



BELLE HAVEN COMMUNITY CAMPUS 2024 CATALOG

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

Register: menlopark.gov/activityguide

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

Phone: [650-330-2205](tel:650-330-2205)

Email: registration@menlopark.gov

Web: menlopark.gov/feedback



Belle Haven Community Campus programs and classes - Youth

Id	Calendar	Class	Description	Dates	Time	Days	Instructor	Location	All Fees	Age From	Age To
11114	Youth enrichment	Advance Spanish for Kids (Thursday)	Advanced Level: Grammar, Countries & Capitals, Verbs, Sentence, Reading, Writing, Words, Days of the Week, Months and more.	Jul 25, 2024 - Aug 22, 2024	04:30PM - 05:30PM	Every Thu	Dennis Reyes	Belle Haven Community Campus	Resident Program Fee: \$25.00; Non-Resident Program Fee: \$38.75; Hyperlocal Program Fee: \$16.25; Hyperlocal Student Fee: \$16.25	08 Y	
11112	Youth enrichment	Advance Spanish for Kids (Tuesday)	Advanced Level: Grammar, Countries & Capitals, Verbs, Sentence, Reading, Writing, Words, Days of the Week, Months and more.	Jul 23, 2024 - Aug 20, 2024	04:30PM - 05:30PM	Every Tue	Dennis Reyes	Belle Haven Community Campus	Hyperlocal Student Fee: \$16.25; Non-Resident Program Fee: \$38.75; Hyperlocal Program Fee: \$16.25; Resident Program Fee: \$25.00	08 Y	
11105	Youth enrichment	Beginners Spanish for Kids (Monday)	Beginners Level: ABC, Vowels, Numbers, Pronouns, Body Parts, Words, Days of the Week and Month of the Years.	Jul 22, 2024 - Aug 19, 2024	04:30PM - 05:30PM	Every Mon	Dennis Reyes	Belle Haven Community Campus	Hyperlocal Student Fee: \$21.66; Resident Program Fee: \$33.34; Non-Resident Program Fee: \$51.67; Hyperlocal Program Fee: \$21.66	04 Y	010 Y
11103	Youth enrichment	Beginners Spanish for Kids (Wednesday)	Beginners Level: ABC, Vowels, Numbers, Pronouns, Body Parts, Words, Days of the Week and Month of the Years.	Jul 24, 2024 - Aug 21, 2024	04:30PM - 05:30PM	Every Wed	Dennis Reyes	Belle Haven Community Campus	Non-Resident Program Fee: \$61.00; Resident Program Fee: \$45.00; Hyperlocal Student Fee: \$33.00; Hyperlocal Program Fee: \$33.00	04 Y	010 Y
10913	Youth enrichment	Bike Shop - LiveinPeace	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. REGISTRATION DATES Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 26, 2024 - Aug 21, 2024	04:00PM - 05:00PM	Every Wed	Live in Peace Staff	Belle Haven Community Campus	Resident Program Fee: \$0.00; Hyperlocal Program Fee: \$0.00; Non-Resident Program Fee: \$78.00; Hyperlocal Student Fee: \$0.00	10 Y	
10841	Youth enrichment	Craft-Haven Creations	This arts and crafts program for 5-10 year olds is designed to spark imagination and creativity. Children engage in a range of activities such as painting, drawing, and collage-making using safe and child-friendly materials. The program focuses on developing fine motor skills, encouraging self-expression, and nurturing a love for art in a playful and supportive setting. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jul 31, 2024 - Aug 21, 2024	05:30PM - 06:30PM	Every Wed	City of Menlo Park Staff	Belle Haven Community Campus	Non-Resident Program Fee: \$31.00; Resident Program Fee: \$0.00; Hyperlocal Program Fee: \$0.00; Hyperlocal Student Fee: \$0.00	05 Y	010 Y



