

WINTER 2014-15

# enjoy!

PALO ALTO

Voted  
"A TOP 10 BEST CITY  
FOR KIDS, 2014"  
by *Livability.com*

**WINTER  
REGISTRATION  
BEGINS  
DEC 5<sup>TH</sup>  
DEC 12<sup>TH</sup>  
for Non-Residents**

Find out more about the Palo Alto  
Children's Theatre on page 4.

registration

everyone

preschool

kids

teens

adults

seniors

library

facilities



# MITCHELL PARK LIBRARY *and* COMMUNITY CENTER

*don't forget to save the date*

DECEMBER

6

OPENING  
Celebration

11:00 *am*

*to*

4:00 *pm*

3700 Middlefield Rd., Palo Alto, CA 94303





# Winterenjoy!

Visit us online at [cityofpaloalto.org/enjoy](http://cityofpaloalto.org/enjoy)

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## How to Read Class Listings

All phone numbers are (650) unless otherwise noted

Number of Classes	Resident Rate (R) Non-Resident Rate (NR)	Location	Maximum Number of Participants
Class Code	Grade/Age	Dates	Time
Class Code	Grade/Age	Dates	Time

*\*Special Class Information*

## COVER PHOTO

Disney's The Jungle Book, Kids.  
To find out more about upcoming productions, go to page 4.  
Photo by Tina Case Photography



# MEET THE STAFF



## TEACHERS FROM EDUCATION DEPARTMENT AT JMZ

Meet the staff of the Palo Alto Junior Museum & Zoo's Education Department! From left to right in the image above, starting with the top row, staff include Alex Hamilton, Arad Kedar, Pamela Dorrell, Alison Hlady, Sharon Reich, Anne Elvin, Jenny Nelson, Heather Schultz, Heather Mitchell, Jennifer Hill, and (not included in image) Penny Hutchinson and Christine Smith. Together, JMZ teachers annually facilitate over 2,360 family programs and science birthday parties at the Museum; teach nearly 7,500 science lessons for local schools; and run 9 different science camps throughout the summer. Approximately 16,630 children in this community learn from a Junior Museum & Zoo teacher each year, through hands-on, experience-based programs that cover important topics in the Life, Earth and Physical Sciences. Programs make use of authentic objects and live animals from the Museum & Zoo's collection, as well as a whole host of scientific tools, contraptions, and learning aids that bring abstract science concepts to life—some of which the teachers invent and build themselves (examples: a giant catapult, trebuchet, shake table). The JMZ teachers are an eclectic bunch, with combined backgrounds in genetics, biology, chemistry, physics, marine biology, ecology, mathematics, the performing and visual arts, and early childhood and special education. As a team, they learn from each other, support each other, and have tremendous fun with their work!

## PROGRAM SUPERVISORS

### Adult Art

329.2366  
artcenter@cityofpaloalto.org  
**Studio Director** - Fanny Retsek  
617-3525

### Athletic Field Reservations,

**Adult Sports**  
Adam Howard  
329.2192  
adam.howard@cityofpaloalto.org

### Aquatics

Tyler Stetson  
463.4929  
tyler.stetson@cityofpaloalto.org

### Baylands Preserve

Alex Hamilton  
329.2506  
alex.hamilton@cityofpaloalto.org

### Children's Theatre

463.4930  
childrens.theatre@cityofpaloalto.org

### Community Theatre

Lane Pianta  
463.4939  
lane.pianta@cityofpaloalto.org

### Junior Museum & Zoo

Alex Hamilton  
329.2412  
alex.hamilton@cityofpaloalto.org

### Catalog Editor

Erin Perez  
erin.perez@cityofpaloalto.org

### Children's Fine Art

Jennifer Marsh  
617.3509  
jennifer.marsh@cityofpaloalto.org

### Children-Music, Sports & Special Interest Adult/Senior-Dance, Healthy Choices, Sports, Special Interest, Fitness

Erwin Gonzales  
463.4909  
erwin.gonzales@cityofpaloalto.org

### Children-Dance, Adult-Dance, Music, Children's Theater Performances

Chris Luciani  
463.4934  
christopher.luciani@cityofpaloalto.org

### Teen Services

329.2390

### Middle School Athletics

Chase Hartmann  
329.2192  
chase.hartmann@cityofpaloalto.org

### Human Services

Minka van der Zwaag  
463.4953  
minka.vanderzwaag@cityofpaloalto.org

## Registration Facilities

**Lucie Stern Community Center**  
1305 Middlefield Road, Palo Alto  
Phone: 463.4900  
Fax: 321.5612  
Mon-Fri 8:30am-5:30pm

### Palo Alto Art Center

1313 Newell Road, Palo Alto  
Phone: 329.2366  
Fax: 326.6165  
Tues-Weds 10-5pm, Thur 10am-9pm,  
Fri-Sat 10am-5pm, Sun 1pm-5pm

### Junior Museum & Zoo

1451 Middlefield Road, Palo Alto  
Phone: 329.2111  
Fax 473.1965  
Tues-Sat 10am-5pm  
Sun 1pm-4pm (no registration)

*Note: We start to put the zoo animals to bed 30 minutes before closing.*

### Cubberley Community Center

4000 Middlefield Road, room T2,  
Palo Alto  
Phone: 329.2418  
Fax: 856.8756  
Mon-Fri 8:30am-5:30pm\*

*\*Registration accepted M-Fri  
8:30am-5pm and Friday's from  
8:30am-4:30pm*

### Mitchell Park Community Center

3700 Middlefield Road, Palo Alto  
Phone: 329.2400  
Mon-Fri 8:30am-5:30pm

# REGISTRATION

## FREQUENTLY ASKED QUESTIONS

### I don't live in Palo Alto. Can I still register for Enjoy! programs?

Yes! Everyone is welcome to participate. Palo Alto residents and children enrolled in PAUSD schools receive priority registration dates as well as the resident discount rate as shown in the Enjoy!

### Why do I have to provide proof of residency or PAUSD enrollment?

We require proof of residency in order to offer Palo Alto residents priority registration dates and discounted course fees. A copy of your driver's license, utility bill, phone bill, or lease agreement showing your Palo Alto address will suffice.

### When do I pay for courses?

All courses require payment at time of registration. We accept cash, personal checks payable to the City of Palo Alto, MasterCard, VISA, American Express, and Discover.

### What happens if I am "waitlisted" for a course?

If the course you are hoping to register for is full, you will be placed on the "waitlist." No payment is necessary when joining a waiting list. As space becomes available waitlisted participants will be contacted and given until the close of business on the following day to register (and pay) for the course. If we don't hear from you within that time, we will go to the next name on the waitlist.

### Why does my child have to be a certain age or grade level in order to register for some courses?

In order to ensure the best experience possible for all participants, each Enjoy! course is tailored to specific ages or grade levels. Each course in the Enjoy! lists the age or grade level requirements. Registrants must meet these requirements prior to the first class meeting.

### I'm a member of the Art Center Foundation. Does that qualify me for a discount?

Yes! Select members of the Art Center Foundation qualify for one studio course per Foundation membership per year. Call 329-2366 for more information.

### Are there any other discounts available?

The City of Palo Alto offers Palo Alto youth (ages 17 & under), PAUSD students, seniors 60 and over and disabled residents the opportunity to apply for our Fee Reduction Program based on household income. Those who qualify receive a 25% or 50% discount on courses. This discount is for a one-year period and is capped at \$300 per eligible family member. Reductions only apply to new registrations. For further information regarding the Fee Reduction Program, please visit our website at [www.cityofpaloalto.org](http://www.cityofpaloalto.org) or call 650-463-4900.

## WITHDRAW, TRANSFER AND CANCELLATION POLICY

The City of Palo Alto strives to provide you with high quality recreational and educational opportunities. We are confident that your participation will be personally valuable and enriching.

### Withdrawals

If you are not satisfied with your experience for any reason and choose to withdraw your registration, please let us know prior to the second class meeting. We will place a credit on your Enjoy account that can be applied to another course. If you prefer to receive a refund, a \$15 processing charge will be deducted from each course fee. Materials Fees are non-refundable. Should you choose to withdraw, we kindly ask you to fill out a course evaluation so we may improve future offerings.

### Transfers

Participants may transfer between courses, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs. If a student's age, grade level, or ability does not meet the minimum course requirements, every effort will be made to transfer the student to a course that best suits his or her level.

### Cancellations

Courses and camps may be cancelled due to low enrollment. If we cancel a course for any reason, participants will be entitled to a full refund or credit. If you prefer, our staff will assist you in finding another course that meets your needs. Summer camps & aquatics, adult sports leagues, drop-in classes, middle school athletics, one-day workshops, and facility rentals are subject to separate guidelines.

*Disclaimer: Every effort has been made to ensure that the information in this catalog is correct, but we cannot be held responsible for typographical errors.*

Tax ID# 94-6000389



# REGISTRATION

registration

**Waiver** (all classes require the signature of each Registering Adult or the Parent or Guardian of any Minor(s). Permission to participate in the following programs, including associated travel sponsored by the City of Palo Alto Community Services Department is given for me and/or child as named below. In consideration of participation in these programs, I hereby indemnify and hold harmless and release the City of Palo Alto, its agents, its employees and volunteers working for the City, from any and all liability for injury suffered by me or my child arising from or connected with these programs. I assume all risk for any injuries. I sign of my own free will.

Signature		Second registrant's signature (if two adults are registering on the same form)	
print name	date	print name	date

Primary Adult Contact (Please Print)

Last Name:	First Name:	Phone #
Address:	City:	Zip:
		Email

Course or Activity Session Information

COURSE CODE	PARTICIPANT'S LAST NAME	PARTICIPANT'S FIRST NAME	M/F	DATE OF BIRTH	GRADE	ACTIVITY NAME	ACTIVITY FEE

Fee Reduction Program:  Only register if fee reduction is available  Register at full rate once fee reduction limit has been reached.

**Withdrawal and Transfer requests:** If you are not satisfied with your experience for any reason and choose to withdraw your registration, please let us know in writing prior to the second class meeting. We will place a credit on your Enjoy account that can be applied to another course. If you prefer to receive a refund, a \$15 processing charge will be deducted from each course fee. Participants may transfer between courses, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs.

**Help Support:**  Recreation & Human Services  Arts & Sciences  Parks & Open Space By Donating \$ \_\_\_\_\_

Payment Information  Check  Cash  Charge Total Amount: \$ \_\_\_\_\_

Card No:	Expiration:	Signature:
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The City of Palo Alto welcomes participants of all abilities to participate in our programs. Please contact the program coordinator associated with the class (pg. ii) to discuss any special needs you have.

**We will not let a child under the age of 14 leave class by him/herself unless the parent/guardian checks the "yes" box below.**

Please indicate if you grant your child permission to sign him/herself out.

- YES, I permit my child** \_\_\_\_\_ to leave class by him/herself for every class meeting this quarter.
- NO, I do not permit my child** \_\_\_\_\_ to leave class by him/herself for every class meeting this quarter.

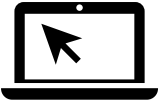


**Photo & Video Waiver for all classes and camps provided by the City of Palo Alto**

Photos and video footage may be used for publication including newsletters, press media, website, flyers, and brochures by all City of Palo Alto entities.

- YES, I permit my child/children** to be **photographed and/or videotaped** while in a City of Palo Alto class.
- NO, I do not permit my child/children** to be **photographed and/or videotaped** while in a City of Palo Alto class.

**Create a New Account/ Make Changes**

Please visit [www.cityofpaloalto.org/enjoyonline](http://www.cityofpaloalto.org/enjoyonline) to create your new account or to make changes to existing Enjoy! accounts. For assistance, please call 650-463-4900.

Method & Dates	General Information
<h3>Enjoy Online</h3> <p><b>Residents:</b> December 5 <b>Non-Residents:</b> December 12</p>  <p><b>Credit card required</b></p>	<p>To register, visit <a href="http://www.cityofpaloalto.org/enjoyonline">www.cityofpaloalto.org/enjoyonline</a></p> <ul style="list-style-type: none"> <li>• Visit the website and become familiar with the new Enjoy Online site before registration begins.</li> <li>• Enjoy Online registration opens at 8:30am on the first day of registration, and then is conveniently available 24/7. Please be sure to register prior to the course start date.</li> </ul>
<h3>Walk-in/Drop-Off</h3> <p><b>Residents:</b> December 5 <b>Non-Residents:</b> December 12</p>  <p><b>Credit card preferred</b></p>	<p>Bring the <b>completed</b> registration form to one of the community centers listed below.</p> <ul style="list-style-type: none"> <li>• Registration forms are processed on a first-come, first-served basis, and customers who prefer to wait in line will receive confirmation and receipt at that time.</li> <li>• Confirmation and receipt will be mailed within 5 business days for customers who prefer to drop off registration forms.</li> <li>• Remember to sign the waiver and include credit card information or check.</li> <li>• Registration forms received prior to Dec 5th from residents and Dec 12th from non-residents will be returned.</li> </ul>
<h3>Mail-in/Fax-in</h3> <p><b>Residents:</b> December 5 <b>Non-Residents:</b> December 12</p>  <p><b>Credit card required</b></p>	<p>Mail or fax the <b>completed</b> registration form with credit card information to one of the community centers listed below.</p> <ul style="list-style-type: none"> <li>• Registration forms are processed on a first-come, first-served basis. Confirmation and receipt will be mailed within 5 business days.</li> <li>• Registration forms may not be mailed or faxed before 8:30am on Dec 5th from residents and Dec 12th from non-residents. All faxes received early will be returned.</li> </ul>

Registration Sites	On first day of registration all sites are open at 8:30am to assist you.		
Lucie Stern Community Center	1305 Middlefield Rd, Palo Alto, CA 94301	Ph: (650) 463-4900	Fx: (650) 321-5612
Cubberley Community Center	4000 Middlefield Rd, T2, Palo Alto, CA 94303	Ph: (650) 329-2418	Fx: (650) 856-8756
Junior Museum & Zoo	1451 Middlefield Rd, Palo Alto, CA 94301	Ph: (650) 329-2111	Fx: (650) 473-1965
Mitchell Park Community Center	3700 Middlefield Rd. Palo Alto, CA 94303	Ph: (650) 329-2400	
Palo Alto Art Center	1313 Newell Road Palo Alto, CA 94303	Ph: (650) 329-2366	Fx: (650) 326-6165

**(Adult) Primary Contact** (Participant name goes under "Course Activity...", if different from Primary Contact)

last name	first name		
street address	city	state	zip code
e-mail address	phone		

## Course Transfer Form

**Participants may transfer between courses, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs.**

**Course or Activity Session Information** (Please print clearly. Thank you.)

	COURSE CODE	PARTICIPANT'S NAME	COURSE NAME	START DATE	COST
TRANSFER FROM					
TRANSFER TO					
TRANSFER FROM					
TRANSFER TO					

Please provide your credit card number below if the course being transferred to is a higher price.

Card No.	Exp Date	Signature

## Course Withdrawal Form

**If you are not satisfied with your experience for any reason and choose to withdraw your registration, please let us know prior to the second class meeting. We will place a credit on your account that can be applied to another course. If you prefer to receive a refund, a \$15 processing charge will be deducted from each course fee. Should you choose to withdraw, we kindly ask that you to fill out a course evaluation so we may improve future offerings.**

**Course or Activity Session Information** (Please print clearly. Thank you.)

COURSE CODE	PARTICIPANT'S NAME	COURSE/ACTIVITY NAME	START DATE

**Credit on Enjoy! account**

**Refund (less \$15 processing charge)**

**Reason for withdrawal/comments:**





everyone

# EVERYONE

## ART CENTER

### ART CENTER EXHIBITIONS:

Learn, discover, and be inspired by exhibitions at the Palo Alto Art Center. With free admission and a welcoming environment, our exhibitions offer something for everyone.

### FALL EXHIBITION



Jai Tanju, *Untitled*, 2012, digital print, 8 x 10 inches, courtesy of the artist

### I'LL SHOW YOU MINE:

### Contemporary Artists Explore Family Portraiture

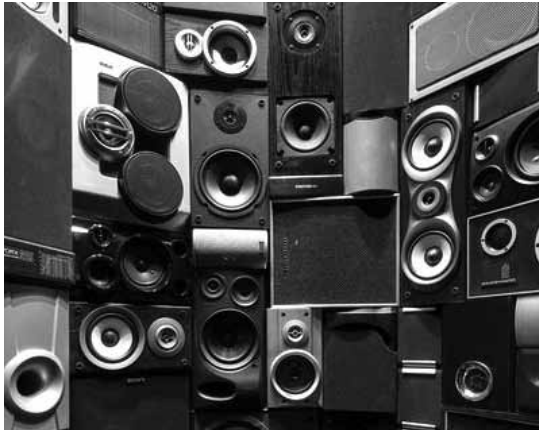
September 27–December 14

This exhibition examines the unique ways that artists portray family, through drawings, paintings, sculptures, textiles, digital media, and photographs. Each of the 10-12 exhibiting artists explores the often deeply personal nature of their own sibling, parent-child, partner, and chosen family relationships, inviting all of us to reflect on our own familialties. The Art Center invites audiences to view works by Amir H. Fallah (Los Angeles), Hung Liu (Oakland), Josephine Taylor (San Francisco), and others!



[www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy)

## WINTER EXHIBITION



Kate Lee Short, *Interstice*, 2013, salvaged speakers, four hand-built subwoofers, amplifier, wood, MDF, Kreg screws, enamel, paint, felt flooring, soundscape of 19hz, 20-minute loop, courtesy of the artist; Photo: Phil Bond

### Hear This!

**January 16–April 12, 2015**

This exhibition presents works by three to five contemporary artists who employ sound in exploring perception, the passage of time, and nostalgia. *Hear This!* will offer visitors a range of immersive sonic and visual experiences by artists such as Kate Lee Short (Oakland), who creates subtly audible and monumental sculptures composed of stacks of salvaged speakers, and Chris Duncan (Oakland), who uses repetition and accumulation in his participatory visual-and sound-based installations.

## FREE Opening Celebration— Friday Night at the Art Center

**Friday, January 23, 2015 7-10 p.m.**

**Palo Alto Art Center, 1313 Newell Road**

Join us for another fun-filled Friday Night at the Art Center as we celebrate the opening of *Hear This!*

For information about exhibitions or related programming, please contact the Art Center at [artcenter@cityofpaloalto.org](mailto:artcenter@cityofpaloalto.org).

## FAMILY & OUTREACH PROGRAMS:

### FREE SPRING FAMILY DAY

**Sunday, March 29th, 2-4p.m.**

**Palo Alto Art Center, 1313 Newell Road**

Celebrate Spring family day at the Palo Alto Art Center with a selection of hands-on art activities for children ages 5 and up.

# VOLUNTEER

## AT THE PALO ALTO ART CENTER

### MAKE A DIFFERENCE

everyone



Did you know that more than 750 adult and teen volunteers share their time with the Palo Alto Art Center on a regular basis? You could help a family with a free hands-on art project, learn to lead a tour, or welcome visitors in our Gallery Shop! We offer regular/weekly and occasional/one-time volunteer opportunities. Adults and teens (12+) are invited to join in the fun!

- Art class helpers
- Exhibition tours, docents
- Special events, Family Days
- Gallery Shop
- Behind the scenes
- Community outreach
- College/Graduate internships
- Teen opportunities

Sign-up today: Contact Emily Lacroix, [emily.lacroix@cityofpaloalto.org](mailto:emily.lacroix@cityofpaloalto.org).



### SUPPORT THE PALO ALTO ART CENTER!

Become a member of the Art Center Foundation. Membership helps support programs of the Palo Alto Art Center. Call **650-617-3138** or join online at [www.paacf.org/join](http://www.paacf.org/join)

# PALO ALTO CHILDREN'S THEATRE

everyone

Palo Alto Children's Theatre exists to nurture the intellectual, artistic and personal development of children and youth through multi-arts education, performing opportunities and extraordinary theatre experiences. Our goal is to create excellent theatre for young audiences by placing equal importance on process and product. Through multi-arts education, The Children's Theatre develops life skills such as critical and creative thinking, cooperation, and aesthetic sensitivity.

Both a theatre and a school, The Children's Theatre provides classes and programs designed to enrich the learning experiences for children and youth. These creative opportunities give young people invaluable personal growth skills as they build their theatrical knowledge and acquire critical developmental assets. To enroll, students must be the minimum age by the first class date. Classes may be repeated.

