	Every Tue	Jack W. Lyle Park
Youth Sports - Soccer	World Cup Soccer Skill Clinic (Ages 4-6) (Fall 2025)	World Cup Soccer Skill Clinics are designed to give your child plenty of touches on the ball while developing essential skills like dribbling, passing, receiving, shooting, and more. With small group sizes, we ensure each player gets personalized attention in a fun and focused environment. Each session wraps up with an exciting scrimmage, allowing kids to put their newly learned skills into action.	Sep 16, 2025 - Oct 28, 2025	04:00PM - 05:00PM	Every Tue	Jack W. Lyle Park
Youth Sports - Tennis	Mini Aces Tennis (Fall 2025)	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.	Nov 02, 2025 - Dec 21, 2025	11:00AM - 12:00PM	Every Sun	Willow Oaks Park
Youth Sports - Tennis	Mini Aces Tennis (Fall 2025)	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 07, 2025 - Oct 19, 2025	11:00AM - 12:00PM	Every Sun	Willow Oaks Park
Youth Sports - Tennis	Pee Wee Tennis (Fall 2025)	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	Nov 02, 2025 - Dec 21, 2025	10:15AM - 11:00AM	Every Sun	Willow Oaks Park

Category	Class	Description	Dates	Time	Days	Location
		the game in a setting that's 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.				
Youth Sports - Tennis	Pee Wee Tennis (Fall 2025)	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 that's 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 07, 2025 - Oct 19, 2025	10:15AM - 11:00AM	Every Sun	Willow Oaks Park
Youth Sports - Tennis	Teen Tennis Stars Novice (Fall 2025)	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.	Nov 02, 2025 - Dec 21, 2025	12:00PM - 01:00PM	Every Sun	Willow Oaks Park
Youth Sports - Tennis	Teen Tennis Stars Novice (Fall 2025)	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 07, 2025 - Oct 19, 2025	12:00PM - 01:00PM	Every Sun	Willow Oaks Park
Youth Sports - Tennis	Mommy, Daddy and Me Tennis (Fall 2025)	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	Nov 02, 2025 - Dec 21, 2025	09:45AM - 10:15AM	Every Sun	Willow Oaks Park

Category	Class	Description	Dates	Time	Days	Location
		tennis shoes and bring a racquet size 19.				
Youth Sports - Tennis	Mommy, Daddy and Me Tennis (Fall 2025)	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 07, 2025 - Oct 19, 2025	09:45AM - 10:15AM	Every Sun	Willow Oaks Park
Youth Sports - Tennis	Heebner Tennis 1 (Fall 2025)	Jim has been teaching for the Menlo Park Community Center for 30 years and is USPTA Certified. He formerly 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. In addition, you will learn the rules and etiquette of tennis. Make up dates if we get rained out are 12/10 and 12/17. (No class 11/26)	Sep 10, 2025 - Dec 03, 2025	05:00PM - 06:00PM	Every Wed	Nealon Park
Youth Sports - Tennis	Heebner Kids Tennis (Fall 2025)	Jim has been teaching for the Menlo Park Community Center for 30 years and is USPTA certified. He formerly ranked #16 Men's Open Northern California. Heebner Kids Tennis will be a combination of fundamentals, drills and fun games. Goal: Try to rally and serve from the Orange Court. In addition, you will learn the rules and etiquette of tennis. Make-up days (for rainouts) are 12/11 and 12/18. (No class 11/27).	Sep 11, 2025 - Dec 04, 2025	05:00PM - 06:00PM	Every Thu	Nealon Park
Youth Sports - Tennis	Heebner Hot Shot Tennis (Fall 2025)	Jim has been teaching for the Menlo Park Community Center for 30 years and is USPTA Certified. He formerly ranked #16 Men's Open in Northern California. Hot Shot Tennis is a fun introduction to the great game of tennis. We play on a smaller court and we use soft balls that makes it easier. Come join a popular class and have fun with Coach Jim. Make up days (for rainouts) are 12/11 and 12/18. (No class 11/27)	Sep 11, 2025 - Dec 04, 2025	03:45PM - 04:45PM	Every Thu	Nealon Park
Youth Technology	Financial Literacy & Life Skills (Fall 2025)	Smarty Cents Academy is a 10-week, game-based program that teaches kids the fundamentals of financial literacy and entrepreneurship in a fun, hands-on way. Through storytelling, challenges, and interactive play, students build a strong foundation in money skills like earning, saving, budgeting, and spending to help them make smart financial decisions. The program also	Sep 16, 2025 - Nov 18, 2025	05:00PM - 06:00PM	Every Tue	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
		supports social-emotional development by encouraging collaboration, communication, and confidence-building through public speaking and teamwork. It's playful, practical, and designed to help kids grow into thoughtful, capable decision-makers who are confident managing money throughout their lives.				
Youth Technology	Hour of 3D printing (Fall 2025)	Kids will explore 3D design and turn their ideas into real, printed objects. They'll learn how 3D printers work and create items like keychains and name tags. A hands-on class that blends creativity with technology	Sep 08, 2025 - Dec 15, 2025	06:00PM - 07:00PM	Every Mon	Belle Haven Community Campus
Youth Technology	Binary Beading: Code, Create & Communicate! (Fall 2025)	Where creativity meets code! In this hands-on STEAM class, kids explore binary code by crafting beadwork that spells secret messages. They'll build patterning and sequencing skills, early tech literacy, and creative confidenceall through play. This class supports brain development and self-expression while showing kids that art and technology go hand-in-hand.	Sep 10, 2025 - Nov 19, 2025	04:45PM - 05:45PM	Every Wed	Arrillaga Family Recreation Center
Youth Technology	Minecraft Engineering using LEGO Materials (Fall 2025)	Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well instructor.	Oct 14, 2025 - Oct 17, 2025	01:00PM - 04:00PM	Every day	Arrillaga Family Recreation Center
Youth Technology	Minecraft Engineering using LEGO Materials (Fall 2025)	Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well instructor.	Oct 13, 2025 - Oct 13, 2025	01:00PM - 04:00PM	Every day	Arrillaga Family Recreation Center
Youth Technology	Minecraft Engineering using LEGO Materials (Fall 2025)	Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well instructor.	Oct 13, 2025 - Oct 13, 2025	09:00AM - 12:00PM	Once	Arrillaga Family Recreation Center
Youth Technology	Hour of game creation and game design (Fall 2025)	Kids will explore 3D design and turn their ideas into real, printed objects. They'll learn how 3D printers work and create items like keychains and name tags. A hands-on class that blends creativity with technology	Sep 04, 2025 - Oct 23, 2025	06:00PM - 07:00PM	Every Thu	Belle Haven Community Campus
Youth Technology	Robotics (Saturday) (Fall 2025)	Kids will explore 3D design and turn their ideas into real, printed objects. They'll learn how 3D printers work and create items like keychains and name	Sep 06, 2025 - Dec 06, 2025	11:00AM - 01:00PM	Every Sat	Belle Haven Community Campus

