



SPRING/  
SUMMER  
2024

CITY OF SAN CARLOS

# THE GUIDE

*to Good Living*





San Carlos Parks & Recreation  
**MOVIE NIGHT**

**JUNE 22** Field of Dreams

**JULY 20** Top Gun:  
Maverick

**AUGUST 24** Barbie

**BURTON PARK** ♦ Movies begin at sunset,  
approximately 8:30 p.m.

SPONSORED BY SAN CARLOS PARKS & RECREATION AND  
 PARKS & RECREATION FOUNDATION OF SAN CARLOS

**VOLUNTEER**

JOIN THE  
**HOMETOWN DAYS  
 EVENT CREW!**

**SPONSOR**

**MUSIC IN THE PARK**

**June 14 – August 2**  
 Fridays, 6:00 p.m. – 8:00 p.m., Burton Park

[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

Sponsored by San Carlos Parks & Recreation  
 and Parks & Recreation Foundation of San Carlos

**Pride  
 in the Park!**

**June 15**  
**11:00 a.m. to 2:00 p.m.**  
 Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

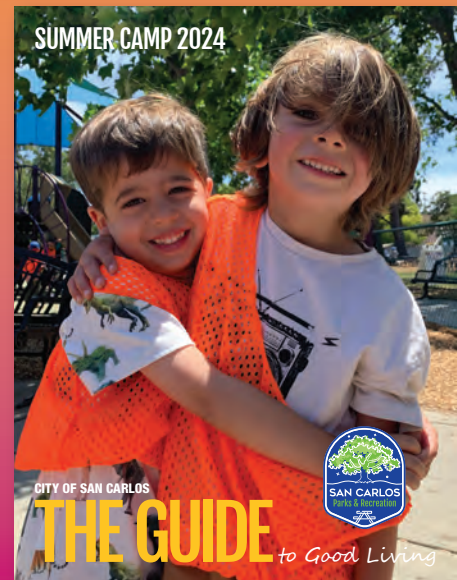
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## YOUTH SUMMER CAMPS

See the camp pull-out section at the center of this guide for details!





# CITY OF SAN CARLOS

Serving you at [cityofsancarlos.org/pr](http://cityofsancarlos.org/pr).

## Recreation Facilities

### Registration Office

(650) 802-4382

Located at the Adult Community Center  
601 Chestnut Street, San Carlos  
Monday-Thursday, 9:00 a.m. – 5:00 p.m.  
Friday, 9:00 a.m. – 3:00 p.m.

### Youth Center

(650) 802-4120

1001 Chestnut Street, San Carlos  
Monday-Friday, 9:00 a.m. – 5:00 p.m.  
Saturday and Sunday, Closed  
See page 24 for Youth Center drop-in  
and extended hours schedule.

### Adult Community Center

(650) 802-4384

601 Chestnut Street, San Carlos  
Monday-Thursday, 9:00 a.m. – 5:00 p.m.  
Friday, 9:00 a.m. – 3:00 p.m.  
Open evenings for classes as scheduled.

### Athletics Office

(650) 802-4124

Located at the Youth Center  
1001 Chestnut Street, San Carlos  
Monday-Friday, 9:00 a.m. – 5:00 p.m.

### Parks & Recreation Administration Office

(650) 802-4109

### Field Conditions Hotline

(650) 802-4333

## Parks & Recreation Staff

### Recreation Staff

Amy Newby, Parks & Recreation Director  
Tyler Muela, Recreation Manager  
Hilda Pacheco, Administrative Assistant  
Caitlyn Matoso, Recreation Supervisor  
Wendy Schettino, Recreation Supervisor  
Holly Gonzales, Recreation Coordinator  
Janet Guerry, Recreation Coordinator  
Emma Licko, Recreation Coordinator  
Matt Okada, Recreation Coordinator  
Lauren Burd, Recreation Coordinator  
George Holland, Sr. Admin. Clerk  
Tracie Neizman, Sr. Facility Attendant  
Brenda Sullivan, Cook

### Public Works

#### Parks Maintenance Staff

Lou Duran, Superintendent  
Angel Noriega, Assistant Superintendent  
Arturo Burgueno, Sr. Maintenance Worker  
Damian Chen, Sr. Maintenance Worker  
Dempsey Davis, Sr. Maintenance Worker  
Luis Estrada, Sr. Maintenance Worker  
Venne Forks, Sr. Maintenance Worker  
Ruben Ramirez, Sr. Maintenance Worker  
Matthew Richards, Sr. Maintenance  
Worker  
Rick Viles, Sr. Maintenance Worker  
Mia Muegge, Sr. Administrative Clerk



## San Carlos City Council

Meets the 2nd & 4th Monday of each month at 7:00 p.m. See meeting agenda on City website for details on how to participate.

John Dugan, Mayor  
Sara McDowell, Vice Mayor  
Ron Collins  
Adam Rak  
Pranita Venkatesh  
Jeff Maltbie, City Manager

## Parks, Recreation, & Culture Commission

Meets the first Wednesday, every even month at 7:00 p.m. See meeting agenda on City website for details on how to participate.

Robert Bollier, Chair  
Cecile Lee, Vice Chair  
Tony Chao  
John Durkin  
Mark Maxwell  
Julie Lubetkin, Alternate





## Youth Advisory Council

Meets the second Wednesday of each month during the school year from 7:00 p.m. – 8:30 p.m.

Ava Stathacopoulos  
Eva McLinden  
Ellora Mehta  
Annika Gupta  
Cecily Mock  
Sufiya Kaul  
Hannah Delizo  
Samina Ginwalla  
Dylan Karmin  
Zuri Kadiwar  
Connor Huh  
Maya Kacholiya, Alternate  
Michael Sandoval, Alternate

## Fee Assistance Program

A Fee Assistance Program, funded in partnership with the Parks and Recreation Foundation of San Carlos and City of San Carlos, is available to help San Carlos residents participate in San Carlos Parks & Recreation classes and programs. Requests must be submitted with completed application. For more information and to request an application, please call the Recreation Department at (650) 802-4382 or visit [cityofsancarlos.org/feeassistance](http://cityofsancarlos.org/feeassistance).

## Americans with Disabilities Act

The City of San Carlos Parks & Recreation Department is committed to implementing the intent and spirit of the Americans With Disabilities Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs and activities. If you have special needs that require specific accommodations to enjoy one of our classes or facilities, please contact us at (650) 802-4382.



# Your Support Makes it Possible!

In 2023 your donations helped 28 San Carlos families attend camps and other Parks and Recreation programs!

## Won't you Join Us?

Consider supporting the Parks and Recreation Foundation! Donations are tax-deductible and go directly to funding San Carlos Parks and Programs.

## Donate Today!



[www.prfisancarlos.org/donate](http://www.prfisancarlos.org/donate)

“ Supporting the Parks and Recreation Foundation ensures quality San Carlos Parks for generations to come. ”

- Linda Teutschel, San Carlos

The Parks and Recreation Foundation of San Carlos Foundation is a registered 501(c) non-profit organization. Donations are tax-deductible to the fullest extent of the law. Federal Tax ID# 94-3203214

# SAN CARLOS SPRING & SUMMER COMMUNITY CALENDAR

**City Council** meets second and fourth Mondays at 7:00 p.m.

**Planning and Transportation Commission** meets 1st & 3rd Mondays at 7:00 p.m.

**Parks, Recreation & Culture Commission** meets every even months, 1st Wednesday at 7:00 p.m.

**Youth Advisory Council** meets 2nd Wednesday at 7:00 p.m.

Agenda materials may be viewed online at [cityofsancarlos.org/agenda](http://cityofsancarlos.org/agenda) at least 72 hours prior to a regular meeting.

## Every Sunday

### Farmers' Market

9:00 a.m. – 1:00 p.m.  
Downtown Laurel Street  
[cityofsancarlos.org/farmersmarket](http://cityofsancarlos.org/farmersmarket)

## April

### April 6

**Pedro Tournament**  
11:00 a.m. – 4:00 p.m.  
Adult Community Center  
[friendsoftheacc.org](http://friendsoftheacc.org)

### April 6

**No Foolin' Foot Race**  
Big Canyon & Eaton Parks  
[prfsancarlos.org](http://prfsancarlos.org)

### April 12

**Spring Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

### April 20

**Teen Wellness Retreat**  
9:00 a.m. – 2:00 p.m.  
[cityofsancarlos.org/scyc](http://cityofsancarlos.org/scyc)



Day of Service – Earth Day

April 21

## April 21

**Day of Service – Earth Day**  
Burton Park  
9:00 a.m. – 1:00 p.m.  
[cityofsancarlos.org/dayofservice](http://cityofsancarlos.org/dayofservice)

## May

### May 4

**Revel @ Devil's**  
[scefkids.org/events](http://scefkids.org/events)

### May 10

**Mother's Day Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

### May 11

**Blood Drive**  
10:00 a.m. – 3:00 p.m.  
Youth Center  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### May 17-19

**Hometown Days**  
Burton Park  
[sancarloshometowndays.com](http://sancarloshometowndays.com)

## June

### June 1

**Pasta Bingo Night**  
5:00 p.m. – 8:00 p.m.  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

### June 8

**Free Fitness in the Park**  
9:00 a.m. – 10:00 a.m.  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

## June 14

**Father's Day Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

## June 14

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

## June 15

**Pride in the Park**  
11:00 a.m. – 2:00 p.m.  
Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

## June 21

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

## June 22

**Community Movie Night**  
Sunset approximately 8:30 p.m.  
Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

## June 22

**Free Fitness in the Park**  
9:00 a.m. – 10:00 a.m.  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

## June 28

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)





**Pride in the Park**  
June 15



**Music in the Park**  
June 14 – August 2



**Family Campout**  
August 9-10

## July

### July 5

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

### July 12

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### July 12

**Red, White & Blue Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

### July 19

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

### July 20

**Free Fitness in the Park**  
9:00 a.m. – 10:00 a.m.  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### July 20

**Community Movie Night**  
Sunset approximately 8:30 p.m.  
Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### July 26

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

## August

### August 2

**Music in the Park**  
6:00 p.m. – 8:00 p.m.  
Burton Park  
[cityofsancarlos.org/music](http://cityofsancarlos.org/music)

### August 2

**Luau Luncheon**  
12:00 p.m. – 1:30 p.m.  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)

### August 9-10

**Family Campout**  
Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### August 17

**Blood Drive**  
10:00 a.m. – 3:00 p.m.  
Youth Center  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### August 21

**After School Drop-In Open House**  
9:00 p.m. – 7:00 p.m.  
Youth Center  
[cityofsancarlos.org/scyc](http://cityofsancarlos.org/scyc)

### August 24

**Community Movie Night**  
Sunset approximately 8:30 p.m.  
Burton Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

### August 25

**Harringtons Block Party**  
12:00 p.m. – 2:00 p.m.  
Frank D. Harrington Park  
[cityofsancarlos.org/events](http://cityofsancarlos.org/events)

## City Facility Closures

### May 27

Memorial Day

### June 19

Juneteenth Day

### July 4

Fourth of July

**Thanks to  
Parks & Recreation  
Foundation of San Carlos  
for their generous support  
of our community events!**  
[prfsancarlos.org](http://prfsancarlos.org)

# TOT/PRESCHOOL ACTIVITIES

## Arts & Music

### Little Musicians – Music Together

(Ages 5 and under)

Little Musicians is excited to offer nationally acclaimed Music Together, a parent-child music and movement program. During class, you will sing, dance, and play instruments to songs. These fun activities are developmentally appropriate for children and easy for parents and caregivers to participate in regardless of their own musical ability. Tuition includes our Music Together Spring Triangle/Summer Harmonica collection, a professionally recorded CD, as well as digital access to the music, and a beautifully illustrated songbook so you can continue making music at home. Infant siblings under 8 months may attend for free. Siblings 8 months and over are offered a registration discount at \$150 per additional siblings for the 10-week session, \$138 for the 9-week session, \$126 for the 8-week session, and \$113 for the 7-week session. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382. Spring Instructors: Steven (M/F), Gaby (T/Su), Amy (Sa)

Summer Instructors: Amy (M morning), Bara (M afternoon), Gaby (T/F/Su), Amy (Sa). No classes 4/20, 5/18, 5/19, 5/27.

#### Spring Session

*Dance Studio at Youth Center*

**Resident: \$277 Non-resident: \$297**

19633	M	9:00 a.m. – 9:45 a.m.	9 classes	4/1 – 6/3
19634	M	10:00 a.m. – 10:45 a.m.	9 classes	4/1 – 6/3
19972	M	11:00 a.m. – 11:45 a.m.	9 classes	4/1 – 6/3
19635	M	4:00 p.m. – 4:45 p.m.	9 classes	4/1 – 6/3
19636	M	5:00 p.m. – 5:45 p.m.	9 classes	4/1 – 6/3
19645	Su	9:00 a.m. – 9:45 a.m.	9 classes	4/7 – 6/9
19646	Su	10:00 a.m. – 10:45 a.m.	9 classes	4/7 – 6/9
19647	Su	11:00 a.m. – 11:45 a.m.	9 classes	4/7 – 6/9

**Resident: \$252 Non-resident: \$272**

19642	Sa	9:00 a.m. – 9:45 a.m.	8 classes	4/6 – 6/8
19643	Sa	10:00 a.m. – 10:45 a.m.	8 classes	4/6 – 6/8
19644	Sa	11:00 a.m. – 11:45 a.m.	8 classes	4/6 – 6/8

**Resident: \$302 Non-resident: \$322**

19637	T	9:00 a.m. – 9:45 a.m.	10 classes	4/2 – 6/4
19775	T	10:00 a.m. – 10:45 a.m.	10 classes	4/2 – 6/4
19638	T	11:00 a.m. – 11:45 a.m.	10 classes	4/2 – 6/4
19639	F	9:00 a.m. – 9:45 a.m.	10 classes	4/5 – 6/7
19640	F	10:00 a.m. – 10:45 a.m.	10 classes	4/5 – 6/7
19641	F	11:00 a.m. – 11:45 a.m.	10 classes	4/5 – 6/7

#### Summer Session

*Arts and Crafts Room at Youth Center*

**Resident: \$227 Non-resident: \$247**

19648	M	9:00 a.m. – 9:45 a.m.	7 classes	7/8 – 8/19
19649	M	10:00 a.m. – 10:45 a.m.	7 classes	7/8 – 8/19
19650	M	11:00 a.m. – 11:45 a.m.	7 classes	7/8 – 8/19
19651	M	4:00 p.m. – 4:45 p.m.	7 classes	7/8 – 8/19
19652	M	5:00 p.m. – 5:45 p.m.	7 classes	7/8 – 8/19
19773	T	9:00 a.m. – 9:45 a.m.	7 classes	7/9 – 8/20
19653	T	10:00 a.m. – 10:45 a.m.	7 classes	7/9 – 8/20
19654	T	11:00 a.m. – 11:45 a.m.	7 classes	7/9 – 8/20
19655	F	9:00 a.m. – 9:45 a.m.	7 classes	7/12 – 8/23
19656	F	10:00 a.m. – 10:45 a.m.	7 classes	7/12 – 8/23
19657	F	11:00 a.m. – 11:45 a.m.	7 classes	7/12 – 8/23
19658	Sa	9:00 a.m. – 9:45 a.m.	7 classes	7/13 – 8/24
19659	Sa	10:00 a.m. – 10:45 a.m.	7 classes	7/13 – 8/24
19660	Sa	11:00 a.m. – 11:45 a.m.	7 classes	7/13 – 8/24
19661	Su	9:00 a.m. – 9:45 a.m.	7 classes	7/14 – 8/25
19662	Su	10:00 a.m. – 10:45 a.m.	7 classes	7/14 – 8/25
19663	Su	11:00 a.m. – 11:45 a.m.	7 classes	7/14 – 8/25

## Performing Arts

### Baby Play – Caregiver & Me (Ages 4–12 months)

In this lively 50-minute class, you'll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we'll check out different props, sing, dance, and read stories to engage and delight your baby's growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home.

#### San Carlos Children's Theater Instructors

*Dance Studio at Youth Center*

**Resident: \$187 Non-resident: \$207**

19588	W	9:00 a.m. – 9:50 a.m.	8 classes	4/17 – 6/5
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**NEW** **Preschool Musical Theater – Hakuna Matata** (Ages 3–5 years)

Does your child love to sing and dance? Through fun, imaginative activities inspired by songs from The Lion King, your preschooler will develop confidence and character as they learn to express themselves through singing, dancing, and acting. Using creative movement, music and imaginative games, this class helps children discover their “inner star” as they build a performing arts foundation.

**San Carlos Children’s Theater Instructors**  
*SCCT Studio, 1314 Old Country Road, Belmont*

**Resident: \$187 Non-resident: \$207**

**19591** Th 2:30 p.m. – 3:30 p.m. 8 classes 4/18 – 6/6



**Tiny Spotlight in Spring – Caregiver & Me** (Ages 1–3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We’ll explore sound and rhythm as we sing and dance to popular children’s songs. And we’ll stretch our imaginations as we read storybooks and play make believe together. If you don’t know the songs or stories, don’t worry! We’re here to teach you and your little one. Adult participation is key to helping toddlers gain the confidence to explore and learn.

**San Carlos Children’s Theater Instructors**  
*SCCT Studio, 1314 Old Country Road, Belmont*

**Resident: \$187 Non-resident: \$207**

**19589** Th 10:00 a.m. – 11:00 a.m. 8 classes 4/18 – 6/6

**FAMILY CAMP OUT**

**August 9 & 10 at Burton Park**

Camp under the stars at Burton Park! Enjoy a variety of activities including crafts, field games, s’more roasting, and a movie at dusk! BBQ dinner and continental breakfast is included.

Check in – Begins Friday at 4:00 p.m.  
 Check out – Saturday at 10:00 a.m.