<b>Children's Theatre 1305 Middlefield Road</b>	Tu-Sa	9:30 am-6:30 pm
	M, Su	Closed

For information, please call (650) 463-4930

<b>Children's Theatre Box Office 1305 Middlefield Road</b>	W-Sa	2 pm-6 pm
	Su-Tu	Closed

For information, please call (650) 463-4970

<b>Main Stage Show Tickets</b>	\$14 Adult	\$12 Child
<b>Outreach Residency Tickets</b>	\$12 Adult	\$10 Child
<b>Playhouse Tickets</b>	\$12 Adult	\$10 Child

Available through the Children's Theatre Box Office  
[www.cityofpaloalto.org/childrenstheatre](http://www.cityofpaloalto.org/childrenstheatre)

## The Children's Theatre e-blasts!

Are you interested in learning more about the Children's Theatre productions, auditions, classes and other events? Visit us online at [www.cityofpaloalto.org/childrenstheatre](http://www.cityofpaloalto.org/childrenstheatre) to join our mailing list, or send an email to [childrens.theatre@cityofpaloalto.org](mailto:childrens.theatre@cityofpaloalto.org).

## MAIN STAGE SEASON 2014-2015

January 22 - February 8

### Junie B. Jones The Musical

Book and Lyrics by Marcy Heisler

Music by Zina Goldrich

Based on the book series by Barbara Park.

Outspoken, precocious, lovable Junie B. Jones stars in a colorful, funny, fast-paced musical about new friends, new glasses, sugar cookies, the annual kickball tournament, and other various first-grade angst-ridden situations. Follow her adventures as she writes down the story of her life in her "Top-Secret Personal Beeswax Journal."

**Performances:** Thu. Jan 22, 7:00 pm; Fri. Jan 23, 7:00 pm; Sat. Jan 24, 2:00 pm & 7:00 pm; Sun. Jan 25, 2:00 pm; Wed. Jan 28, 4:30 pm; Thu. Jan 29, 4:30 pm; Fri. Jan 30, 7:00 pm; Sat. Jan. 31, 2:00 pm & 7:00 pm; Sun. Feb 1, 2:00 pm; Wed. Feb 4, 4:30 pm; Thu. Feb 5, 4:30 pm; Fri. Feb 6, 7:00 pm; Sat. Feb 7, 2:00 pm & 7:00 pm; Sun Feb 8, 2:00 pm

May 14 - May 23

### Alice in Wonderland

**Auditions: Tue. March 3 & Wed. March 4**

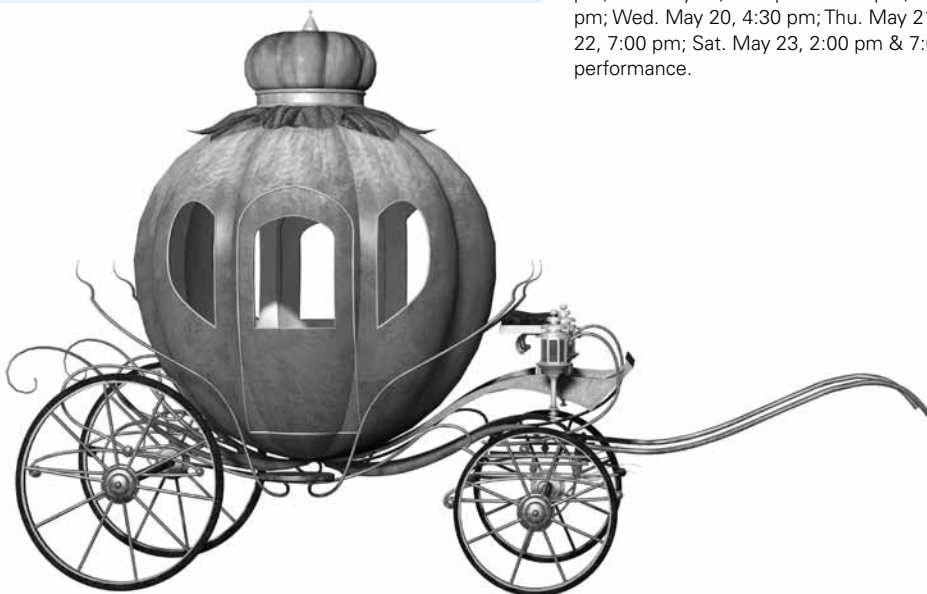
**@3:45 p.m.**

By Charlotte Chorpensing

From Lewis Carroll

With her keenly perceptive eye, Mrs. Chorpensing has adapted this famous story for very young audiences. Chasing the White Rabbit, Alice tumbles down the rabbit hole into Wonderland. She meets all its famous residents: the King of Hearts, Red Queen, White Queen, Tweedledee and Tweedledum, the Gryphon, Mock Turtle, the Dormouse, Mad Hatter and March Hare, the Frog Footman, the Duchess, the Caterpillar and White Rabbit. Three fantasy locations.

**Performances:** Thu. May 14, 7:00 pm.; Fri. May 15, 7:00 pm; Sat. May 16, 2:00 pm & 7:00 pm; Sun. May 17, 2:00 pm; Wed. May 20, 4:30 pm; Thu. May 21, 4:30 pm; Fri. May 22, 7:00 pm; Sat. May 23, 2:00 pm & 7:00 pm; no Sunday performance.





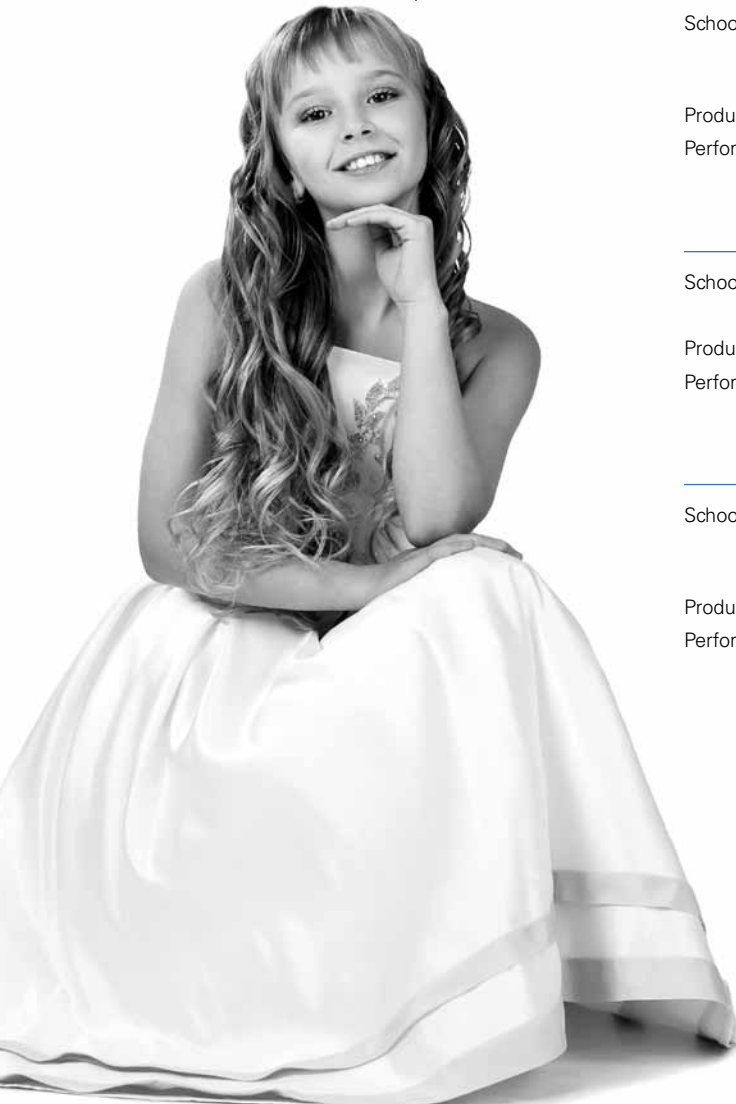
## PLAYHOUSE SEASON 2014-2015

Join us for another season of Playhouse, PACT's interactive play series for 3 – 7 year olds! Every month, local high school performers bring a classic folk or fairytale to life on our Magic Castle Stage. Playhouse is a magical experience for young children as they use their imaginations to enter the world of make-believe and become part of the story! Join us as we take a fresh look at some of the world's most beloved children's stories.

For more information, please email  
Playhouse@cityofpaloalto.org

- All dates and times are subject to change
- Suitable for: 3 to 7 year olds & parents
- Playing Time: Approximately 45 minutes
- Show times: 10 am & 12 pm Saturdays, 12 pm Sundays

<b>The Emperor's New Clothes</b>	January 17 and 18
<b>Rumpelstiltskin</b>	February 21 and 22
<b>Hansel &amp; Gretel</b>	March 21 and 22
<b>Goldilocks &amp; The Three Bears</b>	April 18 and 19
<b>Cinderella</b>	May 16 and 17



## SCHOOL YEAR SEASON 2014-2015

The elementary school outreach program is an excellent opportunity for PAUSD children to enjoy the world of theatre right at their own school! Under the guidance of the Children's Theatre professional staff, students learn how to fill all the roles called for in putting on an exceptional play. In addition to acting, singing and dancing, students take on vital back stage duties such as stage managing, handling props, or running the sound and light boards. There are no adults in the wings at a Children's Theatre outreach play ... the children have it all under control! Open to every 3rd, 4th, and 5th grade student at our host sites, this season we continue the tradition of excellence at the following schools:

School: Addison  
650 Addison Avenue, Palo Alto CA 94301

Production: **"Aladdin"**  
Performances: Thursday, February 5 @ 4:30 pm  
Friday, February 6 @ 7:00 pm  
Saturday, February 7 @ 2:00 pm

School: Fairmeadow  
500 E. Meadow Drive, Palo Alto CA 94306

Production: **"Stinky Cheese Man"**  
Performances: Thursday February 26 @ 4:30 pm  
Friday, February 27 @ 7:00 pm  
Saturday, February 28 @ 2:00 pm

School: Palo Verde  
3450 Louis Road, Palo Alto CA 94303

Production: **"Treasure Island"**  
Performances: Thursday March 26 @ 4:30 pm  
Friday, March 27 @ 7:00 pm  
Saturday, March 28 @ 2:00 pm

School: Duveneck  
705 Alester Avenue, Palo Alto, CA 94303

Production: **"Lyle the Crocodile"**  
Performances: Thursday April 23 @ 4:30 pm  
Friday, April 24 @ 7:00 pm  
Saturday, April 25 @ 2:00 pm



## Call for submissions!

### Childrens Theatre Ten Minute Playwriting Contest

Students from 3rd to 12th grade are invited to submit original plays to the Ten Minute Playwriting Contest, 2015.

Public, private, charter, and home-school students are welcome to submit entries.

Students submit original work in three categories: Elementary School (3rd-5th grade), Middle School (6th-8th grade), and High School (9th-12th grade). Winning plays receive a staged reading, and prizes donated by the Friends of the Palo Alto Children's Theatre. Performances of award-selected plays take place in a work-shop format on our main stage theatre followed by a reception sponsored by the Friends of the Palo Alto Children's Theatre.

**Submissions start date:** Monday, October 13, 2014

**Submissions due:** Friday, December 5, 2014

**Winners Announced:** Wednesday February 25, 2015, 6:30 pm at the Playwriting Showcase Performance

To request a submission form or for more information, please e-mail: Christopher.Luciani@cityofpaloalto.org

## Call for actors!

### Ten Minute Playwriting Contest Showcase 2015 Audition for the 2015 Playwriting Contest Showcase!

Work with a professional director to create high-quality workshop performances of the Playwriting Contest's selected plays!

**Auditions:** January 20 and 21, 2015, 4 pm-6 pm, open to students from 8th grade to 12th grade

No preparation necessary. Cold reading and improvisation-based auditions.

**Rehearsals:** February 16 - 20, 2015, alternating days (we will work with your schedule)

**Performance:** Wednesday, February 25, 2015, 6:30 pm

## Friends of the Palo Alto Children's Theatre

The Friends of Palo Alto Children's Theatre (FOPACT) is a nonprofit organization founded in 1970 dedicated to supporting the Children's Theatre. Many of the Theatre's most vital offerings for our community are only possible through the practical and financial assistance of the Friends of the Palo Alto Children's Theatre. Please join us today by volunteering your time at the Theatre or making a tax-deductible donation by visiting our website at [www.fopact.org](http://www.fopact.org).

## PERFORMANCES AT THE LUCIE STERN THEATRE

For tickets, performance information and other inquiries, call

**THEATREWORKS:** 463-1960 | THEATREWORKS.ORG

**PALO ALTO PLAYERS:** 329-0891 | PAPLAYERS.ORG

**WEST BAY OPERA:** 425-9999 | WBOPERA.ORG

## THEATREWORKS

A Bold New Drama

### The Lake Effect

By Rajiv Joseph

Joseph Jefferson Award, Chicago—Best New Play 2013  
West Coast Premiere

Pungent memories of tandoors and tikka masala linger in a shuttered Indian restaurant, where the owner's grown-up children ponder the legacy of their family business, Dad's mysterious bookie, and their suddenly entangled lives. New from Pulitzer Prize nominee Rajiv Joseph, this engrossing "Best Play" offers a spicy menu of family secrets, sibling rivalry, and surprising reconciliation, served up by the acclaimed author of *The North Pool*.

Contains mature language

"Simply brilliant." —Showbiz Chicago

March 4 - 29, 2016

Lucie Stern Theatre, Palo Alto

## PALO ALTO PLAYERS

A Season of Mythic Proportions

A timeless Greek myth becomes poetry in motion

### EURYDICE

By Sarah Ruhl

The classic myth of Orpheus and Eurydice is reimagined in this contemporary story, as seen through the eyes of its heroine. After a tragic accident on her wedding day, Eurydice travels to the underworld where she is reunited with her much-loved father. Guided by a chorus of Stones, Eurydice must learn to accept the harsh rules of death as she struggles with a new language and haunting memories of her beloved husband. With ingenious plot twists and breathtaking visual effects, EURYDICE is a poignant love story about life, loss, and unthinkable choices.

"Rhapsodically beautiful... an inexpressibly moving theatrical fable about love, loss and the pleasures and pains of memory." —The New York Times

January 17-February 1, 2015, preview January 16

Lucie Stern Theatre, Palo Alto

## PERFORMANCES AT THE LUCIE STERN THEATRE

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**WEST BAY OPERA:** 425-9999 | WBOPERA.ORG

**Come meet the family. Well leave the lights off for you!**

### THE ADDAMS FAMILY

Music and Lyrics by Andrew Lippa

Book by Marshall Brickman and Rick Elice

We all have skeletons in our closet, but it takes a kooky family like the Addams to keep a pet squid there! THE ADDAMS FAMILY tells the story of every father's nightmare... that moment when your devilish little girl grows up and falls in love with a normal man from a respectable family. That's right, Wednesday Addams has a boyfriend and this magnificently macabre family gets the shock of a lifetime when she brings him and his parents home for dinner. With brilliant new songs that are all-together ooky, the whole Addams family comes together for a riotous night of ghoulish glee, with surprises that are sure to turn the house downside up and leave you snapping up the aisle!

"A rib-tickling, lunatic musical that will entertain you to death!" – Toronto Post City

April 25-May 10, 2015, preview April 24

Lucie Stern Theatre, Palo Alto

**A new comedy about the misadventures of miscommunication**

### CHINGLISH

By David Henry Hwang

CHINGLISH brings you the story of Daniel, an American businessman who sees a chance to expand his family's sign-making business in China, where public signage is often hilariously mistranslated from Mandarin to English. Common signs like "slippery slopes ahead" become "take notice of safe: the slippery are very crafty," which causes great embarrassment to the high-ranking government officials looking to hire Daniel's company. But as the misinterpretations pile up, this business deal isn't the only thing getting lost in translation. Linguistic and cultural confusions abound in this hilarious mash-up of English and Chinese, especially as Daniel begins to fall in love with the one woman he absolutely cannot have.

"A triumph in any language. CHINGLISH is sexy, fun and hilarious!" – NY Magazine

June 13-28, 2015, preview June 12

Lucie Stern Theatre, Palo Alto

### WEST BAY OPERA

"Die Entführung aus dem Serail" (The Abduction from the Seraglio)

By Wolfgang Amadeus Mozart

Conductor: José Luis Moscovich

Belmonte finds his way to Turkey, to rescue his beloved Konstanze from the hands of the Pasha Selim, to whom she was sold by pirates. An East-meets-West story with many hilarious twists, this is a brilliant comedy that put Mozart firmly on the map as a very successful opera composer in Vienna in 1781, when he was only 25. We present it fully staged, with orchestra and chorus, in German, with projected English titles. German director Daniel Witzke, who made his debut in May 2014 with The Magic Flute, lends his imaginative touch to this new production, a first for West Bay Opera.

More info, tickets: (650) 424-9999 or online:

[www.wbopera.org](http://www.wbopera.org)

February 13, 15, 21, 22 - 2015

Lucie Stern Theatre, Palo Alto

### "Faust"

By Charles Gounod

Conductor: José Luis Moscovich

Dr. Faust, longing to reclaim his long lost youth, makes a bargain with the Devil: he will regain and enjoy his youth, and Mephistopheles will be his assistant, for a while. Later, the roles will be reversed in Hell. Along the way, Faust falls in love with Marguerite and unwittingly causes her downfall. Gounod's Faust is French grand opera at its most essential. It is presented fully staged, including some of the original ballet numbers, with full orchestra and chorus. Ragnar Conde, the director of The Tales of Hoffmann and Samson et Dalila, returns to lend his considerable talents to this enchanting production. In French, with projected English titles.

More info, tickets: (650) 424-9999 or online:

[www.wbopera.org](http://www.wbopera.org)

May 22, 24, 30, 31 - 2015

Lucie Stern Theatre, Palo Alto



everyone



# OUR BELOVED STUMP GARDEN HAS RECEIVED A FACELIFT

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Created eight years ago by one of the Zoo keepers, Curtis Tom, the Stump Garden quickly became a favorite of young visitors and has inspired many parents to create their own Stump Gardens. The Stump Garden needed upgrades for safety and functionality.

The City arborists provided new stumps from felled Palo Alto trees. Volunteers, staff, and visitors helped to build the new cob bench. Cob is a natural and sustainable building method similar to adobe. Kids stomped and mixed several tons of mud to sculpt the bench. The bench foundation is made of recycled concrete sidewalks and was donated by the Public Works department. The base rock was donated by the Stevens Creek Quarry and the clay was donated by Olive Springs Quarry.

A local landscaping company installed a new walking path and a wall to keep the mulch contained. A volunteer Master Gardener added the touch of foliage. A new entrance gate and fence prevent young children from running into the parking lot. Lastly, ride your bike over! There is new bike parking that can accommodate trailers.

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# JUNIOR MUSEUM AND ZOO

As the Bay Area's only combined children's museum and zoo, the Palo Alto Junior Museum & Zoo (JMZ) is a place where children and families explore, wonder, and make discoveries about the natural world. Our mission is to engage a child's curiosity for science and nature. Through multi-sensorial, kinesthetic and play-based exhibits, authentic artifacts, live animal encounters, school field trips, and hands-on programs at the Museum, in open spaces, and in the community, we help more than 14,000 children and their parents each year explore fundamental science concepts together and develop meaningful relationships with the natural world.

## Museum Hours

<b>Tuesday – Saturday</b>	<b>10am – 5 pm</b>
<b>Sunday</b>	<b>1pm – 4 pm</b>
<b>Monday</b>	<b>Closed</b>

## Support the Friends of Palo Alto Junior Museum & Zoo

The Friends of the Palo Alto Junior Museum & Zoo (FPAJMZ) was founded in 1962 as a non-profit volunteer organization dedicated to supporting and enhancing the Palo Alto Junior Museum & Zoo. Donations help sponsor exciting and interactive exhibits—like Buzz—provide free science classes to students in East Palo Alto, and improve Zoo and Museum facilities. Become a member of the Friends of Palo Alto Junior Museum & Zoo! To learn how, visit [www.friendsjmz.org](http://www.friendsjmz.org), or call (650) 326-6338.

