



WINTER 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



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17885	Youth Arts & Crafts	Textiles & Fiber Arts: Creative Crafting	In this afterschool Textiles & Fiber Arts class, students will explore the fundamentals of textile art through hands-on projects that blend creativity with skill-building. Each week, students will learn techniques like sewing, wool felting, weaving, screen printing, macrame, dyeing, and fabric painting, gaining confidence as they transform ideas into tangible creations. Projects may include tie-dyed shirts, woven wall hangings, decorative pillows, tassels, pom-pom garlands, and block-printed tote bags. Guided by experienced instructors, kids will build focus, coordination, and self-expression while crafting unique pieces they'll be proud to take home and show off!	Jan 08, 2025 - Mar 19, 2025	04:00PM - 05:00PM	Every Wed	Dragonfly Designs	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$790.00; Resident Program Fee: \$585.00	08 Y	011 Y
17884	Youth Arts & Crafts	Textiles & Fiber Arts: Creative Hands-On Projects	In this fun and engaging Textiles & Fiber Arts class, young artists will explore the basics of textile and fiber art techniques! Each week, students will dive into projects designed to introduce essential skills such as cutting, threading needles, sewing, color theory, dyeing, stamping, and fabric painting. With hands-on activities like dyeing, weaving wall hangings, printing on T-shirts, decorating tote bags, and even making bean bags, students will develop focus, manual dexterity, and hand-eye coordination. This class is perfect for young creators eager to discover new textures, colors, and techniques while building confidence and creating art they can use and wear!	Jan 13, 2025 - Mar 17, 2025	04:00PM - 05:00PM	Every Mon	Dragonfly Designs	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$628.00; Resident Program Fee: \$465.00	05 Y	009 Y



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17883	Youth Arts & Crafts	Maker's Lab: After School Art Club "Crafting Friendships and Creativity!"	Join us after school in Maker's Lab, where creativity and friendship shine! In this fun, hands-on class, young artists will explore everything from shaping clay and beading jewelry to stitching textiles and mixing media for one-of-a-kind projects. Each week offers a new artistic adventure, sparking imaginations and encouraging kids to dive into fresh ideas and bold creations. With the support of our enthusiastic instructors, students will build new skills, collaborate with friends, and express themselves in a welcoming, inspiring space.	Jan 08, 2025 - Mar 19, 2025	04:00PM - 05:00PM	Every Wed	Dragonfly Designs	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$790.00; Resident Program Fee: \$585.00	07 Y	010 Y
17882	Youth Arts & Crafts	Honey, I Shrank My Art! Miniature Clay & Mixed Media Class	Young creators will design their own teeny tiny house, complete with miniature furniture, wall art, and a friendly gnome guardian. As they bring their tiny world to life, students will use colorful buttons, pipe cleaners, sequins, beads, sparkly gems, seeds and other small objects from nature to craft charming bugs, flowers, and animals that will transform their miniature garden into an enchanting scene. This hands-on class is perfect for children with big imaginations and a love for tiny treasures!	Jan 09, 2025 - Mar 20, 2025	04:00PM - 05:00PM	Every Thu	Dragonfly Designs	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$790.00; Resident Program Fee: \$585.00	07 Y	010 Y
17881	Youth Arts & Crafts	Creative Print & Sculpture Studio	This class immerses young artists in a world of texture, color, and 3D design! Students will dive into hands-on projects like stamp carving, block printing, and various sculpture techniques. Each week, they'll explore printmaking on fabric and paper, clay and paper mache sculpting, and collage-making with recycled materials. With guidance from our supportive instructors, students will build skills in self-expression, experiment with layered textures, and create vibrant pieces to showcase.	Jan 10, 2025 - Mar 21, 2025	04:00PM - 05:00PM	Every Fri	Dragonfly Designs	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$709.00; Resident Program Fee: \$525.00	08 Y	011 Y



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17880	Youth Arts & Crafts	Creative Explorers Art	In this dynamic class, students will embark on an adventurous exploration of various art mediums, developing the valuable skill of divergent thinking—the ability to approach problems from multiple perspectives. Guided by our passionate instructors, young artists will experiment with materials such as metal, clay, wax, wood, paper, and glass, crafting innovative projects like candle making, mosaics, painting, tie dye, jewelry design, etching, papier-mâché, and much more. It’s an exciting journey into the world of art, where possibilities are endless and creativity knows no bounds!	Jan 07, 2025 - Mar 18, 2025	04:00PM - 05:00PM	Every Tue	Dragonfly Designs	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$790.00; Resident Program Fee: \$585.00	07 Y	011 Y
17767	Youth Arts & Crafts	Custom Shoes & Custom Apparel Workshop	This workshop will consist of students learning the complete process of how to fully customize a pair of Nike Air Force 1s or Nike Jordans. We will cover the complete process from design to fabrication. We will also cover how to make your own custom swag (apparel) like shirts, hoodies, hats, sweats and shorts, From beginning to end, students will learn how to make and entire outfit when they have completed this course. If you’re into fashion, then this is the workshop for you. All materials and shoes provided.	Jan 08, 2025 - Mar 12, 2025	05:30PM - 07:00PM	Every Wed	Jamie Fraser	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$1,010.00; Non-Resident Program Fee: \$1010.00; Resident Program Fee: \$748.00	10 Y	
17582	Youth Arts & Crafts	Pottery: Beginner Handbuilding	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. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 22, 2025 - Feb 26, 2025	05:30PM - 07:30PM	Every Wed	Diamond Wheeler	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	16 Y	



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17231	Youth Arts & Crafts	Friendship Bracelet Making	Participants will be taught how to make thread bracelets as well as beaded bracelets. Each week participants will bring home one bracelet. Thread bracelets will be made during the first half of the winter session, during that time they will learn three different methods. Beaded bracelets will be made during the last half of the winter session.	Jan 08, 2025 - Mar 19, 2025	04:00PM - 04:45PM	Every Wed	City of Menlo Park Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00	09 Y	012 Y
17229	Youth Arts & Crafts	Friendship Bracelet Making	Participants will be taught how to make thread bracelets as well as beaded bracelets. Each week participants will bring home one bracelet. Thread bracelets will be made during the first half of the winter session, during that time they will learn three different methods. Beaded bracelets will be made during the last half of the winter session.	Jan 06, 2025 - Mar 17, 2025	04:45PM - 05:15PM	Every Mon	City of Menlo Park Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00	09 Y	012 Y
17228	Youth Arts & Crafts	Friendship Bracelet Making	Participants will make beaded friendship bracelets. Each week participants will bring home a few bracelets.	Jan 08, 2025 - Mar 19, 2025	03:45PM - 04:15PM	Every Wed	City of Menlo Park Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00	06 Y	008 Y
17227	Youth Arts & Crafts	Friendship Bracelet Making	Participants will make beaded friendship bracelets. Each week participants will bring home a few bracelets.	Jan 06, 2025 - Mar 17, 2025	03:45PM - 04:15PM	Every Mon	City of Menlo Park Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00	06 Y	008 Y