<b>Family of 2</b>	<b>19781</b>	Fee: \$50
<b>Family of 3</b>	<b>19782</b>	Fee: \$75
<b>Family of 4</b>	<b>19783</b>	Fee: \$100
<b>Family of 5</b>	<b>19784</b>	Fee: \$125
<b>Family of 6</b>	<b>19788</b>	Fee: \$150
<b>Family of 7</b>	<b>19786</b>	Fee: \$175
<b>Family of 8</b>	<b>19785</b>	Fee: \$200

[cityofsancarlos.org/register](http://cityofsancarlos.org/register)

Sponsored by San Carlos Parks & Recreation and Parks & Recreation Foundation of San Carlos



# YOUTH ACTIVITIES

## Arts & Music

### Comic Creations (Ages 7-12 years)

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. \$50 material fee is payable to instructor at the first class.

#### EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$335 Non-resident: \$355

19506	Th	4:00 p.m. – 5:00 p.m.	7 classes	4/18 – 5/30
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### Da Vinci's Workshop (Ages 6-12 years)

Our Renaissance instructors will guide your child through exciting new lessons every class. Students will learn fundamental artistic skills in a variety of mediums including acrylic painting, watercolors, clay sculptures, cartoons, anime, manga, sketching and drawing. Students will have a blast and will bring home tons of new artwork. No class 4/11.

#### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$195 Non-resident: \$215

19526	F	3:30 p.m. – 4:30 p.m.	7 classes	4/5 – 5/24
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### Draw with Us (Ages 5-12 years)

This course focus on building fundamental drawing skills. Students will learn basic techniques such as shading, controlling tones, composition, and drawing methods. Additionally, we teach how to see with an artist's eye while exploring different art mediums from oil pastels, chalk pastels, paints and markers. This course is designed for beginner artists who have an interest in learning how to draw or sketch, or simply want to improve their skills. It will cover the tools you'll need and give you plenty of chances to practice drawing different things, from people, places, things, and then beyond. No class 5/18.

#### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

Resident: \$250 Non-resident: \$270

19510	Sa	11:00 a.m. – 12:00 p.m.	6 classes	4/27 – 6/8
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### Learn to Sew for Kids (Ages 8-12 years)

Learn how to sew with a sewing machine. We will layout cut and sew a pillowcase and a pair of pajama pants. Each child will work at their own pace and get 1:1 instruction. This is a fun, no pressure class where everyone can have fun sewing and finishing great projects! Materials list will be sent out approximately one week prior to start date. Sewing machine required. Sewing machines available for use during class for an additional one-time payment of \$25 payable to instructor. If you have any questions, please contact the instructor at hopkinsce@yahoo.com.

#### Christine Hopkins

Loft Room at Adult Community Center

Resident: \$135 Non-resident: \$155

19516	M	3:30 p.m. – 5:30 p.m.	4 classes	4/1 – 4/22
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19517	M	3:30 p.m. – 5:30 p.m.	4 classes	4/29 – 5/20
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### Little Musicians – Rhythm Kids

(Ages 4-8 years)

Little Musicians is excited to offer Rhythm Kids, an exciting music, movement, and drumming class for children ages 4 through 8. During class your child will sing, dance, move, drum, and play to songs and beats from around the world. Rhythm Kids is proud to be a part of Music Together, the internationally recognized early childhood music education program. Tuition includes a Djembe drum, a Rhythm Kids Spring/Summer collection, a professionally recorded CD, as well as digital access to the music, and a songbook with music/drumming activity ideas. Siblings are offered a registration discount at \$151 for the 7-week session and \$176 for the 9-week session per additional siblings. Discount registration does not receive class materials and is not available online. Please call the Recreation Office at (650) 802-4382. No class 5/19.

#### Gaby Rojas

Dance Studio at Youth Center

Resident: \$315 Non-resident: \$335

19631	Su	12:30 p.m. – 1:15 p.m.	9 classes	4/7 – 6/9
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Arts and Crafts Room at Youth Center

Resident: \$265 Non-resident: \$285

19632	Su	12:30 p.m. – 1:15 p.m.	7 classes	7/14 – 8/25
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## Sea Stars Children's Choir – Singing and Music Basics (Ages 6–8 years)

In this lively group, your child will sing and play while learning the basics of musicianship and singing together. We learn about beat, rhythm, movable do solfège and music notation, and sing songs kids love. The last class is a mini-recital for friends and family. No class 4/11.

### Emily Bender

Activity Room at Laureola Park

Resident: \$390 Non-resident: \$410

19544	Th	3:45 p.m. – 4:30 p.m.	8 classes	4/4 – 5/30
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## Sound Waves Children's Choir A Cappella – Signing In Harmony (Ages 9–12 years)

Singers in the Sound Waves focus on the fun and satisfying art of a cappella harmony singing. They will learn to follow musical scores, hold their own part, listen to their fellow singers, and sing with confidence. This class is great preparation for singing in middle and high school choirs, a cappella groups, and musical theater productions. The last class will be a mini-recital for friends and family. No class 4/11.

### Emily Bender

Activity Room at Laureola Park

Resident: \$390 Non-resident: \$410

19545	Th	4:30 p.m. – 5:15 p.m.	8 classes	4/4 – 5/30
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## Dance

### Irish Step Dancing (Ages 5–17 years)

Students are introduced to traditional Irish step dances while being instructed on proper posture, foot placement, timing and stage presence. Students will develop self-confidence, enhance physical agility and discipline, and gain new friendships through dance. They will become familiar with Irish music and will be able to perform in various events. Mary Jo Feeney, the director and prime teacher, is a licensed teacher and adjudicator of Irish dance with An Coimisiun Le Rinci Gaelacha (The Irish Dancing Commission) in Dublin, Ireland. The Murphy Irish Dance Co. has Regional, National and World champions.

### Mary Jo Feeney

San Carlos Room at Adult Community Center

### New Beginner

Resident: \$310 Non-resident: \$330

19547	T	3:15 p.m. – 4:00 p.m.	11 class	4/2 – 6/11
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Resident: \$330 Non-resident: \$350

### Beginner 1

19546	T	3:45 p.m. – 4:30 p.m.	11 class	4/2 – 6/11
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### Beginner 2

19779	T	4:105 p.m. – 5:00 p.m.	11 class	4/2 – 6/11
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### Advanced

19548	T	5:00 p.m. – 6:00 p.m.	11 class	4/2 – 6/11
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## Fitness & Wellness

### NEW LaBlast Kids Fitness (Ages 7–11 years)

LaBlast® Kids Fitness is a dance fitness program based on all the ballroom dances you've seen on "Dancing with the Stars" (Cha Cha, Salsa, Waltz, etc). It is partner-free and includes all the components of fitness and uses a wide variety of music, suitable for the absolute beginner to the experienced dancer. LaBlast® Kids Fitness is an accessible dance fitness program that inspires the mind and improves health and well-being while teaching the true skill of dance.

### Sandra Frojelin

Dance Studio at Youth Center

Resident: \$106 Non-resident: \$116

19539	W	4:00 a.m. – 4:50 a.m.	7 classes	4/24 – 6/5
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### NEW Boost Camp for Youth Athletes (Ages 9–12 years)

This high performance strength and conditioning training program is designed specifically for youth athletes, ages 9-12 years old. Led by professional coaches, your child will improve their overall strength and conditioning, prevent injuries and improve performance. Athletes that play sports such as basketball, flag football, soccer, volleyball or tennis, will build strength and endurance, improve balance and mobility, and develop healthy habits that will benefit them for life. By the end of the session, your athlete will learn to take ownership of their own fitness and level up their game! (Note: Some classes may be held outdoors if weather permits.)

### SpringSpot Inc Instructors

Dance Studio at Youth Center

Resident: \$475. Non-resident: \$495

19664	W	2:30 p.m. – 3:30 p.m.	8 classes	4/17-6/5
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# School Break Camps

## Adorable Baby Animal Science Camp

(Ages 5–11 years)

Celebrate the springtime while learning all about baby animals. We will explore the life cycles of a number of domestic animals including rabbits, chickens, and sheep. We will also explore the life cycles of some local wildlife such as deer, squirrels and a California favorite, the Banana Slug. Filled with many of Robin's wonderful live animals this camp promises to be unforgettable. We will do 10 different projects and experiments to examine how parents care for their young and how these baby animals grow. Kids will also get to interact with and touch the animals. Bring a packed lunch and water bottle. Material fee of \$50 payable to instructor at first class.

**Robin Lise-Nielsen**

*Activity Room at Laureola Park*

**Resident: \$185 Non-resident: \$205**

**19538** M-F 9:00 a.m. – 1:00 p.m. 5 classes 4/8 – 4/12



## Encore Junior Volleyball Spring Break Camp (Grades 2–8)

Encore Juniors is a program for aspiring volleyball players to learn the basic skills and fundamentals of volleyball at an introductory level- yet competitive level. All sessions will consist of high-instruction teaching of the fundamentals of being a volleyball student-athlete on and off the court. All sessions will consist of volleyball specific sports performance training, volleyball skill work, and fun competitive games.

**LEMO Instructors**

*2575 Bayshore Road, Redwood City*

**Resident: \$575 Non-resident: \$595**

### Compete Camp

**19757** M-F 8:30 a.m. – 4:30 p.m. 5 classes 4/8 – 4/12

### Development Camp

**19758** M-F 8:30 a.m. – 4:30 p.m. 5 classes 4/8 – 4/12

## Super Mario STEM Engineering using LEGO® Material (Ages 5–10 years)

Bring the world of Super Mario to life with Brick Tech as we build LEGO® projects inspired by the video games and the movie! Participants in this camp will learn about the real-world Stem concepts involved in games such as Mario Kart, Mario Party, and Mario Odyssey. Get ready to power up and help Mario to save the day and rescue Peach from Bowser in this video game themed camp!

**Brick Tech**

*Homework Room at Youth Center*

**Resident: \$259 Non-resident: \$279**

**19513** M-F 9:00 a.m. – 12:00 p.m. 5 classes 4/8 – 4/12

## NEW Basketball Camp (Ages 5–8 years)

Basketball Camp emphasizes skills through fun activities as well as games at the end of the day. Please be sure your child wears proper sport clothes and shoes, brings a snack and water bottle. Fee includes a Ribbon award at the end of the program.

**Manuel Minzer**

*Gymnasium at Youth Center*

**Resident: \$275 Non-resident: \$295**

**19246** M-F 9:00 a.m. – 12:00 p.m. 5 classes 4/8 – 4/12

**19247** M-F 1:00 p.m. – 4:00 p.m. 5 classes 4/8 – 4/12

# Special Interest

## Kids Carpentry (Ages 5–10 years)

Students are encouraged to develop problem-solving skills while building their own cool projects using applied math and fractions. Kids are introduced to a wide range of hand tools, safety, and craftsmanship. Projects include super tops, boats, clocks, games, doll furniture, bird feeders, and more. Our goal is to empower the students to become independent thinkers. For more information and to watch our fun 8 minute video, visit [kidscarpentry.net](http://kidscarpentry.net). \$45 material fee payable to the instructor at first class. No class 4/10.

**John McGovern**

*Activity Room at Laureola Park*

**Resident: \$310 Non-resident: \$330**

**19503** W 1:00 p.m. – 2:00 p.m. 9 classes 4/3 – 6/5

**19504** W 2:15 p.m. – 3:15 p.m. 9 classes 4/3 – 6/5

**19505** W 3:30 p.m. – 4:30 p.m. 9 classes 4/3 – 6/5

## AI Adventures (Ages 6–12 years)

Our course is thoughtfully designed to introduce your child to the dynamic world of Artificial Intelligence, igniting creativity and curiosity. In this class, students interact with cutting-edge AI technologies like ChatGPT, Stable Diffusion, DALL-E, and Novel.ai. They'll create chatbots, animations, stories, and films, gaining hands-on experience. Through projects, they'll delve into AI's inner workings and its problem-solving potential. This journey fosters critical thinking and collaboration with peers. Exciting activities include AI-enhanced short stories, art with DALL-E and Stable Diffusion, and collaborative chatbot programming. Our expert instructors will guide them, nurturing curiosity and exploring AI's possibilities. Bring own laptop, Chromebook, or tablet, rent one for use during class for an additional one-time payment of \$40 payable to instructor. No class 4/12.

### Athena Coding Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$190 Non-resident: \$210

19527 F 4:35 p.m. – 5:35 p.m. 8 classes 4/5 – 5/31

## LEMO Kids Night Out – Summer Kick Off with BBQ & Games (Ages 5–12 years)

Join us for a Kids Night Out at LEMO U! Parents, load up your kiddos, drop them off with us, and enjoy a night to yourself. Whether you are planning a night out on the town or want to enjoy a quiet night at home; we've got you covered. Kids Night Out will include food, fun activities, games, sports, and more!

### LEMO Instructors

2575 East Bayshore Road, Redwood City

Resident: \$60 Non-resident: \$70

19541 F 6:00 p.m. – 9:00 p.m. 1 class 5/10

## Spring Baking with Junior Chef Stars (Ages 7–13 years)

Looking for a hands on, tasty activity for your Jr. Chef? Join us as we provide junior chefs with the tools necessary to create, cook, and learn. Have your junior chef expand on their cooking knowledge as our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients and the many cultural aspects of food all while having a blast and making new friends. Every season has new and exciting recipes so feel free to sign up if this is your first time or you are a seasoned junior chef! Material fee of \$80 payable to instructor at first class. No class 4/9.

### Junior Chef Stars Instructors

Kitchen at Youth Center

Resident: \$330 Non-resident: \$350

19502 Tu 5:00p.m. – 6:30 p.m. 8 classes 4/2 – 5/28

## Athena's Architects: LEGO® Design

(Ages 6–12 years)

Athena's Architects takes LEGO® play to a higher plane, combining architecture, STEM learning, and storytelling. In our engaging environment, children explore structural design, balance, and aesthetics through weekly themes and collaborative projects. Our unique STEM LEGO® Challenges allow students to illustrate fundamental principles of physics and engineering, while nurturing problem-solving and literacy skills by crafting narratives around their models. Serving all skill levels, Athena's Architects isn't just a class, it's a community encouraging confidence, friendships, and lifelong skills through the creativity of LEGO®. No class 4/9.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$170 Non-resident: \$190

19523 T 4:35 p.m. – 5:35 p.m. 7 classes 4/2 – 5/21

## Scratch Computer Coding (Ages 5–12 years)

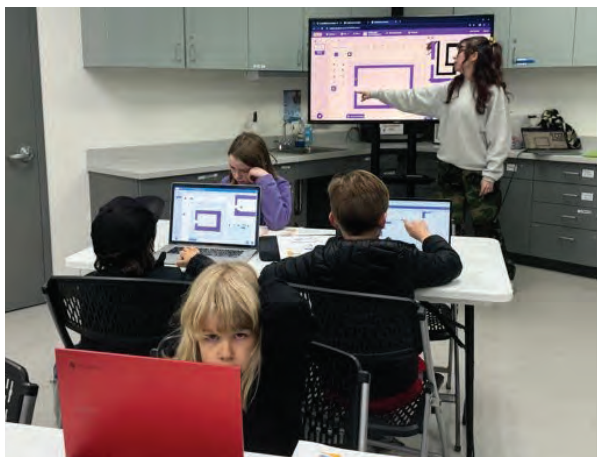
Technology has entered our day-to-day lifestyle. Even if your child is not interested in learning to code as a future career, understanding the digital processes that make up their everyday life will help them to see the world through a new perspective. Scratch is the first step for kids to learn coding. Scratch Programming for Kids focuses on making sure children understand the foundational computer programming (coding) concepts such as sequencing, branching, looping and variables. They will learn it in a fun way by making animations, dialogues, games, simulations, etc. Completion of this program gives them a very good foundation to start with other Programming languages. You are welcome to bring your own laptop, or we can always provide one.

### Out Of The Box Kids Instructors

Dance Studio at Youth Center

Resident: \$250 Non-resident: \$270

19511 Th 3:30 p.m. – 4:30 p.m. 6 classes 4/25 – 5/30





# San Carlos Children's Theater

For questions regarding San Carlos Children's Theater, please call Donna Avanzino, Executive Operations Director, at (650) 594-2730, or email [info@sancarloschildrenstheater.com](mailto:info@sancarloschildrenstheater.com). **San Carlos Children's Theater Instructors**. Unless otherwise noted, all classes are held at the SCCT Studio, 1314 Old Country Road, Belmont.

## Baby Play – Caregiver & Me (Ages 4–12 months)

In this lively 50-minute class, you'll get to spend quality time with your little one, exploring, playing and experimenting on their level! Together we'll check out different props, sing, dance, and read stories to engage and delight your baby's growing mind. Little ones will get to socialize and practice being in a classroom environment, while caretakers will discover fun new ways to play with baby at home.

**Resident: \$187 Non-resident: \$207**

**19588** W 9:00 a.m. – 9:50 a.m. 8 classes 4/17 – 6/5

## NEW Preschool Musical Theater – Hakuna Matata (Ages 3–5 years)

Does your child love to sing and dance? Through fun, imaginative activities inspired by songs from The Lion King, your preschooler will develop confidence and character as they learn to express themselves through singing, dancing, and acting. Using creative movement, music and imaginative games, this class helps children discover their "inner star" as they build a performing arts foundation.

**Resident: \$187 Non-resident: \$207**

**19591** Th 2:30 p.m. – 3:30 p.m. 8 classes 4/18 – 6/6

## Tiny Spotlight in Spring – Caregiver & Me (Ages 1–3 years)

You and your little one will discover the joys of singing, dancing and playing make believe in this fun, highly engaging class for young children and their special grown up. We'll explore sound and rhythm as we sing and dance to popular children's songs. And we'll stretch our imaginations as we read storybooks and play make believe together. If you don't know the songs or stories, don't worry! We're here to teach you and your little one. Adult participation is key to helping toddlers gain the confidence to explore and learn.

**Resident: \$187 Non-resident: \$207**

**19589** Th 10:00 a.m. – 11:00 a.m. 8 classes 4/18 – 6/6

## NEW Storybook Theater – Magic & Mischief (Ages 5–7 years)

This storybook class is truly magical! Young performers stretch their imaginations and explore their creative side as they act out some of their favorite stories featuring magical themes. Working as a team in a warm, supportive environment, students gain self-confidence as they learn the fundamentals of theater using movement and theater games that encourage self-expression. Families will be treated to a magical student showcase on the final day of class.