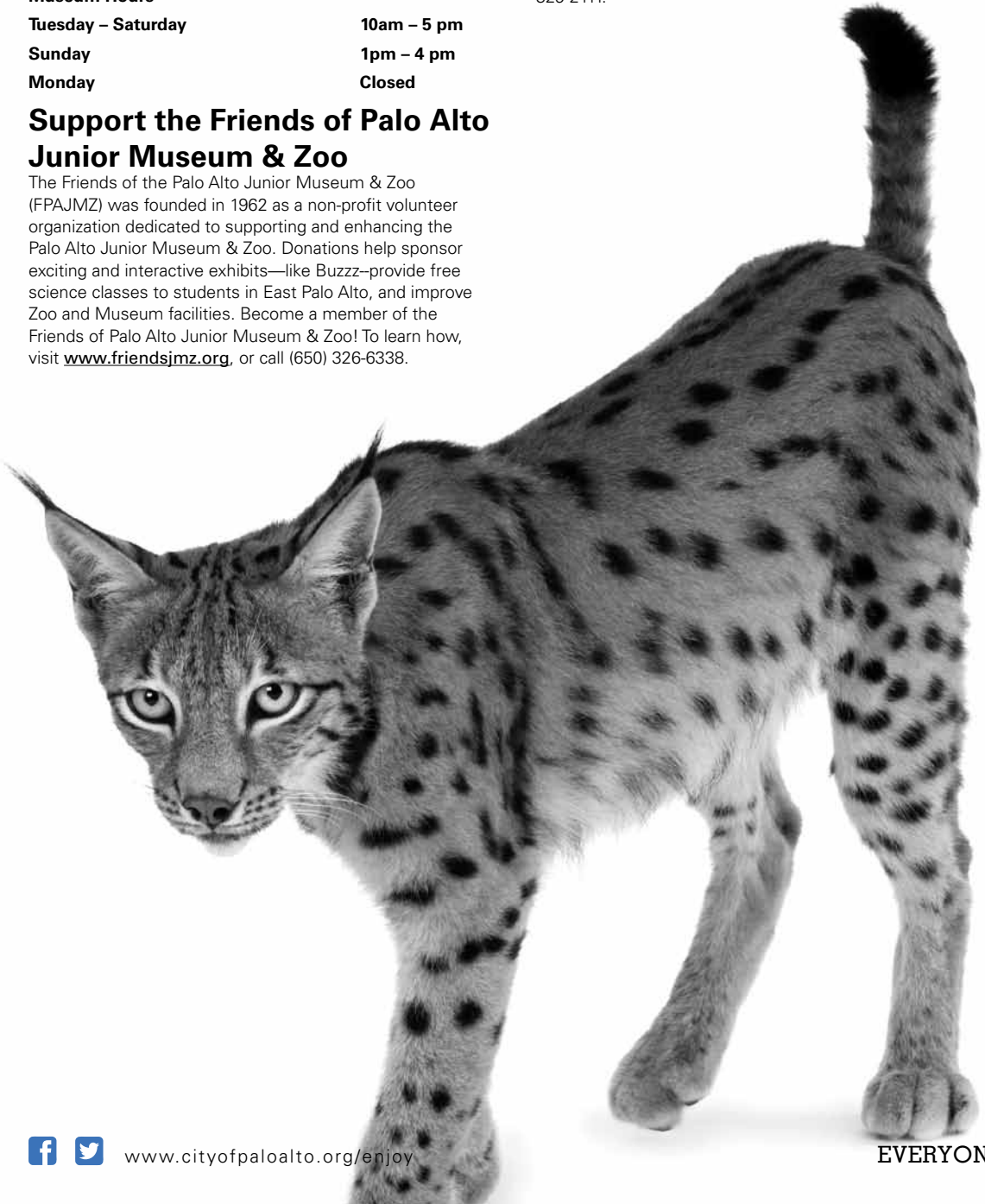
## Science Birthday Parties

Celebrate your birthday at the Junior Museum & Zoo! We provide fun science activities and a private room for your party. You supply the cake. For kids in Grades Kindergarten & up. To learn more visit [www.cityofpaloalto.org/jmz](http://www.cityofpaloalto.org/jmz).

## Facility Rentals

Looking for a one-of-a-kind spot for a gathering? Why not host it at the Junior Museum & Zoo, and turn your event into a celebration of kids, learning and nature. Rent out a classroom, or rent the entire facility. To learn more visit [www.cityofpaloalto.org/jmz](http://www.cityofpaloalto.org/jmz), or call Ines Thiessen at (650) 329-2111.

everyone



# OPEN SPACE

everyone

## The Best Way to Get to Know Your Preserves—Volunteer!

Want to spend some quality time with your Open Space preserves? Well, volunteer! There are all sorts of ways to get to know the preserves better, help the wildlife and the resources, and make them better places for all of us. No experience needed, and it's a great activity for individuals, families, or groups. We have a stewardship partner for each of the preserves. Call them directly or visit their websites for more information about how you can get involved.

### Baylands Preserve:

Save the Bay [www.savesfbay.org](http://www.savesfbay.org) | 510 452-9261

### Pearson-Arastradero Preserve:

Acterra [www.acterra.org](http://www.acterra.org) | 650 962-9876

### Foothills Park:

Acterra [www.acterra.org](http://www.acterra.org) | 650 962-9876

## Follow Us on Twitter and Facebook

Get notes about upcoming programs, wildlife and wildflower sightings, and photos of what's going on in Open Space. For Facebook, go to [www.facebook.com/PAopenspace](http://www.facebook.com/PAopenspace). On Twitter, follow @PAranger and @rangercurt. You can also see our tweets at [www.twitter.com/paranger](http://www.twitter.com/paranger) or [www.twitter.com/rangercurt](http://www.twitter.com/rangercurt).

## Ask A Ranger – To Lead a Program For You

A ranger-led activity is a great way to enjoy the outdoors with your family or group. We can do nature hikes, fishing programs, campfires, wedding ceremonies, and more! Download a request form and fee schedule at <http://bit.ly/InterpForm>. For more information, call 650-329-2423. Or just ask a ranger.

## BAYLANDS NATURE PRESERVE

### Bay Area Bird Photographers

This group, sponsored by the Santa Clara Valley Audubon Society, meets the first Wednesday of each month, except in June, July, and August, from 7:30-9:30pm at the Baylands Center. The public is welcome to attend.

### Sunday Birdwalks at the Baylands

Learn to identify the birds of the Baylands, with close-up views provided by telescope. The Sunday Birdwalks are designed for beginners and others who are interested in observing and recognizing the area's birds by sight, sound, and behaviors. The walk start times will vary to coincide with favorable tides; for the current time and meeting place schedule please call 329-2506 or e-mail [johndebelle@sbcglobal.net](mailto:johndebelle@sbcglobal.net).



## Palo Alto Camera Club Meetings

Founded in 1935, the Palo Alto Camera Club is a serious group of about 100 photographers working together to enhance and broaden their photographic skills and artistic vision. Activities include digital and print competitions, educational programs, group critiques, field trips and other special events. Meetings are generally held on the second, third and fourth Wednesdays of the month at the Lucy Evans Baylands Nature Center, 2775 Embarcadero Rd., Palo Alto. Visit the website at [www.pacamera.com](http://www.pacamera.com) for more information and a schedule of events.

## FOOTHILLS PARK

Foothills Park is a residents-only park. Residents may bring up to 15 accompanied guests. Proof of residency required. No pets allowed on weekends or holidays. For more information call 650-329-2423.

## Spring Wildflowers in Foothills Park

Spring is one of the best times to see the riot of wildflowers that nature displays. Join Ranger Kathleen Jones for this walk through a variety of habitats in Foothills Park. Meet in the Interpretive Center. Heavy rain cancels. Registered non-residents must be accompanied by a registered Palo Alto resident. Children must be accompanied by an adult.

1 class	Free	Interpretive Center	12 max
4060	7+	Sa 3/21	10am-12pm

## PEARSON-ARASTRADERO PRESERVE

### Twilight Hike

Join Ranger Kathleen on a leisurely hike through Pearson Arastradero Preserve as the day changes to night. Whoooooo will we see?

	Free	Gateway Building	12 max
4057	8+	Sa 1/3	4pm-5:30pm
4058	8+	Sa 2/7	4:30pm-6pm
4059	8+	Sa 3/7	5pm-6:30pm

# SPECIAL EVENTS

## 4th Annual Holiday Tree Lighting

Saturday, November 29, 4-7pm.

Lytton Plaza.

University Avenue at Emerson Street

Event will be held rain or shine

Kick off the holiday season with fun at Lytton Plaza. Bring the family and listen to live music and carols, decorate your own tree ornament and enjoy goodies from Whole Foods Palo Alto. The tree lighting will take place at 6pm with Mayor Nancy Shepherd and our generous sponsor, Stanford Federal Credit Union.

## Annual Senior New Year's Eve Champagne Brunch

Wednesday, December 31, 2014, 10am - 1pm

Cubberley Community Center, Pavilion

4000 Middlefield Road, Palo Alto

Celebrate the New Year with dancing and a champagne brunch. Festivities start at 10am (doors open at 9:30am) includes a delightful buffet brunch, live music & dancing, and a champagne toast to ring in the New Year at noon. Pre-sale tickets are \$15 and may be purchased at Lucie Stern Community, Cubberley Community Center, Senior Friendship Day, Avenidas Senior Center and the Oshman Family Jewish Community Center starting 12/1. Tickets at the door are \$18. For more information call the Special Events line at 650-329-2350.

Looking for a gift for Mom or Dad/ Grandma or Grandpa? Purchase the pre-made party kit for \$35. Kits include two tickets and party essentials to ring in the new year.

Sponsored by the Palo Alto Recreation Foundation and La Comida

## WORKSHOPS BY THE OFFICE OF EMERGENCY SERVICES

### The Emergency Services Volunteer Program

Would you like to provide a valuable community service right in your own neighborhood?

Are you prepared for the next emergency we will face in Palo Alto? The Office of Emergency Services manages the Emergency Services Volunteer (ESV) program and whatever your interest, we can find a role for you! The mission of the Palo Alto ESV is to provide supplemental resources to the professional first responders of the City and surrounding communities, and facilitate means for neighbors to help neighbors. We encourage you to get involved in helping to prepare your community for the next emergency.

If you want to learn more contact OES at 650-617-3197 or visit our website at

<http://www.cityofpaloalto.org/emergencyvolunteers>.

## Block Preparedness Coordinator Certification Training

February 19, 2015: 6-9pm

Lucie Stern Fireside Room, 1305 Middlefield Rd, Palo Alto

This course is an introduction to the Block Preparedness Coordinator (BPC) Program and includes Neighborhood Watch training. The Block Preparedness Program is a component of the Palo Alto Emergency Services Volunteer Program sponsored by the Office of Emergency Services. The BPC Program is relevant not only in a disaster but also for everyday activities, building social networks in your neighborhood, deterring crime, and preparing for emergencies. When neighbors know each other, they look out for each other and work better together. BPCs are the driving force to make this happen, making our neighborhoods safer places to live.

This training is free and open to the public. If you want to learn more or to register: <http://paneighborhoods.org/ep>.

## Community Emergency Response Team (CERT) Training

April 7, 9, 14, 16, 21, and 23: 6:30pm - 9:30pm

Location provided upon enrollment

Are you ready for the next disaster?

Here is your opportunity to receive FREE emergency preparedness training AND 'certification', through the City of Palo Alto Office of Emergency Services!

Community Emergency Response Team (CERT) training is a national program designed to prepare Palo Alto residents to help themselves, their families and neighbors, in the event of a disaster. The training covers basic skills that are important to know in a disaster when emergency services are not available.

The CERT program is FREE to all citizens of Palo Alto & Stanford University. During this 20 hour course, CERT members receive training in earthquake awareness, disaster fire suppression techniques, disaster medical operations, first aid/CPR, light search and rescue as well as team organization and management. CERT training culminates with a disaster simulation and comprehensive course review.

All classes are taught by trained instructors with an emphasis on hands-on practice. Following a disaster, CERT teams can extinguish small fires, turn off gas inlets to damaged homes, perform light search and rescue and render basic first aid. The CERT program provides an effective response capability.

Free CERT training classes are conducted throughout the year across the North Santa Clara County region. A course schedule is available at [http://www.cityofpaloalto.org/services/public\\_safety/get\\_involved/cert.asp](http://www.cityofpaloalto.org/services/public_safety/get_involved/cert.asp). Send an email to [paloaltocert@cityofpaloalto.org](mailto:paloaltocert@cityofpaloalto.org) or call (650) 617-3197 for information and registration.

## Emergency Preparedness Training For Kids

**October 18: 10:00am - 11:00am**  
**Cubberley Community Center, 4000 Middlefield Road, Room A7, Palo Alto**

Kids will learn, through a multitude of hands-on activities, some of the most essential information on how to become prepared for any sort of disaster (specifically fires and earthquakes). Kids will leave the event more resilient, and aware about disasters, as well as with a preparedness kit, and a family plan! To sign-up for this training please contact Ms. Divya Saini at [s.divyasaini@gmail.com](mailto:s.divyasaini@gmail.com).

## EVENTS FROM THE OFFICE OF URBAN FORESTRY

### Canopy Awards Ceremony & Mayor's Tree Planting

**Date: Thursday, January 29th, 2015, 5:15pm;**  
**location TBA**

**To RSVP: email [info@canopy.org](mailto:info@canopy.org)**

Mark your calendars! Each year, Canopy and friends host a party in honor of Palo Alto's new mayor. The event features a tree-planting with the mayor, a reception, and an awards ceremony in which Canopy honors groups and individuals who have made meaningful contributions to the local urban forest.

All are invited to join the festivities! Light refreshments will be provided. Please RSVP to [info@canopy.org](mailto:info@canopy.org).

## Palo Alto Neighborhood Tree Walks

**Date: Second Saturday of each month, 10am - 12pm (see list below)**

Information / RSVP: Email [info@canopy.org](mailto:info@canopy.org) or visit [www.canopy.org](http://www.canopy.org)

Join expert arborists from around the Bay Area for these fun, informative tours of Palo Alto's beautiful urban forest. Encounter trees of all kinds, from stately conifers to showy ornamentals, and discover answers to all your tree questions.

**January** - Greenmeadow Tree Walk

Saturday, January 10th, 10am - 12pm

Meet at the Greenmeadow Community Center - 303 Parkside Drive, Palo Alto

**February** - Rinconada Library & Art Center Tree Walk

Saturday, February 14th, 10am - 12pm

Meet in the Main Library parking lot - 1213 Newell Road, Palo Alto

**March** - Arbor Week Tree Walk at Elizabeth F. Gamble Garden

Saturday, March 14th, 10am - 12pm

Meet in the Gamble Garden parking lot, near the corner of Waverley Street and Embarcadero Road

## Community Tree Plantings

The City of Palo Alto and Canopy will host several tree planting events throughout Palo Alto between September, 2014 and April, 2015. Check [www.canopy.org/calendar](http://www.canopy.org/calendar) to see what's coming up next!

## Community Arbor Day Festival

**Date: Saturday, March 7th, 2015,**

**10:30am - 1:30pm**

**Location: Mitchell Park Multi-Use Bowl - 600 East Meadow Drive, Palo Alto**

For information: email [info@canopy.org](mailto:info@canopy.org) or visit [www.canopy.org](http://www.canopy.org)

This community festival in honor of California Arbor Week has become an annual Palo Alto tradition. Join Canopy, The City of Palo Alto, and many friends and partners for live music, roped tree climbing, the famous Tree Circus, food trucks, tree crafts, and more. Gather the friends and family and join the celebration! Contact Canopy for more information.







preschool

# PRESCHOOL

## CHILDREN'S FINE ART AGES 1.5-5 YEARS

Help your children develop skills in visual art, experience the power of creative expression, build confidence, and explore their interests, all in a fun and supportive environment. We offer a variety of art classes and summer workshops for the artist in every child, from preschoolers to teens. Dozens of classes are offered for every interest and skill level in a broad range of media. Because classes are taught by highly trained professional artist instructors with limited group sizes, students of all ages receive individualized attention.

Bring children in clothes appropriate for clay, paint, and glue. Classes provided by the Palo Alto Art Center located at 1313 Newell Road.

To join the Children's Fine Art email list, please email [jennifer.marsh@cityofpaloalto.org](mailto:jennifer.marsh@cityofpaloalto.org).

# OVERVIEW OF FINE ART CLASSES FOR PRESCHOOLERS

preschool

Course	Course #	Starts	Ends	Age
<b>Tuesday Classes: 1/27 - 3/17</b>				
My First Art Class	4103	9:30 am	10:30 am	1.5-3Y
My First Art Class	4104	10:45 am	11:45 am	2-5Y
<b>Wednesday Classes: 1/28 - 3/18</b>				
Clay for Preschooler and Parent	4077	9:30 am	10:45 am	3-5Y
My First Art Class	4105	9:30 am	10:30 am	1.5-3Y
My First Art Class	4106	10:45 am	11:45 am	2-5Y
Clay for Preschooler and Parent	4078	11 am	12:15 am	3-5Y
<b>Thursday Classes: 1/22 - 3/19; no class 2/12</b>				
Clay for Preschooler and Parent	4079	9:30 am	10:45 am	3-5Y
Art Explorers	4070	9:45 am	10:45 am	2-3Y
Art Explorers	4071	11 am	12am	2-3Y
Clay for Preschooler and Parent	4080	11 am	12:45 am	3-5Y
Art Starts	4072	1:15 pm	2:15 pm	3-5Y
<b>Friday Classes: 1/23 - 3/27; no class 2/13, 3/13</b>				
My First Art Class	4115	9:30 am	10:30 am	1.5-3Y
My First Art Class	4116	10:45 am	11:45 am	2-5Y
Clay for Preschooler and Parent	4081	1:30 pm	2:30 pm	3-5Y



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## My First Art Class

Each week, we have an exciting theme using an array of art materials such as paint, clay, glitter, stickers, collage, markers and much more. We set up an art environment with 5 stations. The children move freely around the room experiencing the art materials at their own pace. We have fun with art for 45 minutes and finish the hour with lively singing and dancing. *Parent participation is required for children under four. Siblings in arms is ok. Bring \$15 materials fee at the first class.*

**Instructor:** Chris Pollard, Tue; Barbara Merkel, Wed and Fri

8 classes	\$106R/\$123NR	Art Center–Preschool Classroom	16 max
4103	1.5-3Y	T 1/27-3/17	9:30am-10:30am
4104	2-5Y	T 1/27-3/17	10:45am-11:45am

8 classes	\$106R/\$123NR	Mitchell Park–Early Childhood Recreation Room	16 max
4105	1.5-3Y	W 1/28-3/18	9:30am-10:30am
4106	2-5Y	W 1/28-3/18	10:45am-11:45am
4115	1.5 - 3Y	F 1/23-3/27; no class 2/13, 3/13	9:30am-10:30am
4116	2-5Y	F 1/23-3/27; no class 2/13, 3/13	10:45am-11:45am

## Clay for Preschooler and Parent

Parents join their preschoolers in learning how to build and shape clay, together transforming their ideas into functional glazed and fired pieces. Aside from being fun for parents and kids, creating clay projects builds problem-solving and fine motor skills for young students. This class is for any parents who want to spend quality time with their preschooler in a creative and educational way. Wednesday classes are a bit longer to accommodate kids who like to take their time. *Parental participation required. No underage siblings or babies.*

**Instructor:** Kathleen Gordon, Wed and Thu; Carrie Ohm, Fri

8 classes	\$122R/\$140NR	Art Center–Clay Classroom	10 max
4077	3-5Y	W 1/28-3/18	9:30am-10:45am
4078	3-5Y	W 1/28-3/18	11am-12:15pm
4079	3-5Y	Th 1/22-3/19; no class 2/12	9:30am-10:45am
4080	3-5Y	Th 1/22-3/19; no class 2/12	10:45am-11:45am

8 classes	\$97R/\$112NR	Art Center–Clay Classroom	10 max
4081	3-5Y	F 1/23 - 3/27; no class 2/13, 3/13	11am-12:15pm

## Art Explorers

Parents join their little ones in exploring artistic materials as they create hands-on, process-oriented projects in painting, printmaking, and sculpture—all with a dash of science and learning about the natural world. By teaching children about their environment and by introducing them to fun art materials, this class fosters young learners' curiosity and self-expression. This is a great class for kids who love to create, and for parents who are interested in supporting their children's passion for art and learning. *Parent participation required.*

**Instructor:** Sharon Reich

8 classes	\$92R/\$105NR	Art Center–Preschool Classroom	12 max
4070	2-3Y	Th 1/22 - 3/19; no class 2/12	9:45am-10:45am
4071	2-3Y	Th 1/22 - 3/19; no class 2/12	11am-12pm

## Art Starts

Parents join their children in exploring and discovering artistic materials and techniques in painting, drawing, printmaking, and sculpture. Students learn new art-making techniques in a fun and supportive environment. This is a great class for older preschoolers who love to express themselves, and for parents who are interested in supporting their children's self-expression. *Parent participation encouraged.*

**Instructor:** Sharon Reich

8 classes	\$92R/\$105NR	Art Center–Preschool Classroom	12 max
4072	3-5Y	Th 1/22 - 3/19; no class 2/12	1:15pm-2:15pm

# MUSIC, DANCE, AND THEATRE

## Helpful information about our classes

### GIRL'S ATTIRE

Leotard and tights are required for any class that includes ballet or tap. T-shirt and shorts, jazz pants or leggings are acceptable for other classes.