Activities and Classes - Youth arts and crafts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17163	Youth Arts & Crafts	Comics Creation	Comics are 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.	Jan 27, 2025 - Mar 10, 2025	04:15PM - 05:15PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$587.00; Resident Program Fee: \$435.00	07 Y	012 Y
17135	Youth Arts & Crafts	Crochet Creations: Building on the Basics	This class is designed for young crocheters who have a basic understanding of crochet techniques and are ready to take the next step. Students should already know how to hold a hook and work basic stitches like single and double crochet. In this fun, hands-on course, we'll build on those skills by exploring new stitches, learning to read simple patterns, and creating cool projects like small accessories, toys, or decor. With guidance and support, students will grow their confidence while having fun and expressing their creativity. All materials are included in the registration fee.	Jan 13, 2025 - Mar 17, 2025	05:00PM - 06:15PM	Every Mon	Lulu Maxcy	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$228.00; Resident Program Fee: \$169.00	08 Y	013 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17155	Youth Dance	Dance Expressions Creative Cuties	This class encourages children to explore movement using music and imagination! Students will be introduced to rhythm patterns, develop gross motor skills, engage in imaginative play, and develop their social skills in a fun, high-energy class. Ballet basics will be taught while expressing creativity. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 06, 2025 - Mar 17, 2025	03:45PM - 04:25PM	Every Mon	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$436.00; Resident Program Fee: \$323.00	03 Y	004 Y
17145	Youth Dance	Dance Expressions Performing Company (Ages 9 +)	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. For more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email danceexpressionsmp@gmail.com .	Jan 06, 2025 - Mar 17, 2025	05:30PM - 06:30PM	Every Mon	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	09 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17143	Youth Dance	Dance Expressions Mini Hip Hop (1st & 2nd Grade)	Make friends, explore movement, and develop dance skills in this upbeat, high-energy dance class! Dancers will learn the basics of hip hop introduced through fun activities and dance combinations to age appropriate music! This class will have them isolating, stretching, and moving on the dance floor while boosting self-esteem, self expression, and creativity! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Fitted dance attire is required (please no baggy clothing, long skirts/dresses, or jeans) and all students will need to have their hair up and off the face pulled back into ponytails. Take twice a week and pair this class with Mini Jazz!	Jan 06, 2025 - Mar 17, 2025	04:30PM - 05:15PM	Every Mon	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	06 Y	008 Y
17146	Youth Dance	Dance Expressions Advanced Jazz Performing Company (Ages 13+)	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. For more information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 06, 2025 - Mar 19, 2025	06:30PM - 08:00PM	Every Mon, Wed	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	13 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17149	Youth Dance	Dance Expressions Advanced Lyrical (ages 13+)	Lyrical dance uses the mood of the music to bring out the movements from the dancers as each class will consist of a warm-up and include across the floor progressions and center combinations.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 07, 2025 - Mar 18, 2025	07:15PM - 08:30PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	13 Y	018 Y
17147	Youth Dance	Dance Expressions Beginning Lyrical (ages 9+)	Lyrical dance uses the mood of the music to bring out the movements from the dancers as each class will consist of a warm-up and include across the floor progressions and center combinations.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 07, 2025 - Mar 18, 2025	04:00PM - 05:00PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	09 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17144	Youth Dance	Dance Expressions Intermediate Jazz (8th-High School)	This class is for the intermediate level dancer. Complexity will be added on to the previous skills/steps as well as the introduction of new skills. Students should be comfortable with double pirouettes and working towards triples, various leaps, kicks and more. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 07, 2025 - Mar 18, 2025	05:00PM - 06:00PM	Every Tue	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	12 Y	018 Y
17768	Youth Dance	Hip Hop & Breaking Classes	Spreading positive influence through Hip Hop, Empire of Dance is not just a dance studio, we are a School of Life. Teaching students to discover their passion and teaching them how to turn it into their profession. Focusing on learning the fundamentals and technique of all Hip Hop dance styles. Learning the history and culture and positive attributes like Community, Commitment, Creativity, Confidence and Culture.	Jan 08, 2025 - Mar 19, 2025	04:00PM - 05:00PM	Every Wed	Jamie Fraser	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$609.00; Resident Program Fee: \$451.00	10 Y	013 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17160	Youth Dance	Dance Expressions Beginning Jazz (ages 9 -12)	This class is for dancers with at least 1 year of dance experience. Students will learn skills such as leaps and turns while working on technique and increasing strength and flexibility. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 08, 2025 - Mar 19, 2025	05:00PM - 06:00PM	Every Wed	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	09 Y	012 Y
17158	Youth Dance	Dance Expressions Intro to Jazz (3rd - 5th Grade)	This class is a fabulous introduction to jazz dance for students grades 3rd - 5th! Come join us for this fun and upbeat class including warm ups, stretches, and energetic combinations to some of today's most popular songs! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 08, 2025 - Mar 19, 2025	04:00PM - 05:00PM	Every Wed	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	08 Y	011 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17170	Youth Dance	Hip Hop & Breaking Classes	Spreading positive influence through Hip Hop, Empire of Dance is not just a dance studio, we are a School of Life. Teaching students to discover their passion and teaching them how to turn it into their profession. Focusing on learning the fundamentals and technique of all Hip Hop dance styles. Learning the history and culture and positive attributes like Community, Commitment, Creativity, Confidence and Culture.	Jan 09, 2025 - Mar 20, 2025	05:00PM - 06:00PM	Every Thu	Jamie Fraser	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$609.00; Resident Program Fee: \$451.00	13 Y	018 Y
17159	Youth Dance	Dance Expressions Beginning Intermediate Jazz (5th - 8th Grade)	This class focuses of flexibility, strength, turns, leaps, and jazz choreography. Dancers should have at least 2 - 3 years of dance experience. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 09, 2025 - Mar 20, 2025	04:45PM - 05:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	10 Y	013 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17157	Youth Dance	Dance Expressions Mini Jazz (1st & 2nd Grade)	Make friends, explore movement, and develop dance skills in this upbeat, high-energy dance class! Dancers will learn the basics of jazz dance introduced through fun activities and dance combinations to age appropriate music! This class will have them isolating, stretching, and moving on the dance floor while boosting self-esteem, self expression, and creativity! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com . Take twice a week and pair this class with Mini Hip Hop!	Jan 09, 2025 - Mar 20, 2025	04:00PM - 04:45PM	Every Thu	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	06 Y	008 Y
17151	Youth Dance	Dance Expressions Advanced Jazz Hip Hop	All levels welcome for this fun, high energy Friday evening dance class! Grab a friend and hit the dance floor! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 09, 2025 - Mar 20, 2025	07:00PM - 08:00PM	Every Thu	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	13 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17162	Youth Dance	Dance Expressions Intro to Hip Hop (3rd - 4th Grade)	This class is a fabulous introduction to hip hop dance for 3rd & 4th graders! Come join us for this fun and upbeat class including warm ups, across the floor, and energetic combinations to some of today's most popular songs! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 10, 2025 - Mar 21, 2025	05:00PM - 06:00PM	Every Fri	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	08 Y	010 Y
17156	Youth Dance	Dance Expressions Kinder Expressions (Kindergarten)	Children love to dance, so get your kindergartener moving, grooving, and learning with Kinder Expressions! Creativity and self-expression is encouraged as dancers glide, skip, hop, and leap across the dance floor. Not only are students introduced to fundamental dance techniques, but listening skills, rhythm, and memorization skills will also be developed. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 10, 2025 - Mar 21, 2025	04:00PM - 04:45PM	Every Fri	Maryanne Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	05 Y	006 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17150	Youth Dance	Dance Expressions Hip Hop	All levels welcome for this fun, high energy Friday evening dance class! Grab a friend and hit the dance floor! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 10, 2025 - Mar 21, 2025	05:00PM - 06:00PM	Every Fri	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	10 Y	018 Y
17148	Youth Dance	Dance Expressions Intermediate Lyrical (ages 12+)	Lyrical dance uses the mood of the music to bring out the movements from the dancers as each class will consist of a warm-up and include across the floor progressions and center combinations.. The Saturday Technique class is a highly recommended supplement for this class and all Dance Expressions classes. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 10, 2025 - Mar 21, 2025	06:00PM - 07:00PM	Every Fri	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	12 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17153	Youth Dance	Dance Expressions Advanced Saturday Technique	This class is for the dancer who is serious about giving extra attention to improving their technique as it will increase your flexibility, strength, endurance, and will focus on the proper execution of leaps and turns as well as combinations and sequences. Essentials learned in this class can be applied and will be beneficial to all other areas of dance, so it is highly recommended that this class be taken along with another Dance Expressions class to see improvement! for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 11, 2025 - Mar 22, 2025	11:30AM - 01:30PM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	08 Y	018 Y
17152	Youth Dance	Dance Expressions Beginning/Intermediate Saturday Technique	This class is for the dancer who is serious about giving extra attention to improving their technique as it will increase your flexibility, strength, endurance, and will focus on the proper execution of leaps and turns as well as combinations and sequences. Essentials learned in this class can be applied and will be beneficial to all other areas of dance, so it is highly recommended that this class be taken along with another Dance Expressions class to see improvement! for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 11, 2025 - Mar 22, 2025	01:30PM - 02:45PM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	08 Y	018 Y



Activities and Classes - Youth dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17142	Youth Dance	Dance Expressions Creative Cuties	This class encourages children to explore movement using music and imagination! Students will be introduced to rhythm patterns, develop gross motor skills, engage in imaginative play, and develop their social skills in a fun, high-energy class. Ballet basics will be taught while expressing creativity. All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 11, 2025 - Mar 22, 2025	10:15AM - 10:45AM	Every Sat	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$436.00; Resident Program Fee: \$323.00	03 Y	004 Y
17565	Youth Dance	Tik Tok Dances	Learn fun, trendy, popular dances with your friends! We will combine different dance styles with various types of music to create unique routines that are ready for sharing on Social Media. Students will work on foundational dance moves as well as improvisation! Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 08, 2025 - Mar 19, 2025	05:30PM - 06:30PM	Every Wed	Sandra & Ms. KiKi Step it Up Dance Staff	Belle Haven Community Campus	Hyperlocal Prog	06 Y	010 Y



Activities and Classes - Youth enrichment

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17564	Youth Languages	Advanced Spanish	Grammar, countries & capitals, verbs, sentences, reading, writing, etc. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 08, 2025 - Mar 19, 2025	04:30PM - 05:30PM	Every Wed	Dennis Reyes	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	06 Y	014 Y
17563	Youth Languages	Beginners Spanish	ABC, Vowels, Numbers, Pronouns, etc. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 06, 2025 - Mar 17, 2025	04:30PM - 05:30PM	Every Mon	Dennis Reyes	Belle Haven Community Campus	Hyperlocal Program Fee: \$30.00; Hyperlocal Student Fee: \$30.00; Non-Resident Program Fee: \$64.55; Resident Program Fee: \$40.91	06 Y	014 Y



Activities and Classes - Youth enrichment

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17262	Youth Enrichment	Public Speaking-Confident Speakers and Writers	This class is filled with fun activities teaching young children life-long skills. They learn how to stand tall and speak confidently in front of a group. They begin to understand the concepts and importance of maintaining eye contact, good posture, volume, and expressions. This class helps them give structure to their thoughts improving their writing skills. Shy as well as talkative one's alike benefit from this class as we do fun activities including tongue-twister challenges, storytelling, poem recitals and presentations.	Jan 30, 2025 - Mar 20, 2025	05:10PM - 06:10PM	Every Thu	Gurus Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$432.00; Resident Program Fee: \$320.00	07 Y	011 Y
12392	Youth Enrichment	Bike Shop - Live in Peace	The Live In Peace Bike Shop is a new and exciting program for our young people and our community as well. As health consciousness and traffic continues to grow, people are seeking alternative forms of exercise and transportation. The Bike Shop is a place for service as well as education. It is a space that mentors and teaches young people how to maintain and repair their bicycles, and an opportunity for Live In Peace to give back to the community. The Bike Shop hosts regular events such as community repair days, collective bike rides, training sessions, and celebrations. The Bike Shop is supported by the community and corporate donations.	Sep 11, 2024 - Dec 11, 2024	04:00PM - 05:00PM	Every Wed	Live in Peace Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	10 Y	



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17258	Youth Music	Pretotand Music & Magic	Experience the joy and magic of live music in a supportive and gentle environment. We will sing favorite children's songs including Zoom Zoom Zoom, and Wheels On The Bus, accompanied by my guitar. Percussion instruments will be provided during class plus a free CD! Come and join the fun!	Jan 06, 2025 - Mar 17, 2025	11:00AM - 11:40AM	Every Mon	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$360.00; Resident Program Fee: \$0.00	18 Mos	003 Y
17257	Youth Music	Infant Toddler Music	Experience the joy and magic of live music in a supportive and gentle environment. We sing favorite children's songs including, Twinkle, Twinkle Little Star, and Baby Beluga. accompanied by my guitar. Percussion instruments will be provided during class plus a free CD. Come and join the fun!	Jan 08, 2025 - Mar 19, 2025	11:00AM - 11:40AM	Every Wed	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$360.00; Resident Program Fee: \$0.00	04 Mos	18 Mos



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17247	Youth Music	Mini-Group Piano Classes for Children Piano 8	Learning to play the piano is fun! By putting students into small groups (3-4 students) we give them a chance to share the learning experience with others. Activities include music-oriented games, EZ music theory and ear-training. Classes are sequential: Piano 1 (beginner's level) is followed by Piano 2, the next level and so on. We hold a recital on the last class of the session. Each student has access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included. Any questions about the classes, feel free to email Teacher Svetlana at stuchinsky@hotmail.com	Jan 22, 2025 - Mar 19, 2025	05:20PM - 05:55PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$641.00; Resident Program Fee: \$475.00	06 Y	012 Y
17245	Youth Music	Mini-Group Piano Classes for Children Piano 5	Learning to play the piano is fun! By putting students into small groups (3-4 students) we give them a chance to share the learning experience with others. Activities include music-oriented games, EZ music theory and ear-training. Classes are sequential: Piano 1 (beginner's level) is followed by Piano 2, the next level and so on. We hold a recital on the last class of the session. Each student has access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included. Any questions about the classes, feel free to email Teacher Svetlana at stuchinsky@hotmail.com	Jan 22, 2025 - Mar 19, 2025	04:40PM - 05:15PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$641.00; Resident Program Fee: \$475.00	06 Y	012 Y



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17236	Youth Music	Mini-Group Piano Classes for Children Piano 1	Learning to play the piano is fun! By putting students into small groups (3-4 students) we give them a chance to share the learning experience with others. Activities include music-oriented games, EZ music theory and ear-training. Classes are sequential: Piano 1 (beginner's level) is followed by Piano 2, the next level and so on. We hold a recital on the last class of the session. Each student has access to a piano or keyboard in class; however, a piano or keyboard is needed to practice at home. Material fee is included. Any questions about the classes, feel free to email Teacher Svetlana at stuchinsky@hotmail.com	Jan 22, 2025 - Mar 19, 2025	04:00PM - 04:35PM	Every Wed	Svetlana Tuchinsky	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$641.00; Resident Program Fee: \$475.00	06 Y	012 Y
17165	Youth Music	Guitar & SingAlong	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.	Jan 29, 2025 - Mar 05, 2025	04:30PM - 05:30PM	Every Wed	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$654.00; Resident Program Fee: \$485.00	07 Y	012 Y
17260	Youth Theater	Fairy Tale Theater	In a supportive and creative environment, we will act out different fairy tales each week from many countries. I have included stories that reflect more 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!	Jan 06, 2025 - Mar 17, 2025	04:00PM - 04:50PM	Every Mon	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$479.00; Resident Program Fee: \$355.00	04 Y	006 Y