*Dance Studio at Youth Center*

**Resident: \$264 Non-resident: \$284**

**19599** T 3:30 p.m. – 5:00 p.m. 8 classes 4/16 – 6/4

## Broadway Rising Stars I – Little Mermaid (Ages 5–7 years)

This show choir class is a wonderful opportunity for young performers interested in learning how to sing and dance for an audience. Working in a fun, relaxed environment, students will learn basic voice, dance and group performance techniques as they prepare 1-2 popular songs from Little Mermaid. Final day of class features a showcase for family. No class 5/26.

**Resident: \$297 Non-resident: \$317**

**19594** Su 9:00 a.m. – 10:30 a.m. 8 classes 4/14 – 6/9

**19595** Su 11:00 a.m. – 12:30 p.m. 8 classes 4/14 – 6/9



### NEW Broadway Rising Stars II – Matilda

(Ages 8–10 years)

Students explore Broadway song and dance styles and develop valuable group performance skills as they work together to prepare a fun musical revue using 1-2 songs from the popular Broadway show Matilda. Final day of class features a musical showcase for family. No class 5/26.

Resident: \$297 Non-resident: \$317

19598 Su 11:00 a.m. – 12:30 p.m. 8 classes 4/14 – 6/9

### Friends Play Group – A Theater Based Social Skills Workshop

(Ages 6–9 years)

This fun social skills workshop is designed for small groups of neurodivergent children. Using drama, pretend play and role-playing, students actively participate in creating new skills that help them become better social thinkers. Skills taught include friendly greetings, self-calming strategies, sharing, collaborative play, flexible thinking, teamwork, and much more.

Resident: \$325 Non-resident: \$345

19616 Sa 10:00 a.m. – 11:00 a.m. 8 classes 4/13 – 6/8

### Theater Games (Ages 7–10 years)

Theater games are a fun and very important element of every actor’s education. This spirited drama games class gives students the opportunity to “just play” and enjoy stress-free activities with new friends while still developing dozens of fundamental performance skills. Theater games increase creativity by encouraging students to be resourceful and find innovative solutions to problems. We’ll play games like Zip Zap Zop, Celebrity, and Alibi that develop acting skills as well as practical life skills like teamwork, quick thinking, and communication. Students will leave class happy, self-confident and with lots of creative, new ideas for your next family game night! No class 5/27.

Resident: \$264 Non-resident: \$284

19617 M 3:30 p.m. – 5:00 p.m. 8 classes 4/15 – 6/10





## Mini Musical – Leap Day (Ages 7-12 years)

Leap into fun this spring with the wacky new mini musical – LEAP DAY! Every Leap Day, the Days of the Week have a day off and celebrate with a huge party at the House of Father Time. However, this Leap Day, nothing goes as planned. The Days feel overworked, demanding an 8th day be added to the week. Tuesday and Fridays friendship is not what it used to be. And Mother Nature makes a surprising appearance which puts everyone on edge! No prior performance experience required to participate. Students will create a lively musical performance to be presented to the community on the last day of class at Burton Park.

**Resident: \$350 Non-resident: \$370**

**19618** T,Th 3:30 p.m. – 5:30 p.m. 16 classes 4/16 – 6/6

## Jazz, Tap, Razzle Dazzle –Intro to Musical Theater Dance (Ages 8-11 years)

Musical theatre dance encompasses the best of all dance styles, from the pulsing street dance rhythms of Hamilton to the effortless waltzes in Cinderella to the amazing heel clicks of chimney sweeps in Mary Poppins. In this class, students will learn a variety of basic dance techniques featured on Broadway, including jazz and tap. Curriculum will also explore storytelling through dance and how to connect with the audience. If your child has ever dreamed of starring in a musical, this class will help get them closer to that dream! Students will showcase their dance moves on the final day of class.

**Resident: \$180 Non-resident: \$200**

**19619** T 3:30 p.m. – 4:30 p.m. 8 classes 4/16 – 6/4

## NEW Theater Prop Workshop (Ages 9-14 years)

Learn the art of prop-making for theater. Props are an important part of stage performances — telephones, faux birthday cakes, and old-fashioned scrolls all help set the scene for the audience. In this hands-on class students will learn various prop-making strategies, including papier mâché cardboard engineering and how to create moving pieces. We'll even touch on puppet making, too! Students will build props to take home, as well as create props that will be showcased on stage in SCCT's mainstage summer productions! No class 5/26.

**Resident: \$264 Non-resident: \$284**

**19620** Su 10:45 a.m. – 12:15 p.m. 8 classes 4/14 – 6/9

## FUN-damentals of Improv (Ages 10-14 years)

Learn how to perform scenes and invent fascinating characters without a script. Using fun theater games and improv activities, students discover how to think quickly on their feet and create hilarious scenes without props, costumes or scripts. Sometimes silly, sometimes outrageous, this fast-paced class is all about thinking outside the box and freeing your imagination on stage. Jump in and join the fun! Final class features a unique improv showcase for family and friends.

**Resident: \$264 Non-resident: \$284**

**19621** Th 5:30 p.m. – 7:00 p.m. 8 classes 4/18 – 6/6

## NEW Ghostlight Conservatory: Iconic Musical Numbers (Ages 12-18 years)

Ghostlight Conservatory is an advanced theater program tailored for experienced high school actors passionate about theater and ready to develop their performance techniques. In our spring session, we'll examine the world of classic and contemporary musicals and mastering the art of performing iconic songs. Program will include intensive training in vocal techniques, stage presence, advanced dance technique and acting through song to help elevate each student's performance skills to new heights. Final class will feature an amazing showcase performance. Students must audition to be accepted into this Conservatory class or have attended the winter 2024. Conservatory session: Audition with 1 min monologue & 32 bars song (no dance) on Monday April 1, 3:30 – 5:30 pm. No class 4/13 & 5/25.

**Resident: \$650 Non-resident: \$670**

**19622** Sa 1:00 p.m. – 5:00 p.m. 7 classes 4/6 – 6/1





## Dungeons and Dragons (Ages 7-12 years)

Our exciting and imaginative program provides a fun and engaging way for students to develop their social, problem-solving, and teamwork skills while exploring the thrilling world of D&D. Dungeon Masters will guide students through a fantastical world filled with monsters, treasure, and challenges, while they work together to overcome obstacles and complete quests, fostering a sense of camaraderie and teamwork that will serve them well in all areas of life. Join us on an epic adventure that will leave you with memories to last a lifetime! No class 4/10.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$190 Non-resident: \$210

19525 W 4:35 p.m. – 5:35 p.m. 8 classes 4/3 – 5/29

## Game Design and Animation with Scratch and Python (Ages 7-12 years)

Our unique project-based class is designed to allow young students to develop their creative storytelling and game designing abilities, and then gives them the opportunity to bring them to life through Scratch and Python. Bring own laptop, chrome book, or iPad or rent one for use during class for an additional one-time payment of \$40 payable to instructor. No class 4/10.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$195 Non-resident: \$215

19524 W 3:30 p.m. – 4:30 p.m. 8 classes 4/3 – 5/29

## Python for Kids (Ages 8-13 years)

Awaken your child's love for STEM activities by learning Python Programming. Python is a powerful and expressive programming language that's easy and fun to use. Kids start by learning about coding fundamentals such as variables, loops, and statements. Then they progress to working with graphics and eventually to building games. We give a playful introduction to programming language using fun examples and colorful illustrations. This is a great tool for kids to express their ideas using technology. Our experienced and passionate instructors provide a fun and supportive environment that encourages your child to do their best.

### Out of the Box Kids Instructors

Dance Studio at Youth Center

Resident: \$250 Non-resident: \$270

19512 Th 4:45 p.m. – 5:45 p.m. 6 classes 4/25 – 5/30

## Hollywood Filmmaking (Ages 7-12 years)

From the writer's room to the silver screen, we'll guide you as you turn your idea into an amazing script, and then we'll help you bring it to life! All students are divided into production teams; together, they'll brainstorm their ideas, and then collaboratively draft a script with a part for everyone. As students work, we'll hold group workshops, where we help them with their script formatting, character design, dialogue and more! Then we move onto filming! Students will act out their own scripts, starring in the parts they themselves wrote. They'll also take turns behind the camera, shooting with iPads. We'll give guidance to students as they star in, film, and edit their movies with experienced advice on special effects and green-screen editing, shot composition and panning, lighting and sound effects. Each movie will be shown at the end of the class. Please bring in an iPad if you own one. No class 4/8 & 5/27.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$195 Non-resident: \$215

19521 M 4:35 p.m. – 5:35 p.m. 8 classes 4/1 – 6/3

## LEGO® Ultimate Train Workshop (Ages 5-10 years)

Join Brick Tech this spring as we plan, build, create and test LEGO® projects with working trains! In this new offering we will explore STEM concepts relevant to all things locomotive in nature. Participants will build guided projects such as a train station, mail hook and a manual track switch. All projects will interact with the Train while providing an opportunity for hands on learning and learning through play, as well as peer interaction. Don't miss this opportunity to get your LEGO® lover on the right track to speed ahead in this new offering from Brick Tech.

### Brick Tech Instructors

Homework Room at Youth Center

Resident: \$70 Non-resident: \$82

19514 Sa 9:00 a.m. – 12:00 p.m. 1 class 4/27

## Let's Build the Best Day Ever! LEGO® Friends Workshop (Ages 5-10 years)

Let's work together, using LEGO® friends, to build the greatest motorized carnival and amusement park ever! In this workshop, participants will be introduced to STEM concepts and invited to make friends while playing with LEGO® friends. Join the fun as we collaborate to build and create an amazing amusement park!

### Brick Tech Instructors

Homework Room at Youth Center

Resident: \$65 Non-resident: \$76

19515 Sa 9:00 a.m. – 12:00 p.m. 1 class 5/11

## Super Mario STEM Engineering using LEGO® Material (Ages 5-10 years)

Bring the world of Super Mario to life with Brick Tech as we build LEGO® projects inspired by the video games and the movie! Participants in this camp will learn about the real-world Stem concepts involved in games such as Mario Kart, Mario Party, and Mario Odyssey. Get ready to power up and help Mario to save the day and rescue Peach from Bowser in this video game themed camp!

### Brick Tech

Homework Room at Youth Center

Resident: \$259 Non-resident: \$279

19513 M-F 9:00 a.m. – 12:00 p.m. 5 classes 4/8 – 4/12

## MineCraft Coding and Design Studio (Ages 6-12 years)

Minecraft isn't just the world's most popular game; it's also an excellent tool for teaching a wide array of subjects. At Athena, we've developed a project-based approach to a variety of important topics using Minecraft Educational; our course will cover personalized game design, animation, and storytelling, programming in Python, JavaScript, architecture and design. Students will learn the fundamentals of electrical circuitry using Minecraft's patented Redstone circuit system, logic gates, multi-system mechanisms, modding and more. At the end of each class, students take home a freshly minted 3D-printed model of one of their designs. Bring own laptop, chrome book, or iPad or rent one for a one-time payment for \$40 for the session. No class 4/8.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$140 Non-resident: \$160

19520 M 3:30 p.m. – 4:30 p.m. 6 classes 4/1 – 5/13

## Robotics & Engineering (Ages 7-12 years)

EASE Education offers a stimulating robotics program for young engineers. Utilizing Artificial Intelligence (A.I.) concepts and Machine Learning algorithm as theoretical foundation, students work in teams to plan, build, test, and modify their own robotic creations! We use the VEX123 & VEX GO construction system that teaches the fundamentals of STEM through fun, hands-on activities that help young students perceive coding and engineering in a fun and positive way. We help creative minds put mathematical concepts to the test as they develop a better knowledge of robotics, computer programming, and teamwork. \$50 material fee payable to instructor at first class.

### EASE Instructors

Arts and Crafts Room at Youth Center

Resident: \$365 Non-resident: \$385

19507 Th 5:00 p.m. – 6:00 p.m. 7 classes 4/18 – 5/30

## Create-A-Book (Ages 7-12 years)

The art of bookmaking and illustrating will be the focus of this week. Students will create different types of books, including shape books and pop-up books. They will infuse their stories with descriptive language, creating vibrant pictures in the reader's mind. Material fee of \$20 is payable to instructor at first class.

### Lekha Ink Instructors

Loft Room at Adult Community Center

Resident: \$105 Non-resident: \$125

19518 W 5:00 p.m. – 6:00 p.m. 6 classes 4/17 – 5/22

## NEW Puppets & Storytelling (Ages 7-12 years)

Participants will make puppets to tell some fantastic stories that they write! Puppets are an extension of the self as well as a character. Using puppets while writing stories helps understand how a character in a story thinks and behaves in any situation. Material fee of \$20 is payable to instructor at first class.

### Lekha Ink Instructors

Loft Room at Adult Community Center

Resident: \$105 Non-resident: \$125

19519 W 6:15 p.m. – 7:15 p.m. 6 classes 4/17 – 5/22

## Olympic Chess (Ages 6-12 years)

Come play the world's oldest game! Students will play against each other and challenge themselves with fun puzzles. Whether they can't tell the bishop from the rook, or are ready to master the London System, students will learn a lot, have a ton of fun, and finish the camp with a tournament. No class 4/9.

### Athena Coding Instructors

Arts and Crafts Room at Youth Center

Resident: \$150 Non-resident: \$170

19522 T 3:30 p.m. – 4:30 p.m. 8 classes 4/2 – 5/28

## Checkmate Chess (Ages 5-12 years)

This class is a great way to sprinkle a little intellectual stimulation into your after-school activities. This class covers a complete introduction to the chess pieces. The focus is to teach kids the different moves and values, to understanding and strategizing on good trades versus bad trades, to ending the game with a checkmate. Everyone's skill level is considered, as our coaches provide the most rewarding experience for your child. Our Chess class has a fun and friendly spirit while having a real blast. No class 5/18.

### Out Of The Box Kids Instructors

Arts and Crafts Room at Youth Center

Resident: \$250 Non-resident: \$270

19509 Sa 10:00 a.m. – 11:00 a.m. 6 classes 4/27 – 6/8

## Adorable Baby Animal Science Camp

(Ages 5–11 years)

Celebrate the springtime while learning all about baby animals. We will explore the life cycles of a number of domestic animals including rabbits, chickens, and sheep. We will also explore the life cycles of some local wildlife such as deer, squirrels and a California favorite, the Banana Slug. Filled with many of Robin's wonderful live animals this camp promises to be unforgettable. We will do 10 different projects and experiments to examine how parents care for their young and how these baby animals grow. Kids will also get to interact with and touch the animals. Bring a packed lunch and water bottle. Material fee of \$50 payable to instructor at first class.

**Robin Lise-Nielsen**

Activity Room at Laureola Park

Resident: \$185 Non-resident: \$205

19538	M-F	9:00 a.m. – 1:00 p.m.	5 classes	4/8 – 4/12
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## Saturday Science with Robin (Ages 5–11 years)

The San Carlos Science and Creativity Camp program at Laureola Park is running Saturday camps full of fun and adventure. Each camp is a one day program designed around a general science principle. Campers typically do 2 science projects a day along with games and recess activities. At recess campers are offered crafts and a supervised recess on the lawn and play structure. The camp is made even more special with our animal visitors which attend and are part of every camp, regardless of theme. Let's have some fun learning about some different animals. Please bring a snack, water bottle, and bag lunch. \$10 material fee is payable to instructor at class.

**Robin Lise-Nielsen**

Activity Room at Laureola Park

Resident: \$50 Non-resident: \$58

## Happy Earth Day Planet Earth

Earth Day is April 22nd! Let's take a look at some of the best ways you can help planet Earth stay healthy and clean. Re-use and recycle is the theme for this group of science classes. There is an amazing array of useful things sitting about that can be made useful again in different ways.

19528	Sa	9:00 a.m. – 1:00 p.m.	1 class	4/6
19529	Sa	9:00 a.m. – 1:00 p.m.	1 class	4/13
19530	Sa	9:00 a.m. – 1:00 p.m.	1 class	4/20
19531	Sa	9:00 a.m. – 1:00 p.m.	1 class	4/27

## Science Tricks for Foolish Kids

Let's have some fun building some physics toys out of simple materials. We will have some fun with force and motion in this physical science-based set of projects. Get ready to fling, roll and have fun!

19532	Sa	9:00 a.m. – 1:00 p.m.	1 class	5/4
19533	Sa	9:00 a.m. – 1:00 p.m.	1 class	5/11
19534	Sa	9:00 a.m. – 1:00 p.m.	1 class	5/18
19535	Sa	9:00 a.m. – 1:00 p.m.	1 class	5/25

## Almost Summertime Science Fun

What are your favorite science camp projects? We will test out some of Robins newest projects and re-visit some favorites. This is a mixed bag of science fun.

19536	Sa	9:00 a.m. – 1:00 p.m.	1 class	6/1
19537	Sa	9:00 a.m. – 1:00 p.m.	1 class	6/8

## Sports

### NEW Basketball Camp (Ages 5–14 years)

Basketball Camp emphasizes skills through fun activities as well as games at the end of the day. Please be sure your child wears proper sport clothes and shoes, brings a snack and water bottle. Fee includes a Ribbon award at the end of the program.

**Manuel Minzer**

Gymnasium at Youth Center

Resident: \$255 Non-resident: \$275

#### Ages 5–8 years

19246	M-F	9:00 a.m. – 12:00 p.m.	5 classes	4/8 – 4/12
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#### Ages 8–14 years

19247	M-F	1:00 p.m. – 4:00 p.m.	5 classes	4/8 – 4/12
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### NEW Basketball – Parent and Me

(Ages 2–3.5 years)

This parent-child class develops gross motor skills and coordination pertinent to the game of basketball. Repetition permits children to build their confidence and esteem. Activities include organized games that help children to develop skills and learn to follow directions. No class 5/19 & 5/26.