### BOY'S ATTIRE

T-shirt and shorts or sweatpants are acceptable for all classes

### SHOES

For safety reasons, all students are required to wear shoes appropriate for each class. Students will not be allowed to participate without proper shoes.

- Ballet shoes with leather soles are required for any class that includes ballet. Ballet-style bedroom slippers are not acceptable.
- Tap shoes are required for any class that includes tap. However, tap shoes are not necessary until the second class meeting.
- Jazz shoes or tennis shoes are acceptable for hip hop and jazz dance classes.
- For Dancing Together, Tiny Tots Ballet and Kids Hip Hop Boogie, students may dance barefoot or in Robeez-type shoes with soft leather soles.
- Theatre classes and activities involve movement, so we ask that children arrive each day in clothing in which they can comfortably move. For reasons of safety we require closed toe shoes be worn.

### PARENT OBSERVATIONS

Unless specifically allowed in the class description, parents are not permitted in the studio during class. We encourage parents to wait in the Lobby, particularly if they are concerned that their child may experience separation anxiety. The class description will specify if Parents are welcome to observe the final class meeting of each term.

# CHILDREN'S THEATRE

## Creative Play: Imagine

Through a mixture of song, movement and storytelling, children learn to explore and express their inner world. Children discover the magic of play in an environment that nurtures creativity, expression, and team work.

5 classes	\$105R/\$121NR	Children's Theatre Dance Studio	8 max
4450	3.5-5Y	Tu 1/06-2/03	2pm-2:45pm
4451	3.5-5Y	Tu 2/10-3/10	2pm-2:45pm

5 classes	\$105R/\$121NR	Mitchell Park EDR Room	8 max
4452	3.5-5Y	Th 1/08-2/05	2pm-2:45pm
4453	3.5-5Y	Th 2/12-3/12	2pm-2:45pm





## Story Acting

Using familiar stories, improvisation, and creative movement, children leap into action as story characters! Classic children's books are used to teach children how to use their bodies and voices to create fun and familiar characters. Story Acting classes allow children to discover their unique creativity as they explore the wonderful world of theatre. Class may be repeated. This is not a parent participation class.

**Instructor:** Children's Theatre Staff

5 classes	\$105R/\$121NR	Children's Theatre	12 max
4464	4-5Y	Tu 1/06-2/03	4pm-4:45pm
4466	4-5Y	Sa 1/10-2/07	10am-10:45am
4468	4-5Y	Sa 1/10-2/07	11:15pm-12pm
4465	4-5Y	Tu 2/10-3/10	4pm-4:45pm
4467	4-5Y	Sa 2/14-3/14	10am-10:45am
4469	4-5Y	Sa 2/14-3/14	11:15pm-12pm

5 classes	\$105R/\$121NR	Mitchell Park EDR Room	12 max
4470	4-5Y	Th 1/08-2/05	4pm-4:45pm
4471	4-5Y	Th 2/12-3/12	4pm-4:45pm



# DANCE

## NEW! Princess Ballet

Calling all Princesses! In this magical princess themed class, students will learn ballet, creative dance, individual steps, across the floor movement and dance combinations. They will use fun props like scarves, magic wands, & more while dancing to their favorite princess music. All dancers will perform in class, on the last day of the session. Parents wait outside the classroom unless otherwise noted.

**Instructor:** Children's Theatre Staff

8 classes	\$110R/\$126NR	Children's Theatre	12 max
4472	2-3Y*	W 1/21-3/11	9am-9:30am
4473	3-4Y	W 1/21-3/11	9:35am-10:05am
4474	3-4Y	W 1/21-3/11	10:10am-10:40am
4475	3-4Y	W 1/21-3/11	1:45pm-2:15pm

\* Parent Participation Class

## NEW! Dance Immersion

This combination dance class incorporates the 3 major disciplines: Ballet, Tap, and Jazz. The class will balance technique training with expressive movement in a fun, upbeat environment. Students will learn to explore their emotions through body movement and expression. Students will also learn to dance with each other, in formations, and with props. Parents wait outside of the classroom.

**Instructor:** Children's Theatre Staff

8 classes	\$120R/\$138NR	Children's Theatre	12 max
4476	3-4Y	W 1/21-3/11	11:30am-12:15pm
4477	4-5Y	W 1/21-3/11	12:30pm-1:30pm
4478	4-5Y	W 1/21-3/11	2:30pm-3:30pm

8 classes	\$130R/\$150NR	Children's Theatre	12 max
4479	5-7Y	W 1/21-3/11	4pm-5:15pm



## NEW! Hip Hop

Students will learn a broad collection of urban street dance styles including: Breaking, Popping, Locking, Turfing, Jerkin and Krumping. Hip-Hop evolved from Hip-Hop culture and includes elements from Jazz, Rock, Tap, African, American and Latino dance cultures. These cultures will influence the hip-hop style and technique learned in class.

**Instructor:** Children's Theatre Staff

8 classes	\$105R/\$121NR	Children's Theatre	12 max
4480	4-5Y	W 1/21-3/11	5:15pm-5:45pm
8 classes	\$120R/\$138NR	Children's Theatre	12 max
4481	5-7Y	W 1/21-3/11	5:45pm-6:30pm



preschool

# JUNIOR MUSEUM AND ZOO SCIENCE

## Animal Detectives

How do animals investigate the world? Can snakes sniff? What do owls hear? Find out how our zoo animals use their senses to find food, identify friends and check out the visitors to our zoo. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

4 classes	\$83R/\$95NR	JMZ-Science Lab 2	10 max
4118	3-5Y	Tu 1/20-2/10	10am-10:45am

## Coastline Critters

Have you ever walked along the beach and wondered what dwells beneath the waves? Well join us, and find out what strange creatures live hidden in the spaces between the rocks--animals without heads and eyes on their arms, critters that look more like plants, and much more! Parent or caregiver must attend class with child. Please NO UNREGISTERED siblings allowed in class.

5 classes	\$102R/\$115NR	JMZ-Science Lab 2	10 max
4121	3-5Y	Tu 2/17-3/17	11:30am-12:15pm

## Construction Zone

How high can you build a tower? How wide can you build a dome? Come build with us and learn how to build a variety of sturdy structures. Parent or caregiver must attend with child. Please NO, UNREGISTERED siblings allowed in class.

4 classes	\$83R/\$95NR	JMZ-Science Lab 2	10 max
4120	3-5Y	Tu 2/24-3/17	10am-10:45am

## Discovery Fridays

Discover a smorgasbord of science at the Junior Museum & Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz, and zoom. Activities change each session, quarter and year, so you can sign up again and again and still have new adventures! Discovery Fridays and Discovery Wednesdays contain similar content. Parent or caregiver must attend class with child. NO UNREGISTERED siblings allowed in class. (This is a preschool class. Kinders should register for Science Sleuths, listed in the 'Kids' section of this catalog. No Class 2/13 or 3/13.

8 classes	\$150R/\$169NR	JMZ-Science Lab 2	10 max
4242	3-5Y	F 1/16-3/20	10am-10:45am
4243	3-5Y	F 1/16-3/20	11:15am-12pm 1pm-1:45pm
4244	3-5Y	F 1/16-3/20	10am-10:45am

## Discovery Wednesdays

Discover a smorgasbord of science at the Junior Museum and Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz and zoom. Activities change each session, quarter and year, so you can sign up again and have new adventures. Discovery Wednesdays and Discovery Fridays contain similar content. Parent or caregiver must attend with child. Please NO UNREGISTERED siblings allowed in class. (This is a preschool class. Kinders should register for Science Sleuths, listed in the 'Kids' section of this catalog.)

9 classes	\$170R/\$192NR	JMZ-Science Lab 2	10 max
4245	3-5Y	W 1/21-3/18	1pm-1:45pm

## Marsh Muckers

Learn about the birds, fish and plants that live in the salt marsh. Marvel at the tiny creatures that inhabit marsh mud. Wrap up this class with a field trip to the Palo Alto Baylands. Parent or caregiver must attend with child. Please NO UNREGISTERED siblings allowed in class.

4 classes	\$83R/\$95NR	JMZ-Science Lab 2	10 max
4125	3-5Y	W 3/4-3/25	10am-10:45am

## Newton in Motion

In this action-packed class, young scientists will perform experiments with motion, exploring Newton's laws and discoveries. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

4 classes	\$83R/\$95NR	JMZ-Science Lab 2	10 max
4119	3-5Y	Tu 1/20-2/10	11:30am-12:15pm

## Polar Science

Are you fascinated by icebergs and intrigued by penguins? In this class learn about the wonders of our planet's two poles. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

3 classes	\$63R/\$71NR	JMZ-Science Lab 2	10 max
4126	3-5Y	Th 1/22-2/5	10am-10:45am

## Science of Toys

What makes a top twirl or a ball bounce? Make and experiment with toys to find out how they put the fun in physics every day. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

3 classes	\$63R/\$71NR	JMZ-Science Lab 2	10 max
4124	3-5Y	W 2/11-2/25	10am-10:45am

## Sibling Science

Do you have multiple children under the age of six? Our new "Sibling Science" is the class for you. Each week we'll explore science topics with stories and fun activities designed for a range of young investigators. All children 1 year and up must be registered. Babies in strollers will be permitted in the classroom. Parent or caregiver must attend class with children.

8 classes	\$150R/\$169NR	JMZ-Science Lab 2	10 max
4241	1-5Y	Th 1/22-3/19	11:30am-12:15pm

## Storytime with the Animals

Come listen to stories about animals and meet some of the animals we read about. Parent or caregiver must attend with child. Please NO UNREGISTERED siblings allowed in class.

5 classes	\$102R/\$115NR	JMZ-Science Lab 2	10 max
4127	3-5Y	Th 2/19-3/19	10am-10:45am

## Zoo Expressions

Learn about the animals in our zoo and make beautiful prints, rubbings, casts and sculptures inspired by the animals. Bring a white or light-colored T-shirt so you can make animal art to wear. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

3 classes	\$63R/\$71NR	JMZ-Science Lab 2	10 max
4122	3-5Y	W 1/21-2/4	10-10:45am

# MUSIC

## MELODY ACADEMY OF MUSIC (MAM)

All Classes meet at 4151 Middlefield Rd, Suite 105 and 110, Palo Alto, CA 94303 (Inside the Global Fluency building.) Palo Alto, CA 94303

For All Melody's music classes, parents must attend the class with their children; the exception is the group flute class. MAM provides a full size digital keyboard in the class. Each family has their own Keyboard to use in the class. Music instruments are available for rent for some classes. Materials fee of \$45 is payable directly to melody Academy on the first day of class. Only registered students are allowed in the classroom.

No Class on January 1st & 2nd, 2015 No Class on President's Day, Monday, February 16th, 2015.

For more information, please call 650-796-2747.

## NEW! Melody's Todd-o-Piano Basics (3-4 years old)

A new approach to lead toddlers into a musical World! This is a Pre-Piano/Keyboard class with introductions to music terminology, keyboard playing and rhythm training by using fun story-telling methods. The class prepares students for future piano lessons by developing the students' Musical character and movement ability. Please note: Parents Participation is REQUIRED. Only registered students are permits in the classroom.

Instructor: MAM Staff

\*Non-refundable material of \$45 due on the first class meeting

6 classes	\$170R/\$195NR	MAM	10 Max
4292	3-4Y	Tu 1/20-2/24	10:30am-11:15am
4293	3-4Y	F 1/30-3/06	10:30am-11:15am
4294	3-4Y	Th 2/19-3/26	10:30am-11:15am
4295	3-4Y	Th 3/02-4/06	10:30am-11:15am

## Melody's Piano Beginners (4-5 year olds)

This course will enrich children who have never studied music through a variety of fun activities. Please join in to Melody's Birthday together and learn the various music skills, such as singing, ear-training, keyboard playing, rhythm ensemble, reading music. Please note: Parents Participation is REQUIRED. Only registered students are permitted in the classroom.

**Instructor:** MAM Staff

\*Non-refundable material of \$45 due on the first class meeting

6 classes	\$170R/\$195NR	MAM	10 Max
4296	4-5Y	Th 1/22-2/26	4pm-4:45pm
4297	4-5Y	Tu 3/03-1/27	4pm-4:45pm
4298	4-5Y	Sa 2/07-3/14	3pm-3:45pm
4299	4-5Y	F 2/20-3/27	4pm-4:45pm

## Bilingual Music Fun With Joy

Introduction to Mandarin Chinese and music for kids ages 3-5. 'Bilingual Music Fun With Joy' introduces young kids Mandarin Chinese and music in a fun, interactive environment. Kids will gain exposure to basic music-making techniques through the Orff Method, a complete and engaging music-learning style incorporating speech, singing, movement and percussion instruments. Parent participation required. No prior knowledge of Mandarin Chinese necessary. Please contact Joy Lu at [joylu@yahoo.com](mailto:joylu@yahoo.com) if you have questions.

10 classes	\$210R/\$242NR	Cubberley G-4	8 Max
4199	3-4Y	W 1/7-3/18	3pm-3:45pm
4155	3-4Y	F 1/9-3/20	3pm-3:45pm
4200	4-5Y	W 1/7-3/18	4pm-4:45pm
4156	4-5Y	F 1/9-3/20	4pm-4:45pm

*no class on 2/11, 2/13*

## JULIE WONG'S IMMERSION/ LANGUAGE MUSIC CLASSES

Siblings under 10 months are free. Materials fee of \$25 is due to the instructor at the first class-includes CD and songbook. For more info or a free preview, email Julie at [joyfulnoise@aya.yale.edu](mailto:joyfulnoise@aya.yale.edu).

**Music Around the World!** offers **Multicultural English, Immersion French, Immersion Spanish, and Saturday classes.**

## Music Around the World! Multicultural English

Come visit the four corners of the earth with us through music! This parent-child music class includes songs, chants, dance, and free play with age-appropriate instruments in a fun and creative learning environment. Class is taught in English but includes a rich and diverse range of music from around the world! Materials fee for CD/songbook is \$25. Siblings under 10 months are free.

**Instructors:** Julie Wong, Ima Karina Narvaez

For more info or a free preview, email Julie at [joyfulnoise@aya.yale.edu](mailto:joyfulnoise@aya.yale.edu).

*No classes: Mon Jan 19, Mon Feb 16.*

*Class moved to Girl Scout House: 3/5*

10 classes	\$150R/\$173NR	Lucie Stern Community Room	12 Max
4201	Birth-5Y	M 1/5-3/23	9:30am-10:20am
4202	Birth-5Y	Th 1/8-3/12	10:30am-11:20am

## Music Around the World! Immersion Spanish

These unique immersion language classes expose you and your child to new languages and cultures through the universal languages of music! Class taught entirely in Spanish. No previous language experience necessary. Your child experiences a new language through songs, fingerplays, dance, and playing with instruments in a fun and creative learning environment. Materials fee for CD/songbook is \$25. Siblings under 10 months are free.

**Instructors:** Julie Wong, Ima Karina Narvaez

For more info or a free preview, email Julie at [joyfulnoise@aya.yale.edu](mailto:joyfulnoise@aya.yale.edu).

*No classes: Mon Jan 19, Mon Feb 16.*

*Class moved to Girl Scout House: 3/5*

10 classes	\$150R/\$173NR	Lucie Stern Community Room	12 Max
4205	Birth-5Y	M 1/5-3/23	10:30am-11:20am
4206	Birth-5Y	Th 1/8-3/12	9:30am-10:20am



## Music Around the World! Immersion French

These unique immersion language classes expose you and your child to new languages and cultures through the universal languages of music! Class taught entirely in French. No previous language experience necessary. Your child experiences a new language through songs, fingerplays, dance, and playing with instruments in a fun and creative learning environment. Materials fee for CD/songbook is \$25. Siblings under 10 months are free.

**Instructors:** Julie Wong, Ima Karina Narvaez

For more info or a free preview, email Julie at [joyfulnoise@aya.yale.edu](mailto:joyfulnoise@aya.yale.edu).

*No classes: Mon Jan 19 and Mon Feb 16.*

*Class moved to Girl Scout House: 3/5*

10 classes	\$150R/\$173NR	Lucie Stern Community Room	12 Max
4208	Birth-5Y	M 1/5-3/23	11:30am-12:20pm
4209	Birth-5Y	Th 1/8-3/12	11:30am-12:20pm

## Music Together®

Did you know that all children are musical? In our research-based program, an innovative teacher guides 6-12 children and parents (or caregivers) in singing songs of many cultures, dancing, and playing basic instruments to support music development. \$45 materials fee per family due at the first class includes a CD, digital download, songbook, and parent education guide. Siblings 8 months and under attend free. For more information about our classes please visit our website at [www.music4families.net](http://www.music4families.net).

11 classes	\$211R/\$243NR	Lucie Stern Community Room	12 Max
4189	birth-4Y	Tu 1/6-3/17	9:30am-10:15am
4190	birth-4Y	Tu 1/6-3/17	10:30am-11:15am
4191	birth-4Y	Tu 1/6-3/17	11:30am-12:15pm
4192	birth-4Y	W 1/7-3/18	4:30pm-5:15pm
4193	birth-4Y	W 1/7-3/18	5:30pm-6:15pm

preschool

# SPECIAL INTEREST

## Kung Fu for Kids “Little Dragons” Beginners

Kujiweza “Little Dragons” Kung fu for Kids, 4 to 12 years, is a Leadership and Martial Arts training program that is fun, challenging and encourages each child to do their best and to be their best. Our classes provide a safe and nurturing environment where children can grow, stay fit and learn the life skills they need to succeed in life. Our curriculum is dedicated to helping each child develop character, confidence, courtesy, self-discipline, self-respect, and self-control. They will learn how to set and achieve goals and build leadership skills by helping others grow. Our “Little Dragons” are rewarded for outstanding performance in Kung fu class, school, and home and in the community.

22 classes	\$236R/\$272NR	Lucie Stern Ballroom	20 Max
4213	4-5Y	Tu, Th 1/6-3/19	3pm-3:40pm
4214	6-12Y	Tu, Th 1/6-3/19	3:45pm-4:30pm

## Maman et moi learn French

This class is an introduction to French for toddlers. Join your child in our maman et moi French class. This beginner French class will stimulate your toddler’s senses and familiarize him/her with the French language while having fun. Each week, we will feature a targeted learning topic such as family, clothing, colors, toys, food...This class will focus on repetition. This introduction to French will engage parents through parent and child activities that can be replicated at home.