Belle Haven Community Campus programs and classes - Youth

Id	Calendar	Class	Description	Dates	Time	Days	Instructor	Location	All Fees	Age From	Age To
10840	Youth enrichment	Craft-Haven Creations	This arts and crafts program for 5-10 year olds is designed to spark imagination and creativity. Children engage in a range of activities such as painting, drawing, and collage-making using safe and child-friendly materials. The program focuses on developing fine motor skills, encouraging self-expression, and nurturing a love for art in a playful and supportive setting. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 26, 2024 - Jul 17, 2024	05:30PM - 06:30PM	Every Wed	City of Menlo Park Staff	Belle Haven Community Campus	Non-Resident Program Fee: \$31.00; Resident Program Fee: \$0.00; Hyperlocal Student Fee: \$0.00; Hyperlocal Program Fee: \$0.00	05 Y	010 Y
10920	Youth dance	Summer Fun Dance	We are dancing while telling stories. Dancers will learn hip-hop, jazz, modern, contemporary, lyrical, West African and, Step. Learning where each genre origins from, children will learn to count music and learn how to create costumes while building confidence. LEARN, GROW, DANCE. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 26, 2024 - Aug 07, 2024	04:00PM - 05:00PM	Every Wed	Juakila McConnell	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$61.00; Hyperlocal Student Fee: \$33.00; Resident Program Fee: \$45.00	05 Y	
10915	Youth technology	Intro to 3D printing design & electronics	Intro to Youth Coding: This course is designed for students to develop digital skills and enhance their understanding of basics of block coding. It utilizes the Scratch coding platform, a popular tool for teaching programming to young learners. The course curriculum includes creating stories, games, and animations, allowing students to learn coding in a fun and interactive way. The class environment is geared towards creativity and exploration, with students using laptops or tablets to engage with the Scratch interface. The course aims to foster a love for technology and problem-solving skills in young minds. REGISTRATION DATES Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 24, 2024 - Aug 05, 2024	05:00PM - 06:00PM	Every Mon	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$33.00; Hyperlocal Student Fee: \$33.00; Resident Program Fee: \$45.00; Non-Resident Program Fee: \$61.00	07 Y	012 Y
10914	Youth technology	Intro to Youth Coding	Intro to Youth Coding: This course is designed for students to develop digital skills and enhance their understanding of basics of block coding. It utilizes the Scratch coding platform, a popular tool for teaching programming to young learners. The course curriculum includes creating stories, games, and animations, allowing students to learn coding in a fun and interactive way. The class environment is geared towards creativity and exploration, with students using laptops or tablets to engage with the Scratch interface. The course aims to foster a love for technology and problem-solving skills in young minds. REGISTRATION DATES Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 25, 2024 - Aug 06, 2024	05:00PM - 06:00PM	Every Tue	Build Play Learn Staff	Belle Haven Community Campus	Hyperlocal Student Fee: \$33.00; Hyperlocal Program Fee: \$33.00; Resident Program Fee: \$45.00; Non-Resident Program Fee: \$61.00	07 Y	012 Y



Belle Haven Community Campus programs and classes - Youth

Id	Calendar	Class	Description	Dates	Time	Days	Instructor	Location	All Fees	Age From	Age To
10912	Youth basketball	Basketball Skills & Games	Learn and practice basic basketball skills such as dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 29, 2024 - Aug 17, 2024	04:15PM - 05:00PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Resident Program Fee: \$185.00; Hyperlocal Program Fee: \$120.00; Non-Resident Program Fee: \$250.00; Hyperlocal Student Fee: \$120.00	05 Y	007 Y
10852	Youth basketball	Parent & Me Basketball Basics	Learn and practice basic basketball skills such as dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 29, 2024 - Aug 17, 2024	03:05PM - 03:30PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$120.00; Resident Program Fee: \$185.00; Non-Resident Program Fee: \$250.00; Hyperlocal Student Fee: \$120.00	02 Y	004 Y
10851	Youth basketball	Scrimmages & Games	Scrimmages & Games: The class is designed for all skill levels from the beginner to the hoop“s veteran. Emphasis remains building basic basketball skills in offense and defense through fun exercises. Team concepts are presented in games and scrimmages to give students a strong foundation while moving to the game level. Participants should wear sport clothing and bring a water bottle. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 29, 2024 - Aug 17, 2024	05:05PM - 06:00PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Program Fee: \$140.00; Hyperlocal Student Fee: \$140.00; Resident Program Fee: \$214.97; Non-Resident Program Fee: \$290.01	08 Y	014 Y
10848	Youth basketball	Scrimmages & Games	Scrimmages & Games: The class is designed for all skill levels from the beginner to the hoop“s veteran. Emphasis remains building basic basketball skills in offense and defense through fun exercises. Team concepts are presented in games and scrimmages to give students a strong foundation while moving to the game level. Participants should wear sport clothing and bring a water bottle. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 24, 2024 - Aug 12, 2024	05:05PM - 06:00PM	Every Mon	Manuel Minzer	Belle Haven Community Campus	Non-Resident Program Fee: \$290.00; Hyperlocal Student Fee: \$140.00; Resident Program Fee: \$215.00; Hyperlocal Program Fee: \$140.00	08 Y	014 Y
10846	Youth basketball	Basketball Skills & Games	Learn and practice basic basketball skills such as dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 29, 2024 - Aug 17, 2024	03:35PM - 04:05PM	Every Sat	Manuel Minzer	Belle Haven Community Campus	Hyperlocal Student Fee: \$120.00; Non-Resident Program Fee: \$250.00; Resident Program Fee: \$185.00; Hyperlocal Program Fee: \$120.00	04 Y	005 Y
10844	Youth basketball	Basketball Scrimmages and Games	Learn and practice basic basketball skills such as dribbling, passing, and shooting in each class. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. Participants should wear sport clothing and bring a water bottle. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 24, 2024 - Aug 12, 2024	04:15PM - 05:00PM	Every Mon	Manuel Minzer	Belle Haven Community Campus	Non-Resident Program Fee: \$250.00; Hyperlocal Student Fee: \$120.00; Resident Program Fee: \$185.00; Hyperlocal Program Fee: \$120.00	05 Y	007 Y