Activities and Classes - Youth music and theater

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17261	Youth Theater	Theater Performance	In a supportive and creative environment, your child will learn stage presence, character development and vocal techniques. The students will perform an original one act play written by the instructor specifically for this class. Experience the joy and fun of being onstage!	Jan 08, 2025 - Mar 19, 2025	04:00PM - 05:15PM	Every Wed	Rhea Sampson	Arrillaga Family Recreation Center	Non-Resident P	07 Y	011 Y



Activities and Classes - Youth martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17568	Youth Martial Arts	Martial Arts (Session 2)	Our martial arts program combines fitness, discipline, and fun! Tailored for ages 6-11, classes focus on strength agility, self-defense, and confidence - building. Kids will develop coordination and respect through engaging techniques and drills, all taught in a safe , encouraging environment. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Feb 21, 2025 - Mar 21, 2025	04:00PM - 05:00PM	Every Mon, Fri	Abdul Ansari	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	06 Y
17567	Youth Martial Arts	Martial Arts (Session 1)	Our martial arts program combines fitness, discipline, and fun! Tailored for ages 6-11, classes focus on strength agility, self-defense, and confidence - building. Kids will develop coordination and respect through engaging techniques and drills, all taught in a safe , encouraging environment. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 06, 2025 - Feb 07, 2025	04:00PM - 05:00PM	Every Mon, Fri	Abdul Ansari	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	06 Y
17213	Youth Martial Arts	BEGINNERS Traditional Karate	Beginners Karate focuses on proper manners, basic skills (blocks, kicks & strikes) & introductory kata (forms) & kumite (sparring). Class also includes self-defense, focus & body mechanics to prepare participants for advanced training following the standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in is \$25 per session. White karate uniform is suggested (required to test).	Jan 08, 2025 - Mar 19, 2025	05:45PM - 07:00PM	Every Wed	Johnpaul Williams	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$302.00; Resident Program Fee: \$224.00	08 Y



Activities and Classes - Youth martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17212	Youth Martial Arts	BEGINNERS Traditional Karate	Beginners Karate focuses on proper manners, basic skills (blocks, kicks & strikes) & introductory kata (forms) & kumite (sparring). Class also includes self-defense, focus & body mechanics to prepare participants for advanced training following the standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in is \$25 per session. White karate uniform is suggested (required to test).	Jan 06, 2025 - Mar 17, 2025	05:45PM - 07:00PM	Every Mon	Johnpaul Williams	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$302.00; Resident Program Fee: \$224.00	08 Y
17169	Youth Martial Arts	Kids Boxing	Kids boxing will include boxing fundamentals, with a specific focus on footwork and proper punching technique. Students in this class will learn basic combinations, offense, and defense while doing a full body cardio workout. Students will come away knowing how to jab, throw power punches, and counter punches.	Jan 06, 2025 - Mar 17, 2025	04:00PM - 05:00PM	Every Mon	Gladiator's Boxing Gym	Arrillaga Family Recreation Center	Natural Turf (Old Fee): \$215.00; Resident Program Fee: \$159.00	08 Y



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Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17291	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Feb 09, 2025 - Mar 02, 2025	10:30AM - 11:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17288	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Feb 09, 2025 - Mar 02, 2025	09:30AM - 10:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	03 Y	005 Y 09 Mos
17277	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Feb 09, 2025 - Mar 02, 2025	08:30AM - 09:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17290	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Jan 12, 2025 - Feb 02, 2025	10:30AM - 11:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17287	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Jan 12, 2025 - Feb 02, 2025	09:30AM - 10:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17278	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Jan 12, 2025 - Feb 02, 2025	08:30AM - 09:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$284.00; Resident Program Fee: \$210.00	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17293	Youth Sports - Basketball	Hi Five Hoops League (K-2nd)	Hi-Five Basketball League is a weekly developmental basketball program for children K-2nd graders. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned!	Jan 12, 2025 - Mar 16, 2025	11:30AM - 12:30PM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$670.00; Resident Program Fee: \$505.00	05 Y 07 Mos	008 Y



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17292	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Mar 09, 2025 - Mar 23, 2025	10:30AM - 11:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$213.00; Resident Program Fee: \$157.50	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17289	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Mar 09, 2025 - Mar 23, 2025	09:30AM - 10:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$213.00; Resident Program Fee: \$158.00	03 Y	005 Y 09 Mos



Activities and Classes - Youth sports: basketball

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17282	Youth Sports - Basketball	Hi-Five Little Ballers Basketball	Hi-Five Little Ballers is a weekly developmental basketball program for children 3-5.7 years old. We believe the game of basketball, when introduced properly, serves to help children build self-esteem, gross motor skills, coordination, athleticism, and so much more. We'll help each child to get a feel for the ball and their ability to dribble, pass, shoot, rebound, and play defense. Hi-Five's mission is to help the next generation develop a passion for sports - one program, coach, and child at a time. Players will be introduced to new skills each week, but that doesn't mean they will forget about the skills they have previously learned! Our coaching staff does an outstanding job of reviewing the drills and movements taught in class. Hi-Five coaches also put a strong emphasis on explaining each and every activity so players not only know how to do the drills correctly, but also know when and where to use these skills on the court!	Mar 09, 2025 - Mar 23, 2025	08:30AM - 09:20AM	Every Sun	Joe Ram	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$213.00; Resident Program Fee: \$158.00	03 Y	005 Y 09 Mos
17404	Youth Sports - Basketball	Tim Bowler Hoopsters Basketball	Come Join Class of 2018 Canada College Hall of Fame Inductee Tim Bowler (Basketball and Baseball), in this fun basketball class. An exciting non-competitive introduction to basketball for boys and girls. Young hoopsters will learn the fundamental skills of dribbling, catching and shooting, as well as basic rules, while having a great time. Low hoops and small basketballs will be used. Participants must wear gym shoes. Coach Tim Bowler is a National Board Certified Physical Education Teacher at Menlo Atherton High School and has coached for many years. This class will take place on the Burgess Park outdoor basketball courts.	Jan 08, 2025 - Feb 26, 2025	05:00PM - 06:00PM	Every Wed	Tim Bowler	Burgess Community Park	Non-Resident Program Fee: \$520.00; Resident Program Fee: \$385.00	05 Y	015 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
18426	Youth Sports - Tennis	Heebner Kids Tennis 2	Heebner Kids Tennis 2 is for players who already play the game and know how to keep score. Players have good fundamentals, fairly consistent groundstrokes and can serve in the orange court. If you have questions about your ability level, please give Jim a call at 650-814-6734	Jan 17, 2025 - Mar 07, 2025	03:45PM - 05:00PM	Every Fri	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$477.00; Resident Program Fee: \$354.00	08 Y	010 Y
17405	Youth Sports - Pickleball	Youth Pickleball		Jan 07, 2025 - Feb 25, 2025	04:30PM - 05:30PM	Every Tue	Tim Bowler	La Entrada Middle School	Non-Resident Program Fee: \$520.00; Resident Program Fee: \$385.00	05 Y	015 Y
17359	Youth Sports - Tennis	Pee Wee Tennis	Have fun and learn tennis basics at the same time with our Pee Wee Tennis sessions. Our program offers your small tennis star a fun introduction to the game in a setting 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.	Jan 05, 2025 - Mar 23, 2025	10:15AM - 11:00AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$672.00; Resident Program Fee: \$499.00	04 Y	005 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17357	Youth Sports - Tennis	Mini Aces Tennis	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.	Jan 05, 2025 - Mar 23, 2025	11:00AM - 12:00PM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$747.00; Resident Program Fee: \$554.00	06 Y	008 Y
17273	Youth Sports - Tennis	Mommy and Daddy and Me Tennis	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.	Jan 05, 2025 - Mar 23, 2025	09:45AM - 10:15AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$616.00; Resident Program Fee: \$457.00	02 Y 06 Mos	004 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17272	Youth Sports - Tennis	Teen Tennis Stars Novice	Ready to help your children develop a passion for the sport of tennis? Our Teen Tennis Stars program is the perfect way to do just that. Designed for ages 9-14 with little or no tennis experience, we focus on having fun with the game while learning the fundamentals. By the session's end, they will be skilled at hitting the ball with consistency, allowing them to enjoy a quick game with you or any player. Wear tennis shoes and bring a tennis racquet size 25 or 27.	Jan 05, 2025 - Mar 23, 2025	12:00PM - 01:00PM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$685.00; Resident Program Fee: \$508.00	09 Y	014 Y
17246	Youth Sports - Tennis	Heebner Kids Tennis 1	Jim has been teaching tennis for the Menlo Park Community center for 30 years and is USPTA Certified. He was ranked #16 Men's Open in Northern California. Heebner Kids Tennis 1 will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve on the orange court. (The area between the service line and the baseline). Goal: The ability to serve a rally from the baseline. Also, you'll learn the rules and etiquette of tennis.	Jan 15, 2025 - Mar 05, 2025	04:45PM - 05:45PM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$429.00; Resident Program Fee: \$319.00	08 Y	010 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17244	Youth Sports - Tennis	Heebner Kids Tennis 1	Jim has been teaching tennis for the Menlo Park Community center for 30 years and is USPTA Certified. He was ranked #16 Men's Open in Northern California. Heebner Kids Tennis 1 will be a combination of basic fundamentals, drills and fun games. Also, learning the rules, trying to rally and serve on the orange court. (The area between the service line and the baseline). Goal: The ability to serve a rally from the baseline. Also, you'll learn the rules and etiquette of tennis.	Jan 14, 2025 - Mar 04, 2025	04:45PM - 05:45PM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$429.00; Resident Program Fee: \$319.00	08 Y	010 Y
17239	Youth Sports - Tennis	Heebner Tennis 2	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is USPTA Certified. He was ranked # 16 Men's Open in Northern California. Heebner Tennis 1 will be a combination of fundamentals, drills and playing the game. Goal: The ability to serve a rally from the baseline. Also, you'll learn the rules and etiquette of tennis.	Jan 17, 2025 - Mar 07, 2025	05:15PM - 06:30PM	Every Fri	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$477.00; Resident Program Fee: \$354.00	10 Y	013 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17237	Youth Sports - Tennis	Heebner Hot Shot Tennis	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is USPTA Certified. He was ranked # 16 Men's Open in Northern California. Heebner Hot Shot Tennis is a fun introduction to the great game of tennis. This class is played on smaller court and we use soft balls to make it easier. Come join a popular class and get into tennis! Most students sign up for this class more than one time.	Jan 15, 2025 - Mar 05, 2025	03:45PM - 04:45PM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$429.00; Resident Program Fee: \$319.00	06 Y	007 Y
17235	Youth Sports - Tennis	Heebner Hot Shot Tennis	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is USPTA Certified. He was ranked # 16 Men's Open in Northern California. Heebner Hot Shot Tennis is a fun introduction to the great game of tennis. This class is played on smaller court and we use soft balls to make it easier. Come join a popular class and get into tennis! Most students sign up for this class more than one time.	Jan 14, 2025 - Mar 04, 2025	03:45PM - 04:45PM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$429.00; Resident Program Fee: \$319.00	06 Y	007 Y