*No Class 2/18*

10 classes	\$175R/\$202NR	Mitchell - Materdo Room	10 Max
4064	2-5Y	W 1/7-3/18	10-10:45am

## A Day at Little Explorers

Experience the joy of exploration in Little Explorers, a developmental program for toddlers and preschoolers. Enjoy a school day of dramatic and sensory play, art, science, math, music and literacy centers. Adult participation required. Materials fee (which covers field trip costs, arts & crafts and snacks) is payable to the instructor by the first class. [www.LittleExplorersAdventures.com](http://www.LittleExplorersAdventures.com)

**Instructor:** Martina Entriken

6 classes	\$155R/\$179NR	Peers Park Field House	15 Max
4067	1.5-4Y	F 1/16-2/20	9:30am-11:30am

## Little Explorers Adventures

Experience the joy of exploration in Little Explorers Adventures, a developmental program for toddlers and young preschoolers. All weeks include a field trip to a nature, community or cultural location, plus a school day that extends the experience with dramatic and sensory play, art, science, math, music and literacy centers. Adult participation required. Materials fee (which covers field trip costs, arts & crafts and snacks) is payable to the instructor by the first class. [www.LittleExplorersAdventures.com](http://www.LittleExplorersAdventures.com)

**Instructor:** Martina Entriken

10 classes	\$258R/\$297NR	Peers Park Field House	15 Max
4068	1.5-4Y	M, W 1/12-2/18	9:30am-11:30am
<i>no class 1/19; 2/16</i>			

12 classes	\$309R/\$356NR	Peers Park Field House	15 Max
4117	1.5-4Y	Tu, Th 1/13-2/19	9:30am-11:3am



# SPORTS

## Parent & Me Soccer

Introduce your toddler to the 'World's Most Popular Game'! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Parent & Me Soccer, parents are part of the action, not watching from the sidelines! Kids will receive a soccer jersey. KLS class status hotline: (888) 372-5803

7 classes	\$96R/\$111NR	Rinconada Park	20 Max
4135	2-3.5Y	Tu 2/3-3/17	5:25pm-5:55pm

9 classes	\$117R/\$135NR	Mitchell Park	20 Max
4136	2-3.5Y	Th 1/22-3/19	11am-11:30am
4137	2-3.5Y	Sa 1/24-3/21	8:30am-9am
4138	2-3.5Y	Sa 1/24-3/21	9:05am-9:35am
4139	2-3.5Y	Sa 1/24-3/21	4:30pm-5:00pm

## Pre Soccer by Kidz Love Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant will receive a soccer jersey. Shin guards are required. KLS class status hotline: (888) 372-5803

7 classes	\$96R/\$111NR	Rinconada Park	36 Max
4140	4-5Y	Tu 2/3-3/17	4:10pm-4:45pm

9 classes	\$117R/\$135NR	Mitchell Park	36 Max
4141	4-5Y	W 1/21-3/18	3:15pm-3:50pm
4142	4-5Y	Th 1/22-3/19	10:10am-10:45am
4143	4-5Y	Th 1/22-3/19	3:10pm-3:45pm
4144	4-5Y	Sa 1/24-3/21	10:15am-10:50am
4145	4-5Y	Sa 1/24-3/21	10:50am-11:25am
4146	4-5Y	Sa 1/24-3/21	3:15pm-3:50pm

## Kids Capoeira

Capoeira is an exciting combination of martial arts, dance and gymnastics. Developed by African slaves in Brazil centuries ago, today Capoeira is practiced by adults and children all over the world. In the class, youth gain flexibility, strength and confidence as they become more graceful in the basic Capoeira movements, learned first in isolation and then put together in a "jogo" or game. The class is great fun and a good choice for children of all athletic abilities.

**Instructor:** Mestre Beiqola

10 classes	\$120R/\$138NR	Mitchell Park – El Palo Alto West	12 max
4515	4-6Y	Tu 1/13-3/17	4pm-4:45pm
4516	7-12Y	Tu 1/13-3/17	4:45pm-5:30pm



## Tot Soccer by Kidz Love Soccer

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Each participant will receive a soccer jersey. Shin guards are required. KLS class status hotline: (888) 372-5803

7 classes	\$96R/\$111NR	Rinconada Park	30 Max
4147	3-5.4Y	Tu 2/3-3/17	4:45pm-5:15pm

9 classes	\$117R/\$135NR	Mitchell Park	30 Max
4148	3-5.4Y	W 1/21-3/18	4:35pm-5:05pm
4149	3-5.4Y	Th 1/22-3/19	9:40am-10:10am
4150	3-5.4Y	Th 1/22-3/19	3:10pm-3:45pm
4151	3-5.4Y	Sa 1/24-3/21	9:45am-10:15am
4152	3-5.4Y	Sa 1/24-3/21	3:50pm-4:20pm

## Kim Grant Tennis Academy: Mini & Me Tennis

An educational class where the player and guardian are on court together to learn valuable tennis and developmental exercises that are essential for the growth of the player. Bond with your child while helping to develop their motor skills and coordinator. The guardian will walk away with tips designed to encourage additional practice and bonding at home or at our local parks. [www.KimGrantTennis.com](http://www.KimGrantTennis.com)

11 classes	\$220 R/\$253 NR	Cubberley Tennis Courts	4 Max
4194	3-5Y	Tu 1/6-3/17	11am-12pm

## Kim Grant Tennis Academy: Special Needs Tennis

A tennis program designed to aid in autistic therapy and learning disabilities by focusing on structure, predictability and encouragement for the student. We work hand in hand with Occupational and Behavioral Therapists to design our drills and exercises. Lesson plans are based on a combination of visual, audio and physical fundamentals. [www.KimGrantTennis.com](http://www.KimGrantTennis.com)

11 classes	\$220R/\$253NR	Cubberley Tennis Courts	4 Max
4195	5-8Y	Th 1/8-3/19	1:15pm-2:15pm



kids

# KIDS

## AQUATICS

### **Palo Alto Swim Club**

Palo Alto Swim Club (PASC) is a year-round USA Swimming program for children and teens age 6 and older. PASC caters to swimmers of many levels who seek competitive training. PASC swimmers share a love for the water and know PASC is the best place to perfect their passion. To join or for more information visit the website: [www.pasa-swim.org](http://www.pasa-swim.org) or contact head coach, Tony Batis: [headcoach@paloaltoswimclub.org](mailto:headcoach@paloaltoswimclub.org)



# CHILDRENS FINE ART GRADES K-5

Help your children develop skills in visual art, experience the power of creative expression, build confidence, and explore their interests, all in a fun and supportive environment. We offer a variety of art classes and summer workshops for the artist in every child, from preschoolers to teens. Dozens of classes are offered for every interest and skill level in a broad range of media. Because classes are taught by highly trained professional artist instructors with limited group sizes, students of all ages receive individualized attention.

Bring children in clothes appropriate for clay, paint, and glue. Only registered children may attend. Classes provided by the Palo Alto Art Center located at 1313 Newell Road.

To join the Children's Fine Art e-mail list, email [jennifer.marsh@cityofpaloalto.org](mailto:jennifer.marsh@cityofpaloalto.org).

## OVERVIEW OF FINE ART CLASSES FOR KIDS

Course	Course #	Starts	Ends	Age
<b>Monday Classes: 1/26 - 3/23; no class 2/16</b>				
Drawing Comics	4087	3 pm	4 pm	7-9Y
Fashion Design and Illustration	4094	4:15 pm	5:15 pm	7-11Y
<b>Tuesday Classes: 1/27 - 3/17</b>				
Beginning Ceramics	4073	3 pm	4 pm	7-11Y
Pastels	4108	3 pm	4 pm	5-9Y
Stop Motion Animation	4109	3:30 pm	5 pm	7-11Y
Expressive Painting	4092	4:15 pm	5:15 pm	7-11Y
Ceramics Open Studio	4076	4:15 pm	5:30 pm	9-14Y
<b>Wednesday Classes: 1/28 - 3/18</b>				
Fun with Sculpture	4099	2:30 pm	3:30 pm	5-6Y
Digital Photography	4085	2:30 pm	4 pm	9-11Y
3-D Sculpture	4069	3:45 pm	5 pm	7-11Y
<b>Thursday Classes: 1/22 - 3/19; no class 2/12</b>				
Fun with Clay	4096	3 pm	4 pm	5-6Y
Colorful Painting	4082	3 pm	4 pm	5-6Y
Discover Art!	4086	4:15 pm	5:15 pm	7-11Y
Continuing Ceramics	4083	4:15 pm	5:30 pm	7-11Y
NEW! Mixing Traditional Arts with New Technology	4107	4:30 pm	6:00 pm	9-14Y
Family Drawing Workshop	4093	5 pm	6:30 pm	6Y+
<b>Friday Classes: 1/23 - 3/27; no class 2/13, 3/13</b>				
Fun with Clay	4097	3 pm	4 pm	5-6Y
Drawing for Kids who Love to Draw	4088	3 pm	4 pm	5-6Y
Watercolor	4112	3:30 pm	5 pm	7-11Y
Beginning Ceramics	4074	4:15 pm	5:15 pm	7-11Y
Drawing for Kids who Love to Draw	4089	4:15 pm	5:15 pm	7-9Y
<b>Saturday Classes: 1/24 - 3/28; no class 2/14, 3/14</b>				
Japanese Brush Painting	4102	10 am	12 pm	6-18Y
Fun with Clay	4098	10:15 am	11:15 am	5-6Y
Drawing for Kids who Love to Draw	4090	11:30 am	12:30 pm	7-9Y
Together with Clay	4111	11:30 am	1 pm	5Y+
Beginning Ceramics	4075	1:30 pm	3 pm	7-11Y
Creative Drawing	4084	1:30 pm	3 pm	9-11Y

kids

# FINE ART WORKSHOPS FOR KIDS

Course	Course #	Dates	Starts	Ends	Age
Family Instrument Building Workshop	4238	Sa, 3/21-3/28	1pm	4pm	7Y+
Stop Motion Animation Workshop	4110	Sa, 2/21-2/28	10am	4pm	9-14Y

## CERAMICS

### Fun with Clay

Kinders learn how to build and shape clay, creating glazed and fired pieces such as bowls, animals, games, and more! Aside from being fun, working with clay builds problem-solving and fine motor skills. This class provides a supportive and creative introduction to clay for artists who like to build with their hands. No previous experience with clay is required.

**Instructor:** Kathleen Gordon, Thu; Carrie Ohm, Fri; Nora Sarkissian, Sat

8 classes	\$97R/\$112NR	Art Center-Clay Classroom	10 max
4096	5-6Y	Th 1/22-3/19; no class 2/12	3pm-4pm
4097	5-6Y	F 1/23-3/27; no class 2/13, 3/13	3pm-4pm
4098	5-6Y	Sa 1/24-3/28; no class 2/14, 3/14	10:15am-11:15am

### Beginning Ceramics

In these fun-filled classes, young artists explore clay and transform it! Students make boxes, cups, plates, and tiles, as well as modeled figures of animals, people, vehicles, plants, and much more. Students develop fine motor skills and self-confidence as their ideas come to life in imaginative three-dimensional artwork. This class is for anyone interested in exploring the rich possibilities of clay. Each quarter, the instructor introduces new special themes, so this is a great class to take again and again. No previous experience with clay is required.

**Instructor:** Nora Sarkissian, Tue and Sat; Carrie Ohm, Fri

8 classes	\$97R/\$112NR	Art Center-Clay Classroom	12 max
4073	7-11Y	Tu 1/27-3/17	3:00pm-4:00pm
4074	7-11Y	F 1/23-3/27; no class 2/13, 3/13	4:15pm-5:15pm

8 classes	\$146R/\$168NR	Art Center-Clay Classroom	12 max
4075	7-11Y	Sa 1/24-3/28; no class 2/14, 3/14	1:30pm-3pm

### Continuing Ceramics

Young ceramicists learn to use new ceramic tools, like the extruder and the slab roller, to create fired and glazed artwork ranging from dishes to castles! Each quarter, the instructor introduces new special themes, so this is a great class to take again and again. This lively class is for continuing ceramics students who want to explore more advanced ceramics techniques, while having fun!

**Instructor:** Kathleen Gordon

8 classes	\$122R/\$140NR	Art Center-Clay Classroom	10 max
4083	7-11Y	Th 1/22-3/19; no class 2/12	4:15pm-5:30pm

### Together with Clay

Kids and parents learn how to build and shape clay, together transforming their ideas into functional, glazed and fired pieces, such as teapots, cups, mugs, and bowls. Aside from being fun for the whole family, students of all ages develop basic ceramics skills and gain self-confidence. Students are introduced to hand-building techniques, including modeling, pinch, coil, and slab. This class is for any family who wants to spend time together in a creative and educational way.

*Note: Both adult and child must pay and register.*

**Instructor:** Nora Sarkissian

8 classes	\$146R/\$168NR	Art Center-Clay Classroom	16 max
4111	5Y+	Sa 1/24-3/28; no class 2/14, 3/14	11:30am-1pm

### Ceramics Open Studio

Students design their own projects and work at their own pace, making anything from hand-built clay vessels, to clay sculptures, to pots thrown on the wheel. By introducing students to ceramics tools such as the potter's wheel and the clay extruder, they'll learn more advanced ceramics techniques designed to boost confidence and skill, while building patience and dedication. This open-ended class is geared towards continuing ceramics students who are ready to pursue their own projects.

**Instructor:** Nora Sarkissian

8 classes	\$122R/\$140NR	Art Center-Clay Classroom	12 max
4076	9-14Y	Tu 1/27-3/17	4:15pm-5:30pm



## DESIGN

### Fashion Design and Illustration

Young fashion designers work with mannequins, cutting and pinning clothing designs (without sewing), examine designs from magazines, and use swatches to explore color and texture as they draw and create original fashion designs and fashion images! Additional projects include fashion accessories such as hats, jewelry and fasteners. Creativity is encouraged, while students are introduced to the principles and motivations of fashion design. This class is a fun way for any young artist to explore their passion for fashion!

**Instructor:** Paulina Shapona

8 classes	\$92R/\$105NR	Mitchell Park - Matadero Room	12 max
4094	7-11Y	M 1/26-3/23; no class 2/16	4:15pm-5:15pm

## DIGITAL ART

### Stop Motion Animation

This fun course teaches students how to design and animate their own fanciful characters and scenarios. With a focus on cut-out animation and pixilation, students engage their hands as well as their minds in every course session. Creating an animation from start to finish teaches young artists to visualize, plan, problem-solve, and to stick to a complex and demanding project. This class is for any student who enjoys bringing art to life on the computer. *Please bring a flash drive to save your work.* **Instructor:** Anne Earhart

8 classes	\$146R/\$168NR	Art Center - Project LOOK! Room	10 max
4109	7-11Y	Tu 1/27-3/17	3:30pm-5pm

### Digital Photography

Budding photographers learn how to compose eye-catching digital images, then manipulate, enhance, and finish those images using Adobe PhotoShop™. Students learn to use the basic features of a digital camera and Adobe PhotoShop™, develop their observational skills, and have fun. This class is for any child who loves to take pictures and wants to learn more about digital photography. *Please bring a flash drive to save your work.* **Instructor:** Sarah Wells

8 classes	\$146R/\$168NR	Art Center - Project LOOK! Room	10 max
4085	9-11Y	W 1/28-3/18	2:30pm-4pm

## DRAWING

### Drawing Comics

Young artists create fun and unique comics in this lively class! Students build technical skills as they learn about design, line quality, and anatomical proportions, and explore a variety of comic styles such as Manga, Anime, and Western comics. This fun, open-ended class is for any young artist passionate about comics. **Instructor:** Paulina Shapona

8 classes	\$92R/\$105NR	Mitchell Park - Matadero Room	12 max
4087	7-9Y	M 1/26-3/23; no class 2/16	3pm-4pm

## Pastels

Young artists mix and blend vibrantly colored chalk, pastels, and oil pastels in this fun, color-filled class! Through a variety of creative projects, including drawing landscapes, still-life, and learning from the Masters, students practice their drawing skills and learn how to mix and blend colors, while developing confidence in their drawing and painting abilities. This class is for any young artist who likes to draw and experiment with a variety of art materials.

**Instructor:** Paulina Shapona

8 classes	\$92R/\$105NR	Art Center - Preschool Classroom	12 max
4108	5-9Y	Tu 1/27-3/17	3pm-4pm

### Family Drawing Workshop

Does your child love to draw? Do you love to draw too? Don't miss this fun opportunity for parents and children to take drawing lessons together. Representational drawing is a learned skill and can be developed at any age. This class, which will cover drawing basics, still-life and figure drawing, is for kids and their parents/caregivers to explore drawing together in a fun setting. *Note: Both adult and child must pay and register.* **Instructor:** Rebecca Bui

8 classes	\$146R/\$168NR	Art Center - Studio A	12 max
4093	6Y+	Th 1/22-3/19; no class 2/12	5pm-6:30pm

### Drawing for Kids who Love to Draw

In a fun and open-ended environment, students draw from life and from their imaginations as they learn techniques like shading, perspective, and proportioning. Young artists leave the class with a set of technical drawing skills that make them feel excited and empowered to continue making art. This is a wonderful class for kids who love to draw!

**Instructor:** Paulina Shapona

8 classes	\$92R/\$105NR	Art Center - Project LOOK! Room	12 max
4088	5-6Y	F 1/23-3/27; no class 2/13, 3/13	3pm-4pm
4089	7-9Y	F 1/23-3/27; no class 2/13, 3/13	4:15pm-5:15pm
4090	7-9Y	Sa 1/24-3/28; no class 2/14, 3/14	11:30am-12:30pm

### Creative Drawing

In this focused class, students draw portraits, still-lives, and landscapes using a great variety of drawing materials. Frequent visits to the Art Center's galleries will often serve as a source of inspiration. Students gain confidence as they develop their skills in shading, composition, and controlling line quality. This class is for young artists who love to draw and who are able to focus for extended periods.

**Instructor:** Mira Ross

8 classes	\$146R/\$168NR	Art Center - Project LOOK! Room	12 max
4084	9-11Y	Sa 1/24-3/28; no class 2/14, 3/14	1:30pm-3pm



# MIXED MEDIA

## Discover Art!

In this survey class, students will have the opportunity to try a variety of art materials and techniques, including collage, sculptures, printmaking, drawing, and painting. Students will learn all about using traditional art materials such as charcoal, acrylic paint, and oil pastels, using them in new and fun compositions and projects. This class is for young artists who like to try it all and keep making new discoveries!

**Instructor:** Sharon Reich

8 classes	\$92R/\$105NR	Art Center – Preschool Classroom	12 max
4086	7-11Y	Th 1/22-3/19; no class 2/12	4:15pm-5:15pm

## NEW! Mixing Traditional Arts with New Technology

Students will learn traditional drawing skills and new media in this innovative class. We'll start by drawing landscapes. These drawings will be scanned, altered in Photoshop™, printed, drawn or painted over or collaged with our digital photos then rescanned. This is only the beginning of our process! Kids will learn to work freely using a variety of media, both new and traditional. *Please bring a flash drive to save your work.* **Instructor:** Mira Ross

8 classes	\$146R/\$168NR	Art Center - Project Look! Room	10 max
4107	9-14Y	Th 1/22-3/19; no class 2/12	4:30pm-6pm

# PAINTING

## Expressive Painting

In this exciting class, young artists experiment with the tools and techniques of acrylic painting such as color, composition, brushstrokes, and artistic choices, while using masterpieces from art movements such as Impressionism and Expressionism for inspiration. Students develop fine motor and observation skills and individualized instruction supports students in expressing their original ideas on canvas. This class is for any student who likes to paint and enjoys experimenting with color. **Instructor:** Paulina Shapona

8 classes	\$92R/\$105NR	Art Center – Preschool Classroom	12 max
4092	7-11Y	Tu 1/27-3/17	4:15pm-5:15pm

## Colorful Painting

In this fun class inspired by the European masters, young artists experiment with a variety of painting media, including tempera, acrylics, and oil pastels. Learning how to compose a painting, mix colors, and use brushstrokes, students develop fine motor and basic painting skills. This is a great class for any student who loves to paint! Each quarter the instructor introduces new special themes, making this a great class to take again and again. **Instructor:** Sharon Reich

8 classes	\$92R/\$105NR	Art Center – Preschool Classroom	12 max
4082	5-6Y	Th 1/22-3/19; no class 2/12	3pm-4pm

# Watercolor

Young artists create original watercolor artworks painted from life and inspired by the great masters. In this supportive class, students will learn to apply the basics of wet-in-wet, washes, and color mixing, while developing fine motor and observational skills. This class encourages young artists to work thoughtfully and carefully.

**Instructor:** Mira Ross

8 classes	\$146R/\$168NR	Art Center – Preschool Classroom	12 max
4112	7-11Y	F 1/23-3/27; no class 2/13, 3/13	3:30pm-5pm

## Japanese Brush Painting

Students of all ages and abilities come together in this class to master Sumi-E painting techniques and to learn about the rich history of Brush Painting. The course's emphasis on learning art history alongside with specific art techniques provides a deep and rich experience for kids and teens. *Students must purchase and bring their own supplies at an additional cost of approx. \$60. Instructor will hand out materials list in first class.*

**Instructor:** Patti Iseke Otani

8 classes	\$183R/\$210NR	Art Center – Preschool Classroom	12 max
4102	6-18Y	Sa 1/24-3/28; no class 2/14, 3/14	10am-12pm

# SCULPTURE

## Fun with Sculpture

Young artists learn how to use simple tools to manipulate a great variety of materials such as wood, plaster, cloth, plastic, cardboard, and clay to make free-standing figures, animals and abstract constructions. As students plan and create 3-D works of art, they exercise their fine motor skills as well as their visualization and planning abilities. This introductory sculpture class is for young artists who like to build!