Belle Haven Community Campus programs and classes - Adults

Id	Calendar	Class	Description (Event)	Dates	Time	Days	Instructor	Location	All Fees	Age From
11127	Adult arts	Craft-Haven Creations - Basketball Flower Pots	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Aug 23, 2024 - Aug 23, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$12.00; Non-Resident Program Fee: \$21.00; Resident Program Fee: \$16.00	18 Y
11126	Adult arts	Craft-Haven Creations - Mirror Borders	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Aug 16, 2024 - Aug 16, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Non-Resident Program Fee: \$21.00; Hyperlocal Program Fee: \$12.00; Resident Program Fee: \$16.00	18 Y
11125	Adult arts	Craft-Haven Creations - Glass Frame & Pressed Flowers	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Aug 09, 2024 - Aug 09, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Resident Program Fee: \$16.00; Hyperlocal Program Fee: \$12.00; Non-Resident Program Fee: \$21.00	18 Y
11122	Adult arts	Craft-Haven Creations - Journal Decor & Positive Affirmations	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Aug 02, 2024 - Aug 02, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$12.00; Non-Resident Program Fee: \$21.00; Resident Program Fee: \$16.00	18 Y



Belle Haven Community Campus programs and classes - Adults

Id	Calendar	Class	Description (Event)	Dates	Time	Days	Instructor	Location	All Fees	Age From
11121	Adult arts	Craft-Haven Creations - Paracord Bracelets	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jul 19, 2024 - Jul 19, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$12.00; Resident Program Fee: \$16.00; Non-Resident Program Fee: \$21.00	18 Y
11120	Adult arts	Craft-Haven Creations - Glass Cup Painting	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jul 12, 2024 - Jul 12, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Hyperlocal Program Fee: \$12.00; Resident Program Fee: \$16.00; Non-Resident Program Fee: \$21.00	18 Y
11119	Adult arts	Craft-Haven Creations - Tote Bag Decorating	Join Craft-Haven Creation for an, immersive workshop designed for adults to explore and enhance their artistic skills in a relaxed and social environment. The classes cater to all skill levels, encouraging creativity, self-expression, and networking among like-minded individuals. Materials are provided, and attendees can take home their completed artworks, making the experience both educational and rewarding. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 28, 2024 - Jun 28, 2024	06:00PM - 07:00PM	Once	City of Menlo Park Staff	Belle Haven Community Campus	Non-Resident Program Fee: \$21.00; Hyperlocal Program Fee: \$12.00; Resident Program Fee: \$16.00	18 Y
11113	Adult dance	Traditional Aztec Dance (Monday)	Learn to dance the traditional Aztec Dance that has been taught for centuries in Mexico and other Latin American countries.	Jun 24, 2024 - Aug 19, 2024	06:00PM - 08:00PM	Every Mon	Gerardo Salinas	Belle Haven Community Campus	Non-Resident Program Fee: \$61.00; Drop-In Fee for course: \$8.00; Hyperlocal Program Fee: \$33.00; Resident Program Fee: \$45.00	18 Y
10919	Adult dance	Zumba	Zumba is a fun dance workout even for beginners. An amazing way to burn calories and staying active all through dancing. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 25, 2024 - Aug 27, 2024	06:00PM - 07:00PM	Every Tue	Kristine Ubungen	Belle Haven Community Campus	Resident Program Fee: \$45.00; Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$61.00	18 Y