**Manuel Minzer**

Gymnasium at Youth Center

Resident: \$145 Non-resident: \$165

19624	Su	12:05 p.m. – 12:30 p.m.	8 classes	4/7 – 6/2
19623	Su	12:05 p.m. – 12:30 p.m.	8 classes	6/16 – 8/4



## NEW Basketball – First Shots

(Ages 3.5–5 years)

Discover the fundamentals of basketball in a fun recreational environment. Preschool class include age-appropriate activities and emphasize general basketball skills. Fun games will be played in each class. No class 5/19 & 5/26.

**Manuel Minzer**

*Gymnasium at Youth Center*

**Resident: \$155 Non-resident: \$175**

**19625** Su 12:35 p.m. – 1:10 p.m. 8 classes 4/7 – 6/2

**19626** Su 12:35 p.m. – 1:10 p.m. 8 classes 6/16 – 8/4



## NEW Basketball – Shooting and Games

(Ages 5–6 years)

Improve and practice your basic basketball skills such as dribbling, passing, and shooting in each session. Classes also emphasize developing sport skills, improving self-esteem, and fair play. Fun games will be played in each class. No class 5/19 & 5/26.

**Manuel Minzer**

*Gymnasium at Youth Center*

**Resident: \$175 Non-resident: \$185**

**19627** Su 1:15 p.m. – 2:00 p.m. 8 classes 4/7 – 6/2

**19628** Su 1:15 p.m. – 2:00 p.m. 8 classes 6/16 – 8/4

## NEW Basketball – Training and Scrimmages (Ages 8–14 years)

These classes are designed for all skill levels from the beginner to the hoop veterans. 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. No class 5/19 & 5/26.

**Manuel Minzer**

*Gymnasium at Youth Center*

**Resident: \$185 Non-resident: \$205**

**19629** Su 2:05 p.m. – 3:00 p.m. 8 classes 4/7 – 6/2

**19630** Su 2:05 p.m. – 3:00 p.m. 8 classes 6/16 – 8/4

## Kuk Sool Won Martial Arts for Tiger Tots

(Ages 4–6 years)

This introductory martial arts program is for beginners ages 4–6 years. The goal of the course is to teach fundamental skills of Kuk Sool Won Martial Arts with emphasis on listening and discipline.

**Hafez Adle**

*1665 Fernside Street, Redwood City*

**Resident: \$160 Non-resident: \$180**

**18979** T 3:30 p.m. – 4:00 p.m. 4 classes 6/18 – 7/9

**18981** Th 3:30 p.m. – 4:00 p.m. 4 classes 6/20 – 7/18

**18980** T 3:30 p.m. – 4:00 p.m. 5 classes 7/16 – 8/13

**18982** Th 3:30 p.m. – 4:00 p.m. 4 classes 7/25 – 8/15

**Resident: \$180 Non-resident: \$200**

**19437** T 3:30 p.m. – 4:00 p.m. 5 classes 4/2 – 4/30

**19439** Th 3:30 p.m. – 4:00 p.m. 5 classes 4/4 – 5/2

**19438** T 3:30 p.m. – 4:00 p.m. 5 classes 5/7 – 6/4

**19440** Th 3:30 p.m. – 4:00 p.m. 5 classes 5/9 – 6/6



## Baseball Tots (Ages 3.5–5 years)

Baseball Tots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game!

**Skyhawks Sports**

*Field at Laureola Park*

**Resident: \$159 Non-resident \$179**

**Ages 3.5–5 years**

**19740** M 4:00 p.m. – 4:45 p.m. 5 classes 7/8 – 8/12

**Ages 4.5–5 years**

**19741** M 5:00 p.m. – 5:45 p.m. 5 classes 7/8 – 8/12

### Skyhawks Beginning Golf (Ages 5–9 years)

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

#### Skyhawks Sports

Field at Laureola Park

Resident: \$185 Non-resident \$205

#### Ages 5–6 years

19745	Th	5:00 p.m. – 6:00 p.m.	5 classes	7/11 – 8/15
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#### Ages 7–9 years

19746	Th	6:15 p.m. – 7:15 p.m.	5 classes	7/11 – 8/15
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### Skyhawks Soccer (Ages 2–8 years)

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

#### Skyhawks Sports

Field at Laureola Park

Resident: \$159 Non-resident \$179

#### Ages 2–3.5 years

19742	W	4:00 p.m. – 4:45 p.m.	5 classes	7/10 – 8/14
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#### Ages 3.5–5 years

19743	W	5:00 p.m. – 5:45 p.m.	5 classes	7/10 – 8/14
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#### Ages 6–8 years

19744	W	6:00 p.m. – 6:45 p.m.	5 classes	7/10 – 8/14
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### Skyhawks Multi-Sports Tots (Ages 2–5 years)

Give your little superstar an awesome first step into sports with Multi SportTots! This class uses age appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required for ages 2-3.5 years.

#### Skyhawks Sports

Field at Laureola Park

Resident: \$159 Non-resident \$179

#### Ages 2–3.5 years

19747	Sa	9:00 a.m. – 9:45 a.m.	5 classes	7/13 – 8/17
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#### Ages 3.5–5 years

19748	Sa	10:00 a.m. – 10:45 a.m.	5 classes	7/13 – 8/17
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### World Cup Soccer Skill Clinics (Ages 4–9 Years)

World Cup Soccer trainings are customized to create many touches on the ball, improve dribbling, passing, receiving and shooting. We form small groups to ensure a focused and personal practice. We make it instructional, challenging and fun. Every practice includes a scrimmage. Fee includes a World Cup Soccer T-shirt.

#### World Cup Soccer Instructors

Highlands Park

Resident: \$269 Non-Resident \$289

#### Ages 4–6 years

19759	Tu	5:00 p.m. – 6:00 p.m.	8 classes	4/2 – 5/28
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19760	Th	5:00 p.m. – 6:00 p.m.	8 classes	4/4 – 5/30
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19763	Sa	10:00 a.m. – 11:00 a.m.	8 classes	4/6 – 6/1
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#### Ages 7–9 years

19761	Tu	5:00 p.m. – 6:00 p.m.	8 classes	4/2 – 5/28
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19762	Th	5:00 p.m. – 6:00 p.m.	8 classes	4/4 – 5/30
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19764	Sa	11:00 a.m. – 12:00 p.m.	8 classes	4/6 – 6/1
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### San Carlos Youth Sports League Directory

**AYSO Soccer** Jessica Flores  
[sancarlosayso.org](http://sancarlosayso.org)

**San Carlos United Soccer** Fred Im  
[sancarlosunited.org](http://sancarlosunited.org)

**Little League Baseball** Mark Reynolds  
[sancarlosll.com](http://sancarlosll.com)

**San Carlos Youth Softball** Bob Bollier  
[sancarosyouthsoftball.com](http://sancarosyouthsoftball.com)  
[sancarosyouthsoftball@gmail.com](mailto:sancarosyouthsoftball@gmail.com)

# Tennis

## Aces! Whitlinger/Sarsfield Tennis PLAY TENNIS THE STANFORD WAY!

**TENNIS CLASSES:** Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and longtime Stanford/USPTA Pro Tom Sarsfield. Classes of 3-6 students will consist of six 1 hour lessons. Terrific Tiny Tennis classes will consist of six 40 minute lessons. Students provide own rackets.

**MAKEUP LESSONS POLICY:** Unless notified to the contrary, lessons will go on as schedule. However, lessons may be postponed for any reason (rain/wet courts, unhealthy air quality, instructor illness, etc.). All postpone lessons will extend the class to the next available normal meeting day at the usual times unless notified to the contrary. We will try to notify you **at least one hour before class starts** if we are going to postpone the class. If you are unsure regarding the status of the class, you may contact the Recreation Department at (650) 802-4382 or our instructor through [WhitlingerSarsfieldTennis.com](http://WhitlingerSarsfieldTennis.com). There will be no makeup lesson(s) for any lesson(s) missed by the participants.

**Whitlinger/Sarsfield Tennis Instructors** – *Burton Park Tennis Court #1 and #2.*

### ACES! Adult Novice Tennis (Ages 15+ years)

Children play FUN activities and games on the “42 ft.” court with low compression tennis balls.

#### Tom Sarsfield

*Tennis Courts 1 & 2 at Burton Park*

**Resident \$159 Non-resident \$179**

<b>19178</b>	Sat	8:00 a.m. – 9:00 a.m.	6 classes	4/13 – 5/18
<b>19179</b>	Wed.	7:30 p.m. – 8:30 p.m.	6 classes	4/17 – 5/22
<b>19180</b>	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	6/11 – 6/27
<b>19181</b>	Sat	8:00 a.m. – 9:00 a.m.	6 classes	6/22 – 7/27
<b>19184</b>	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	7/9 – 7/25
<b>19185</b>	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	7/30 – 8/15

### ACES! Adult Low Intermediate Tennis

(Ages 15+ years)

For players who are consistent on a slow-pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

#### Tom Sarsfield

*Tennis Courts 1 & 2 at Burton Park*

**Resident: \$159 Non-resident: \$179**

<b>19186</b>	T,Th	7:00 p.m. – 8:00 p.m.	6 classes	4/16 – 5/16
<b>19446</b>	T,Th	7:00 p.m. – 8:00 p.m.	6 classes	5/14 – 5/30
<b>19447</b>	T,Th	7:00 p.m. – 8:00 p.m.	6 classes	6/11 – 6/27
<b>19448</b>	Sa	9:00 a.m. – 10:00 a.m.	6 classes	6/22 – 7/27
<b>19449</b>	T,Th	7:00 p.m. – 8:00 p.m.	6 classes	7/9 – 7/25
<b>19450</b>	T,Th	7:00 p.m. – 8:00 p.m.	6 classes	7/30 – 8/15

### Adult Intermediate Tennis (Ages 15+ yrs)

For players who are consistent on a medium pace rally but needs to develop more spin, power, and/or variety. Refine stroke techniques, strategy, and tactics with performance enhancing drills.

#### Tom Sarsfield

*Tennis Courts 1 & 2 at Burton Park*

**Resident: \$159 Non-resident: \$179**

<b>19456</b>	Sat	9:00 a.m. – 10:00 a.m.	6 classes	4/13 – 5/18
<b>19451</b>	T, Th	8:00 p.m. – 9:00 p.m.	6 classes	4/16 – 5/2
<b>19452</b>	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	5/14 – 5/30
<b>19453</b>	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	6/11 – 6/27
<b>19457</b>	Sat	10:00 a.m. – 11:00 a.m.	6 classes	6/22 – 7/27
<b>19454</b>	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	7/9 – 7/25
<b>19455</b>	T,Th	8:00 p.m. – 9:00 p.m.	6 classes	7/30 – 8/15





## ACES! Junior Low Intermediate Tennis

(Ages 11-14 years)

For players who are consistent on a slow-pace rally but needs to develop better depth, directional control, and use of spin. Review and strengthen stroke techniques with more emphasis on basic strategy and tactics.

### Tom Sarsfield

Tennis Courts 1 & 2 at Burton Park

Resident: \$159 Non-resident: \$179

19174	W	6:30 p.m. – 7:30 p.m.	6 classes	4/17 – 5/22
19176	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	7/9 – 7/25



## ACES! Junior Novice Pickleball

(Ages 10-14 years)

Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.

### Tom Sarsfield

Tennis Courts 1 & 2 at Highlands Park

Resident: \$149 Non-resident: \$169

19177	Sa	2:30 p.m. – 3:30 p.m.	6 classes	4/13 – 5/18
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## ACES! Terrific Tiny Tennis (Ages 5-7 years)

Children play FUN activities and games on the 42 ft. court with low compression tennis balls. Lessons are designed to enhance their athletic and skill development in a success.

### Tom Sarsfield

Tennis Courts 1 & 2 at Burton Park

Resident: \$109 Non-resident: \$129

19153	W	3:20 p.m. – 4:00 p.m.	6 classes	4/17 – 5/22
19154	T,Th	3:20 p.m. – 4:00 p.m.	6 classes	5/14 – 5/30
19155	T,Th	3:20 p.m. – 4:00 p.m.	6 classes	6/11 – 6/27
19156	T,Th	3:20 p.m. – 4:00 p.m.	6 classes	7/9 – 7/25
19157	T,Th	3:20 p.m. – 4:00 p.m.	6 classes	7/30 – 8/15

## ACES! Quickstart Tennis (Ages 8-10 years)

Learn simple and efficient techniques on the “60 ft. court” with low compression tennis balls. Emphasis on control, consistency, sportsmanship, and FUN! In general, we recommend the 25 inch racket.

### Tom Sarsfield

Tennis Courts 1 & 2 at Burton Park

Resident: \$159 Non-resident: \$179

19162	Sa	10:00 a.m. – 11:00 a.m.	6 classes	4/13 – 5/18
19158	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	4/16 – 5/2
19164	W	4:00 p.m. – 5:00 p.m.	6 classes	4/17 – 5/22
19159	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	5/14 – 5/30
19160	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	7/30 – 8/15

## Adult Novice Pickleball (Ages 15+ years)

Learn the fundamentals of Pickleball, the fastest growing racket sport in the world! Class covers all the essential strokes (ie. forehand, backhand, volleys, dinks, drop shots, overheads, serves), rules/ scoring, and basic play. Please join the FUN! Players provide their own paddles.

### Tom Sarsfield

Resident: \$149 Non-resident: \$169

Tennis Courts 1 & 2 at Highlands Park

19767	Sa	1:30 p.m. – 2:30 p.m.	6 classes	4/13 – 5/18
19768	Sa	2:30 p.m. – 3:30 p.m.	6 classes	6/22 – 7/27

San Carlos Youth Center

19769	Th	12 p.m. – 1 p.m.	6 classes	4/18 – 5/23
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Crestview Park (8 participants maximum)

Resident \$195 Non-resident \$215

19469	W	11:00 a.m. – 12:00 p.m.	6 classes	4/17 – 5/22
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## Adult Low Intermediate Pickleball

(Ages 15+ years)

Review and strengthen stroke techniques with more emphasis on basic strategy and tactics. This second level class will also introduce poaching and stacking formations. Players provide their own paddles.

### Tom Sarsfield

Resident: \$149 Non-resident: \$169

Tennis Courts 1 & 2 at Highlands Park

19464	Sa	12:30 p.m. – 1:30 p.m.	6 classes	4/13 – 5/18
19466	Thurs	11:00 a.m. – 12:00 p.m.	6 classes	4/18 – 5/23
19465	Sa	1:30 p.m. – 2:30 p.m.	6 classes	6/22 – 7/27

Crestview Park (8 participants maximum)

Resident \$195 Non-resident \$215

18939	W	12:00 p.m. – 1:00 p.m.	6 classes	4/17 – 5/22
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## Adult Intermediate Pickleball

### Ages 15+ years

Players will enhance their tactical and strategic play with competitive situational drills. Refine stroke techniques with more emphasis on spin, power, and touch. Players provide their own paddles.

#### Tom Sarsfield

Tennis Courts 1 & 2 at Highlands Park

Resident: \$149 Non-resident: \$169

19467	Th	10 a.m. – 11 a.m.	6 classes	4/18 – 5/23
19468	Sa	12:30 p.m. – 1:30 p.m.	6 classes	6/22 – 7/27

## ACES! Junior Novice Tennis (Ages 11-14 years)

Develop the essential techniques with emphasis on control, depth, and direction on the “78 ft. court” with regulation tennis balls. Lessons will also incorporate rules, sportsmanship, and basic doubles play.

#### Tom Sarsfield

Tennis Courts 1 & 2 at Burton Park

Resident: \$159 Non-resident: \$179

19167	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	4/16 – 5/2
19459	W	5:00 p.m. – 6:00 p.m.	6 classes	4/17 – 5/22
19169	T,Th	6:00 p.m. – 7:00 p.m.	6 classes	5/14 – 5/30
19171	T,Th	4:00 p.m. – 5:00 p.m.	6 classes	6/11 – 6/27

# Euro School of Tennis

## After School Tennis (Ages 5-7 years)

Our modified equipment is ideal for young beginners, ensuring they learn at their level and grasp the fundamentals of this fantastic sport. Smaller racquets, low-compression red balls, all you need to do is sign your children up and we'll have them enjoying this great sport in no time.

#### Euro School Of Tennis

Tennis Courts 4 & 5 at Highlands Park

Resident: \$436 Non-resident: \$456

19123	M	3:30 p.m. – 4:30 p.m.	8 classes	4/15 – 6/10
19129	M	4:30 p.m. – 5:30 p.m.	8 classes	4/15 – 6/10
19126	W	4:10 P.M. – 5:10 P.M.	8 classes	4/17 – 6/12

## Pee Wee Tennis (Ages 4-5 years)

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 racket size 19 or 21.

#### Euro School Of Tennis Instructors

Tennis Courts 4 & 5 at Highlands Park

Resident: \$372 Non-resident: \$392

19445	M	5:40 p.m. – 6:30 p.m.	8 classes	4/15 – 6/10
19128	W	5:10 p.m. – 6:00 p.m.	8 classes	4/17 – 6/12
19127	M	5:40 p.m. – 6:30 p.m.	8 classes	7/8 – 8/26
19140	W	5:10 p.m. – 6:00 p.m.	8 classes	7/10 – 8/28

## Mini Aces Tennis (Ages 6-7 years)

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.

#### Euro School Of Tennis Instructors

Tennis Courts 4 & 5 at Highlands Park

Resident: \$372 Non-resident: \$392

19444	M	6:30 p.m. – 7:30 p.m.	8 classes	4/15 – 6/10
19443	W	6:00 p.m. – 7:00 p.m.	8 classes	4/17 – 6/12
19124	M	6:30 p.m. – 7:30 p.m.	8 classes	7/8 – 8/26
19130	W	6:00 p.m. – 7:00 p.m.	8 classes	7/10 – 8/28

## Adult Novice Tennis (Ages 15+ years)

Our adult tennis clinics are designed for novice players ages 15 and up. With one instructor for every six students, even if you've never held a racquet before, this is a great way to begin appreciating and enjoying the game of tennis. By the end of the course, you'll be able to hit the ball with consistency over the net, allowing for great game play and fun!