**Instructor:** Sharon Reich

8 classes	\$92R/\$105NR	Art Center – Preschool Classroom	12 max
4099	5-6Y	W 1/28-3/18	2:30pm-3:30pm

## 3-D Sculpture

Using techniques such as modeling, construction, assemblage, and carving, young artists learn to create masterful free-standing realistic and abstract sculptures out of wood, plaster, cloth, plastic and more. Inspired by great sculptors like Brancusi, Moore, and Picasso, young artists build visualization and critical thinking skills. This class is for beginning and intermediate sculptors who like to work with a wide variety of materials.

**Instructor:** Sharon Reich

8 classes	\$122R/\$140NR	Art Center – Preschool Classroom	12 max
4069	7-11Y	W 1/28-3/18	3:45pm-5pm



## Stop Motion Animation Workshop

Enjoy our popular Stop Motion Animation class in a 2-day workshop format! This fun course teaches students how to design and animate their own fanciful characters and scenarios. With a focus on cut-out animation and pixilation, students engage their hands as well as their minds in every course session. Creating an animation from start to finish teaches young artists to visualize, plan, problem-solve, and to stick to a complex and demanding project. This class is for any student who enjoys bringing art to life on the computer. *Please bring a flash drive to save your work.*

**Instructor:** Anne Earhart

2 classes	\$146R/\$168NR	Art Center - Meeting Room	8 max
4110	9-14Y	Sa 2/21-2/28	10am-4pm

## Family Instrument Building Workshop

Do you love to make music with your family? Join us for a two-session instrument building workshop with visual artist and musician Claude Ferguson. In this workshop, participants will make instruments such as glovaphones, rainsticks, and drums and will also view the Art Center's exhibition Hear This! for inspiration. The workshop will finish with a jam session and drumming circle using the handmade instruments! *Note: Both adult and child must pay and register.*

**Instructor:** Claude Ferguson

2 classes	\$73R/\$84NR	Art Center - Preschool Classroom	16 max
4238	7Y+	Sa 3/21-3-28	1pm-4pm

# MUSIC

kids

## Melody's Piano Beginners (5-7 year olds)

Featuring music theory, key board skills and techniques are included in the class. Ear-training and sight-singing skills will be emphasized. Children will also receive instruction in performing keyboard and rhythm instrument. Please note: Parents Participation is REQUIRED. Only registered students are permits in the classroom.

**Instructor:** MAM Staff

\*Non-refundable material of \$45 due on the first class meeting

6 classes	\$170R/\$195NR	MAM	10 max
4300	5-7Y	Th 1/22-2/26	5pm-5:45pm
4301	5-7Y	Tu 1/27-3/03	5pm-5:45pm
4302	5-7Y	Sa 2/07-3/14	4pm-4:45pm
4303	5-7Y	F 2/20-3/27	5pm-5:45pm

## Group Violin Class (6-10 year olds)

Try the violin! Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory.

**Instructor:** MAM Staff

\*Non-refundable material of \$45 due at the first class. The \$45 material fee includes 6-wk violin rental.

If you have your own violin, the material fee is \$25.

6 classes	\$170R/\$195NR	MAM	10 max
4305	6-10Y	Tu 1/20-2/24	7pm-7:45pm
4306	6-10Y	Sa 2/07-3/14	12pm-12:45pm

## Group Flute Class (7-12 year olds)

This class is a group flute class for beginner flute students. The students will learn music fundamentals, such as note reading, rhythm, music theory and basic flute playing. Please bring your own flute.

**Instructor:** MAM Staff

6 classes	\$170R/\$195NR	MAM	10 max
4307	7-12Y	Tu 1/20-2/24	6pm-6:45pm
4308	7-12Y	Th 2/26-3/02	6pm-6:45pm

## Group Guitar Class (7-10 year olds)

This is a beginner's class for kids. Focus will be on learning basic skills and techniques for the instrument. No former musical knowledge required.

**Instructor:** MAM Staff

\*Non-refundable material of \$25 due on the first class meeting

6 classes	\$170R/\$195NR	MAM	10 max
4309	7-10Y	Su 2/01-3/08	5pm-5:45pm

## NEW! Group Ukulele Beginners (8-12 year olds)

Try the Ukulele!! The group class is designed for young beginners to help them learn basic Ukulele skills. Which include but not limited to Chords, Strum patterns, scales, music reading. Please bring your own Ukulele OR Purchase one from us.

**Instructor:** MAM Staff

\*Non-refundable material of \$25 due on the first class meeting

6 classes	\$170R/\$195NR	MAM	10 max
4304	8-12Y	Su 2/01-3/08	4pm-4:45pm

## Group Guitar Class (10-13 year olds)

This class is designed to facilitate self-discovery through the instrument. Group setting helps create environment for expression and communication through music. Please bring your own guitar. **Instructor:** MAM Staff

\*Non-refundable material of \$25 due on the first class meeting



6 Classes	\$170R/\$195NR	MAM	10 max
4310	10-13Y	Su 2/01-3/08	6pm-6:45pm

# CHILDREN'S THEATRE

## Creative Dramatics

This unique class introduces children to theatre by focusing on their natural sense of play. The aim is to encourage inventiveness and originality by introducing children to creative building blocks such as pantomime, games, skits and more! Children learn how to use their voice, body, natural expressions and imagination to discover the exciting experience of performance.

**Instructor:** Children's Theatre Staff

8 classes	\$121R/\$139NR	Children's Theatre	15 max
4482	6Y	Sa 1/17-3/07	10am-11pm
4483	7-8Y	Sa 1/17-3/07	11am-12pm

8 classes	\$121R/\$139NR	Mitchell Park - ECR Room	15 max
4484	6Y	Tu 1/20-3/10	3:45pm-4:45pm
4485	7-8Y	Tu 1/20-3/10	4:45pm-5:45pm

## Intermediate Acting

For those looking to strengthen their acting technique, this class explores scene study, improvisation and character development. Students learn to broaden skills and create believable characters utilizing voice and movement.

**Instructor:** Children's Theatre Staff

10 classes	\$132R/\$152NR	Children's Theatre Castle Stage	15 max
4499	9-13Y	Sa 1/17-3/14	3pm-4:30pm

10 classes	\$132R/\$152NR	Mitchell Park Matadero	15 max
4500	9-13Y	Tu 1/20-3/17	5:30pm-7pm

## Curtains Up! Intro to Acting

Did you ever dream of being on stage or in film? Then this class is for you! Designed for the beginning student, this class will teach you the fine art of creating believable characters that will enthrall and captivate your audience. Under the direction of a professional artist, you'll study a variety of techniques that actor's draw upon to create unforgettable stage and film characters.

**Instructor:** Children's Theatre Staff

8 classes	\$121R/\$139NR	Children's Theatre	15 max
4496	8-11Y	Tu 1/13-3/03	5pm-6pm
4497	8-11Y	Sa 1/10-2/28	12:30pm-1:30pm

8 classes	\$132R/\$152NR	Mitchell Park Matadero	15 max
4498	8-11Y	Th 1/22-3/12	5pm-6pm

## Improv like a Pro!

Improvisation is a wildly fun art form unto itself, where the actor's split second decisions and quick witted responses can turn everyday situations into moments of comic delight. Whether you're grooming yourself for an impromptu presentation at school, an audition for your favorite play, or a stint on 'Saturday Night Live,' youngsters well versed in improvisational techniques are prepared to respond to all of life's situations with on the spot wit and a refreshing sense of humor.

**Instructor:** Children's Theatre Staff

8 classes	\$121R/\$139NR	Children's Theatre	15 max
4501	10-14Y	Sa 1/17-3/07	12:30pm-1:45pm



## Vocal Lessons

One-on-one vocal lessons will give students the confidence to sing in any musical genre. Learn techniques and styles from musical theatre, country, jazz, and pop. Lessons are designed for the beginning student preparing for an audition, perfecting songs for performance, or for those wishing to develop their vocal range and technique. Registration is for a series of 8 half hour lessons.

**Instructor:** Children's Theatre Staff

8 classes	\$320R/\$368NR	Children's Theatre	22 max
4518	8Y+	W 1/14-3/04	2pm
4519	8Y+	W 1/14-3/04	2:30pm
4520	8Y+	W 1/14-3/04	3pm
4521	8Y+	W 1/14-3/04	3:30pm
4522	8Y+	W 1/14-3/04	4pm
4523	8Y+	W 1/14-3/04	4:30pm
4524	8Y+	W 1/14-3/04	5pm
4525	8Y+	W 1/14-3/04	5:30pm
4526	8Y+	W 1/14-3/04	6pm
4527	8Y+	Sa 1/17-3/07	10:30am
4528	8Y+	Sa 1/17-3/07	11am
4529	8Y+	Sa 1/17-3/07	11:30pm
4530	8Y+	Sa 1/17-3/07	12pm
4531	8Y+	Sa 1/17-3/07	12:30pm
4532	8Y+	Sa 1/17-3/07	1pm
4533	8Y+	Sa 1/17-3/07	2pm
4534	8Y+	Sa 1/17-3/07	2:30pm
4535	8Y+	Sa 1/17-3/07	3pm
4536	8Y+	Sa 1/17-3/07	3:30pm
4537	8Y+	Sa 1/17-3/07	4pm
4538	8Y+	Sa 1/17-3/07	4:30pm
4539	8Y+	Sa 1/17-3/07	5pm

## Private Voice Lessons

Singers of all ages will gain tremendous benefit from private voice lessons. Learn techniques from every music genre, including classical, musical theatre and pop. This all-encompassing workshop is great for students with prior vocal training who are preparing for an audition, perfecting songs for performance, or for those wishing to strengthen their singing voice. Registration is for a series of 8 half hour lessons.

Please call the Children's Theatre to schedule an appointment to speak with the instructor prior to registration. \*Call 650.463.4930

8 half-hour sessions	Cost: \$40 per ½ hour lesson	Days & Times Vary	
	8Y+	Classes Begin the week of Jan 12	

## Musical Theatre Skills

Students learn vocal and physical warm-ups, songs, and the skills they'll need to sing with poise on stage. This course helps each student develop dynamic stage presence while singing. Participants will learn at least one song. Students in this class also have the opportunity to polish 16 bars of a song that can be used for auditioning.

**Instructor:** Children's Theatre Staff

6 classes	\$110R/\$127NR	Children's Theatre	15 max
	9-12Y	Sa 1/24-2/28	1:30pm-2:30pm

# DANCE

## Beginners Bharatanatyam

This course will introduce an ancient classical dance form from south India called Bharatanatyam. Children will learn the basic postures and steps, as well as some history and theory about this dance form. Adults are also welcome to enroll.

**Instructor:** Children's Theatre Staff

Beg II Course 8 classes	\$105R/\$121NR	Children's Theatre	15 max
4513	6Y+	Th 1/15-3/05	6pm-6:30pm

Beg III Course 8 classes	\$105R/\$121NR	Children's Theatre	15 max
4514	6Y+	Th 1/15-3/05	5:15pm-6pm



# MUSIC, DANCE, AND THEATRE

## Helpful information about our classes

### GIRL'S ATTIRE

Leotard and tights are required for any class that includes ballet or tap. T-shirt and shorts, jazz pants or leggings are acceptable for other classes.

### BOY'S ATTIRE

T-shirt and shorts or sweatpants are acceptable for all classes

### SHOES

For safety reasons, all students are required to wear shoes appropriate for each class. Students will not be allowed to participate without proper shoes.

- Ballet shoes with leather soles are required for any class that includes ballet. Ballet-style bedroom slippers are not acceptable.
- Tap shoes are required for any class that includes tap. However, tap shoes are not necessary until the second class meeting.
- Jazz shoes or tennis shoes are acceptable for hip hop and jazz dance classes.
- For Dancing Together, Tiny Tots Ballet and Kids Hip Hop Boogie, students may dance barefoot or in Robeez-type shoes with soft leather soles.
- Theatre classes and activities involve movement, so we ask that children arrive each day in clothing in which they can comfortably move. For reasons of safety we require closed toe shoes be worn.

## PARENT OBSERVATIONS

Unless specifically allowed in the class description, parents are not permitted in the studio during class. We encourage parents to wait in the Lobby, particularly if they are concerned that their child may experience separation anxiety. The class description will specify if Parents are welcome to observe the final class meeting of each term.



## Kids & Youth Samba and Afro-Brazilian Dance

Kids will delight as they learn the basics of Brazilian Dance in this fun series of classes designed to complement each child's natural abilities. Children will learn stylized moves from some of Brazil's most popular contemporary dances, including the exhilarating Samba, Frêvo and Axé. Children will catch on with ease in this energetic class that requires no prior dance experience — and the music is fantastic!

**Instructor:** Mestre Beizola

10 classes	\$120R/\$138NR	Mitchell Park – El Palo Alto West	12 max
4517	6-12Y	Tu 1/13-3/17	5:30pm-6:15pm

## NEW! Dance Immersion

This combination dance class incorporates the 3 major disciplines: Ballet, Tap, and Jazz. The class will balance technique training with expressive movement in a fun, upbeat environment. Students will learn to explore their emotions through body movement and expression. Students will also learn to dance with each other, in formations, and with props. Parents wait outside the classroom.

**Instructor:** Children's Theatre Staff

8 classes	\$121R/\$139NR	Cubberley Studio G-6	12 max
4505	8-11Y	W 1/21-3/11	2:30pm-4pm

## NEW! Hip Hop

Students will learn a broad collection of urban street dance styles including: Breaking, Popping, Locking, Turfing, Jerkin and Krumping. Hip-Hop evolved from Hip-Hop culture and includes elements from Jazz, Rock, Tap, African, American and Latino dance cultures. These cultures will influence the hip-hop style and technique learned in class.

**Instructor:** Children's Theatre Staff

8 classes	\$120R/\$138NR	Cubberley Studio G-6	12 max
4507	8-11Y	Th 1/22-3/12	5pm-6pm

## NEW! Tap

Students will learn both classical technique and rhythm tap. Tap helps students feel the music and learn to move to a beat. Tappers will create their own rhythms and learn to create music with their feet. Tap is upbeat, energetic, great exercise, and inspiration for the soul.

**Instructor:** Children's Theatre Staff

8 classes	\$120R/\$138NR	Cubberley Studio G-6	12 max
4509	7-10Y	Th 1/22-3/12	3pm-4pm
4510	11Y+	Th 1/22-3/12	4pm-5pm



## NEW! Ballet

Ballet provides the technique and discipline for all other forms of dance. In addition to engaging in the beauty and grace of ballet composition, students will learn formal barre, port de bras, across the floor technique, and center performance. The class will include both Russian and Cecchetti styles and students will understand the difference between the techniques.

**Instructor:** Children's Theatre Staff

8 classes	\$120R/\$138NR	Cubberley Studio G-6	12 max
4511	8-11Y	Tu 1/20-3/10	3pm-4pm

## NEW! Combination Jazz

This class will incorporate classical jazz technique, lyrical, and contemporary, giving students a versatile foundation of current popular jazz style. From jitterbug to Fosse, students will learn steps that keep them moving through the decades. Lyrical will help students learn to move with grace and light-footed fluidity. Contemporary will get them to understand the use of partnering and floor work to tell a story.

**Instructor:** Children's Theatre Staff

8 classes	\$120R/\$138NR	Cubberley Studio G-6	12 max
4512	8-11Y	Tu 1/20-3/10	4pm-5pm

# JUNIOR MUSEUM AND ZOO

## Bugology

Learn all about the creepy crawlers that live around our homes, schools, and neighborhood gathering places! Meet our live insects and spiders, explore our collection of preserved specimens, and dive into the awe-inspiring world of bugs! Please NO UNREGISTERED Siblings.

4 classes	\$83R/\$95NR	JMZ-Science Lab 2	10 max
4246	Kinders	Tu 1/20-2/10	2:15-3pm
4247	1-3G	Tu 1/20-2/10	3:30-4:15pm

## Castles & Catapults

Do you like to build things? Do you like to fling things? Join us to construct a castle and other buildings. Next, build a catapult and try to knock down your sturdy structures! Please NO UNREGISTERED siblings allowed in class.

4 classes	\$150R/\$169NR	JMZ-Science Lab 2	10 max
4248	Kinders	Tu 2/24-3/17	2:15-3pm
4249	1-3G	Tu 2/24-3/17	3:30-4:15pm

## Electric Lab

Tinker with machines, experiment with electricity and make it work for you to create functional and whimsical gadgets. You'll have a shockingly good time! Please NO UNREGISTERED siblings allowed in class.

5 classes	\$102R/\$115NR	JMZ-Science Lab 2	10 max
4252	4-5G	Th 2/19-3/19	3:30-4:30pm

## Gross Anatomy

Why do larger animals have more complex anatomy and biological systems than smaller animals? Do all animals have a brain? How do animals digest food and process waste? Discover the answers to these questions and more in a class that's perfect for serious young scientists. (Comfort with animal dissection recommended.) Please, NO UNREGISTERED siblings in class.

3 classes	\$63R/\$71NR	JMZ-Science Lab 2	10 max
4251	4-5G	Th 1/22-2/5	3:30-4:30pm

## Science Sleuths

Dive into science at the Junior Museum and Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz and zoom. Activities change each session, quarter and year, so you can sign up again and have new adventures! This class is designed for kindergarteners. Preschoolers interested in similar content may enroll in Discovery Wednesdays or Discovery Fridays. Please NO UNREGISTERED siblings in class.

9 classes	\$170R/\$192NR	JMZ-Science Lab 2	10 max
4283	Kinders	W 1/21-3/18	2:15-3pm
4284	Kinders	W 1/21-3/18	3:30-4:15pm



# SPECIAL INTEREST

## Parent And Me Yoga

Kids and parents come move, play and have fun with yoga.

- Calm the mind while developing present moment awareness.
- Open the body through an inward middle path style of yoga.
- Listen to your body and feel deep openings and inner body awareness.
- Parent and child must register

Renew, revitalize and learn to lower stress. Let go of aches, pains and feel great! Discover your inner peace and well being.

**Instructor:** Mike Kintz has been teaching yoga and meditation since 1997

yogawithmike.com for more info

No Class 1/19, 2/16

6 classes	\$60R/\$69NR	Lucie Stern Ballroom	16 max
4056	All Ages	M 1/12-3/2	4:45pm-5:15pm

## Chess Wizards

Chess Wizards is one of the largest chess academies in the nation, with hundreds of programs at schools and park districts. Chess Wizards is offering specially designed after school classes that cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard teachers. It is proven that chess enhances cognitive development in children, improves both verbal and mathematical skills, and increases all levels of academic performance!

Playing chess stimulates the mind and helps children strengthen skills such as focusing, visualizing goals, abstract thinking, and forming concrete opinions.

Chess Wizards is so successful because of our unique approach. Classes and lessons are based on our original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability, Chess Wizards makes chess fun for all! Instructors (who are called "Wizards") provide all the materials necessary for your child to participate in the class and no additional purchase is required to attend.

10 classes	\$200R/\$230NR	Cubberley A-6	30 max
4198	6-12Y	Tu 1/15-2/19	4pm-5pm

10 classes	\$200R/\$230NR	Lucie Stern Fireside Room	30 max
4235	6-12Y	W 1/14-2/18	3:30pm-4:30pm



## Kung Fu for Kids "Little Dragons"

Kujiweza "Little Dragons" Kung fu for Kids, 4 to 12 years, is a Leadership and Martial Arts training program that is fun, challenging and encourages each child to do their best and to be their best. Our classes provide a safe and nurturing environment where children can grow, stay fit and learn the life skills they need to succeed in life. Our curriculum is dedicated to helping each child develop character, confidence, courtesy, self-discipline, self-respect, and self-control. They will learn how to set and achieve goals and build leadership skills by helping others grow. Our "Little Dragons" are rewarded for outstanding performance in Kung fu class, school, and home and in the community.