Activities and Classes - Youth sports: pickleball and tennis

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17233	Youth Sports - Tennis	Heebner Tennis 1	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is USPTA Certified. He was ranked # 16 Men's Open in Northern California. Heebner Tennis 1 will be a combination of fundamentals, drills and playing the game. Goal: The ability to serve aœœfrally from the baseline. Also, you'll learn the rules and etiquette of tennis.	Jan 16, 2025 - Mar 06, 2025	03:45PM - 05:00PM	Every Thu	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$477.00; Resident Program Fee: \$354.00	10 Y	013 Y



Activities and Classes - Youth sports: soccer

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17353	Youth Sports - Soccer	World Cup Soccer Skills Clinic	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage.	Jan 21, 2025 - Mar 18, 2025	04:00PM - 05:00PM	Every Tue	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$350.00; Resident Program Fee: \$269.00	06 Y	008 Y
17276	Youth Sports - Soccer	World Cup Soccer Skills Clinic	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage.	Jan 25, 2025 - Mar 22, 2025	10:00AM - 11:00AM	Every Sat	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$350.00; Resident Program Fee: \$269.00	04 Y	005 Y
17275	Youth Sports - Soccer	World Cup Soccer Skills Clinic	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage.	Jan 25, 2025 - Mar 22, 2025	11:00AM - 12:00PM	Every Sat	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$175.00; Resident Program Fee: \$134.50	06 Y	008 Y



Activities and Classes - Youth sports: soccer

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17274	Youth Sports - Soccer	World Cup Soccer Skills Clinic	World Cup Soccer Skill Clinics are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage.	Jan 21, 2025 - Mar 18, 2025	04:00PM - 05:00PM	Every Tue	World Cup Soccer	Jack W. Lyle Park	Non-Resident Program Fee: \$350.00; Resident Program Fee: \$269.00	04 Y	005 Y



Activities and Classes - Youth technology

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
18181	Youth Technology	Intro to Scratch Programming	Dive into the world of Scratch, a fun and beginner-friendly programming tool. Students will create their own interactive stories, games, and animations while learning problem-solving and design thinking skills. No prior experience needed!	Jan 07, 2025 - Mar 18, 2025	05:00PM - 06:00PM	Every Tue	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	08 Y	014 Y
18180	Youth Technology	Hour of 3D Printing	Explore the basics of robotics by designing, building, and programming robots using LEGO and VEX kits. Students will tackle fun challenges while learning engineering and problem-solving skills in a collaborative environment.	Jan 07, 2025 - Feb 25, 2025	06:00PM - 07:00PM	Every Tue	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident	09 Y	014 Y
18179	Youth Technology	Intro to Robotics	Explore the basics of robotics by designing, building, and programming robots using LEGO and VEX kits. Students will tackle fun challenges while learning engineering and problem-solving skills in a collaborative environment.	Jan 06, 2025 - Mar 17, 2025	05:00PM - 06:00PM	Every Mon	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident	09 Y	014 Y



Activities and Classes - Youth technology

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17339	Youth Technology	Winter Wonderland Workshop using LEGO Materials	In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas, or a hilltop village, slopes for LEGO skiers and sledders.	Jan 06, 2025 - Jan 06, 2025	09:00AM - 12:00PM	Once	Play-Well TEKnologies Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$70.00; Resident Program Fee: \$52.00	05 Y	010 Y
17164	Youth Technology	Robotics and Engineering	EASE Education offers a stimulating robotics program for young engineers. Students work in teams to plan, build, test, and modify their own robotic creations! We use VEX GO and teach the fundamentals of STEM in a fun and positive way. We help creative minds put mathematical concepts to the test as they develop a better knowledge of robotics, computer programming, and teamwork.	Jan 27, 2025 - Mar 10, 2025	04:15PM - 05:15PM	Every Mon	EASE Education Staff	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$655.00; Resident Program Fee: \$485.00	07 Y	012 Y



Activities and Classes - Adult arts, leisure, music

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17579	Adult Arts & Crafts	Exploring Watercolor	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. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 09, 2025 - Mar 20, 2025	10:00AM - 12:00PM	Every Thu	Carmen Lax	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y
17580	Adult Arts & Crafts	Pottery: Beginner Handbuilding	This 6 week class is for beginner (little to no experience) potters 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. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 22, 2025 - Feb 26, 2025	05:30PM - 07:30PM	Every Wed	Diamond Wheeler	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y
17727	Adult Leisure	Cultivating Mindfulness	Join our Cultivating Mindfulness workshop, where you'll: " Explore the history and benefits of mindfulness for your mental, physical, and emotional well-being " Learn simple, fun mindfulness practices that can be easily integrated into daily life " Discover how to cultivate presence and awareness without judgment " Leave feeling inspired to bring more positivity, care, and mindfulness into your everyday routine This workshop offers practical tools to nurture a mindful and balanced life. Open to all, no previous experience necessary.	Feb 01, 2025 - Feb 01, 2025	10:00AM - 11:30AM	Once	Banyan Wellness Team	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	16 Y



Activities and Classes - Adult arts, leisure, music

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17226	Adult Leisure	Design Your 2025: A Mindful Visualization Journey	Come relax, let go of 2024 and light your imagination to see what 2025 holds for you! I will lead you through some relaxation exercises, deep visualizations and journaling. Please wear comfortable clothes, bring your yoga mat and water bottle.	Jan 15, 2025 - Jan 15, 2025	07:00PM - 08:30PM	Once	Mathilde Pribula	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$47.00; Resident Program Fee: \$35.00	16 Y
17224	Adult Leisure	Visual Meditation - 3 Class Package	This visual meditation series will light up your imagination and rewire your brain. I will take you through some deep visualizations about yourself and the world around you. Both playful and easy-to-grasp, this style of meditation works particularly well for neurodiverse individuals and those who find themselves struggling with more-traditional meditation practices. Each series will have a theme. Wear comfortable clothes, bring a yoga mat and water bottle.	Jan 22, 2025 - Feb 05, 2025	07:30PM - 08:30PM	Every Wed	Mathilde Pribula	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$81.00; Resident Program Fee: \$60.00	16 Y
17734	Adult Leisure	Flippin' Fantastic: Pancake-Making Magic for National Pancake Day	Let's make two types of pancakes for National Pancake Day! Learn how to make a high-protein savory option and a gluten free sweet option! I'll be demonstrating how to make the pancakes and some toppings to go along with each. Everyone will get to taste both and recipes will be included.	Mar 01, 2025 - Mar 01, 2025	11:00AM - 12:30PM	Every day	Banyan Wellness Team	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	18 Y



Activities and Classes - Adult arts, leisure, music

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17225	Adult Leisure	Visual Meditation - 3 Class Package	This visual meditation series will light up your imagination and rewire your brain. I will take you through some deep visualizations about yourself and the world around you. Both playful and easy-to-grasp, this style of meditation works particularly well for neurodiverse individuals and those who find themselves struggling with more-traditional meditation practices. Each series will have a theme. Wear comfortable clothes, bring a yoga mat and water bottle.	Mar 05, 2025 - Mar 19, 2025	07:30PM - 08:30PM	Every Wed	Mathilde Pribula	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$81.00; Resident Program Fee: \$60.00	16 Y
18004	Adult Leisure	Adult Cooking Cutting Techniques	Join Chef Tony for an engaging cooking class where you will learn essential kitchen skills and create delicious, cost-effective meals. In this session, you will learn how to dice and mince, knife maintenance and sharpening, different cuts and grades of meat, creative hands-on cooking in the pantry	Feb 27, 2025 - Feb 27, 2025	06:00PM - 07:30PM	Once		Belle Haven Community Campus	Hyperlocal Program Fee: \$25.00; Non-Resident Program Fee: \$46.00; Resident Program Fee: \$34.00	18 Y
18002	Adult Leisure	Adult Cooking SautÃ©ing Techniques	Join Chef Tony for an engaging cooking class where you will learn essential kitchen skills and create delicious, cost-effective meals. In this session, you will learn how to improve time and efficiency, Reduce stress with meal prepping, Tips for sauteeing and seasoning, and Creative ways to use items in the pantry	Jan 23, 2025 - Jan 23, 2025	06:00PM - 07:30PM	Once	Chef Tony	Belle Haven Community Campus	Hyperlocal Program Fee: \$25.00; Non-Resident Program Fee: \$46.00; Resident Program Fee: \$34.00	18 Y



Activities and Classes - Adult arts, leisure, music

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18005	Adult Leisure	Adult Cooking Class Sushi and Spring Roll	Join Chef Tony for an engaging cooking class where you will learn essential kitchen skills and create delicious, cost-effective meals. In this session, you will learn how to prep and make Sushi Rolls and Spring Rolls with the items you have in your pantry or make the Sushi like the restaurants.	Mar 20, 2025 - Mar 20, 2025	06:00PM - 07:30PM	Once		Belle Haven Community Campus	Hyperlocal Program Fee: \$25.00; Non-Resident Program Fee: \$46.00; Resident Program Fee: \$34.00	18 Y
18276	Adult Leisure	Sound Healing and Breathwork for Relaxation and Stress Relief	Sound healing and breathwork are not just spiritual wellness practices, they are proven as science backed therapeutic tools to improve many areas of one's well being. Effective for stress reduction and benefiting mental health and Immune health. The cognitive benefits have been proven to enhance memory. Come to class with an empty or digested stomach. Create a space in your home that is quiet and dark where you can lay down.	Jan 29, 2025 - Mar 18, 2025	06:30PM - 07:30PM	Every Tue, Wed	Banyan Wellness Team	Virtual Programs	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	16 Y
17818	Adult Music	Menlo Park Chorus	Join your friends and neighbors and have fun singing in the Menlo Park Chorus! 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.	Jan 07, 2025 - Apr 22, 2025	07:00PM - 09:00PM	Every Tue	April McNeely	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$162.00; Resident Program Fee: \$120.00	18 Y



Activities and Classes - Adult martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17264	Adult Martial Arts	Menlo Aikijujitsu	Bushin Ryu Aikijujitsu is a martial art system based on the techniques from Traditional Japanese Jujitsu, Aikido and Filipino Escrima. The classical elements of these martial art systems have been modified and adapted to fit the needs of today's society with many of these techniques used in law enforcement around the world. Students learn techniques of striking/blocking, pressure points, joint locks and submissions as well as the values of: discipline, self-control, and respect. This is not a MMA system. For more information, visit www.bushinryutaojitsu.com	Jan 09, 2025 - Mar 20, 2025	06:30PM - 08:30PM	Every Thu	Tom Chow	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$134.00; Resident Program Fee: \$99.00	18 Y
17219	Adult Martial Arts	EXPERIENCED Traditional Karate	Experienced participants fine-tune kata (forms) & kumite (sparring) in preparation to grade or compete, applying applications, building athletic & elite sportsmanship. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in fee is \$20 per session. Additional fee for national & international membership & testing (not mandatory).	Jan 08, 2025 - Mar 19, 2025	07:00PM - 08:30PM	Every Wed	Johnpaul Williams	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$302.00; Resident Program Fee: \$224.00	08 Y