#### Euro School of Tennis Instructors

Tennis Courts 4 & 5 at Highlands Park

Resident #372 Non-resident #392

19125	M	7:30 p.m. – 8:30 p.m.	8 classes	4/15 – 6/10
19133	W	7:00 p.m. – 8:00 p.m.	8 classes	4/17 – 6/12
19138	M	7:30 p.m. – 8:00 p.m.	8 classes	7/8 – 8/26
19141	W	7:00 p.m. – 8:00 p.m.	8 classes	7/10 – 8/28



## TEEN ACTIVITIES

### Special Interest

#### SAT Prep (Ages 14–18 years)

The 4-session course will cover strategies, techniques, and concepts. 2 practice tests will be assigned to complete at home during the course. Students will need to bring a computer or tablet to class. Questions about registration can be emailed to instructor Ruby at [26alphaprep@gmail.com](mailto:26alphaprep@gmail.com). To understand the instructor's qualification and read testimonials, please visit <https://26alphaprep.com/>. A material fee of \$50 for a study guide, 9 sets of lecture notes, and 2 SAT practice tests will be payable to the instructor on the first day of class.

##### Ruby Chen

*Homework Room at Youth Center*

**Resident: \$635 Non-resident: \$655**

**19508** S 10:00 a.m. – 2:30 p.m. 4 classes 7/14 – 8/4

#### NEW Ghostlight Conservatory: Iconic Musical Numbers (Ages 12–18 years)

Ghostlight Conservatory is an advanced theater program tailored for experienced high school actors passionate about theater and ready to develop their performance techniques. In our spring session, we'll examine the world of classic and contemporary musicals and mastering the art of performing iconic songs. Program will include intensive training in vocal techniques, stage presence, advanced dance technique and acting through song to help elevate each student's performance skills to new heights. Final class will feature an amazing showcase performance. Students must audition to be accepted into this Conservatory class or have attended the winter 2024. Conservatory session: Audition with 1 min monologue & 32 bars song (no dance) on Monday April 1, 3:30 – 5:30 p.m. No class 4/13 & 5/25.

##### San Carlos Children's Theater Instructors

*SCCT Studio, 1314 Old Country Road, Belmont*

**Resident: \$650 Non-resident: \$670**

**19622** Sa 1:00 p.m. – 5:00 p.m. 7 classes 4/6 – 6/1



#### Virtual Online Driver's Education (Ages 15+)

This state required Driver Education Online course is being offered through Economic Driving School #2430. The Driver Education course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, quizzes, and practice tests are part of the course. In addition, the student will be prepared to be a safer driver, bicyclist, and pedestrian as well as pass the DMV written test. The course is easy to use. You simply log into the website, enroll, and you can begin immediately! When registering make sure to complete the question that says: How did you hear about us by choosing School: Enter Code: 4382

##### Economic Driving School

*(408) 972-1168 To register go to [economicdrivingschool.com/online](http://economicdrivingschool.com/online)*

**Fee: \$68.50 Enter Code: 4382**





[cityofsancarlos.org/scyc](http://cityofsancarlos.org/scyc)

## FREE DROP-IN PROGRAM AGES 10-17

### Zen Den

Safe place to talk and be heard;  
the Youth Center staff is here for you.

### Homework Center

FREE Tutoring and homework support  
Monday-Thursday.

### Activities Room

Ping-Pong, basketball, pool tables, Playstation and  
more.

### Gym

Full sized court; open gym for basketball, volleyball,  
indoor soccer, pickle-ball, and group games.

## After School Drop-In Hours

Open Monday – Friday.

### Spring Drop-In Hours

Monday – Friday	3:00 p.m. – 6:00 p.m.
Wednesday	1:00 p.m. – 6:00 p.m.

### Extended Hours

#### Spring

April 8 – 12	10:00 a.m. – 4:00 p.m.
May 24	1:00 p.m. – 6:00 p.m.
June 13	1:00 p.m. – 6:00 p.m.

#### Summer

June 17 – August 16	
Monday – Friday	10:00 a.m. – 4:00 p.m.

## Summer Drop-in Program

Looking for a fun place to hang during the  
summer? The Youth Center is here for you!

Drop-In is a free, supervised after school program  
for youth ages 10-17 years. Work on your  
basketball shot, play video games, dominate in a  
ping-pong tournament or just hang with friends!

### How to Register

To register, parents/guardians must fill out a 2023-24  
membership form. Membership forms are available online  
by visiting [cityofsancarlos.org/scycForm](http://cityofsancarlos.org/scycForm).

### Stay in the Loop

For up-to-date program information, please follow us on  
Instagram [@sancarlosyouthcenter](https://www.instagram.com/sancarlosyouthcenter).

### Questions?

Call Emma Licko at (650) 802-4122  
or email [elicko@cityofsancarlos.org](mailto:elicko@cityofsancarlos.org).

## Holidays and Closures

May 27	Memorial Day Holiday
June 19	Juneteenth Holiday
July 4	Independence Day Holiday
August 19-23	Annual Building Maintenance

## After School Drop-In Open House

**August 21 | 5 p.m. – 7 p.m.**  
**Parent/Guardian and Child**

Tour the Facility • Meet the Staff  
Sign our Behavior Expectations  
Sign up for Drop-In

# Kid's Night Out

(Ages 5-10 years)

## Youth Center

Drop off your kids at the Youth Center while parents enjoy an evening out. Children participate in organized crafts, games, and sports in a safe and fun environment. Pizza dinner, a piece of fruit, and snacks are included!

**Fridays, 6:00 p.m. – 9:00 p.m.**

**Fee: \$40 per child**

For more information please contact Emma Licko at (650) 802-4122.

**April 19**

**Solar Eclipse**

Course: **18929**

**May 10**

**Super Mario**

Course: **19770**

**June 7**

**Pajama Party**

Course: **19720**



# Special Events

## Teen Wellness Retreat

(Ages 10-17 years)

**April 20**

**9:00 a.m. – 2:00 p.m.**

Youth Center

Course: **18800**

## Obstacle Course

(Ages 10-17 years)

**May 24**

**2:00 p.m. – 4:00 p.m.**

Youth Center

**Free with Drop-In Membership**

## Game Action Truck

(Ages 10-17 years)

**June 5**

**3:30 p.m. – 5:00 p.m.**

Youth Center

**Free with Drop-In Membership**

# Teen Movie Nights

## Barbie

Extended Drop-In

(Ages 10-17 years)

**September 13**

**7:00 p.m. – 9:00 p.m.**

Youth Center

**Free with Drop-In Membership**

## Guardians of the Galaxy

Extended Drop-In

(Ages 10-17 years)

**May 31**

**7:00 p.m. – 9:00 p.m.**

Youth Center

**Free with Drop-In Membership**



YOUTH CENTER ACTIVITIES

## Youth Advisory Council

(Ages 12–18 years)

### What is the YAC?

The Youth Advisory Council (YAC) is an all volunteer advisory council to the San Carlos City Council comprised of middle school and high school teens.

### What types of projects do we do?

The YAC strengthens the image of community for our young people in San Carlos. We foster human development by offering volunteer activities and events suggested by youth, for youth and the community.

### Join Us

Meetings are held on the 2nd Wednesday of each month, 7:00 p.m. – 8:30 p.m. at the San Carlos Youth Center Dance Studio.

### How to Apply

Applications for the 2023-24 Youth Advisory Council will open in February. For more information on the YAC or to apply, visit [cityofsancarlos.org/yac](http://cityofsancarlos.org/yac). Completed applications are due by Tuesday, April 16.

**April 20** – Teen Wellness Retreat

**May 18-19** – Pop-Up Thrift Shop

**For more information, contact Emma Licko at (650) 802-4122.**



## Summer L.I.T.E. Program

### Be a Teen Volunteer, a volunTEEN

The VolunTeen program gives middle school and high school students an opportunity to give back to the community and perform community service. Camp L.I.T.E. Program (Leader in Training Education) San Carlos Parks and Recreation is looking for confident, enthusiastic, and responsible teens to be leaders in training (L.I.T.E.s) at our Summer Adventure Camps. If you enjoy working with children and want to learn valuable job and leadership skills working with our trained Day Camp Leaders, you can apply! Applications available online beginning Thursday, February 1. Completed applications due by Friday, March 22. Interviews will be held the week of April 1. For more information and to apply, visit [cityofsancarlos.org/camps](http://cityofsancarlos.org/camps).

**For more information, contact Emma Licko at (650) 802-4122.**

## San Carlos Explorers

If you like to hike the hills of Edgewood park to the hills of Waterdog lake park, join the San Carlos explorers for a hike each day of Spring Break!

**Fee: \$35 per day**

**April 8: Año Nuevo and Goat Hill Trail Loop**

Course: **18934**

**April 9: Hidden Villa**

Course: **18935**

**April 10: Stanford Dish Loop**

Course: **18936**

**April 11: Alum Rock South Rim Trail**

Course: **18937**

**April 12: Lands End Hike**

Course: **18938**

**For more information, contact Emma Licko at (650) 802-4122.**



# Family Tot-Time

**Mondays & Wednesdays**

**9:00 a.m. – 12:00 p.m.**

**Ages** – Walking-5 years old with caregiver

**Fee** – \$5 drop-in fee per child per class

**Location** – Gymnasium at the Youth Center

Enjoy a fun child play zone with scooters, slides, balls and other various play equipment to encourage social skills and develop gross motor skills. Class is unstructured and adult supervision is required at all times. Tot-Time will be closed June 10 – August 21.

For more information, call (650) 802-4122.



# COMMUNITY BLOOD DRIVE

**Saturday, May 11**

**Saturday, August 17**

**10:00 a.m. – 3:00 p.m.**

Location: Adult Community Center

For more information and to schedule an appointment, visit

[cityofsancarlos.org/events](http://cityofsancarlos.org/events).

For more information, call  
**(650) 802-4122.**



# COMMUNITY DROP-IN

**Youth Center Family Open Gym**

**FREE recreational time for families.**

Parents, guardians, or caregivers must accompany children to participate.

Sundays, 9:00 a.m. – 12:00 p.m.

**Adult Basketball (Ages 18+ years)**

Sundays, 3:00 p.m. – 5:00 p.m.

**Fee: \$5**

**Adult Volleyball (Ages 18+ years)**

Starting March 23

Saturdays, 10:00 a.m. – 12:00 p.m.

**Fee: \$5**

Have questions or would like additional information? Contact Emma Licko at **(650) 802-4122.**

# ADULT ACTIVITIES

## Arts & Music

### Beginning Cake Decorating (Ages 18+)

In this class we will work with buttercream icing and learn a variety of decorating techniques: stars, shells, drop flowers, borders, roses, basket weave and more. We will dedicate one class to learning several quick and easy ways to decorate cupcakes. This class requires additional supplies; materials list will be provided one week before the class begins. Each participant will need to bring a cake or cupcakes and icing to class weeks 2-4. Questions? Email the instructor: [hopkinsce@gmail.com](mailto:hopkinsce@gmail.com).

**Christine Hopkins**

*Kitchen at Adult Community Center*

**Resident: \$135 Non-resident: \$155**

<b>19284</b>	M	6:30 p.m. – 8:30 p.m.	4 classes	7/8 – 7/29
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### Learn to Sew (Ages 16+)

Do you want to learn how to sew? In this class, each person will layout, cut and sew a reversible apron. We will work on sewing machines and each person will get 1:1 help to learn how to use a sewing machine. This is a great class if you want to learn how to sew or haven't sewn in a long time. Learn how to use your machine and finish a great project in a fun, no pressure environment. If time allows we will make a small second project. Materials list will be sent out approximately one week prior to start date. Sewing machine required. Rental machines available for use during class for an additional one-time payment of \$25 for the session to the instructor. For more details, please contact the instructor at [hopkinsce@yahoo.com](mailto:hopkinsce@yahoo.com).

**Christine Hopkins**

*Loft Room at Adult Community Center*

**Resident: \$135 Non-resident: \$155**

<b>19285</b>	M	6:30 p.m. – 8:30 p.m.	4 classes	4/1 – 4/22
<b>19286</b>	M	6:30 p.m. – 8:30 p.m.	4 classes	6/3 – 6/24

### Fee Assistance

Fee assistance is available for classes and programs. For requirements and to request an application, please contact the Recreation Department at (650) 802-4382 or visit [cityofsancarlos.org/feeassistance](http://cityofsancarlos.org/feeassistance).

### Intermediate Sewing (Ages 16+)

Take your sewing to the next level, we will make a pair of pajama pants and a tote bag. If time allows we will start a third project. We will work on building skills and learning new techniques in this class. Materials list will be sent out approximately one week prior to start date. Sewing machine required. Rental machines available for use during class for an additional one-time payment of \$25 for the session, payable to the instructor. For more details, please contact the instructor at [hopkinsce@yahoo.com](mailto:hopkinsce@yahoo.com).

**Christine Hopkins**

*Loft Room at Adult Community Center*

**Resident: \$135 Non-resident: \$155**

<b>19287</b>	M	6:30 p.m. – 8:30 p.m.	4 classes	4/29 – 5/20
<b>19289</b>	M	6:30 p.m. – 8:30 p.m.	4 classes	8/5 – 8/26



# Dance

## Line Dancing (Ages 18+)

No partner necessary! Dance to a variety of music types for great exercise and lots of fun. No previous experience necessary for beginner class. Wear comfortable shoes. For class questions email instructor at [cch3@att.net](mailto:cch3@att.net). For more information visit [cathyandclaudio.com](http://cathyandclaudio.com). Pay for the session and save, or drop-in, \$6 at the door. No class 7/4.

### Cathy Dacumos

*Parkview Room at Adult Community Center*

#### Beginning

Resident: \$50 Non-resident: \$58

19295	Th	11:30 a.m. – 12:45 p.m.	8 classes	4/11 – 5/30
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Resident: \$45 Non-resident: \$52

19296	Th	11:30 a.m. – 12:45 p.m.	7 classes	6/27 – 8/15
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#### Intermediate

Resident: \$50 Non-resident: \$58

19297	Th	12:45 p.m. – 2:00 p.m.	8 classes	4/11 – 5/30
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Resident: \$45 Non-resident: \$52

19298	Th	12:45 p.m. – 2:00 p.m.	7 classes	6/27 – 8/15
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## Social Ballroom Dance (Ages 18+)

Would you like to dance like a star? This is your chance to shine, whether you're looking for a fun way to exercise, tone your body, or sharpen your mind and memory. Join the new student class and learn the basics in Rhumba, Samba, ChaCha, Tango, Waltz, Foxtrot, Swing, Mambo, and more. Instructor Judy is so sure you will learn, they guarantee you will receive a diploma at the end of the series! The intermediate class is a continuation of instruction from the basic class, with the addition of new and advanced steps, and emphasis on styling in all the dances. One basic series required. New intermediate steps are offered each series. Couples only. Fee is per couple.

### Judith Lewis

*Parkview Room at Adult Community Center*

Resident: \$85 Non-resident: \$100

#### Basic

19342	T	7:30 p.m. – 8:30 p.m.	6 classes	4/9 – 5/14
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#### Intermediate

19343	T	8:30 p.m. – 9:30 p.m.	6 classes	4/9 – 5/14
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# Fitness & Wellness

## NEW Well-Being: Self-Care for Stress Relief & Burnout (Ages 18+ years)

Is your stress impacting your health? Are you hoping for guidance for how to slow down and start taking care of yourself? This class will cover stress-reduction techniques that not only help you in moments of overwhelm, but can contribute to a more centered and peaceful lifestyle. Whether you are overwhelmed with work, caregiving responsibilities, or major life changes, this class will help you create a restorative lifestyle-one that brings you back to your peaceful and purposeful nature. For more details, please contact the instructor at [amanda@wucherwellbeing.com](mailto:amanda@wucherwellbeing.com). The instructor is a certified Health & Wellbeing Coach Trained at Duke Integrative Medicine.

### Amanda Wucher-Onorato

*San Carlos Room at Adult Community Center*

Resident: \$229 Non-resident: \$249

19549	Th	5:45 p.m. – 6:45 p.m.	4 classes	6/6 – 6/27
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ADULT ACTIVITIES



## NEW Well-Being: Embracing Mindful Living

(Ages 18+ years)

As it is said in Ferris Bueller's Day Off, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Do you feel like time and your life is moving too fast and you want to regain a sense of presence and enjoyment? This class teaches you how to cultivate a sense of mindful awareness to help you gain perspective and live more intentionally. You will also learn how to practice gratitude and focus on joy to enhance your wellbeing. For more details, please contact the instructor, at [amanda@wucherwellbeing.com](mailto:amanda@wucherwellbeing.com). The instructor is a certified Health & Wellbeing Coach Trained at Duke Integrative Medicine.

### Amanda Wucher-Onorato

San Carlos Room at Adult Community Center

Resident: \$229 Non-resident: \$249

19550 Th 5:45 p.m. – 6:45 p.m. 4 classes 7/11 – 8/1



## Body Boost® (Ages 18+ years)

Body Boos® is a mom-only, high-intensity, total-body workout that is empowering and energizing – and will challenge all levels of fitness, from beginner to elite athlete. Taught by certified fitness professionals with pre and postnatal expertise, these 60-minute classes combine cardio, strength, core training, and meditation. You will leave this workout refreshed and recharged for all that comes with motherhood. Your first class is free. For information visit [sfpeninsula.fit4mom.com](http://sfpeninsula.fit4mom.com), call (650) 395-7558 or email at [sfsocial@fit4mom.com](mailto:sfsocial@fit4mom.com) or [sfpensinsula@fit4mom.com](mailto:sfpensinsula@fit4mom.com).

Fee: Pre-registration and liability waiver required.