Belle Haven Community Campus programs and classes - Adults

Id	Calendar	Class	Description (Event)	Dates	Time	Days	Instructor	Location	All Fees	Age From
10917	Adult dance	Senior Soul Line Dance	Learn to do the Cupid Shuffle, Electric Slide, Bus Stop, and many other line dances to R&B music! Come enjoy this Energetic class and meet new friends along the way. Classes will meet on the 1st & 3rd Thursdays of each month for Seniors and alternating Saturdays for Community. Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 22, 2024 - Aug 31, 2024	11:00AM - 12:30PM	Every Sat	Juanita Croft	Belle Haven Community Campus	Hyperlocal Program Fee: \$0.00; Resident Program Fee: \$0.00; Non-Resident Program Fee: \$0.00	18 Y
11088	Adult fitness classes	Fit & Fabulous 40+ Bootcamp	This 30 minute beginner friendly over 40 Boot camp style workout has been created specifically with our 40+ Fit and Fabulous community members in mind. What to expect: 1. Expert guidance from certified personal trainer. 2. Tailored workouts for all fitness levels. 3. Fun and supportive community of like minded individuals. 4. Workout done in 30 minutes. REGISTRATION DATES Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jul 31, 2024 - Aug 23, 2024	08:00AM - 08:30AM	Every Wed, Fri	Tracie VanHook	Belle Haven Community Campus	Resident Program Fee: \$45.00; Drop-In Fee for course: \$5.00; Non-Resident Program Fee: \$61.00; Hyperlocal Program Fee: \$33.00	40 Y
11087	Adult fitness classes	Fit & Fabulous 40+ Bootcamp	This 30 minute beginner friendly over 40 Boot camp style workout has been created specifically with our 40+ Fit and Fabulous community members in mind. What to expect: 1. Expert guidance from certified personal trainer. 2. Tailored workouts for all fitness levels. 3. Fun and supportive community of like minded individuals. 4. Workout done in 30 minutes. REGISTRATION DATES Hyper Local: June 13th Residents: June 17th Non-Residents: June 19th	Jun 26, 2024 - Jul 26, 2024	08:00AM - 08:30AM	Every Wed, Fri	Tracie VanHook	Belle Haven Community Campus	Resident Program Fee: \$45.00; Drop-In Fee for course: \$5.00; Hyperlocal Program Fee: \$33.00; Non-Resident Program Fee: \$61.00	40 Y
	Adult Drop-in	Basketball Drop-in	Join for casual games and practice.	Year-around	12:00PM - 2:00PM	Every Tue, Thur, Fri		Belle Haven Community Campus	Drop-In Fee: \$2.00	18 Y
	Adult Drop-in	Volleyball Drop-in	Join for casual games and practice.	Year-around	12:00PM - 2:00PM	Every Mon, Wed		Belle Haven Community Campus	Drop-In Fee: \$2.00	18 Y
	Adult Drop-in	Fitness Center Drop-in	The Fitness Center is open during Onetta Harris Community Center business hours.	Year-around	8:00 AM-8:00 PM (M-F) 8:00 AM-6:00 PM (Sat.)	Mon-Sat		Belle Haven Community Campus	Resident Drop-In Fee: \$3.00; Non-Resident Fee: \$5.00	40 Y



Belle Haven Community Campus programs and classes - Seniors

Id	Class	Description (Event)	Dates	Time	Days	Instructor	Location	All Fees	Age From
	Daily lunch	Join us each weekday for nutritionally balanced lunches for older adult residents. Lunch is not served	Year around	12:00 PM - 12:30 PM	Mon-Fri **No lunch 2nd and 4th Th of month		Belle Haven Community Campus	Senior participants : \$2.50; Guests: \$5.00	60 Y
11089	Senior Soul Line Dance	A fun way to learn all about the cultural dances of Mexico. Improve your technique, poise, self-confidence, and creative ability as well as deepening your understanding of and appreciation for the rich and colorful heritage that each dance represents. Performance opportunities each quarter in front of live audience. Registration will be completed in-person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 18, 2024 - Aug 29, 2024	09:30AM - 10:30AM	Every Thu	Juanita Croft	Belle Haven Community Campus	General: \$0.00	60 Y
11085	Travel Around the World! at BHCC	No need to get a visa or passport! Stay in your seats while we travel throughout the world. Each Friday we will visit a new country and hear about the country we are visiting from our travel guide. In Spanish & English. Registration will be completed in-person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 05, 2024 - Aug 23, 2024	11:00AM - 12:00PM	Every Fri	Dan Fillin	Belle Haven Community Campus	General: \$0.00	60 Y
11077	Fellowship Circle (Spanish) - Fridays at BHCC	A safe place to get your questions answered, and feel empowered with the knowledge you gain through discussions. Join this friendly group and feel connected. In Spanish only. Registration will be completed in-person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 05, 2024 - Jul 05, 2024	10:00AM - 11:00AM	Once	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
11068	Sewing and Crafts	This class is designed for adults who would like to learn basic sewing techniques, as well as to create simple and easy craft projects. Make something to take home weekly. Registration will be completed in-person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 05, 2024 - Aug 23, 2024	10:00AM - 11:30AM	Every Fri	Jorel Thomson	Belle Haven Community Campus	General: \$0.00	60 Y