Activities and Classes - Adult martial arts

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17218	Adult Martial Arts	EXPERIENCED Traditional Karate	Experienced participants fine-tune kata (forms) & kumite (sparring) in preparation to grade or compete, applying applications, building athletic & elite sportsmanship. Training adopts science of the US Olympic committee & standards of the Japan Karate Federation (MEXT: Ministry of Education Japan). Students may participate in regional & international competition with opportunities to train in Japan. Drop in fee is \$20 per session. Additional fee for national & international membership & testing (not mandatory).	Jan 06, 2025 - Mar 17, 2025	07:00PM - 08:30PM	Every Mon	Johnpaul Williams	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$302.00; Resident Program Fee: \$224.00	08 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17168	Adult Fitness Classes	Adult Boxing	Adult boxing will include boxing fundamentals, with a specific focus on footwork and proper punching technique. Students in this class will learn basic combinations, offense, and defense while doing a full body cardio workout. Students will come away knowing how to jab, throw power punches, and counter punches.	Jan 06, 2025 - Mar 17, 2025	10:00AM - 11:00AM	Every Mon	Gladiator's Boxing Gym	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$215.00; Resident Program Fee: \$159.00	18 Y
18242	Adult Fitness Classes	Defying Gravity: Fall Prevention and Preparation	Reduce your fall risk with practical skills that include specific mobility and strength exercises, coordination activity, fast reaction drills, balance with visual integration, overcoming the fear of falling, better gait and moving around objects, techniques for getting back up from the ground after a fall, and always: having fun with new skills.	Jan 07, 2025 - Mar 11, 2025	10:45AM - 11:45AM	Every Tue	Eva Scott	Arrillaga Family Recreation Center	Drop-In Fee for course: \$30.00; Non-Resident Program Fee: \$304.00; Resident Program Fee: \$225.00	40 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17994	Adult Fitness Classes	Group Strength Training (Early Tuesday Class)	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. 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.	Jan 07, 2025 - Mar 18, 2025	09:00AM - 10:00AM	Every Tue	Lisa Vande Voorde	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$258.00; Resident Program Fee: \$191.00	18 Y
17222	Adult Fitness Classes	Group Strength Training	Strong muscles, strong bones, strong core! This class is carefully designed to strengthen your entire body using primarily free weights 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.	Jan 07, 2025 - Mar 18, 2025	10:30AM - 11:30AM	Every Tue	Lisa Vande Voorde	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$258.00; Resident Program Fee: \$191.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17221	Adult Fitness Classes	TRX Suspension Training	Want to be stronger? Want to achieve that toned body? TRX can help you achieve that look!! TRX is a revolutionary total body workout that uses gravity and your own body weight to simultaneously develop strength, balance, flexibility, and core stability. I will give you a workout that will challenge you week after week, launching you toward your definition of success. Concerned your body isn't 100%? Modifications and progressions will be used to accommodate any issues. New to TRX? Come in for a free session and try it out before you decide. \$25/\$30 drop-in fee (based on availability).	Jan 07, 2025 - Mar 18, 2025	06:15PM - 07:10PM	Every Tue	Ken Baker	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$297.00; Resident Program Fee: \$220.00	18 Y
17138	Adult Fitness Classes	Full Body Workout Plus Abs: Strength Training Class	This is a strength training class that will interchangeably include a HIIT format, Tabata. All levels of fitness are welcome! In this class we will work on all major muscle groups. Please bring your mat, towel and water. Dress in workout clothes and wear comfortable workout shoes. Just in case bring a variety of weights (light 1-2.5 lbs, medium 5-6lbs and heavy 7.5-10 lbs). Let's get stronger together!	Jan 07, 2025 - Mar 18, 2025	06:00PM - 07:00PM	Every Tue	Asya Namsaraeva	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$311.00; Resident Program Fee: \$230.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17223	Adult Fitness Classes	Group Strength Training	Strong muscles, strong bones, strong core! This class is carefully designed to strengthen your entire body using primarily free weights 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.	Jan 09, 2025 - Mar 20, 2025	10:30AM - 11:30AM	Every Thu	Lisa Vande Voorde	Arrillaga Family Recreation Center	Drop-In Fee for course: \$25.00; Non-Resident Program Fee: \$258.00; Resident Program Fee: \$191.00	18 Y
17139	Adult Fitness Classes	Zumba Dance Fitness	Come join my Zumba class- the most fun cardio workout! NO dance experience required. We will dance to the world rhythms of merengue, salsa, reggaeton, cumbia, bachata, belly dance, Brazilian funk- just to name a few. Wear comfortable workout clothes and good dance shoes, bring a towel and a bottle of water. Let's have fun!	Jan 11, 2025 - Mar 22, 2025	09:00AM - 10:00AM	Every Sat	Asya Namsaraeva	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$311.00; Resident Program Fee: \$230.00	18 Y
17575	Adult Fitness Classes	Full Body Strength x HIIT	Group training to improve cardiovascular health, build strength, promote new skills, and establish health movement patterns for longevity. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 06, 2025 - Mar 17, 2025	05:00PM - 06:00PM	Every Mon	Diamond Hawkins	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17562	Adult Fitness Classes	Zumba	Zumba is a fun dance workout even for beginners. An amazing way to burn calories and staying active all through dancing. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 07, 2025 - Mar 18, 2025	06:00PM - 07:00PM	Every Tue	Kristine Ubungen	Belle Haven Community Campus	Hyperlocal Program Fee: \$36.30; Non-Resident Program Fee: \$78.10; Resident Program Fee: \$49.50	18 Y
17576	Adult Fitness Classes	Full Body Strength x HIIT	Group training to improve cardiovascular health, build strength, promote new skills, and establish health movement patterns for longevity. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 08, 2025 - Mar 19, 2025	06:45PM - 07:45PM	Every Wed	Diamond Hawkins	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y
17570	Adult Fitness Classes	Fit & Fab 40+ Bootcamp	This 30 minute beginner friendly over 40 Boot camp style workout has been created specifically with our 40+ Fit and Fabulous community members in mind. What to expect: 1. Expert guidance from certified personal trainer. 2. Tailored workouts for all fitness levels. 3. Fun and supportive community of like minded individuals. 4. Workout done in 30 minutes. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 08, 2025 - Mar 21, 2025	08:00AM - 08:30AM	Every Wed, F	Tracie VanHook	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	40 Y



Activities and Classes - Adult fitness

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17577	Adult Fitness Classes	Full Body Strength x HIIT	Group training to improve cardiovascular health, build strength, promote new skills, and establish health movement patterns for longevity. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 16, 2025 - Mar 20, 2025	06:45PM - 07:45PM	Every Thu	Diamond Hawkins	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17730	Adult Dance	Ballroom Dance Fitness	This 6 week ballroom dance fitness series, led by classically trained ballroom competitor Belecia Tang, draws from the dances you know and love from Dancing with the Starscha-cha, samba, rumba, jive, waltz, tango, salsa, and more! Designed to be partner-free, this class blends fitness elements with ballroom dance figures, set to a lively mix of modern pop hits and timeless classics. Open to all bodies and abilities, this is a welcoming space to move, groove, and experience the joy of dance.	Feb 08, 2025 - Mar 15, 2025	10:15AM - 11:15AM	Every Sat	Banyan Wellness Team	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	16 Y
18140	Adult Dance	Folk Dances of Hungary and Transylvania	This class teaches authentic Hungarian, Romanian and Gypsy dances. These dances are popular at dance venues throughout Hungary and done by people of all ages. We do mostly couple dances but also include some men's and women's dances. Partners are not necessary since we rotate partners during the teaching.	Jan 06, 2025 - Mar 17, 2025	06:30PM - 09:00PM	Every Mon	Todd Wagner	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$78.00; Resident Program Fee: \$56.00	18 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17234	Adult Dance	Persian Dance	Explore Persian music and dance with a focus on the classical, lyrical style. Learn the foundational foot patterns, arm movements and hand positions found in Persian dance. This style emphasizes delicate, graceful arm movements and expressiveness through lifted body positions. Beginners and intermediate dancers welcome - for more information please visit persiandancing.com	Jan 07, 2025 - Mar 18, 2025	07:30PM - 08:30PM	Every Tue	Shadan Mirabedi	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$270.00; Resident Program Fee: \$200.00	16 Y
17140	Adult Dance	Palomanians Folk Dance	Learn dances from around the world: Europe, Asia and the Americas. The complexity of dances increases through the evening, with appropriate level of teaching based on the evening's attendees. Both partner and non-partner dances will be presented; you do not need a partner to attend. Drop-in fee is \$8.00. Questions? Call (408) 537-3352 or (408) 249-6104.	Jan 07, 2025 - Mar 18, 2025	06:30PM - 09:00PM	Every Tue	Clem Dickey	Arrillaga Family Recreation Center	Drop-In Fee for course: \$8.00; Non-Resident Program Fee: \$84.00; Resident Program Fee: \$62.00	18 Y
17263	Adult Dance	Mostly Balkan Folk Dancing	At Mostly Balkan folk dancing you will enjoy a repertoire of lively dances from the Balkans and beyond, including Macedonia, Bulgaria, Romania, Serbia, Croatia, Albania, Greece, Hungary, Turkey, Brittany, Poland, Israel, Scandinavia, and the British Isles. Dances range from beginner to advanced levels.	Jan 09, 2025 - Mar 20, 2025	06:45PM - 08:55PM	Every Thu	Todd Wagner	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$86.00; Resident Program Fee: \$64.00	18 Y



Activities and Classes - Adult dance

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17154	Adult Dance	Dance Expressions Adult Hip Hop	This fun, high energy class is open to all levels. Come move with us! All Dance Expressions students will have the opportunity to participate in our annual end-of-the-year dance show held at Canada College on June 6 & 7 and for more information regarding our classes, placement, or show information, visit www.danceexpressions5678.com or email us at danceexpressionsmp@gmail.com .	Jan 09, 2025 - Mar 20, 2025	05:45PM - 06:45PM	Every Thu	Danielle Fernandez	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$466.00; Resident Program Fee: \$345.00	18 Y
17513	Adult Dance	SaSAMBA	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!	Jan 17, 2025 - Mar 21, 2025	08:30AM - 09:25AM	Every Fri	Banyan Wellness Team	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	16 Y
17574	Adult Dance	Traditional Aztec Dance	Learn to dance the traditional Aztec Dance that has been taught for centuries in Mexico and other Latin American countries. Hyperlocal: December 5th Residents: December 7th Non-Residents: December 11th Hyperlocal: \$33 Residents: \$45 Non-Residents: \$71	Jan 06, 2025 - Mar 17, 2025	06:30PM - 07:30PM	Every Mon	Gerardo Salinas	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$71.00; Resident Program Fee: \$45.00	18 Y



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18428	Adult Sports - Volleyball	Volleyball Class - Part 1: Beginner to Intermediate Skills and Drills	This class offers instruction to new and intermediate players. Students will learn and/or refine: passing, setting, hitting, serving, and blocking. Team skills will be taught or refined depending on the experience level of students. The class will primarily consist of game-like drills to provide many repetitions. When appropriate, courts will be split by skill level and modifications of drills will be provided for the varying levels. Drop-in fee of \$25.00 if space is available in session.	Jan 14, 2025 - Mar 18, 2025	06:30PM - 08:45PM	Every Tue	Derek Tran	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$177.00; Resident Program Fee: \$133.00	18 Y
17270	Adult Sports - Tennis	Adult Tennis Novice (Ages 15+)	A common question for many new players is where to begin with lessons and classes, and the United States Tennis Association (USTA) offers ratings for courses to help you decide what might be right for you. This course is rated a 2.5-3.0, which means after the course, you'll be able to judge where the ball is going and you'll be able to tackle a short rally with players that have the same basic ability.	Jan 05, 2025 - Mar 23, 2025	08:45AM - 09:45AM	Every Sun	Shipra Uttam	Willow Oaks Park	Non-Resident Program Fee: \$685.00; Resident Program Fee: \$508.00	15 Y