22 Classes	\$236R/\$272NR	Lucie Stern Ballroom	20 max
4214	6-12Y	Tu, Th 1/6-3/19	3:45pm-4:30pm
4213	4-5Y	Tu, Th 1/6-3/19	3pm-3:45pm

## Karate for Teens

Karate is a physical activity that develops strength, agility, balance and coordination. But learning Karate can provide other benefits as well. Karate practice has been credited with development of self-defense ability, awareness, concentration, weight-control, self-confidence, discipline and FUN! Shotokan practice consists primarily of kihon (basic repetition), kata (prearranged sets of movements performed against imaginary attackers) and kumite (sparring). Sparring practice in our classes is always very controlled and students always have the option to sit out a portion of the training if they choose. For more information, see [www.svkarate.com](http://www.svkarate.com)

11 Classes	\$220R/\$253NR	Mitchell El Palo Alto WEST	20 max
4239	11-18Y	W 1/7-3/18	5pm-6pm

kids

# SPORTS

## Soccer 1: Techniques & Teamwork by Kidz Love Soccer

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant will receive a soccer jersey. Shin guards are required after the first meeting. KLS class status hotline: (888) 372-5803

7 Classes	\$96R/\$111NR	Rinconada Park	36 max
4128	5-6Y	Tu 2/3-3/17	3:25pm-4:10pm
9 Classes	\$117R/\$135NR	Mitchell Park	36 max
4129	5-6Y	W 1/21-3/18	3:50pm-4:35pm
4130	5-6Y	Th 1/22-3/19	3:45pm-4:30pm
4131	5-6Y	Sa 1/24-3/21	11:25am-12:10pm
4132	5-6Y	Sa 1/24-3/21	2:30pm-3:15pm

## Soccer 2: Skillz & Scrimmages by Kidz Love Soccer

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels of play are encouraged to come out and enjoy the soccer fun! Each participant will receive a soccer jersey. Shin guards are required after the first meeting. KLS class status hotline: (888) 372-5803

9 Classes	\$117R/\$135NR	Mitchell Park	36 max
4133	7-10Y	Th 1/22-3/19	4:30pm-5:15pm
4134	7-10Y	Sa 1/24-3/21	12:10pm-12:55pm

## Kids Capoeira

Capoeira is an exciting combination of martial arts, dance and gymnastics. Developed by African slaves in Brazil centuries ago, today Capoeira is practiced by adults and children all over the world. In the class, youth gain flexibility, strength and confidence as they become more graceful in the basic Capoeira movements, learned first in isolation and then put together in a "jogo" or game. The class is great fun and a good choice for children of all athletic abilities.

**Instructor:** Mestre Beizola

10 classes	\$120R/\$138NR	Mitchell Park – El Palo Alto West	12 max
4515	4-6Y	Tu 1/13-3/17	4pm-4:45pm
4516	7-12Y	Tu 1/13-3/17	4:45pm-5:30pm



## PLAY TENNIS THE STANFORD WAY!

### Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield (WhitlingerSarsfieldTennis.com).

#### Director's Hourly Rate

Stanford/USPTA Elite Pro Tom Sarsfield

408 745-6171 | tolisars@flash.net

\$80 for one player, \$42.50 each for two players, \$30 each for three players, \$25 each for four players

Lessons at Rinconada Park #5-6

#### \*Pro's Hourly Rate

\$75 for one player, \$40 each for two players, \$30 each for three players, \$25 each for four players

\*\$5 per hour discount for four(4) hours or more paid in advance.

\*For lessons at Mitchell Park #1-2, call USPTA Professionals Neil Da Silva (408) 398-5543, John Chan (650) 637-8809, Hung Nguyen (408) 499-2433, or visit WhitlingerSarsfieldTennis.com for more contact information.

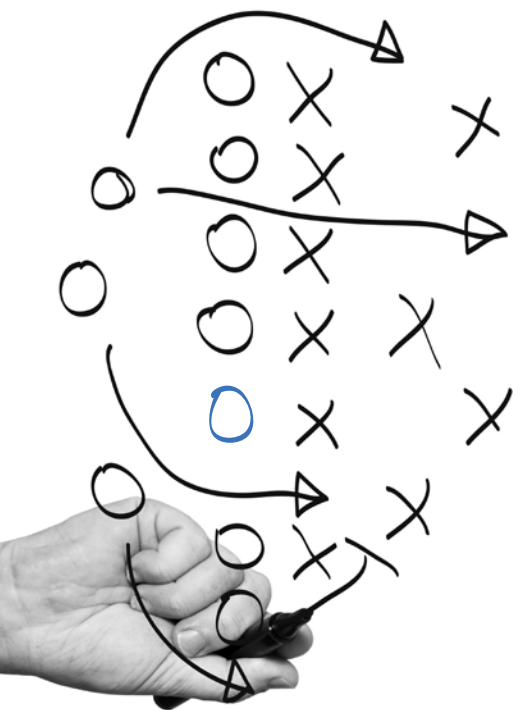
\*For lessons at Rinconada Park #5-6, Thor Holt (650) 380-7139, Sharon Lamond (408) 712-7361 or visit WhitlingerSarsfieldTennis.com for more contact information.

Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to TOM SANSFIELD will be accepted (no cash or credit card).

# COACHES AND VOLUNTEERS WANTED!!!

Interested in providing a positive athletic experience for 6th, 7th, and 8th grade students? Then apply today to become a coach in the Middle School Athletics Program! The City of Palo Alto is currently looking for friendly, outgoing and responsible people to teach the basic skills and fundamentals in a supportive manner at team practices and games/meets. The time commitment is 15-20 hours per week, 3-4 weekday afternoons. We offer the following opportunities:

- **Fall Season (August-November)**
- **Girls' Volleyball, Flag Football and Cross Country**
- **Winter Season (November-January)**
- **7th and 8th Grade Basketball**
- **Winter Season (January to March)**
- **6th Grade Basketball**
- **Spring Season (March-May)**
- **Track & Field, Wrestling, Tennis and Boys Volleyball**



Please submit a completed application to Melissa Murray at Cubberley, 4000 Middlefield Rd. or fax it to 650-856-8756. Interested in volunteering as a team parent or know someone who may be interested? Please call 650-329-2464 or e-mail [Melissa.Murray@cityofpaloalto.org](mailto:Melissa.Murray@cityofpaloalto.org)



## Group Lessons

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth (8-14 yrs) and adult classes of 3-8 students will consist of six hours of instruction. Classes of two will consist of four hours of instruction. Terrific Tiny Tennis classes will consist of six 40 minute lessons or six 30 minute lessons. Students provide own rackets.

### Important:

In case of rain, contact the recreation dept. at 463-4900, Monday through Friday, 8am-5pm, within the hour before scheduled starting time for class status or check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for make-up date.

### No postponement announcement will be initiated by the instructor or the rec. department.

Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for weekend lessons) may be used at the instructor's discretion. NOTE: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

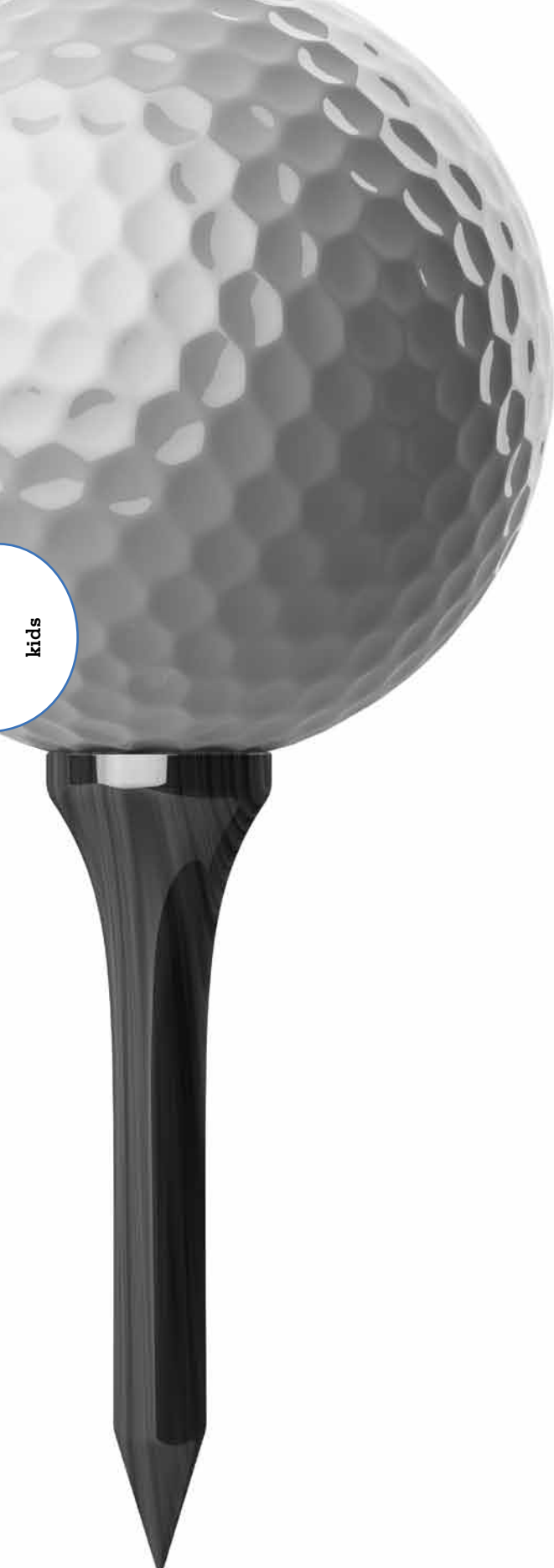
## Terrific Tiny Tennis

Children, 4-7 years of age, play FUN activities and games with low compression tennis balls on the "42 ft. court" that will enhance their skill development in a success oriented environment. Small group lessons! We recommend the 23" to 25" rackets.

6 Lessons	\$81R/\$94NR	Rinconada #5-6	6 max
4157	4-6Y	Sa 1/17-2/21	1pm-1:40pm
4158	5-7Y	Sa 1/17-2/21	1:40pm-2:20pm
4159	5-7Y	Sa 1/17-2/21	2:20pm-3pm
4160	5-7Y	M,W 1/12-2/2*	3:20pm-4pm
4161	5-7Y	M,W 2/23-3/11	3:20pm-4pm

6 Classes	\$75R/\$87NR	Mitchell #1-2	4 max
4162	4-6Y	Tu, Th 1/20-2/5	3:30pm-4pm
4163	5-7Y	Tu, Th 1/20-2/5	4pm-4:30pm
4164	4-6Y	Tu, Th 2/24-3/12	3:30pm-4pm
4165	5-7Y	Tu, Th 2/24-3/12	4pm-4:30pm





kids

## Quickstart Novice

Kids, 8-10 yrs. old, will enhance their skill development with low compression tennis balls on the “60 ft. court”. Play to learn!

6 Classes	\$81R/\$94NR	Rinconada #5-6	8 max
4166	8-10Y	Sa 1/17-2/21	3pm-4pm

6 Classes	\$81R/\$94NR	Mitchell #1-2	8 max
4167	8-10Y	Tu, Th 1/20-2/5	4:30pm-5:30pm
4168	8-10Y	Tu, Th 2/24-3/12	4:30pm-5:30pm

## Quickstart Advantage

Kids, 8-10 yrs. old, who are fairly consistent on maintaining a slow paced rally on the “60 ft. court”. Players should have prior Quickstart experience and/or instructor’s approval.

6 Classes	\$81R/\$94NR	Rinconada #5-6	8 max
4169	8-10Y	M,W 1/12-2/2*	4pm-5pm
4170	8-10Y	M,W 2/23-3/11	4pm-5pm

*\*no classes 1/19 (MLK)*

## First Tee Of Silicon Valley Classes & Registration

The First Tee of Silicon Valley offers youth development through golf. As a Life Skills program, we build the character of youth to help them succeed in life. Class information is available at [thefirstteesiliconvalley.org](http://thefirstteesiliconvalley.org) website. Registration is every February, May, and August. Classes meet once per week for eight lessons. Scholarships are available. Equipment is provided. All classes meet at the Palo Alto Golf Course. All youth who are 1st grade or above are invited to join (for summer, we consider the grade that they are going into in the Fall).

We also offer one week classes that meet Tuesday through Thursday during the summer. Additionally, we offer two four week practice sessions. One is mid November to mid December with registration starting in October. The other is mid January to mid February with registration starting in December.

## Volunteers & Involvement

The First Tee of Silicon Valley is looking for volunteers interested in impacting the lives of youth through golf. Volunteers with knowledge and experience in teaching, coaching, mentoring or golfing would be ideal for assisting the program. Office and technological assistance would also be appreciated.

Volunteer Admins assist on an ongoing, year-round basis. Volunteer Coaches and Class Admins assist us with specific classes during our spring, summer and fall seasons and on an ad hoc basis at other times during the year. Our classes meet once per week for 8 lessons. Volunteer Coaches and Class Admins commit three hours per week in a given season. The following are the general dates of each season:

Spring – mid-March to mid-May Summer – mid-June to mid-August Fall – mid-September to mid-November

For more information please check other sections of this web site or contact Matt Sheppard, Program Coordinator, at [matt@thefirstteesiliconvalley.org](mailto:matt@thefirstteesiliconvalley.org) or 408-508-4883.





teens

# TEENS

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## AQUATICS

### **Independent Lap Swim**

Lap Swim at Rinconada Pool is available year-round. Early morning, midday and evening times are offered for your convenience. Visit the Aquatics Program website for more information including schedule and fees: [wcityofpalalto.org/aquatics](http://wcityofpal Alto.org/aquatics)

### **Palo Alto Swim Club**

Palo Alto Swim Club (PASC) is a year-round USA Swimming program for children and teens age 6 and older. PASC caters to swimmers of many levels who seek competitive training. PASC swimmers share a love for the water and know PASC is the best place to perfect their passion. To join or for more information visit the website: [www.pasa-swim.org](http://www.pasa-swim.org) or contact head coach, Tony Batis: [headcoach@paloaltoswimclub.org](mailto:headcoach@paloaltoswimclub.org)

# FINE ART FOR TEENS GRADES 6-12

Students develop skills in visual art, experience the power of creative expression, build confidence, and explore their interests, all in a fun and supportive environment. We offer a variety of art classes and summer workshops in a broad range of media. Because classes are taught by highly trained professional artist instructors with limited group sizes, students receive individualized attention.

**Students should wear clothes appropriate for clay, paint, and glue.** Only registered students may attend. Classes provided by the Palo Alto Art Center located at 1313 Newell Road.

To join the Teen Fine Art e-mail list, email [jennifer.marsh@cityofpaloalto.org](mailto:jennifer.marsh@cityofpaloalto.org).

## OVERVIEW OF FINE ART CLASSES FOR TEENS

Course	Course #	Starts	Ends	Age
<b>Tuesday Classes: 1/27 - 3/17</b>				
Ceramics Open Studio	4076	4:15 pm	5:30 pm	9-14Y
<b>Wednesday Classes: 1/28 - 3/18</b>				
Wheel Throwing	4113	2:15 pm	3:30 pm	11-13Y
Wheel Throwing	4114	3:45 pm	5:15 pm	14-18Y
Film and Time-based Art	4095	4:30 pm	6:00 pm	11-14Y
<b>Thursday Classes: 1/22 - 3/19; no class 2/12</b>				
NEW! Mixing Traditional Arts with New Technology	4107	4:30 pm	6:00 pm	9-14Y
<b>Saturday Classes: 1/24 - 3/28; no class 2/14, 3/14</b>				
Drawing Studio	4091	3:15 pm	4:45 pm	11-18Y
High School Ceramics Studio (1/24-2/21, no class 2/14)	4100	3:30 pm	5 pm	14-18Y
High School Ceramics Studio (2/28-3/28, no class 3/14)	4101	3:30 pm	5 pm	14-18Y

## FINE ART WORKSHOPS FOR TEENS

Course	Course #	Dates	Starts	Ends	Age
Sound Workshop for Teens	4290	Sa, 1/31-2/7	10 am	4 am	14-18Y
Can You Hear Me Now? Hearing Colors, Seeing Sounds	4237	Sa, 2/21-2/32	1pm	4pm	11-18Y
Stop Motion Animation Workshop	4110	Sa, 2/21-2/28	10am	4pm	9-14Y
Family Instrument Bilding Workshop	4238	Sa, 3/21-3/28	1pm	4pm	7Y+

## CERAMICS

### Ceramics Open Studio

Students design their own projects and work at their own pace, making anything from hand-built clay vessels, to clay sculptures, to pots thrown on the wheel. By introducing students to ceramics tools such as the potter's wheel and the clay extruder, they'll learn more advanced ceramics techniques designed to boost confidence and skill, while building patience and dedication. This open-ended class is geared towards continuing ceramics students who are ready to pursue their own projects.

**Instructor:** Nora Sarkissian

8 classes	\$122R/\$140NR	Art Center – Clay Classroom	12 max
4076	9-14Y	Tu 1/27-3/17	4:15pm-5:30pm

### Wheel Throwing

Learn to throw pots, bowls, mugs and plates on the potter's wheel! In this fun class, students will experiment with a variety of wheel throwing techniques and develop confidence and dedication to the craft. This class is intended for intermediate and advanced ceramics students who have previous experience working with clay. *Class is held in the adult ceramics studio at the Art Center.*

**Instructor:** Kathleen Gordon

8 classes	\$122R/\$140NR	Art Center – Adult Ceramics	10 max
4113	11-13Y	W 1/28-3/18	2:15pm-3:30pm

8 classes	\$146R/\$168NR	Art Center – Adult Ceramics	10 max
4114	14-18Y	W 1/28-3/18	3:45pm-5:15pm

## High School Ceramics Studio

Do you enjoy ceramics and want to pursue your own projects? This class is designed for teens who have some experience with ceramics and want to continue to develop their skills at their own pace. Instructor will mentor students as they explore both hand-building projects and use of the potter's wheel. For maximum flexibility, students can opt to sign up for a shorter 4-week session or two 4-week sessions for a full 8 weeks of classes.

**Instructor:** Nora Sarkissian

4 classes	\$73R/\$84NR	Art Center – Clay Classroom	12 max
4100	14-18Y	Sa 1/24-2/21; no class 2/14	3:30pm-5pm

4 classes	\$73R/\$84NR	Art Center – Clay Classroom	12 max
4101	14-18Y	Sa 2/28-3/28; no class 3/14	3:30pm-5pm

## DIGITAL ART

### Film and Time-based Art

Explore Adobe's film and time-based software such as Flash, Premier and After Effects. In this course students will create films from start to finish—develop narratives, shoot footage with video cameras, and edit footage using Adobe's software. Opportunities to develop experimental videos, which will include a focus on textures, sounds and motion will also be offered. This class is for students who are interested in learning about video, but also want to experiment with other types of time-based media such as sound, animation, and experimental film. *Please bring a flash drive to save your work.*

8 classes	\$146R/\$168NR	Art Center – Project LOOK! Room	10 max
4095	11-14Y	W 1/28-3/18	4:30pm-6pm

## DRAWING

### Drawing Studio

In this focused class, students use graphite and charcoal to create realistic-looking drawings from observation, developing basic and advanced drawing skills, including shading, line quality and composition. Students gain confidence and skill as they learn to make deliberate artistic choices to achieve fine artworks and build their portfolios. Students will frequently sketch in the Palo Alto Art Center's galleries, using the artwork for ideas and inspiration.

**Instructor:** Mira Ross

8 classes	\$146R/\$168NR	Art Center – Project LOOK! Room	12 max
4091	11-18Y	Sa 1/24-3/28; no class 2/14, 3/14	3:15pm-4:45pm

## MIXED MEDIA

### NEW! Mixing Traditional Arts with New Technology

Students will learn traditional drawing skills and new media in this innovative class. We'll start by drawing landscapes. These drawings will be scanned, altered in Photoshop™, printed, drawn or painted over or collaged with our digital photos then rescanned. This is only the beginning of our process! Kids will learn to work freely using a variety of media, both new and traditional. *Please bring a flash drive to save your work.*

**Instructor:** Mira Ross

8 classes	\$146R/\$168NR	Art Center – Project LOOK! Room	10 max
4107	9-14Y	Th 1/22-3/19; no class 2/12	4:30pm-6pm

## FINE ART WORKSHOPS

### Stop Motion Animation Workshop

Enjoy our popular Stop Motion Animation class in a 2-day workshop format! This fun course teaches students how to design and animate their own fanciful characters and scenarios. With a focus on cut-out animation and pixilation, students engage their hands as well as their minds in every course session. Creating an animation from start to finish teaches young artists to visualize, plan, problem-solve, and to stick to a complex and demanding project. This class is for any student who enjoys bringing art to life on the computer. *Please bring a flash drive to save your work.*

**Instructor:** Anne Earhart

2 classes	\$146R/\$168NR	Art Center - Meeting Room	8 max
4110	9-14Y	Sa 2/21-2/28	10am-4pm

### Can You Hear me Now? Hearing Colors, Seeing Sounds

Join us for a mural workshop, especially designed for teens, with graffiti artist Scape Martinez. Inspired by the Palo Alto Art Center's exhibition, Hear This!, students will create a large-scale mural exploring the connection between sound and color. Students will learn color theory, proper use of tools and mediums, and explore the expressive nature of acrylics and spray paint.