Category	Class	Description	Dates	Time	Days	Location
		tags. A hands-on class that blends creativity with technology				
Youth Technology	Robotics & Engineering (Fall 2025)	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 20, 2025 - Nov 17, 2025	04:30PM - 05:30PM	Every Mon	Arrillaga Family Recreation Center
Youth Technology	Robotics & Engineering (Fall 2025)	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 08, 2025 - Oct 06, 2025	04:30PM - 05:30PM	Every Mon	Arrillaga Family Recreation Center
Youth Technology	Minecraft Code: Harry Potter Adventure (Fall 2025)	Minecraft Code: Harry Potter Adventure Welcome to the World of Witchcraft and Wizardy! In this class, students will learn to code while exploring an interactive Harry Potter world in Minecraft! Every class is a new adventure and opportunity to put coding fundamentals into action. Traveling to Hagrid's hut, the Quidditch pitch, Privet Drive, Diagon Alley, and beyond, kids will take on quests, fight off some monsters, and cast some magic spells! Projects include: brewing potions, enchanting items with special abilities, learn Redstone basics Prior coding or Minecraft experience not required.	Sep 10, 2025 - Dec 10, 2025	03:30PM - 04:30PM	Every Wed	Arrillaga Family Recreation Center
Youth Technology	AI Gaming & Machine Learning (Fall 2025)	AI Gaming & Machine Learning Have you ever wondered How Alexa can understand and respond to you? How enemies in video games can work together to try and beat the player? Or how Google can guess what you are searching for before you finish typing? In this course, students use Scratch to learn introductory concepts of Machine Learning and Artificial Intelligence. You will use these concepts (including augmented reality, simulated learning and functions, and AI behaviors) to create fast-paced interactive games such as Fruit Ninja, Chatbots, and AI Pets!	Sep 09, 2025 - Dec 16, 2025	03:30PM - 04:30PM	Every Tue	Arrillaga Family Recreation Center
Youth Theater	Fairy Tale Theater (Fall 2025)	In a nurturing and creative environment, we will act out a variety of multicultural fairy tales that reflect empowered roles for girls. This is a great class to enhance your child's self-esteem and language skills. Come and join the fun in this magical world of make-believe!	Sep 22, 2025 - Dec 08, 2025	04:00PM - 04:50PM	Every Mon	Arrillaga Family Recreation Center

Category	Class	Description	Dates	Time	Days	Location
Youth Theater	Theater Performance (Fall 2025)	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. Experience the fun and magic of being onstage!	Sep 24, 2025 - Dec 10, 2025	04:00PM - 05:15PM	Every Wed	Arrillaga Family Recreation Center