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17253	Adult Sports - Tennis	Heebner Adult Tennis 2: Intermediate	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is USPTA Certified. He was ranked #16 Men's Open in Northern California. Heebner Adult Tennis 2 is for students that can sustain a rally, fairly consistent, can serve 50% in and play a game. This class is a combination of working on solid fundamentals, excellent drills, fun games and playing the game with strategy. Note: If you are not sure about your ability level. please give Jim a call at 650-814-6734	Jan 15, 2025 - Mar 05, 2025	10:00AM - 11:00AM	Every Wed	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$429.00; Resident Program Fee: \$319.00	18 Y
17251	Adult Sports - Tennis	Heebner Adult Tennis 1: Beginner-Advanced Beginners	Jim has been teaching tennis for the Menlo Park Community Center for 30 years and is USPTA Certified. He was ranked # 16 Men's Open in Northern California. Heebner Adult Tennis 1 is for students just starting to play or with inconsistent playing experience. Beginners are welcome and encouraged to join. This class emphasizes basic fundamentals and working towards playing the game.	Jan 14, 2025 - Mar 04, 2025	10:00AM - 11:00AM	Every Tue	Jim Heebner	Nealon Park	Non-Resident Program Fee: \$429.00; Resident Program Fee: \$319.00	18 Y



Activities and Classes - Adult sports

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



Activities and Classes - Adult sports

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
12448	Adult Sports - Volleyball	Volleyball Class - Part 2: Applied Skills with Intro to Competition	Important Prerequisite: Students must have taken at least one season of the Volleyball: Beginner to Intermediate Skills & Drills class to participate as a prerequisite. This ensures that all students have a baseline understanding of what their responsibilities are on the court and use the same team systems taught specifically in the prerequisite class. As an extension and to the Volleyball: Beginner to Intermediate Skills & Drills class, students will be introduced to a competitive learning environment with more consistent team play. Students will be split into small groups that they will stay with throughout the season. Students will be provided a chance to implement skills from that day's drills class in a competitive environment.	Sep 10, 2024 - Dec 14, 2024	08:45PM - 10:45PM	Every Tue, S	Derek Tran	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$170.00; Resident Program Fee: \$126.00;	18 Y
12447	Adult Sports - Volleyball	Volleyball Class - Part 1: Beginner to Intermediate Skills & Drills	This class offers instruction to new and intermediate players. Students will learn and/or refine: passing, setting, hitting, serving, and blocking. Team skills will be taught or refined depending on the experience level of students. The class will primarily consist of game-like drills to provide many repetitions. When appropriate, courts will be split by skill level and modifications of drills will be provided for the varying levels. Drop-in fee of \$25.00 if space is available in session.	Sep 10, 2024 - Dec 10, 2024	06:30PM - 08:45PM	Every Tue	Derek Tran	Arrillaga Family Gymnasium	Non-Resident Program Fee: \$310.00; Resident Program Fee: \$230.00	18 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18701	Senior/Older Adult Programs at Belle Haven Community Campus	Senior Soul Line Dance (Saturday)		Jan 11, 2025 - Mar 22, 2025	11:00AM - 12:30PM	Every Sat	Juanita Croft	Belle Haven Community Campus	General: \$0.00	60 Y
18655	Senior/Older Adult Programs at Belle Haven Community Campus	Senior Soul Line Dance		Jan 16, 2025 - Mar 20, 2025	09:30AM - 10:30AM	Every Thu	Juanita Croft	Belle Haven Community Campus	General: \$0.00	60 Y
18207	Senior/Older Adult Programs at Belle Haven Community Campus	Strong for life	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.	Jan 10, 2025 - Mar 28, 2025	09:00AM - 10:00AM	Every Fri	Lida Tesarkova	Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18206	Senior/Older Adult Programs at Belle Haven Community Campus	Fellowship Circle	A safe place to get your questions answered and feel empowered with the knowledge you gain through discussions. Join this friendly group and feel connected. In Spanish only. Registration required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Jan 10, 2025 - Mar 28, 2025	10:30AM - 11:30AM	Every Fri	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
18205	Senior/Older Adult Programs at Belle Haven Community Campus	Sewing & Crafts	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. Registration will be completed in person. Please call 650- 330-2287 for more information.	Jan 10, 2025 - Mar 28, 2025	10:00AM - 12:00PM	Every Fri	Jorel Thomson	Belle Haven Community Campus	General: \$0.00	60 Y
18190	Senior/Older Adult Programs at Belle Haven Community Campus	Drawing & Painting	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 acrylicsRegistration Required. Registration will be completed in person. Please call 650- 330-2280 for more information.	Jan 06, 2025 - Mar 24, 2025	10:00AM - 12:00PM	Every Mon	Jorel Thomson	Belle Haven Community Campus	General: \$0.00	60 Y
18189	Senior/Older Adult Programs at Belle Haven Community Campus	Conversational Spanish Advance	Learn Spanish to communicate with your neighbors in our diverse community and make new friends, too! This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish while learning grammar and writingRegistration Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Jan 06, 2025 - Mar 24, 2025	10:00AM - 11:00AM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18188	Senior/Older Adult Programs at Belle Haven Community Campus	Conversational Spanish Beginner	Learn Spanish to communicate with your neighbors in our diverse community and make new friends, too! This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish while learning grammar and writing. Registration Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Jan 06, 2025 - Mar 24, 2025	09:00AM - 10:00AM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
18174	Senior/Older Adult Programs at Belle Haven Community Campus	Stress Management	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.	Jan 08, 2025 - Mar 26, 2025	10:00AM - 12:00PM	Every Wed	Patricia Mayall	Belle Haven Community Campus	General: \$0.00	60 Y
18173	Senior/Older Adult Programs at Belle Haven Community Campus	Technology Roundtable	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.	Jan 10, 2025 - Mar 28, 2025	09:30AM - 10:30AM	Every Fri	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18172	Senior/Older Adult Programs at Belle Haven Community Campus	Folklorico for Seniors	A fun way to learn all about the cultural dances of Mexico. Improve your technique, poise, self-confidence, and creative ability, as well as deepening your understanding of and appreciation for the rich and colorful heritage that each dance represents. Performance opportunities each quarter in front of live audience. Registration Required. Registration will be completed in person. Please call 650- 330-2280 for more information.	Jan 07, 2025 - Mar 25, 2025	10:00AM - 11:00AM	Every Tue	Patty Barrera	Belle Haven Community Campus	General: \$0.00	
18171	Senior/Older Adult Programs at Belle Haven Community Campus	ESL Class with Alex	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.	Jan 06, 2025 - Mar 24, 2025	11:00AM - 12:00PM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
18170	Senior/Older Adult Programs at Belle Haven Community Campus	Chair Exercise With Patty Barrera	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.	Jan 06, 2025 - Mar 24, 2025	09:30AM - 10:30AM	Every Mon	Patty Barrera	Belle Haven Community Campus	General: \$0.00	



Older adult activities at Belle Haven Community Campus

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18146	Senior/Older Adult Programs at Belle Haven Community Campus	Travel around the world	No need to get a visa or passport! Stay in your seats while we travel throughout the world. Each Friday, we will visit a new country and hear about the country we are visiting from our travel guide. In Spanish & English Registration Required. Registration will be completed in person. Please call 650- 330-2287 for more information.	Jan 10, 2025 - Mar 28, 2025	10:00AM - 12:00PM	Every Fri		Belle Haven Community Campus	General: \$0.00	60 Y
Lunch	Senior/Older Adult Programs at Belle Haven Community Campus	Lunch	Nutritionally balanced meals are available weekdays where senior center program is open. All meals are first come first serve. No lunch served on 2nd and 4th Thursday of the month. Please call 650- 330-2280 for more information.		12:00 PM (noon)	Mon-Fri <i>No lunch served on 2nd and 4th Thursday of the month</i>		Belle Haven Community Campus	General: \$2.50	60 Y



Older adult activities at Arrillaga Family Recreation Center

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
18437	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Conversational Spanish Beginner		Jan 08, 2025 - Mar 26, 2025	09:00AM - 10:00AM	Every Wed	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	18 Y
18436	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Conversational Spanish Advanced		Jan 08, 2025 - Mar 26, 2025	10:00AM - 11:00AM	Every Wed	Alex De La Quintana	Arrillaga Family Recreation Center	General: \$0.00	18 Y
18275	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Crochet Granny Squares for Adults	Discover the art of crochet in our weekly Granny Squares Crochet Class. Perfect for all skill levels, this class focuses on mastering the various timeless granny square patterns. Learn to create colorful squares and transform them into cozy blankets, stylish scarves, stunning bags, and more. With step-by-step guidance and plenty of creative inspiration, you'll leave each session with new skills and exciting project ideas. Let's crochet some amazing	Jan 08, 2025 - Feb 26, 2025	01:00PM - 02:15PM	Every Wed	Ozge Goker	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$317.00; Resident Program Fee: \$235.00	18 Y
18141	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Food as Medicine: Deep Nourishment with Ayurvedic Nutrition	Improve your overall health with universal ayurvedic principles of nutrition that you can easily apply in your everyday life. In this workshop you will learn: * Techniques to improve digestive fire and increase metabolism * Breathwork and herbal allies to help detox your body * Seasonally beneficial foods and recipes for the winter (Kapha) season Make your own custom spice blend with herbal allies that you can use in everyday cooking!	Jan 18, 2025 - Jan 18, 2025	02:00PM - 04:00PM	Every day	Banyan Wellness Team	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	16 Y



Older adult activities at Arrillaga Family Recreation Center

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17520	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. Material fee included in registration cost	Jan 07, 2025 - Mar 18, 2025	01:00PM - 02:30PM	Every Tue	Emma Soloveychik	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$446.00; Resident Program Fee: \$330.00	18 Y
17514	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Bands and Beats	Functional and resistance training using bands, weights, gliders and one's own body weight to improve muscle mass, balance and cardiovascular health.	Jan 17, 2025 - Mar 21, 2025	09:30AM - 10:35AM	Every Fri	Banyan Wellness Team	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$0.00; Resident Program Fee: \$0.00	16 Y
17220	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Feldenkrais Awareness Through Movement	Feldenkrais Awareness Through Movement uses slow, mindful movements to powerfully improve strength and flexibility, and to integrate body and mind. Unique to the Feldenkrais Method is that these lessons tie directly into functional movements of daily life, such as walking efficiently and improving one's posture in sitting or standing. Judy will guide you through a sequence of movements, encouraging you to move with gentle attention within a comfortable range. As you attend to the improving quality of movement, unnecessary muscular tensions throughout yourself can reorganize and release. Students are often amazed at the quick and clear changes that occur in an Awareness Through Movement lesson!	Jan 08, 2025 - Mar 19, 2025	12:00PM - 01:00PM	Every Wed	Judy Windt	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$16.00; Resident Program Fee: \$12.00	18 Y