\$30 single class \$119 monthly membership

Su	9:30 a.m. – 10:30 a.m.	Highlands Park
T	9:30 a.m. – 10:30 a.m.	Highlands Park
Th	4:30 p.m. – 5:30 p.m.	Crestview Park

## NEW Well-Being: Self-Compassion for Chronic Conditions (Ages 18+ years)

Do you have a chronic health condition and are hoping to learn how to better tend to your needs with care and compassion? In this class, we will learn ways to properly nurture our body, mind & spirit in order to feel supported with a chronic health condition. Topics such as self-advocacy, hope, and the importance of rest will also be included. For more details, please contact the instructor at [amanda@wucherwellbeing.com](mailto:amanda@wucherwellbeing.com). The instructor is a certified Health & Wellbeing Coach Trained at Duke Integrative Medicine.

### Amanda Wucher-Onorato

San Carlos Room at Adult Community Center

Resident: \$229 Non-resident: \$249

19552 Th 5:45 p.m. – 6:45 p.m. 4 classes 8/8 – 8/29



## Fit4Mom Stroller Strides® and Stroller Barre® (Ages 18+ years)

Stroller Strides® is a 60-minute total body workout with strength, cardio, and core training. Stroller Barre®, is a blend of ballet, pilates and barre and is designed to help moms and moms-to-be build strength, muscle tone and improve overall fitness. Both are stroller-based programs, perfect for both pregnant moms and moms with kiddos from six weeks to six years old, and taught by pre and postnatal certified instructors. You'll leave these FIT4MOM SF Peninsula classes feeling strong, empowered, connected, and energized—no matter your stage of motherhood. For information visit [sfpeninsula.fit4mom.com](http://sfpeninsula.fit4mom.com), call (650) 395-7558 or email at [sfsocial@fit4mom.com](mailto:sfsocial@fit4mom.com) or [sfpensinsula@fit4mom.com](mailto:sfpensinsula@fit4mom.com).

Fee: Pre-registration and liability waiver required.

\$28 single class \$109 5-class pass

\$119 unlimited monthly membership

### Stroller Strides

M,T,F	9:30 a.m. – 10:30 a.m.	Burton Park
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### Stroller Barre

W,Th	9:30 a.m. – 10:30 a.m.	Burton Park
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## Sound Bath Meditation (Ages 18+)

Combining the power of sound healing and deep meditation, Sound Baths offer a transformative experience designed for relaxation, stress reduction and rejuvenation of mind, body and spirit. Participants will immerse themselves in a soothing soundscape created by singing bowls, gongs, drums, chimes and sounds of nature such as rain & ocean waves. The gentle vibrations shower & flow through our bodies from head to toe restoring the harmony & balance, reducing pain, anxiety and improving sleep quality. Come and Indulge in an oasis of tranquility! Sign up for the session and save, or drop-in, \$40 per class.

### Saylee Rajee

*San Carlos Room at Adult Community Center*

**Resident: \$150 Non-resident: \$170**

**19339** Th 7:00 p.m. – 8:30 p.m. 4 classes 4/4 – 4/25

**Resident: \$185 Non-resident: \$205**

**19340** Th 7:00 p.m. – 8:30 p.m. 5 classes 5/2 – 5/30

**19341** Th 7:00 p.m. – 8:30 p.m. 5 classes 8/1 – 8/29

## Dance Fitness (Ages 18+)

Dance the night away and get fit. This session combines the best in dance fitness of both Latin and Ballroom dance with alternating weeks of Zumba and LaBlast® Fitness. Rumba, Waltz, Reggaeton, Salsa, Foxtrot, Swing, Cumbia, Lindy Hop, Tango, Bachata and more! We are covering the world of dance styles and rhythms while exercising our heart, mind and body. Suitable for all exercise fitness levels.

### Sandra Frojelin

*Parkview Room at Adult Community Center*

**Resident: \$106 Non-resident: \$116**

**19283** Th 6:00 p.m. – 6:50 p.m. 8 classes 4/25 – 6/13

## NEW BollyX (Ages 16+ years)

BollyX is a Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with the hottest music. In this 55-minute cardio class that has choreography which cycles between higher and lower-intensity dance sequences that can help you burn around 500-800 calories per session. Because it is a cardio dance class, you can expect to see high impact dance moves throughout the class. However, feel free to modify any of the dance moves as you like. Our goal is for you to have a lot of fun as you dance to the beats of amazing Bollywood songs and unleash your inner rock star. Come and join the joy of dancing while exercising with Bollywood songs. No class 5/15.

### Flora Yazedani

*Chestnut Room at Adult Community Center*

**Resident: \$130 Non-resident: \$150**

**19713** W 6:30 p.m. – 7:25 p.m. 8 classes 4/17 – 6/12



## Planning a Special Event or Business Meeting?

## We've Got the Place For It!

We can accommodate a small get-together or large events. Whether you are having a wedding, anniversary, memorial, recital, or a youth sport tournament, we have the space for you!

### Facility Types

**Complete a Facility Rental Inquiry at**  
[cityofsancarlos.org/facilityrental](http://cityofsancarlos.org/facilityrental)

Banquet Facilities Commercial Kitchen  
Outdoor Patio Area  
Picnic Area  
Gymnasium  
Bocce Ball

### Adult Community Center

(650) 802-4382

### Youth Center

(650) 802-4471

### Picnic and Bocce Ball Reservations

(650) 802-4382

## LEMO Recharge Program (Ages 18+)

We're thrilled to announce the opening of LEMO Recharge, and our longevity courses which offer access to a variety of cutting-edge solutions designed to optimize recovery and promote wellness. You will work with our Recharge specialists who will focus on the following themes throughout the 4 week program: longevity, recovery, mental clarity/wellness and circulation. Accompanied with these instructional courses, our offerings include technologies like cryotherapy, redlight therapy, Vasper technology, Normatec air compression, BEMER, and more!

### LEMO Instructors

2575 East Bayshore Road, Redwood City

Resident: \$209 Non-resident: \$229

19540 Th 11:00 a.m. – 12:15 p.m. 4 classes 4/18 – 5/9

## Personal Training & Wellness Coach

(Ages 18+)

Having support improves your chances of getting and staying healthy. Enjoy a safe, well-rounded fitness program tailored to your needs by combining strength, core, cardio, and flexibility training in our well-equipped gym. Monique is a certified Personal Trainer, Health Coach/nutritionist, yoga and Pilates Instructor. Fee is per 50 minute session. Contact Monique at (650) 367-6559 or [Monique@joyfullybalanced.com](mailto:Monique@joyfullybalanced.com) to schedule appointments. Training sessions are offered in-person at Burton Park OR online via Zoom.

### Monique Story

In-person or Virtual

Fee per 50 minute session – \$85

19349 April – June

19718 July – August

\$240 package of 3 – 50 minute sessions

19350 April – June

19717 July – August

## Fitness In the Park (Ages 18+ years)

Ready...set...get fit! Fitness in the Park offers free, fun and upbeat classes in Burton Park led by our class instructors. Open to adults or under 18 years old with an adult. All levels welcome. No need to pre-register, just show up a few minutes early to sign a waiver form. Visit [cityofsancarlos.org/events](http://cityofsancarlos.org/events) for an up-to-date schedule.

Burton Park Stage

FREE – Saturdays Mornings

June 8	9:00 a.m.	Yoga for Every Body	Julia Harkola
June 22	9:00 a.m.	Dance Fitness	Sandy Frojelin
July 20	9:00 a.m.	Yoga for Every Body	Julia Harkola

## Strength Training Home Workout Workshop (Ages 18+)

Do you prefer to workout in the convenience of your own home when you want? You will learn a home workout routine by using hand weights. You will learn to do safe & effective exercises to help strengthen and tone all muscle groups, as well as increase bone density to help prevent Osteoporosis. An additional benefit can be weight loss as you burn calories up to 24 hours after lifting weights. The class will start with a gentle cardio warm up and end with stretching.

### Monique Story

Burton Park Stage at Burton Park

Resident: \$70 Non-resident: \$82

19299 Sa 11:00 a.m. – 12:00 p.m. 2 classes 4/20 – 4/27

## Stretch, Strength, and Posture (Ages 18+)

Keep a spring in your step and improve your posture and balance with a head to toe workout that is suited to all fitness levels. Lengthen and strengthen muscles, lubricate joints, and develop core postural strength with a combination of standing, sitting, and mat exercises. Resistance bands and free weights provided. Please bring a towel and mat.

### Jill Daly

San Carlos Room at Adult Community Center

Resident: \$160 Non-resident: \$180

19337 W 10:30 a.m. – 11:30 a.m. 10 classes 3/20 – 5/22

19338 W 10:30 a.m. – 11:30 a.m. 10 classes 6/5 – 8/14

## Warrior Boot Camp (Ages 18+)

The Warrior Boot Camp combines two unique fitness programs into one amazing fitness camp, creating one of the best total-body fitness programs on the market. High-intensity classes are consciously designed to get your heart rate spiking, your legs moving, your body pumping – all the while drawing motivation from other members and our expert coaches. Strength and conditioning classes will sculpt, tone, and increase your muscular baseline so you'll burn fat more quickly, whether at rest or moving throughout your day. Open to all fitness levels, classes are offered M/T/Th/F at 5:30 a.m. & 6:20 a.m. and M/T/W/Th at 5:30 a.m. Sign up for the month and attend as many workouts as you like. Visit [kingscampsandfitness.com](http://kingscampsandfitness.com) or call (650) 885-9804 for more information. Fee included open gym on Sunday, 8:30 a.m. – 10:00 a.m.

### Mike King

1100 Industrial Rd. #13, San Carlos

Resident: \$190 Non-resident: \$210

19344 April 19346 June 19348 August

19345 May 19347 July



## Yoga Beginning/Intermediate (Ages 18+)

Let your body release stress and restore its vast natural healing potential. Enjoy comfort and vibrancy in your daily life as you experience strength, lightness, flexibility, and balance. Simple and easy-to-follow strengthening exercises for care of the back are presented. Your body will become supple and strong, finding inner contentment as deep tension and depression disappear. Through the experience of yoga, one develops an awareness and understanding of the harmonious relationship between body, mind, and breath. Bring a yoga sticky mat and an optional yoga block. Make up classes are available either night. No class 5/27.

### Gloria Baumann

Parkview Room at Adult Community Center

Resident: \$146 Non-resident: \$166

19291 M 5:45 p.m. – 7:00 p.m. 8 classes 4/15 – 6/10

19292 M 5:45 p.m. – 7:00 p.m. 8 classes 7/8 – 8/26

19294 W 5:45 p.m. – 7:00 p.m. 8 classes 7/10 – 8/28

Resident: \$163 Non-resident: \$183

19293 W 5:45 p.m. – 7:00 p.m. 9 classes 4/17 – 6/12



## Yoga For You – Beginning/Intermediate Yoga (Ages 18+)

Recharge in a safe and friendly environment. This series covers a range of basic yoga postures with sun salutations, breathing exercises and meditation techniques. Beginners as well as experienced yogis are welcome. Stretch and align your body as you quiet your mind, leaving class prepared for a restful night. Please bring a yoga strap and mat. Make up classes available either night.

### Julia Harkola

Chestnut Room at Adult Community Center

Resident: \$198 Non-resident: \$218

19498 T 7:00 p.m. – 8:15 p.m. 11 class 4/2 – 6/11

19499 Th 7:00 p.m. – 8:15 p.m. 11 class 4/4 – 6/13

Resident: \$180 Non-resident: \$190

19500 T 7:00 p.m. – 8:15 p.m. 10 classes 6/25 – 8/27

19501 Th 7:00 p.m. – 8:15 p.m. 10 classes 6/20 – 8/29

## Yoga For You – Extra Gentle Yoga (Ages 18+)

Yoga for the stiff, out of shape, or those recovering from injury. In this class you will learn yoga postures customized for your condition and breathing exercises for stress reduction, and complete each session in deep relaxation. Bring a yoga strap and mat. Make up classes available either night.

### Julia Harkola

Chestnut Room at Adult Community Center

Resident: \$160 Non-resident: \$180

19494 T 5:45 p.m. – 6:45 p.m. 11 class 4/2 – 6/11

19496 Th 5:45 p.m. – 6:45 p.m. 11 class 4/4 – 6/13

Resident: \$145 Non-resident: \$165

19495 T 5:45 p.m. – 6:45 p.m. 10 classes 6/25 – 8/27

19497 Th 5:45 p.m. – 6:45 p.m. 10 classes 6/20 – 8/29

## Zumba Gold (Ages 18+)

The Latin inspired, calorie-burning dance fitness workout – Zumba Gold is a lower impact workout that is easy to follow for all fitness levels. The class format combines fast and slow rhythms that tone and sculpt the body while achieving ultimate cardio health benefits. Come and be a part of this fun exhilarating, experience.

### Lori Dachauer

Chestnut Room at Adult Community Center

Resident: \$94 Non-resident: \$111

19333 T 9:00 a.m. – 10:00 a.m. 6 classes 4/2 – 5/7

19334 T 9:00 a.m. – 10:00 a.m. 6 classes 5/14 – 6/18

Resident: \$80 Non-resident: \$94

19335 T 9:00 a.m. – 10:00 a.m. 5 classes 6/25 – 7/23

Resident: \$66 Non-resident: \$78

19336 T 9:00 a.m. – 10:00 a.m. 4 classes 8/6 – 8/27

## Special Interest

### Puppy Kindergarten (Ages 18+)

This class is the foundation for a lifetime of good habits. The six-week positive reinforcement based class includes basic commands such as sit, down, stay, come and leash walking as well as correcting behaviors like biting, chewing, jumping, and housebreaking. Requirements: Puppies should be current on vaccinations and 3-7 months old.

### Will Arnaut

Dance Studio at Youth Center

Resident: \$170 Non-resident: \$190

19485 W 6:00 p.m. – 7:00 p.m. 6 classes 7/10 – 8/14

## Companion Dog Training I (Ages 18+)

This class is designed for dogs 6 months and older. Whether you've just adopted and want to get off on the right track or need a refresher, this class is for you. You will learn various commands, such as sit, down, come, heel, stay, and leave it, and teach your dog to wait at doorways and walk politely on leash. Requirements: Proof of current DHPP and Rabies vaccinations.

### Will Arnaout

*Dance Studio at Youth Center*

**Resident: \$200 Non-resident: \$220**

**19282** W 7:15 p.m. – 8:15 p.m. 6 classes 7/10 – 8/14

## In the Kitchen with Chef Steve (Ages 18+)

Refine your kitchen skills in an entertaining and informative culinary evening. Let's collectively create fabulous dishes in a relaxed session for all skill levels. As we navigate the recipes we will discuss traditional ingredients and cooking methods. We will learn prep ahead shortcuts, kitchen tips and techniques, and creative variations. Chef Steve, restaurateur and educator brings over 20 years of experience and worldwide travels to your kitchen. So bring your favorite chef's knife and some take home food containers and join in the fun. \$10 material fee payable to instructor at class.

### Steve Cortez

*Kitchen at Youth Center*

**Resident: \$79 Non-resident: \$93**

### Sushi & Miso Soup

**19489** W 6:00 p.m. – 7:30 p.m. 1 class 4/10

### Birria Tacos & Cilantro Rice

**19490** W 6:00 p.m. – 7:30 p.m. 1 class 5/8

### Flavors of Barcelona

**19709** W 6:00 p.m. – 7:30 p.m. 1 class 5/22

### Handmade Pasta & Sauce

**19491** W 6:00 p.m. – 7:30 p.m. 1 class 6/12

### Summer in Germany

**19716** W 6:00 p.m. – 7:30 p.m. 1 class 6/26

### Danish Classics

**19710** W 6:00 p.m. – 7:30 p.m. 1 class 7/10

### DIY Ramen & Gyoza

**19492** W 6:00 p.m. – 7:30 p.m. 1 class 8/7



## Star Gazing at Crestview Park

Bring your binoculars, telescopes, star guides, and lounge chairs for some informal star gazing at Crestview Park in San Carlos. See how many different things you can identify in the night sky! This event is conducted by members of the San Mateo County Astronomical Society and will start at sunset. Please park on Crestview Drive and bring small flashlights only with red lens. This is a popular spot for amateur astronomers so there could be telescopes. Caution! Please don't touch a telescope without permission; parents, please watch your children. Events will be canceled if the weather is overcast or raining. All ages are welcomed and no registration or fee required.

**Saturdays — Dusk to 10:00 p.m.**

**4/6, 4/13, 5/4, 5/11, 6/1, 6/8, 6/29, 7/6, 7/27, 8/3, 8/31**

## Genealogical Research Beyond Ancestry (Ages 18+)

This class will help the advanced beginner, and beyond, genealogist use websites beyond Ancestry. These will include the National Archives, military specific websites, immigration websites, and other less used sources to help you in your search for your roots.

### Mary Lynn Wilson

*Loft Room at Adult Community Center*

**Resident: \$60 Non-resident: \$70**

**19486** Th 7:00 p.m. – 8:00 p.m. 3 classes 6/6 – 6/20

## CERT Academy (Ages 18+ years)

CERT educates people in the community about disaster preparedness for hazards that may impact their area (e.g. earthquakes or fires) and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Participants must complete all classes and Skills Day in order to receive a CERT Certificate of Completion and become a member of the Redwood City and San Carlos CERT Community. For additional information or to register, please email [lbach@redwoodcity.org](mailto:lbach@redwoodcity.org).

*Sandpiper Community Center*  
797 Redwood Shores Parkway, Redwood City

4/3 – 5/15	Wednesdays	6:30 p.m. – 9:00 p.m.
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*Armory*  
939 Valota Road, Redwood City

5/18	Saturday	8:30 a.m. - 3:30 p.m.
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## Genealogy: Organizing Your Genealogy Project (Ages 18+)

Doing genealogy is addictive! You often end up with piles of paper or hundreds of links or both. Let's take the time to find an organization system that works for you. Take control of the process of your search, so you always know what you are researching, what your questions are, and what steps to take next.

**Mary Lynn Wilson**  
*Loft Room at Adult Community Center*

**Resident: \$60 Non-resident: \$70**

19487	Th	7:00 p.m. – 8:00 p.m.	3 classes	4/25 – 5/9
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## Genealogy: Drop In for Advice (Ages 18+)

Let our Genealogy instructor, Mary Lynn Wilson, help you with your genealogy project. Whether you are just getting started or are an expert, another set of eyes and ideas can be helpful. Plus, while doing your own genealogy alone is fun, showing your research to others and receiving feedback is a delight! You can either enroll in the session and come each week or drop-in for \$12 per class. No class 5/16, 5/23, 5/30.