Belle Haven Community Campus programs and classes - Seniors

Id	Class	Description (Event)	Dates	Time	Days	Instructor	Location	All Fees	Age From
11067	Technology Roundtable for Seniors at BHCC	Bring your Smart Phone, Tablet, or Lap top and learn how to work with them. This bilingual, patient teacher will walk you through every step of the way so you feel comfortable using your technology. Maximum 6 students per class. Registration will be completed in person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 05, 2024 - Aug 23, 2024	09:00AM - 10:00AM	Every Fri	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
11066	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!	Jul 05, 2024 - Aug 23, 2024	09:00AM - 09:45AM	Every Fri	Lida Tesarkova	Belle Haven Community Campus	General: \$0.00	60 Y
11041	Meditation and Acupressure at BHCC	Using acupressure points for pain and stress management, learn how easy it is to bring peace to your mind and body. While seated, you will use your own hands to press some of the most therapeutic acupressure points on your head, arms, and legs, which can relieve pain, allergies, insomnia, and strengthen your immune system. Registration will be completed in person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 03, 2024 - Aug 21, 2024	10:30AM - 11:45AM	Every Wed	Patricia Mayall	Belle Haven Community Campus	General: \$0.00	60 Y
11038	Yoga Chair & Stand at BHCC	While sitting or standing, experience easy strengthening and relaxation techniques. Improve your balance and stamina as we enjoy listening to classic tunes and learning gentle, modified yoga poses. Registration will be completed in-person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 02, 2024 - Aug 20, 2024	11:00AM - 11:45AM	Every Tue	Patricia Mayall	Belle Haven Community Campus	General: \$0.00	60 Y
11035	Folklorico at BHCC	A fun way to learn all about the cultural dances of Mexico. Improve your technique, poise, self-confidence, and creative ability as well as deepening your understanding of and appreciation for the rich and colorful heritage that each dance represents. Performance opportunities each quarter in front of live audience. Registration will be completed in-person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 02, 2024 - Aug 20, 2024	10:00AM - 11:00AM	Every Tue	Patty Barrera	Belle Haven Community Campus	General: \$0.00	60 Y



Belle Haven Community Campus programs and classes - Seniors

Id	Class	Description (Event)	Dates	Time	Days	Instructor	Location	All Fees	Age From
11034	Conversation for Peace and Unity	Everyone is welcome to better ourselves and our community,	Jul 02, 2024 - Aug 20, 2024	10:00AM - 11:00AM	Every Tue		Belle Haven Community Campus	General: \$0.00	60 Y
11033	English as a Second Language (ESL) for Seniors at BHCC	Learn useful words and improve your conversational skills in English. All levels are welcome. Registration will be completed in person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 01, 2024 - Aug 19, 2024	11:00AM - 12:00PM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
11032	Drawing and Painting for Seniors at BHCC	We provide the supplies for you to practice your skills in drawing and painting while learning new ones. All levels of experience are welcome in this safe, non-judgmental class. Mediums we use are pencil, charcoal, watercolor, pastels, and acrylics. Registration will be completed in person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 01, 2024 - Aug 19, 2024	10:00AM - 11:30AM	Every Mon	Jorel Thomson	Belle Haven Community Campus	General: \$0.00	60 Y
11029	Conversational Spanish Advance at BHCC	Learn Spanish to communicate with your neighbors in our diverse community, and make new friends, too! This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish while learning grammar and writing. Registration will be completed in person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 01, 2024 - Aug 19, 2024	10:00AM - 11:00AM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y
11024	Conversational Spanish Beginner at BHCC	Learn Spanish to communicate with your neighbors in our diverse community, and make new friends, too! This fun class, taught in a nurturing setting by a very patient, experienced instructor, teaches you simple phrases to help you speak in Spanish while learning grammar and writing. Registration will be completed in person. Please call 650-330-2287 or 650-330-2206 for more information.	Jul 01, 2024 - Aug 19, 2024	09:00AM - 10:00AM	Every Mon	Alex De La Quintana	Belle Haven Community Campus	General: \$0.00	60 Y