Older adult activities at Arrillaga Family Recreation Center

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17167	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Sound Healing with Song Pine and Stone	A group sound healing session runs about 45-90 minutes and includes the use of crystal sound healing bowls, Tibetan bowls, tuning forks, and various other sound healing instruments. Attendees will bring their own yoga mats, blankets, pillows, eye masks, and whatever else they need to be comfortable during the session. We will begin with a group meditation, then instruments will be played to create a sound bath and attendees will be encouraged to relax and enjoy the soft, soothing sounds. When the session ends, attendees will be asked to rehydrate and we'll discuss how the session felt for everyone.	Jan 10, 2025 - Mar 21, 2025	11:00AM - 12:00PM	Every Fri	Gabriela Castro	Arrillaga Family Recreation Center	Non-Resident Program Fee: \$61.00; Resident Program Fee: \$45.00	18 Y
17166	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Line Dancing, Beginner	Line dancing is done to all genres of music: country, pop, rock & roll, big band, and even some rap! It's fun exercise while you meet new people and dance with friends you have already met. A new dance is taught every week with reviews of previous weeks' dances so you will be able to practice what you've learned. First-time beginners as well as returning beginners are welcome. You don't need a partner.	Jan 07, 2025 - Mar 18, 2025	12:30PM - 01:30PM	Every Tue	Evelyn Khinoo	Arrillaga Family Recreation Center	Drop-In Fee for course: \$20.00; Non-Resident Program Fee: \$149.00; Resident Program Fee: \$110.00	18 Y



Older adult activities at Arrillaga Family Recreation Center

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17141	Senior/Older Adult Programs at Arrillaga Family Recreation Center	Joint Point	This class has been called a posture class, a stretching class, and "Mariantics", derived from the originator's name Marianne Crowder. Unfortunately, Marianne is no longer with us but her appointed successor is still offering "class" to anyone interested in maintaining their body well into old age. Flexibility is definitely an advantage as this class originates from Modern Dance. Drop ins available \$5 per class	Jan 07, 2025 - Mar 20, 2025	09:30AM - 10:30AM	Every Tue, Wed, Thu	Cyndi Jung	Arrillaga Family Recreation Center	Drop-In Fee for course: \$5.00; Non-Resident Program Fee: \$135.00; Resident Program Fee: \$100.00	18 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17651	Kindergym	Kindergym (Winter 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.	Jan 10, 2025 - Mar 28, 2025	12:00PM - 12:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	12 Mos	003 Y
17610	Kindergym	Kindergym (Winter 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.	Jan 11, 2025 - Mar 29, 2025	10:00AM - 10:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17609	Kindergym	Kindergym (Winter 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.	Jan 11, 2025 - Mar 29, 2025	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y
17608	Kindergym	Kindergym (Winter 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.	Jan 10, 2025 - Mar 28, 2025	10:00AM - 10:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	12 Mos	003 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17606	Kindergym	Kindergym (Winter 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.	Jan 10, 2025 - Mar 28, 2025	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	12 Mos	003 Y
17604	Kindergym	Kindergym (Winter 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.	Jan 09, 2025 - Mar 27, 2025	12:00PM - 12:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17603	Kindergym	Kindergym (Winter 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.	Jan 09, 2025 - Mar 27, 2025	11:00AM - 11:50AM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y
17601	Kindergym	Kindergym (Winter 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.	Jan 08, 2025 - Mar 26, 2025	11:00AM - 11:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17600	Kindergym	Kindergym (Winter 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.	Jan 08, 2025 - Mar 26, 2025	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y
17599	Kindergym	Kindergym (Winter 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.	Jan 08, 2025 - Mar 26, 2025	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	12 Mos	003 Y



Gymnastics - Kindergym

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17598	Kindergym	Kindergym (Winter 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.	Jan 07, 2025 - Mar 25, 2025	02:00PM - 02:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	12 Mos	003 Y
17596	Kindergym	Kindergym (Winter 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.	Jan 07, 2025 - Mar 25, 2025	11:00AM - 11:50AM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	12 Mos	003 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17676	Kinderstars	Kinderstars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y
17674	Kinderstars	Kinderstars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17671	Kinderstars	Kinderstars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	01:00PM - 01:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	02 Y 06 Mos	004 Y
17670	Kinderstars	Kinderstars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	11:00AM - 11:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17669	Kinderstars	Kinderstars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	10:00AM - 10:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	02 Y 06 Mos	004 Y
17667	Kinderstars	Kinderstars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17666	Kinderstars	Kinderstars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y
17665	Kinderstars	Kinderstars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	11:00AM - 11:50AM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y
17664	Kinderstars	Kinderstars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	01:00PM - 01:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17663	Kinderstars	Kinderstars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y
17662	Kinderstars	Kinderstars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17661	Kinderstars	Kinderstars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	12:00PM - 12:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y
17659	Kinderstars	Kinderstars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	11:00AM - 11:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y
17658	Kinderstars	Kinderstars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	02 Y 06 Mos	004 Y



Gymnastics - KinderStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17655	Kinderstars	Kinderstars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	02 Y 06 Mos	004 Y
17652	Kinderstars	Kinderstars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	11:00AM - 11:50AM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	02 Y 06 Mos	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17757	Newstars	NewStars (WinterSeason)	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.	Jan 10, 2025 - Mar 28, 2025	01:00PM - 01:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	03 Y	004 Y
17714	Newstars	NewStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	12:00PM - 12:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y
17713	Newstars	NewStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	10:00AM - 10:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17712	Newstars	NewStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y
17711	Newstars	NewStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	03 Y	004 Y
17709	Newstars	NewStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	11:00AM - 11:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17708	Newstars	NewStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	10:00AM - 10:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	03 Y	004 Y
17707	Newstars	NewStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	09:00AM - 09:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	03 Y	004 Y
17706	Newstars	NewStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17705	Newstars	NewStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y
17704	Newstars	NewStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	12:00PM - 12:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y
17703	Newstars	NewStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17701	Newstars	NewStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	01:00PM - 01:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y
17700	Newstars	NewStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	09:00AM - 09:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	03 Y	004 Y
17699	Newstars	NewStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	02:00PM - 02:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	03 Y	004 Y



Gymnastics - NewStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17697	Newstars	NewStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	03 Y	004 Y
17696	Newstars	NewStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	03 Y	004 Y
17695	Newstars	NewStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	11:00AM - 11:50AM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	03 Y	004 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17732	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 11, 2025 - Mar 29, 2025	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17731	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 11, 2025 - Mar 29, 2025	10:00AM - 10:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17729	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 10, 2025 - Mar 28, 2025	01:00PM - 01:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17728	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 10, 2025 - Mar 28, 2025	11:00AM - 11:50AM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	04 Y	005 Y
17726	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 09, 2025 - Mar 27, 2025	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17725	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 09, 2025 - Mar 27, 2025	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17723	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 09, 2025 - Mar 27, 2025	01:00PM - 01:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17722	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 09, 2025 - Mar 27, 2025	12:00PM - 12:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17721	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 08, 2025 - Mar 26, 2025	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17720	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 08, 2025 - Mar 26, 2025	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17719	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 08, 2025 - Mar 26, 2025	01:00PM - 01:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	04 Y	005 Y
17718	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 07, 2025 - Mar 25, 2025	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	04 Y	005 Y



Gymnastics - MiniStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17717	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 07, 2025 - Mar 25, 2025	02:00PM - 02:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	04 Y	005 Y
17716	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 07, 2025 - Mar 25, 2025	01:00PM - 01:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	04 Y	005 Y
17715	MiniStars	MiniStars (Winter Season)	An independent class for ages 4 to 5. Children will be working in circuits to hone their skills and develop strength. Children will continue working on handstands and cartwheels (these skills are connected and require strength and balance), more difficult bar skills (introducing pull overs and front supports), forward and backward skills on low balance beams. Direction following, listening skills and turn taking are also part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 07, 2025 - Mar 25, 2025	12:00PM - 12:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	04 Y	005 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17756	SuperStars	SuperStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	12:00PM - 12:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17755	SuperStars	SuperStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17754	SuperStars	SuperStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17751	SuperStars	SuperStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	05 Y	006 Y
17750	SuperStars	SuperStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	05 Y	006 Y
17748	SuperStars	SuperStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17745	SuperStars	SuperStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17744	SuperStars	SuperStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17742	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	04:00PM - 04:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17741	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17739	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17738	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - SuperStars

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17735	SuperStars	SuperStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	05 Y	006 Y
17733	SuperStars	SuperStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	05 Y	006 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17859	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Winter 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.	Jan 07, 2025 - Mar 25, 2025	05:00PM - 05:50PM	Every Tue		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	09 Y	
17821	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Winter 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.	Jan 11, 2025 - Mar 29, 2025	04:00PM - 04:50PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	09 Y	
17820	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Winter 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.	Jan 09, 2025 - Mar 27, 2025	07:00PM - 07:50PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	09 Y	
17819	Level A Girls (Ages 9+)	Level A Girls (Ages 9+) (Winter 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.	Jan 07, 2025 - Mar 25, 2025	07:00PM - 07:50PM	Every Tue		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	09 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17832	Level B Girls	Level B Girls (Winter 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.	Jan 11, 2025 - Mar 29, 2025	03:00PM - 03:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
17831	Level B Girls	Level B Girls (Winter 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.	Jan 11, 2025 - Mar 29, 2025	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
17830	Level B Girls	Level B Girls (Winter 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.	Jan 10, 2025 - Mar 28, 2025	05:00PM - 05:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17829	Level B Girls	Level B Girls (Winter 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.	Jan 10, 2025 - Mar 28, 2025	04:00PM - 04:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	06 Y	
17828	Level B Girls	Level B Girls (Winter 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.	Jan 09, 2025 - Mar 27, 2025	07:00PM - 07:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
17827	Level B Girls	Level B Girls (Winter 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.	Jan 09, 2025 - Mar 27, 2025	05:00PM - 05:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17826	Level B Girls	Level B Girls (Winter 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.	Jan 09, 2025 - Mar 27, 2025	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
17825	Level B Girls	Level B Girls (Winter 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.	Jan 07, 2025 - Mar 25, 2025	06:00PM - 06:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	06 Y	
17823	Level B Girls	Level B Girls (Winter 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.	Jan 07, 2025 - Mar 25, 2025	05:00PM - 05:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17822	Level B Girls	Level B Girls (Winter 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.	Jan 07, 2025 - Mar 25, 2025	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	06 Y	
17835	Level C Girls	Level C Girls (Winter Season)	Advanced level of gymnastics. Must pass Level B in order to be in the class. Will work on skills such as back extension rolls, back walkovers, and back handsprings. More difficult moves will also be worked on the uneven bars and vault. Connecting moves and working them into a sequence of a short routine will be part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 09, 2025 - Mar 27, 2025	05:00PM - 05:50PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
17834	Level C Girls	Level C Girls (Winter Season)	Advanced level of gymnastics. Must pass Level B in order to be in the class. Will work on skills such as back extension rolls, back walkovers, and back handsprings. More difficult moves will also be worked on the uneven bars and vault. Connecting moves and working them into a sequence of a short routine will be part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 07, 2025 - Mar 25, 2025	06:00PM - 06:50PM	Every Tue		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	06 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17836	Level C Girls	Level C Girls (Winter Season)	Advanced level of gymnastics. Must pass Level B in order to be in the class. Will work on skills such as back extension rolls, back walkovers, and back handsprings. More difficult moves will also be worked on the uneven bars and vault. Connecting moves and working them into a sequence of a short routine will be part of the class. We do not provide make-up classes or refunds for classes you do not attend.	Jan 11, 2025 - Mar 29, 2025	02:00PM - 02:50PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y	
17843	Level D Girls	Level D Girls (Winter 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.	Jan 11, 2025 - Mar 29, 2025	03:00PM - 04:20PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$360.00; Resident Program Fee: \$288.00	07 Y	
17842	Level D Girls	Level D Girls (Winter 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	Jan 09, 2025 - Mar 27, 2025	06:00PM - 07:20PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$360.00; Resident Program Fee: \$288.00	07 Y	