**Mary Lynn Wilson**  
*Loft Room at Adult Community Center*

**Resident: \$65 Non-resident: \$76**

19488	Th	6:00 p.m. – 7:00 p.m.	6 classes	4/25 – 6/20
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## Sports

### Kuk Sool Won Martial Arts Fundamentals (Ages 18+ years)

This program offers practical self-defense techniques for adults of all ages, optimizes physical fitness and coordination, and sharpens mental focus. This program teaches basic skills through advanced black belt degrees.

**Hafez Adle**  
*1665 Fernside Drive Redwood City 94061*

**Resident: \$160 Non-resident: \$180**

19441	M	5:30 p.m. – 6:15 p.m.	5 classes	4/1 – 4/29
19433	T	4:30 p.m. – 5:15 p.m.	5 classes	4/2 – 4/30
19435	Th	4:30 p.m. – 5:15 p.m.	5 classes	4/4 – 5/2
19442	M	5:30 p.m. – 6:15 p.m.	4 classes	5/6 – 6/3
19434	T	4:30 p.m. – 5:15 p.m.	5 classes	5/7 – 6/4
19436	Th	4:30 p.m. – 5:15 p.m.	5 classes	5/9 – 6/6
18988	M	5:30 a.m. – 6:15 a.m.	4 classes	6/24 – 7/15
18989	M	5:30 a.m. – 6:15 a.m.	4 classes	7/22 – 8/12



# LOVE SAN CARLOS EVENTS?



Day of Service and Earth Day

**SPONSOR!**

**VOLUNTEER!**



Music in the Park

Support community and togetherness while engaging with friends and neighbors in the City of Good Living!

Learn more online! [cityofsancarlos.org/events](http://cityofsancarlos.org/events)







Hometown Days



Pride in the Park



Family Campout



Art & Wine Faire







### Adult Drop-in Basketball (Ages 18 yrs+)

Come work on your basketball skills at our Adult drop-in basketball program. Adult Drop in Basketball is great way to play pick up with other members of the community, or shoot around with friends.

*Youth Center Gym*

**\$5 drop in fee**

Su 3:00 p.m. – 5:00 p.m.

### Adult Drop-in Pickleball (Ages 18 yrs+)

Each Tuesday and Friday three courts are set up for rotation play. Excellent for beginners and experienced players alike! Low key environment for those who just want to come out and give it a try!

Participants pay a \$5 drop-in fee at the door, sign a waiver, and join the fun! Please bring exact change. All skill levels welcome.

*Youth Center Gym*

**\$5 drop-in**

T/F 9:00 a.m. – 12:00 p.m.

### Adult Drop-in Volleyball (Ages 18 yrs+)

Enjoy a low pressure way to practice skills, learn techniques, meet other players, and stay in the game! Informal teams ensure a different competitive and fun experience each week.

*Youth Center Gym*

**\$5 drop-in**

Su 5:30 p.m. – 7:30 p.m.

Sa 10:00 a.m. – 12:00 p.m. beginning on March 23rd

## Adult Sport Leagues

Come join San Carlos Adult Sports Leagues. Teams can sign up by filling out a registration form and submitting it before the season deadline. Are you looking to play a sport, but do not have a team to play on? If so, you can sign up as a free agent! For the most up to date information and registration forms visit: [quickscores.com/cityofsancarlos](http://quickscores.com/cityofsancarlos)

### SPRING LEAGUES

**Men's Basketball** Sundays/Mondays

**Women's Basketball** Tuesdays

**Men's Softball** Mondays

**Coed Softball** Sundays

**Bocce Ball** Tue. / Wed. / Thu.

**Cornhole** Wednesdays/Thursdays

### SUMMER LEAGUES

**Men's Basketball** Mondays

**Women's Basketball** Tuesdays

**Men's Softball** Mondays

**Bocce Ball** Tue. / Wed. / Thu.

**Cornhole** Wednesdays/Thursdays

**Coed Softball** Sundays

Visit  
[quickscores.com/sancarlos](http://quickscores.com/sancarlos)  
 or email [athletics@cityofsancarlos.org](mailto:athletics@cityofsancarlos.org)  
 for more information.



# ACTIVE ADULTS 50+ ACTIVITIES

## ADULT COMMUNITY CENTER

The Adult Community Center, fondly known as the “ACC,” serves as a central hub for the older adults in our community. The ACC is a space to create lasting friendships and meaningful relationships. We offer a wide variety of programs and services to enhance the lives of our aging adults. All are welcome! We have no membership fee or resident requirements.

### Visit Us

**601 Chestnut Street, San Carlos**

**Hours:** Monday – Thursday  
from 9:00 a.m. – 5:00 p.m.

Friday from 9:00 a.m. – 3:00 p.m.

**Contact:** (650) 802-4384

**For more information,**  
visit [cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)



## ACC FITNESS ROOM

The ACC Fitness Room is open Monday through Thursday for drop-in between 9:00 a.m. to 5:00 p.m. and Fridays from 9:00 a.m. to 3:00 p.m. It features a NuStep, recumbent bike, pulley weight system, rowing machine, free weights, stability balls and medicine balls. For more information, visit [cityofsancarlos.org/acc](http://cityofsancarlos.org/acc).

**Yearly Membership Fee:** \$100 (18-61 years)  
\$50 (62+ years)



## STAY CONNECTED WITH THE CHESTNUT CHRONICLE

Our monthly newsletter is packed with information on classes, lectures, day trips, special events, and ACC announcements, it's your comprehensive guide to what's happening.

Access *The Chestnut Chronicle* online at [cityofsancarlos.org/acc](http://cityofsancarlos.org/acc) or stop by the ACC to pick up a copy.

ACTIVE ADULTS 50+ ACTIVITIES

## SPECIAL EVENTS

### Mark your calendar!

#### Pedro Tournament

**Saturday, April 6**

11:00 a.m. – 4:00 p.m.

**Fee: \$60**

[friendsoftheacc.org](http://friendsoftheacc.org)

#### Pasta Bingo Night

**Saturday, June 1**

5:00 p.m. – 8:00 p.m.

**Fee: \$25**

**19542**



## MONTHLY LUNCHEONS

Monthly Luncheons feature a themed meal that includes dessert, a glass of wine or cider, and live entertainment. Luncheons are from 12:00 p.m. – 1:30 p.m.

**Fee: \$15**

<b>19551</b>	<b>April 12</b>	Spring Luncheon
<b>19553</b>	<b>May 10</b>	Mother's Day Luncheon
<b>19554</b>	<b>June 14</b>	Father's Day Luncheon
<b>19556</b>	<b>July 12</b>	Red, White & Blue Luncheon
<b>19557</b>	<b>August 2</b>	Luau Luncheon



## CURBSIDE LUNCH PROGRAM



The ACC offers meals four days a week, Tuesday through Friday (except for the 2nd Friday of the month), prepared by Chef Brenda Sullivan. Meals are \$5 each and are ready onsite for curbside pick-up or home delivery to those living in San Carlos. Orders must be made by 5:00 p.m. the day before online by visiting [cityofsancarlos.org/lunch](http://cityofsancarlos.org/lunch) or by calling the ACC at (650) 802-4384. The Curbside Lunch Program is partly funded by a Sequoia Healthcare District grant.

**To view the monthly menu, visit [cityofsancarlos.org/lunch](http://cityofsancarlos.org/lunch)**





# Fitness & Wellness

## Drum for Health

Drumming has been used for thousands of years for pain mitigation, stress management, and cognitive engagement. This class will involve drums, percussion, movement, vocals, and clapping. Any level of wellness can play. No class 7/4.

### Ferndrummingbird

Adult Community Center

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

<b>19839</b>	Th	1:00 p.m. – 2:00 p.m.	4 classes	4/4 – 4/25
<b>19840</b>	Th	1:00 p.m. – 2:00 p.m.	5 classes	5/2 – 5/30
<b>19841</b>	Th	1:00 p.m. – 2:00 p.m.	4 classes	6/6 – 6/27
<b>19842</b>	Th	1:00 p.m. – 2:00 p.m.	3 classes	7/11 – 7/25
<b>19843</b>	Th	1:00 p.m. – 2:00 p.m.	5 classes	8/1 – 8/29

## Stretch, Strength and Balance

Chair exercises are great for older adults, those with disabilities, poor balance, or anyone who has trouble standing or getting on the floor to do exercises. They are always gentle on the body and generally safe for most people to do. It is always a good idea to talk to your doctor before beginning a new exercise program, but you are not likely to injure yourself doing any of these exercises. Be sure to wear loose clothing and comfortable, supportive shoes. No class 5/27 & 6/19.

### Stephanie Meyer, Tom Feledy, Sara Haller

Adult Community Center

Free

M/F	9:00 a.m. – 10:00 a.m.	Ongoing
W	10:30 a.m. – 11:30 a.m.	Ongoing

## VIRTUAL Chair Yoga (AGES 18+)

Yoga brings a calm mind, a flexible body and it helps with balance and stability. Come join us and we'll move to the music together! While seated on chairs, seniors can do versions of twists, hop stretches, forward bends and milk backbends. This is an online class. This is an online class. A Zoom Link will be emailed to you one day prior to class start date.

### Christne Salah

Virtual Class

Fee: \$20 (4 classes), \$25 (5 classes)

<b>19568</b>	F	10:15 a.m. – 11:00 a.m.	4 classes	4/5 – 4/26
<b>19569</b>	F	10:15 a.m. – 11:00 a.m.	5 classes	5/3 – 5/31
<b>19570</b>	F	10:15 a.m. – 11:00 a.m.	4 classes	6/7 – 6/28
<b>19571</b>	F	10:15 a.m. – 11:00 a.m.	4 classes	7/5 – 7/26
<b>19572</b>	F	10:15 a.m. – 11:00 a.m.	5 classes	8/2 – 8/30

## VIRTUAL Balance & Brains (Ages 18+)

Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving and balance skills. This is a virtual class. Zoom link will be sent one day prior to start date. No class 5/27 & 6/19.

### Paul Scherman

Virtual Class

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

<b>19600</b>	M	12:15 p.m. – 1:15 p.m.	5 classes	4/1 – 4/29
<b>19601</b>	M	12:15 p.m. – 1:15 p.m.	3 classes	5/6 – 5/20
<b>19602</b>	M	12:15 p.m. – 1:15 p.m.	4 classes	6/3 – 6/24
<b>19603</b>	M	12:15 p.m. – 1:15 p.m.	5 classes	7/1 – 7/29
<b>19604</b>	M	12:15 p.m. – 1:15 p.m.	4 classes	8/5 – 8/26
<b>19605</b>	W	11:00 a.m. – 12:00 p.m.	4 classes	4/3 – 4/24
<b>19606</b>	W	11:00 a.m. – 12:00 p.m.	5 classes	5/1 – 5/29
<b>19607</b>	W	11:00 a.m. – 12:00 p.m.	3 classes	6/5 – 6/26
<b>19608</b>	W	11:00 a.m. – 12:00 p.m.	5 classes	7/3 – 7/31
<b>19609</b>	W	11:00 a.m. – 12:00 p.m.	4 classes	8/7 – 8/28

## VIRTUAL Flexibility Past 50 (All ages)

This one hour class focuses on flexibility exercises that people 50 and over can perform safely. It is designed to lengthen and stretch muscles which can help you prevent injuries, back pain and balance problems. A well stretch muscle more easily achieves full range of motion during daily activities. Zoom link will be sent one day prior to start date. No class 7/4.

### Paul Scherman

Virtual Class

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

<b>19610</b>	Th	12:15 p.m. – 1:15 p.m.	4 classes	4/4 – 4/25
<b>19611</b>	Th	12:15 p.m. – 1:15 p.m.	5 classes	5/2 – 5/30
<b>19612</b>	Th	12:15 p.m. – 1:15 p.m.	4 classes	6/6 – 6/27
<b>19613</b>	Th	12:15 p.m. – 1:15 p.m.	3 classes	7/11 – 7/25
<b>19614</b>	Th	12:15 p.m. – 1:15 p.m.	5 classes	8/1 – 8/29

## NEW Chair Zumba Gold

Chair Zumba Gold is an excellent way to strengthen the bones and muscles. Come join this weekly seated exercise and dance class.

### Flora Yazedani

Adult Community Center

Fee: \$20 (4 classes), \$25 (5 classes)

<b>19776</b>	F	10:30 a.m. – 11:00 a.m.	4 classes	4/5 – 4/26
<b>19777</b>	F	10:30 a.m. – 11:00 a.m.	5 classes	5/3 – 5/31
<b>19778</b>	F	10:30 a.m. – 11:00 a.m.	4 classes	6/7 – 6/28



## VIRTUAL Gentle Mat Yoga (Ages 18+)

Gentle Mat Yoga will include gentle stretching on your yoga mat, basic yoga poses, concentrated breathing and guided meditation. This class will include both standing and floor poses. Suitable for those able to get on and off the floor with the help of a chair. No prior yoga experience necessary. Bring your own yoga mat! This is an online class. A Zoom Link will be emailed to you one day prior to class start date.

### Christne Salah

*Virtual Class*

Fee: \$20 (4 classes), \$25 (5 classes)

19573	T	11:15 a.m. – 12:00 p.m.	5 classes	4/2 – 4/30
19574	T	11:15 a.m. – 12:00 p.m.	4 classes	5/7 – 5/28
19575	T	11:15 a.m. – 12:00 p.m.	4 classes	6/4 – 6/25
19576	T	11:15 a.m. – 12:00 p.m.	5 classes	7/2 – 7/30
19577	T	11:15 a.m. – 12:00 p.m.	4 classes	8/6 – 8/27

## VIRTUAL Senior Boot Camp (Ages 18+)

Senior Boot Camp focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance and core. This is a VIRTUAL class held on Zoom. Zoom link will be sent one day prior to start date. No Class 5/27 & 7/4.

### Paul Scherman

*Virtual Class*

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

19583	M	11:00 a.m. – 12:00 p.m.	5 classes	4/1 – 4/29
19584	M	11:00 a.m. – 12:00 p.m.	3 classes	5/6 – 5/20
19585	M	11:00 a.m. – 12:00 p.m.	4 classes	6/3 – 6/24
19586	M	11:00 a.m. – 12:00 p.m.	5 classes	7/1 – 7/29
19587	M	11:00 a.m. – 12:00 p.m.	4 classes	8/5 – 8/26
19590	Th	11:00 a.m. – 12:00 p.m.	4 classes	4/4 – 4/25
19592	Th	11:00 a.m. – 12:00 p.m.	5 classes	5/2 – 5/30
19593	Th	11:00 a.m. – 12:00 p.m.	4 classes	6/6 – 6/27
19596	Th	11:00 a.m. – 12:00 p.m.	3 classes	7/11 – 7/25
19597	Th	11:00 a.m. – 12:00 p.m.	5 classes	8/1 – 8/29

## Ping Pong (Ages 18+)

Join us for a fun and social drop-in Ping Pong. All skill levels are welcome to engage in friendly matches and practice sessions!

### Jan Smith

*Adult Community Center*

Free

W	12:00 p.m. – 4:00 p.m.	Ongoing
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## VIRTUAL Senior Core Conditioning (All ages)

This one hour class is focused on building strong core muscles to help maintain appropriate posture and reduce strain on the spine. Core exercises strengthen not only your abdominal muscles, they also train your lower back, hips and the muscles around your pelvis to work together for better balance and stability. One of the primary aims of core exercise training is to prevent injuries that can occur if you don't properly support the spine. Zoom link for the class will be sent one day prior to the start date. No Class 6/19.

### Paul Scherman

*Virtual Class*

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

19578	W	12:15 p.m. – 1:15 p.m.	4 classes	4/3 – 4/24
19579	W	12:15 p.m. – 1:15 p.m.	5 classes	5/1 – 5/29
19580	W	12:15 p.m. – 1:15 p.m.	3 classes	6/5 – 6/26
19581	W	12:15 p.m. – 1:15 p.m.	5 classes	7/3 – 7/31

## Virtual Gentle Tai Chi

The significant reduction in falls among adults who are practicing Tai Chi speaks volumes about why you should incorporate it into your exercise program. We emphasize and practice mindful moves in a non-judgmental harmonious setting. No class 7/4.

### Elliote Mao

*Virtual Class*

Free

19749	Th	9:30 a.m. – 10:30 a.m.	10 classes	4/4 – 6/6
19750	Th	9:30 a.m. – 10:30 a.m.	10 classes	6/20 – 8/29

## Virtual Tai Chi Wellness

Learn mindful moves and wellness facts in a non-judgmental, fun and supportive environment. This class is a great continuation of the Gentle Tai Chi classes sponsored by Sequoia Hospital-Dignity Health. You do not need to be a graduate of that class, but you will know and enjoy this class much more. No class 7/5.

### Elliote Mao

*Virtual Class*

Free

19751	F	9:00 a.m. – 10:00 a.m.	10 classes	4/5 – 6/7
19752	F	9:00 a.m. – 10:00 a.m.	10 classes	6/21 – 8/30

## Tai Chi

Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body. No class 6/19.

### Jan Smith

*Adult Community Center*

Free

T/W	9:00 a.m. – 9:30 a.m.	Ongoing
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## Tai Chi Advanced

**Susan Hu**

Adult Community Center

Free

W	8:45 a.m. – 10:15 a.m.	Ongoing
Th	9:00 a.m. – 10:30 a.m.	Ongoing

## Mindful Meditation

This group practices a guided meditation aimed at calming the body and mind, becoming more mindful and aware of the present moment. Some of the group have been meditating for years; others are new to meditation. On the 1st Friday of every month this class is via Zoom. No class 6/19 & 7/4.

**Rosemary Field & Liane Benedict**

Adult Community Center

Free

F	10:00 a.m. – 11:00 a.m.	Ongoing
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## Creative Arts

### Coloring

Discover the joy of coloring at our welcoming drop-in coloring class. Enjoy a relaxing atmosphere where all supplies are provided. No prior experience needed.

Adult Community Center

Free

W	10:30 a.m. – 12:00 p.m.	Ongoing
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### Movies

Join us on the first Monday of each month for a special movie screening with complimentary popcorn. After the movie, you'll have an opportunity to socialize with fellow movie enthusiasts. For the latest movie listings, check out our *Chestnut Chronicle* newsletter at [cityofsancarlos.org/acc](http://cityofsancarlos.org/acc).

Adult Community Center

Free

1st Mondays	1:30 p.m. – 3:30 p.m.	Ongoing
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### Community Sing-Along

Free group singing activity for adults. All are welcome. No knowledge of music is necessary – just a love of singing! Join others for an hour of singing timeless and memorable songs for fun. Song books will be provided by the Peninsula Musical Arts Association. No class 5/27.

**Tom Feledy, Peninsula Community Chorus**

Adult Community Center

Free

M	10:00 a.m. – 11:00 a.m.	Ongoing
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## Sewing Club

Sew, connect, and create together. Similar to a book club this monthly club will meet on the third Tuesday of each month and select a sewing pattern to work on together. Complete your pattern on your own and come together monthly to show off your progress. Patterns will take two months to complete and the class will meet monthly to sew together and work through any trouble that participants run into. Bring your sewing machine to each meeting to sew with the club. Sewing machines are required and will not be provided.

**Veronica Dils**

Adult Community Center

Free

3rd Tuesdays	10:30 a.m. – 12:30 a.m.	Ongoing
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## Dance

### VIRTUAL Intermediate Tap Dance (Ages 18+)

This ongoing class incorporates cross floor movement, footwork exercises, and choreography. Tap dance is an excellent exercise for both the body and mind. Students interested in registering should have at least one year of prior tap instruction and be familiar with shuffles, flaps, and other basic nomenclature. If you have prior tap dance experience and would like to brush up on your technique, we invite you to join. No class 5/27.

**Judith Rechsteiner**

Adult Community Center

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

19558	M	1:00 p.m. – 2:00 p.m.	5 classes	4/1 – 4/29
19559	M	1:00 p.m. – 2:00 p.m.	3 classes	5/6 – 5/20
19560	M	1:00 p.m. – 2:00 p.m.	4 classes	6/3 – 6/24
19561	M	1:00 p.m. – 2:00 p.m.	5 classes	7/1 – 7/29
19562	M	1:00 p.m. – 2:00 p.m.	4 classes	8/5 – 8/26

## Special Interest

### Healthy Lifestyle Behavior Change

Research shows that the best way to set yourself up for success to make healthy lifestyle changes is to set small, specific, realistic goals that are time-based. Come to this talk to learn more.

**Janel Jurosky, Sequoia Hospital Dignity Health**

Adult Community Center

Free

19714	Th	10:30 a.m. – 11:30 a.m.	1 class	5/23
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## Heart Disease Prevention

Nearly one-half of Americans have significant heart disease risk factors, the leading cause of death in the United States. Come to learn more about steps you can take to reduce your risk.

**Janel Jurosky, Sequoia Hospital Dignity Health**

*Adult Community Center*

Free

19715 Th 10:30 a.m. – 11:30 a.m. 1 class 7/25

## News & Views

Provocative and controversial discussions of current events such as the economy and state, national and world issues. No class 7/4.

**Roland Vallecillo**

*Adult Community Center*

Free

Th 1:30 p.m. – 3:30 p.m. Ongoing

## Socrates Café: A Philosophical Discussion Group

Socrates Café is a gathering where people from different backgrounds get together and exchange thoughtfully philosophical perspectives based on their unique experiences. The group meets with a new topic every month. Each session begins with a question that forms the basis of discussion.

**Carmen Adams**

*Adult Community Center*

Free

1st Fridays 11:00 a.m. – 12:30 p.m. Ongoing

## Book Club

If you love to read then this is the opportunity to share your thoughts with others. This discussion group will meet from 1:00 p.m. - 2:30 p.m. on April 1 (The Garden of Evening Mists by Tan Twan Eng), May 6 (A Long Petal of the Sea by Isabel Allende), June 3 (Ordinary Grace by William Krueger Kent), July 1 (The Dutch House by Ann Patchett), August 5 (Out of Africa by Isak Dinesen).

**Cecile Lee**

*Adult Community Center*



## FREE! Technology Help at the ACC

Need help with your tech-related devices, such as searching the Internet, setting up an email account and other computer, tablet and cellphone-related tasks? Jim Schrempp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. – 12:00 a.m. Vikas Chinnan and Ralph Niewmierzycki offer their technology expertise every Wednesday from 9:00 a.m. – 11:00 a.m. For more information, call (650) 802-4384. No class 6/19.

## Languages

Whether you're a beginner or looking to enhance your existing language skills, these Language courses offer an immersive and engaging experience. Curriculum focuses on practical communication skills, vocabulary building, and grammar. Free drop-in programs, no registration required.

### Chinese ESL

**Irene Odonnell**

*Adult Community Center*

M/Th 9:30 a.m. – 11:30 a.m. Ongoing

### Spanish

**Dolores Zea**

*Adult Community Center*

Th 10:00 a.m. – 11:00 a.m. Ongoing

### Chinese Social

Join our vibrant drop-in Chinese social group, where you can connect with others in a welcoming and inclusive environment. Whether you're a fluent speaker or just starting to learn, come enjoy engaging conversations, cultural activities, and newfound friendships.

*Adult Community Center*

F 10:30 a.m. – 12:30 p.m. Ongoing

## Blood Pressure Screening: Check, Change, Control

The Adult Community Center offers free blood pressure screenings on the 3rd Wednesday of every month from 11:00 a.m. – 12:00 p.m., provided by Dignity Health Sequoia Hospital. Not held on 6/19 due to holiday.

**No appointments necessary!**



## Monthly Day Trips

Explore local gems, meet new people and travel the Bay Area! The ACC offers a wide range of trips to local destinations for adults! A commercial motor coach or van will provide round-trip transportation for Day Trips from the ACC.

These trips let you travel with ease, so that all you have to do is sit back and enjoy! For a detailed itinerary of trips, visit:

[cityofsancarlos.org/trips](http://cityofsancarlos.org/trips).

\*New this year: Your date of registration determines your placement in line to board the bus so register early!\*

Please contact Cheryl Lenci at (650) 802-4119 at least 45 days before the trip departure if you are bringing a wheelchair or walker and need ADA accommodations.



### SF Giants Game, Oracle Park

Fee: \$125

**19476** W 10:45 a.m. – 5:45 p.m. April 10

### Graton Casino

Fee: \$50

**18864** Th 7:45 a.m. – 5:00 p.m. April 25

### Winchester Mystery House

Fee: \$105

**19478** Th 8:30 a.m. – 3:30 p.m. May 30

### Cache Creek Casino

Fee: \$50

**19477** Th 7:45 a.m. – 4:45 p.m. June 6

### Filoli Historic House and Garden

Fee: \$95

**19480** Tu 9:00 a.m. – 3:00 p.m. June 25

### BroadwaySF: Wicked Musical

Fee: \$TBD

**19482** W 10:45 a.m. – 5:00 p.m. August 7

### Thunder Valley Casino

Fee: \$50

**19481** Th 7:45 a.m. – 4:45 p.m. August 22

## Collette Extended Tours

The ACC offers destination vacations, both nationally and internationally, with Collette Vacations.

Scheduled trips include:

**Memorials of World War II** | July 8 – July 17

**Italian Vistas** | August 26 – September 7

**New England** | September 28 – October 5

**South Africa, Victoria Falls & Botswana** | October 11 – 25

**London & Paris Holiday** | November 30 – December 8

**Tropical Costa Rica** | February 5-13, 2025

**Wonders of Thailand** | March 20 – April 4, 2025

To view Collette Extended Tours, please visit [cityofsancarlos.org/trips](http://cityofsancarlos.org/trips) or email Cheryl Lenci [clenci@cityofsancarlos.org](mailto:clenci@cityofsancarlos.org).



## Resources

### Caring Cupboard Food Assistance Program

Caring Cupboard is a free and confidential food support program for San Carlos residents, run by San Carlos Service Club for Seniors in partnership with the Adult Community Center (ACC). Groceries are provided every Tuesday at the ACC. How to help: Volunteers are needed to help pack and deliver groceries every Tuesday. Donations of paper bags, canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome to be dropped off at the ACC. For more information visit [cityofsancarlos.org/caringcupboard](http://cityofsancarlos.org/caringcupboard) or call Recreation Coordinator Matt Okada at (650) 802-4114.

### Need A Ride to the ACC?

Redi-Wheels is a service that is part of SamTrans Transportation for Mobility Impaired. If you would like more information or to request a Redi-Wheels application, please call (800) 660-4287. Another transportation option is Little House. They can arrange for a Lyft driver to pick you up from your home. To register for the program, please call (650) 272-5006.

### Medical Equipment Loan Program (MELP)

MELP recycles used durable medical equipment, such as wheelchairs and rollators, loaning them at no cost to individuals who cannot afford or otherwise have access to them. Equipment donated to our program is inspected, sanitized, and inventoried before it is made available to future users. For more information on MELP or to get involved in volunteering, visit [www.freemedequip.org](http://www.freemedequip.org).

# HOW TO REGISTER

## Register Early

We don't like to cancel classes but sometimes it becomes necessary due to low enrollment. To help ensure the class or activity you are interested in meets, register at least one week prior to the first day.

## Registration Dates

Online & Mail-in Registration

### Residents

Starts March 5  
at 8:00 a.m.

### Non-Residents

Starts March 12  
at 8:00 a.m.

## 3 Easy Ways to Register



### Online

[cityofsancarlos.org/register](http://cityofsancarlos.org/register)



### Walk-in and Drop-off

at the Registration Office  
601 Chestnut Street, San Carlos



### Mail-in

Parks & Recreation Registration  
601 Chestnut Street  
San Carlos, CA 94070

## Questions?

Email [recreation@cityofsancarlos.org](mailto:recreation@cityofsancarlos.org) or  
call (650) 802-4382.

## Online Registration Account

To register online, visit [cityofsancarlos.org/register](http://cityofsancarlos.org/register). If you have an account and are having trouble logging in, please use the reset password button, or email [Recreation@cityofsancarlos.org](mailto:Recreation@cityofsancarlos.org) for assistance. To create an account for the first time click on the "Create My Account" tab at the top of the page. You will be prompted to fill out all information necessary to build your account... just don't forget to add the kids!

## Registration Office Hours

601 Chestnut Street, San Carlos  
Monday through Thursday, 9:00 a.m. – 5:00 p.m.  
Friday, 9:00 a.m. – 3:00 p.m.

## Resident/Non-Resident Fees

Resident fees apply to anyone with a San Carlos mailing address. Non-Resident fees apply to anyone living in another city.

## Refund/Transfer Request

**Refunds:** If you request to withdraw from an activity at least five or more working days before the activity starts, a refund will be issued, less a \$10 refund fee. A refund request less than five working days before the class/activity begins will not be issued. Requests for a refund from camps require two weeks notice in order to receive a refund.

**Transfers:** If you request to transfer from one activity to another at least five or more working days before the activity starts, the transfer will be processed (if space is available). No transfer requests will be permitted if the request is made less than five working days before the activity starts.

Visit [cityofsancarlos.org/registration](http://cityofsancarlos.org/registration) or call the Recreation Department at (650) 802-4382 for more information.

## Payment Methods

We gladly accept Visa, MasterCard, American Express, Discover, cash, and check.

## Fee Assistance

Fee assistance is available for classes and programs. For requirements and to request an application, please contact the Recreation Department at (650) 802-4382 or visit [cityofsancarlos.org/feeassistance](http://cityofsancarlos.org/feeassistance).



# SAN CARLOS PARKS & RECREATION REGISTRATION FORM

Please complete entire form.



## Primary Contact

Name (Adult):

LAST FIRST

---

Address:

STREET ADDRESS CITY ZIP

---

Phone Number: ( ) ( )

PRIMARY NUMBER (INCLUDE AREA CODE) SECONDARY NUMBER (INCLUDE AREA CODE)

---

Cell Phone: ( ) Cell Phone Carrier: ( )

(INCLUDE AREA CODE) IF YOU WISH TO RECEIVE TEXT ALERTS (ATT, VERIZON, ETC.)

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Email Address:

FOR RECEIPTS, NEWS, UPDATES, ETC.

---

Emergency Contact: ( )

NAME PHONE NUMBER (INCLUDE AREA CODE)

## Activity Registration

Course #	Participant's Name	Date of Birth	Gender Identity	Program Title	Fee
					\$
					\$
					\$
					\$
					\$
<b>TOTAL</b>					\$

Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?  
 Please contact me about my need for disabled services.

Does the registered person have any allergies or medical conditions that we need to be aware of?  Yes  No

If yes, please describe:

---

## Liability Waiver and Photo Release

**Liability Waiver:** I hereby absolve and hold harmless the City of San Carlos, the San Carlos School District (when District facilities are used or a program is co-sponsored), and the Parks and Recreation Foundation of San Carlos, their respective officers, employees, and instructors, from all injuries, (including risk of exposure to COVID-19 or other communicable diseases), claims, or liabilities that may result from my participation in the above activity. If participant is a minor, I give my consent to his/her participation. I am aware the activity may involve risk of injury and assume all risks for injuries received. Participants of virtual recreation classes acknowledge they are responsible for ensuring their environment is safe/free from obstruction and that any use of a third-party application (e.g. Zoom, Google Meet, etc.) at their own risk. Photo/Video Release: I agree to the use of my photograph/video for City and/or Parks & Recreation Foundation publicity. **Please sign below.**

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

IF PARTICIPANT IS UNDER 18 YEARS OF AGE, PARENT/GUARDIAN MUST SIGN

## Payment

Use credit card on file.

CARD NUMBER CVV# EXPIRATION DATE

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CARDHOLDER'S NAME (PRINT) SIGNATURE

Check  Cash **Please make check payable to: City of San Carlos. Mail to: 601 Chestnut Street, San Carlos, CA 94070**



# SAN CARLOS PARKS DIRECTORY

Lost items recovered from our parks are stored at the Corp Yard for 30 days.

Visit [cityofsancarlos.org/lostandfound](http://cityofsancarlos.org/lostandfound) to submit a form. For assistance please call the Recreation Office (650) 802-4382.

	Picnic Area	Play Equipment	Trails/Paths	Open Space	Bar-B-Que	Restrooms	Basketball Courts	Baseball Diamonds	Soccer Fields	Pickle Ball	Tennis Courts
<b>Arguello Park</b> 260 Wellington Dr. (at Phelps Rd.)											
<b>Big Canyon Park</b> 3190 Brittan Ave.											
<b>Burton Park</b> 900 Chestnut (Brittan Ave., Cedar St., Arroyo Ave.)											
<b>Cedar Street Neighborhood Park</b> 100 Block of Cedar St.											
<b>Chilton Park</b> 48 Bayview Dr.											
<b>City Hall Dog Park</b> 1401 San Carlos Ave.											
<b>Crestview Park</b> (Nannarone Field) 1000-A Crestview Dr. (at Leslie Ct.)											
<b>Eaton Park</b> 3000 Eaton Ave. (west end of Eaton Ave.)											
<b>Frank D. Harrington Park</b> 759 Laurel St.											
<b>Heather Dog Area</b> 2700 Melendy Dr.(west side of Heather School)											
<b>Highlands Park</b> 2600 Melendy Dr. (at Aberdeen Dr.)											
<b>Hillcrest Circle Park</b> 280 Hillcrest Rd. (at Arundel Rd.)											
<b>Laureola Park</b> 503 Old County Rd.											
<b>North Crestview</b> 350 Crestview Dr.											
<b>San Carlos Avenue Neighborhood Park</b> 2400 Block of San Carlos Ave.											
<b>Vista Park</b> 401 Crestview Dr.											



**Even Good Dogs Must Be On a Leash!  
It's The law!**

For off-leash dog fun, visit City Hall Dog Park or the Heather Dog Exercise Area.

[cityofsancarlos.org/parks](http://cityofsancarlos.org/parks)

Community  
**Pasta**  
and **Bingo**  
Night



**JUNE 1**

5:00 p.m. – 8:00 p.m.  
Fee: \$25  
Adult Community Center  
[cityofsancarlos.org/acc](http://cityofsancarlos.org/acc)



PRESENTED BY SAN CARLOS PARKS & RECREATION  
AND PARKS & RECREATION FOUNDATION OF SAN CARLOS

**FAMILY  
CAMPOUT**

BURTON PARK | AUGUST 9 & 10

Registration Deadline: August 2  
Check-In Begins Friday at 4:00 p.m.

barbecue • sunset movie • s'mores  
games • storytime • breakfast



[cityofsancarlos.org/register](http://cityofsancarlos.org/register)  
[events@cityofsancarlos.org](mailto:events@cityofsancarlos.org)  
(650) 802-4127



**SAN CARLOS  
FARMERS' MARKET**  
DOWNTOWN ON Laurel & Cherry St.

**EVERY SUNDAY  
9:00 a.m. to 1:00 p.m.**

[www.cityofsancarlos.org/farmersmarket](http://www.cityofsancarlos.org/farmersmarket)

SAN CARLOS EDUCATION FOUNDATION'S



**revel @ devil's**  
Saturday, May 4, 2024

Join friends and neighbors for  
dancing, food, and fun!



SCEF Buy tickets now: [scefkids.org/events](http://scefkids.org/events)





Parks and Recreation  
 Foundation of San Carlos  
 600 Elm Street  
 San Carlos, CA 94070

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**San Carlos, CA 94070**  
 cityofsancarlos.org



**OPENING CONCERT**  
**MAY 17 5:30PM**



**ENTERTAINMENT AND FUN FOR THE ENTIRE FAMILY!**  
**CITYOFSANCARLOS.ORG/HOMETOWNDAYS**



Sponsored by San Carlos Parks & Recreation and  
 Parks & Recreation Foundation of San Carlos