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17756	SuperStars	SuperStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	12:00PM - 12:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17755	SuperStars	SuperStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	11:00AM - 11:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17754	SuperStars	SuperStars (Winter 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.	Jan 11, 2025 - Mar 29, 2025	09:00AM - 09:50AM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17751	SuperStars	SuperStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	05 Y	006 Y
17750	SuperStars	SuperStars (Winter 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.	Jan 10, 2025 - Mar 28, 2025	02:00PM - 02:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	05 Y	006 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17748	SuperStars	SuperStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17745	SuperStars	SuperStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	03:00PM - 03:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17744	SuperStars	SuperStars (Winter 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.	Jan 09, 2025 - Mar 27, 2025	02:00PM - 02:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17742	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	04:00PM - 04:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17741	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17739	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	03:00PM - 03:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y
17738	SuperStars	SuperStars (Winter 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.	Jan 08, 2025 - Mar 26, 2025	02:00PM - 02:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	006 Y



Gymnastics - Level A-D Girls

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17735	SuperStars	SuperStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	05 Y	006 Y
17733	SuperStars	SuperStars (Winter 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.	Jan 07, 2025 - Mar 25, 2025	03:00PM - 03:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	05 Y	006 Y



Gymnastics - Level A-C Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17621	Level A Boys	Level A Boys (Winter 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.	Jan 11, 2025 - Mar 29, 2025	04:00PM - 04:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y
17620	Level A Boys	Level A Boys (Winter 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.	Jan 11, 2025 - Mar 29, 2025	02:00PM - 02:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y
17618	Level A Boys	Level A Boys (Winter 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.	Jan 11, 2025 - Mar 29, 2025	01:00PM - 01:50PM	Every Sat	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y



Gymnastics - Level A-C Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17617	Level A Boys	Level A Boys (Winter 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.	Jan 10, 2025 - Mar 28, 2025	05:00PM - 05:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	06 Y
17616	Level A Boys	Level A Boys (Winter 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.	Jan 10, 2025 - Mar 28, 2025	03:00PM - 03:50PM	Every Fri	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	06 Y
17615	Level A Boys	Level A Boys (Winter 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.	Jan 09, 2025 - Mar 27, 2025	06:00PM - 06:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y



Gymnastics - Level A-C Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17614	Level A Boys	Level A Boys (Winter 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.	Jan 09, 2025 - Mar 27, 2025	04:00PM - 04:50PM	Every Thu	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y
17613	Level A Boys	Level A Boys (Winter 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.	Jan 08, 2025 - Mar 26, 2025	04:00PM - 04:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y
17612	Level A Boys	Level A Boys (Winter 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.	Jan 07, 2025 - Mar 25, 2025	06:00PM - 06:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	06 Y
17611	Level A Boys	Level A Boys (Winter 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.	Jan 07, 2025 - Mar 25, 2025	04:00PM - 04:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	06 Y



Gymnastics - Level A-C Boys

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17623	Level B Boys	Level B Boys (Winter 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.	Jan 10, 2025 - Mar 28, 2025	04:00PM - 04:50PM	Every Fri		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	06 Y
17622	Level B Boys	Level B Boys (Winter 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.	Jan 09, 2025 - Mar 27, 2025	05:00PM - 05:50PM	Every Thu		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	06 Y
17824	Level C Boys	Level C Boys (Winter 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.	Jan 10, 2025 - Mar 28, 2025	04:00PM - 04:50PM	Every Fri		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$220.00; Resident Program Fee: \$176.00	06 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17816	Aerial Silks & Rope Level 2-S	Aerial Silks & Rope Level 2-S (Winter Season)	Class designed for continuing Level 2 students who were previously in the Tuesday 4:30-5:30 class, and had to shift to the Tuesday or Saturday Level 2-3 class.	Jan 11, 2025 - Feb 15, 2025	12:30PM - 01:30PM	Every Sat		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$252.00; Resident Program Fee: \$348.00	09 Y
17815	Aerial Silks & Rope Level 2-S	Aerial Silks & Rope Level 2-S (Winter Season)	Class designed for continuing Level 2 students who were previously in the Tuesday 4:30-5:30 class, and had to shift to the Tuesday or Saturday Level 2-3 class.	Jan 07, 2025 - Feb 11, 2025	05:35PM - 06:35PM	Every Tue		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$348.00; Resident Program Fee: \$252.00	09 Y
17813	Aerial Silks 101	Aerial Silks 101 (Winter 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.	Jan 07, 2025 - Feb 11, 2025	04:30PM - 05:30PM	Every Tue		Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$348.00; Resident Program Fee: \$252.00	
17736	Aerial Silks Level 1A	Aerial Silks Level 1A (Winter Season)	Students will learn skills on the aerial silk apparatus. Skills include basic climbs, poses, and drops.	Jan 11, 2025 - Mar 22, 2025	01:30PM - 02:30PM	Every Sat	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$510.00; Resident Program Fee: \$410.00	08 Y
17771	Aerial Silks Level 1B	Aerial Silks Level 1B (Winter Season)	Students attending this class must have taken a previous aerial silks class (1a or 1b) or approved by instructor. Students will progress their skills with more climbs, poses and drops. They will also have the optional to put together a routine to be performed in a class showcase.	Jan 09, 2025 - Mar 20, 2025	04:30PM - 05:30PM	Every Thu	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$510.00; Resident Program Fee: \$410.00	08 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17743	Aerial Silks Level 2	Aerial Silks Level 2 (Winter Season)	Students must have completed Aerial Silks Level 1, 1a, or approved by the instructor. Students will be progressing beyond Level 1 skills to develop a performance quality routine.	Jan 09, 2025 - Mar 20, 2025	05:30PM - 06:30PM	Every Thu	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$510.00; Resident Program Fee: \$410.00	08 Y
17817	Aerial Silks Rope & Hammock Level 1-B	Aerial Silks Level 1B (Winter Season)	Dedicated to returning students from Level 1-A only. Requirements: successful completion of Level 1-A from previous session. Using aerial silks, moving forward with more advanced aerial practices, experience and athleticism performed in the air. Level 1 is a course for advancement running from fall to spring.	Jan 09, 2025 - Feb 13, 2025	04:30PM - 05:30PM	Every Thu	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$348.00; Resident Program Fee: \$252.00	08 Y
17762	Aerial Silks, Rope, & Hammock Level 2-3	Aerial Silks, Rope, & Hammock Level 2-3 (Winter Season)	Class for intermediate students only. Admission to this class for outsiders upon evaluation. Learning and practicing aerial dance technique & conditioning. Working on flexibility, athleticism, artistry and performance skills in the air. Warm-up & stretching mandatory. No more than 3 drop-ins per session. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Jan 07, 2025 - Feb 11, 2025	05:35PM - 07:35PM	Every Tue	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$432.00; Resident Program Fee: \$312.00	09 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17761	Aerial Silks, Rope, & Hammock Level 2-3	Aerial Silks, Rope, & Hammock Level 2-3 (Winter Season)	Class for intermediate students only. Admission to this class for outsiders upon evaluation. Learning and practicing aerial dance technique & conditioning. Working on flexibility, athleticism, artistry and performance skills in the air. Warm-up & stretching mandatory. No more than 3 drop-ins per session. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906	Jan 11, 2025 - Feb 15, 2025	12:30PM - 02:30PM	Every Sat	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$432.00; Resident Program Fee: \$312.00	09 Y
17760	Aerial Silks, Rope, & Hammock Level 3-4	Aerial Silks, Rope, & Hammock Level 3-4 (Winter Season)	Class for advanced students only. Admission to this class for outsiders upon evaluation. Learning and practicing technique for advanced dynamic drills in the air. Skills required: strength, athleticism, endurance, flexibility, artistry and grace of advanced aerial dance movements. No more than 3 drop-ins per session. Showcase in May. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906 REQUIREMENT: Appropriate attire - short or 3/4 sleeves leotard, long leg fitted to ankle cotton leggings OR microfiber stirrup tights + cotton dance fitted shorts (buy at Dancer Dejour dance store, Menalto Ave. Menlo Park). Attire must protect the skin from frictions and burns.	Jan 11, 2025 - Feb 15, 2025	02:35PM - 04:35PM	Every Sat	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$432.00; Resident Program Fee: \$312.00	09 Y



Gymnastics - Aerial and silks classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From
17759	Aerial Silks, Rope, & Hammock Level 3-4	Aerial Silks, Rope, & Hammock Level 3-4 (Winter Season)	Class for advanced students only. Admission to this class for outsiders upon evaluation. Learning and practicing technique for advanced dynamic drills in the air. Skills required: strength, athleticism, endurance, flexibility, artistry and grace of advanced aerial dance movements. No more than 3 drop-ins per session. Showcase in May. Instructor: Moni Santini-Kelly aerialarts.pa@gmail.com (650) 996-9906 REQUIREMENT: Appropriate attire - short or 3/4 sleeves leotard, long leg fitted to ankle cotton leggings OR microfiber stirrup tights + cotton dance fitted shorts (buy at Dancer Dejour dance store, Menalto Ave. Menlo Park). Attire must protect the skin from frictions and burns.	Jan 09, 2025 - Feb 13, 2025	05:35PM - 07:35PM	Every Thu	Monica Santini-Kelly	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$432.00; Resident Program Fee: \$312.00	09 Y
17740	Aerial Static trapeze	Aerial Static trapeze (Winter 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.	Jan 11, 2025 - Mar 22, 2025	12:30PM - 01:30PM	Every Sat	Soo Hom	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$510.00; Resident Program Fee: \$410.00	08 Y



Gymnastics - Menlo Children's Center classes

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees
18457	Menlo Childrens Center Gymnastics	MCC Middles (Winter 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	Jan 08, 2025 - Mar 26, 2025	11:00AM - 11:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$120.00; Resident Program Fee: \$96.00
18456	Menlo Childrens Center Gymnastics	MCC Littles Gymnastics (Winter 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.	Jan 08, 2025 - Mar 26, 2025	10:00AM - 10:50AM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$120.00; Resident Program Fee: \$96.00



Gymnastics - Stretch & Strength and Exploration through movement

ID	Service	Subject	Description	Dates	Time	Days	Instructor	Location	Fees	Age From	AgeTo
17852	Exploration Through Movement	Exploration through movement (Winter 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	Jan 08, 2025 - Mar 26, 2025	05:00PM - 05:50PM	Every Wed	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$240.00; Resident Program Fee: \$192.00	05 Y	018 Y
17844	Stretch And Strength	Stretch And Strength (Winter 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.	Jan 07, 2025 - Mar 25, 2025	07:00PM - 07:50PM	Every Tue	Gymnastics Staff	Arrillaga Family Gymnastics Center	Non-Resident Program Fee: \$200.00; Resident Program Fee: \$160.00	13 Y	