**Instructor:** Scape Martinez

2 classes	\$73R/\$84NR	Art Center - Preschool Classroom	12 max
4237	11-18Y	Sa 2/21-2/28	1pm-4pm

## Family Instrument Building Workshop

Do you love to make music with your family? Join us for a two-session instrument building workshop with visual artist and musician Claude Ferguson. In this workshop, participants will make instruments such as glovaphones, rainsticks, and drums and will also view the Art Center's exhibition Hear This! for inspiration. The workshop will finish with a jam session and drumming circle using the handmade instruments! *Note: Both adult and child must pay and register.*

**Instructor:** Claude Ferguson

2 classes	\$73R/\$84NR	Art Center - Preschool Classroom	16 max
4238	7Y+	Sa 3/21-3/28	1pm-4pm

## Sound Workshop for Teens

Explore new methods for digital sound recording! In this workshop, participants will view contemporary sound installations in the Palo Alto Art Center's exhibition, Hear This! and learn about how artist's use technology in developing their work. In response, participants will use technology to create their own original sounds and soundscapes via studio explorations and recordings. The workshop is ideal for teens interested in contemporary art and new technology. *Please bring a flash drive to save your work.*

**Instructor:** Anne Earhart

2 classes	\$146R/\$168NR	Art Center - Meeting Room	8 max
4290	14-18Y	Sa 1/31-2/7	10am-4pm

# CHILDREN'S THEATRE

## Teen Arts Council

The Teen Arts Council (TAC) is a teen-led organization dedicated to cultivating the leadership, management, and artistic skills of teens. Every hour spent participating in TAC sponsored events counts towards the President's Volunteer Service awards, while allowing high school students avenues for creative expression and a way to take an active role in bettering their community. The TAC also serves as a Granting Board, offering financial assistance to projects that fulfill their mission. The organization is an initiative of the Palo Alto Children's Theatre and meets Wednesdays @ 6:30 p.m. [www.teenartscouncil.com](http://www.teenartscouncil.com); [facebook.com/teenartscouncil](https://facebook.com/teenartscouncil)

## Capoeira – Teens & Adults

In the Adult Capoeira class, students will learn how to perform the basic movements required under the Capoeira Narahari system, steps necessary to acquiring respective belts. Students become skilled at recognizing and playing a variety of rhythms on traditional percussive instruments that accompany the Capoeira game, or 'jogo'. The class will give students a basic knowledge of the history of Capoeira, its origins within African slave communities in Brazil, and of the Capoeira Narahari System developed by Mestre Beizola.

**Instructor:** Mestre Beizola

10 Classes	\$150R/\$172NR	Cubberley Com- munity Center Studio G-6	15 max
4541	13Y+	Tu 1/13-3/17	7pm-8:15pm

10 Classes	\$150R/\$172NR	Lucie Stern Ballroom	15 max
4542	13Y+	Th 1/15-3/19	6:45pm-8pm

## Concept to Camera: Future Filmmakers

If you're full of creative story ideas, and want to learn how to take those ideas and turn them into thought provoking short films, then this is the class for you. Under the direction of professional writer, director and filmmaker Myrton Running Wolf, teenagers will have the extraordinary experience of writing their own short film, using and operating film equipment, editing their films, critiquing their work, and finally learning the all essential skill of how to present their films to producers. This course is full of practical and indispensable knowledge for young filmmakers.

**Instructor:** Myrton Running Wolf

8 Classes	\$150R/\$172NR	Cubberley Com- munity Center - Room FH	10 max
4543	13-19Y	Sa 1/17-3/07	11am-1pm

## Acting on Camera

Expand your acting skills to film! Betsy Franco, film and TV actor, filmmaker, screenwriter, playwright, novelist, and mother of two outstanding actors (James & Dave) will teach you the unique skills of acting on film. Actors need to know both stage and film acting. Get comfortable on a camera and be directed the way it's done on real TV & movie sets - all priceless skills to know!

**Instructor:** Betsy Franco

6 Classes	\$150R/\$172NR	Community The- atre Rehearsal Hall	14 max
4544	14-18Y	Tu 2/03-3/10	5pm-6:50pm

## Storyboard to Screen

Workshop for middle and high school students. Students act as an independent film company as they learn the fundamentals of filmmaking with introductions to screenwriting, directing techniques, production, and cinematography. Students collectively write, direct, act in and produce one short film that assimilates the creativity of every member of the artistic team. The class culminates with an introduction to post-production editing.

**Instructor:** Daniel Joyce

8 Classes	\$150R/\$172NR	Mitchell Park Tech Lab South	14 max
4548	13-18Y	W 1/21-3/11	5pm-7pm

## NEW! Hip Hop

Students will learn a broad collection of urban street dance styles including: Breaking, Popping, Locking, Turfing, Jerkin and Krumping. Hip-Hop evolved from Hip-Hop culture and includes elements from Jazz, Rock, Tap, African, American and Latino dance cultures. These cultures will influence the hip-hop style and technique learned in class.

**Instructor:** Children's Theatre Staff

8 classes	\$120R/\$138NR	Cubberley Studio G-6	12 max
4508	12Y+	Tu 1/22-3/12	6pm-7pm

## NEW! Dance Immersion

This combination dance class incorporates the 3 major disciplines: Ballet, Tap, and Jazz. The class will balance technique training with expressive movement in a fun, upbeat environment. Students will learn to explore their emotions through body movement and expression. Students will also learn to dance with each other, in formations, and with props. Parents wait outside the classroom.

**Instructor:** Children's Theatre Staff

8 classes	\$150R/\$155NR	Cubberley Studio G-6	12 max
4506	12Y+	Tu 1/20-3/10	5pm-7pm

## All the World's A Stage – Shaking Shakespeare!

Young Actors, welcome to the World of Shakespeare! The Bard's language, characters and stories pervade western civilization. Who hasn't been touched by the tragic story of 'Romeo and Juliet,' or the melancholy Dane Hamlet? In this class, you'll stage short scenes and individual speeches from some of Shakespeare's most engaging plays, such as 'Taming of the Shrew,' 'The Tempest,' 'A Midsummer Night's Dream,' and Hamlet.' Instructor will tailor selections to meet the interests of students. A great opportunity to experience and learn Shakespeare's writing as a performer!

**Instructor:** Children's Theatre Staff

9 Classes	\$138R/\$159NR	Children's Theatre	15 max
4540	10-15Y	Sa 1/17-3/14	1:30pm-3pm

## Vocal Lessons

One-on-one vocal lessons will give students the confidence to sing in any musical genre. Learn techniques and styles from musical theatre, country, jazz, and pop. Lessons are designed for the beginning student preparing for an audition, perfecting songs for performance, or for those wishing to develop their vocal range and technique. Registration is for a series of 8 half hour lessons.

**Instructor:** Children's Theatre Staff

8 classes	\$320R/\$368NR	Children's Theatre	22 max
4518	8Y+	W 1/14-3/04	2pm
4519	8Y+	W 1/14-3/04	2:30pm
4520	8Y+	W 1/14-3/04	3pm
4521	8Y+	W 1/14-3/04	3:30pm
4522	8Y+	W 1/14-3/04	4pm
4523	8Y+	W 1/14-3/04	4:30pm
4524	8Y+	W 1/14-3/04	5pm
4525	8Y+	W 1/14-3/04	5:30pm
4526	8Y+	W 1/14-3/04	6pm
4527	8Y+	Sa 1/17-3/07	10:30am
4528	8Y+	Sa 1/17-3/07	11am
4529	8Y+	Sa 1/17-3/07	11:30pm
4530	8Y+	Sa 1/17-3/07	12pm
4531	8Y+	Sa 1/17-3/07	12:30pm
4532	8Y+	Sa 1/17-3/07	1pm
4533	8Y+	Sa 1/17-3/07	2pm
4534	8Y+	Sa 1/17-3/07	2:30pm
4535	8Y+	Sa 1/17-3/07	3pm
4536	8Y+	Sa 1/17-3/07	3:30pm
4537	8Y+	Sa 1/17-3/07	4pm
4538	8Y+	Sa 1/17-3/07	4:30pm
4539	8Y+	Sa 1/17-3/07	5pm

## Private Voice Lessons

Singers of all ages will gain tremendous benefit from private voice lessons. Learn techniques from every music genre, including classical, musical theatre and pop. This all-encompassing workshop is great for students with prior vocal training who are preparing for an audition, perfecting songs for performance, or for those wishing to strengthen their singing voice. Registration is for a series of 8 half hour lessons.

Please call the Children's Theatre to schedule an appointment to speak with the instructor prior to registration. \*Call 650.463.4930

8 half-hour sessions	Cost: \$40 per ½ hour lesson	Days & Times Vary
Enroll through instructor	8Y+	Classes Begin the week of Jan 12



# SPECIAL INTEREST

## Transformative Life Skills for Stress Management

Transformative Life Skills is a multi-modality course, given in 15-minute modules, that includes active movement (drawn from yoga), breathing exercises, and centering meditation. This evidence-based approach to stress management was developed and is supported by the Niroga Institute ([www.niroga.org](http://www.niroga.org)), a well-known school of Yoga in Berkeley.

The core practices of TLS can be thought of as the ABCs (action-breathing-centering) of stress management. Formal research has demonstrated its effectiveness. Benefits of consistent practice include increased self-control, improved concentration, and transformed assertiveness. Two or three of the fifteen-minute modules will be delivered each class in a "spiral" method, with frequent reviews so that students learn through content as well as activity.

8 Classes	\$98R/113NR	Mitchell Adobe South	8 max
4250	13-18Y	M 01/26 -3/16	4:30pm-5:45pm

## Middle School Leadership Club (SWAG)

Back by Popular demand! Join this exciting program brought to you by Youth Community Service and the City of Palo Alto Recreation Department! Students With a Gateway (SWAG) is a program for middle school students that combines service learning and leadership training. It gives students the opportunity to serve in the community. The leadership program includes speakers, service trips, leadership skills, team-building and time to interact with high school mentors.

**Instructor:** Jone Saukitoga

8 Classes	\$65R/\$72NR	Mitchell Park Teen Center	20 max
		W 1/28-3/18	3pm-4:30pm

## Youth Community Service (YCS)

YCS service and leadership clubs are a way for middle and high school students to take on leadership roles, identify community needs, and plan service projects with their peers. Service projects range from volunteering at food banks, parks and senior centers, to organizing recycling or preparedness campaigns - or new ideas you have! There are YCS-Interact Clubs at Gunn and Palo Alto high schools, as well as YCS Clubs at JLS, Jordan and Terman middle schools. YCS Clubs meet weekly at lunchtimes. There is a weekly middle school leadership class (SWAG) at Mitchell Park Teen Center. And YCS staff members provide weekly training for twelve YCS Fellows who are interviewed and accepted on the high school leadership team. Email [leif@youthcommunityservice.org](mailto:leif@youthcommunityservice.org) for more information.

## Karate for Teens

Karate is a physical activity that develops strength, agility, balance and coordination. But learning Karate can provide other benefits as well. Karate practice has been credited with development of self-defense ability, awareness, concentration, weight-control, self-confidence, discipline and FUN! Shotokan practice consists primarily of kihon (basic repetition), kata (prearranged sets of movements performed against imaginary attackers) and kumite (sparring). Sparring practice in our classes is always very controlled and students always have the option to sit out a portion of the training if they choose. For more information, see [www.svkarate.com](http://www.svkarate.com)

11 Classes	\$220R/\$253NR	Mitchell El Palo Alto WEST	20 max
4239	11-18Y	W 1/7-3/18	5pm-6pm



# PALO ALTO GOLF COURSE



Come out and enjoy the day at the Palo Alto Golf Course. We offer an eighteen hole Par 67 Golf Course, Practice Facilities, Driving Range, Top 100 Golf Shop, Café and Banquet Rooms. They are all open 7 days a week from dawn until dusk.



The Brad Lozares Golf Shop which was established in 1982 is a 14 time recipient of America's Top 100 Golf Shop award. They offer a wide range of multiple brand name items and clothing for men, women, and children. Let their experienced staff re-grip, or do a quick tune up on your clubs. If it is instruction or fitting that is needed, the Trackman and Sight Launch monitors are used to ensure that each and every customer goes away with properly fitted equipment.

Located adjacent to the Golf Shop is The Bay Café. The Bay Café is open from 6:30am to 3:00pm for breakfast and lunch and is open to the public and our golfing customers. Monday through Friday from 3pm to 5pm join them as they host happy hour which includes finger food and special prices on beer, wine and your favorite cocktail.

The Bay Café also caters to banquets, family gatherings, business parties, and Holiday lunch catering. Reservations are required. Please call 650-856-0999 and ask for the Banquet Coordinator.

The construction of our new Baylands Golf Course is expected to begin in the spring of 2015.

**PHONE:**  
**(650)856-0999**

# SPORTS

## PLAY TENNIS THE STANFORD WAY!

### Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield (WhitlingerSarsfieldTennis.com).

#### Director's Hourly Rate

Stanford/USPTA Elite Pro Tom Sarsfield

408 745-6171 | tolisars@flash.net

\$80 for one player, \$42.50 each for two players, \$30 each for three players, \$25 each for four players

Lessons at Rinconada Park #5-6

#### \*Pro's Hourly Rate

\$75 for one player, \$40 each for two players, \$30 each for three players, \$25 each for four players

\*\$5 per hour discount for four(4) hours or more paid in advance.

\*For lessons at Mitchell Park #1-2, call USPTA Professionals Neil Da Silva (408) 398-5543, John Chan (650) 637-8809, Hung Nguyen (408) 499-2433, or visit WhitlingerSarsfieldTennis.com for more contact information.

\*For lessons at Rinconada Park #5-6, Thor Holt (650) 380-7139, Sharon Lamond (408) 712-7361 or visit WhitlingerSarsfieldTennis.com for more contact information.

Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to TOM SANSFIELD will be accepted (no cash or credit card).

### Group Lessons

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth (8-14 yrs) and adult classes of 3-8 students will consist of six hours of instruction. Classes of two will consist of four hours of instruction. Terrific Tiny Tennis classes will consist of six 40 minute lessons or six 30 minute lessons. Students provide own rackets.

#### Important:

In case of rain, contact the recreation dept. at 463-4900, Monday through Friday, 8am-5pm, within the hour before scheduled starting time for class status or check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date.

#### No postponement announcement will be initiated by the instructor or the rec. department.

Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for weekend lessons) may be used at the instructor's discretion. NOTE: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

### Youth Novice

Develop the essential techniques with emphasis on control, depth, and direction on the "78 ft. court" with regulation tennis balls. Lessons incorporate rules, etiquette, and basic doubles play. Ten year olds may participate with instructors' approval.

6 Classes	\$81R/\$94NR	Rinconada #5-6	8 max
4171	11-14Y	M,W 1/12-2/2*	5pm-6pm
4172	11-14Y	M,W 2/23-3/11	5pm-6pm
no classes 1/19 (MLK)			

### Youth Low Intermediate

For players who are consistent on a slow paced rally but needs to develop depth and directional control when pace is added. Review and refine stroke techniques with emphasis on basic strategy and tactics. Ten year olds may participate with instructors' approval.

6 Classes	\$81R/\$94NR	Mitchell #1-2	8 max
4173	11-14Y	Tu, Th 1/20-2/5	6:30-7:30pm
4174	11-14Y	Tu, Th 2/24-3/12	6:30-7:30pm

### Tom Sarsfield's Jr. League Training Clinic

For Intermediate and High Intermediate Players, 10-14 years old. Basic to advanced techniques, strategy and tactics will be incorporated in performance enhancing competitive drills, includes ball machine. Two to three courts grouped by age and/or ability. Only 3-6 players per Pro/court!

6 Classes	\$95R/\$110NR	Rinconada #4-6	6 max per Ct.
4175	10-14Y	Sa 1/17-2/21	10am-11am







# ADULTS

## AQUATICS

adults

### Independent Lap Swim

Lap Swim at Rinconada Pool is available year-round. Early morning, midday and evening times are offered for your convenience. Visit the Aquatics Program website for more information including schedule and fees: [cityofpaloalto.org/aquatics](http://cityofpaloalto.org/aquatics)

### Adult Learn to Swim & Intermediate Class

Taught by veteran teacher, Zora Neuhold-Huber. This very effective system helps people overcome the unique obstacles that an adult faces when trying to feel comfortable, safe and effective in the water. This class is modeled after the popular, award winning Stanford PE swimming classes that Zora designed & taught for the past 15 years.

In this class, students will experience the unique swimming breath, body buoyancy & balance and feeling safe & effective with movements like front & back glides, front and back kick & treading water as well as the swimming strokes: Freestyle and Backstroke. The Learn to Swim course is designed for beginners with little or no water experience and the Intermediate course is for people who can swim 25-50 yards (1-2 lengths in a 25 yard pool) but become easily winded and tired due to struggling with their skills. People will be encouraged to move at their own pace.



## Learn to Swim Class

5 classes	\$125 (Resident Discount: \$106.25)	Rinconada Lap Pool	8 max
4254	18Y+	Su 1/4-2/8*	8:30am-9:30am
4255	18Y+	Su 2/22-3/29**	8:30am-9:30am
<i>*no class on 1/18, **no class on 3/1</i>			

## Intermediate Class

10 classes	\$250 (Resident Discount: \$212.50)	Rinconada Lap Pool	8 max
4256	18Y+	M, W 1/5-2/9*	6:15pm-7:15pm
4257	18Y+	M, W 3/2-4/1	6:15pm-7:15pm
<i>*no class on 1/19</i>			

## Swim Clinic - Taking It to the Next Level

Taught by veteran swim coach Zora Neuhold-Huber, this class is modeled after the award winning, Stanford PE swim courses that Zora designed & has taught for the past 15 years.

**Pre-req:** for experienced swimmers able to swim 100 yards continuous.

Increasing efficiency, stamina & speed. If you're preparing to participate in Triathlons or wanting to excel in Masters Swim workouts or Lap Swimming, this class series will help you better understand how to remove the obstacles that keep you from being most effective and efficient.

With an emphasis on the Freestyle stroke, as well as refinement of all 4 competitive swim (Backstroke, Breaststroke, Butterfly & Freestyle), flip turns, interval training, effortlessly swimming 1,500 yards or more, and racing starts (dives), treading in deep water (10 minutes +)

\*Each person will be offered an over and underwater videotaped & analysis session.

## Morning Swim Clinic

5 classes	\$150 (Resident Discount: \$127.50)	Rinconada Lap Pool	15 max
4258	18Y+	Su 1/4-2/8*	7:30am-8:30am
4259	18Y+	Su 2/22-3/29**	7:30am-8:30am
<i>*no class on 1/18, **no class on 3/1</i>			

## Evening Swim Clinic

10 classes	\$300 (Resident Discount: \$255)	Rinconada Lap Pool	15 max
4260	18+	M, W 1/5-2/9*	7:15pm-8:15pm
4261	18Y+	M, W 3/2-4/1	7:15pm-8:15pm
<i>*no class on 1/19</i>			

## Adult Swim Privates

One on one swim instruction offered by veteran teacher/coach Zora Neuhold-Huber. Having taught award winning Stanford PE swim courses for 15 years, Zora uses a compassionate approach to coaching that her highly effective system of helping people find a calm, satisfying breath, and relaxed, effective technique that they can use to swimming with ease, stamina and speed.

## Single Session Privates

1 class	\$85 (Resident Discount: \$72.25)	Rinconada Lap Pool	1 max
4262	18+	F 1/9	11:15am-12:15pm
4272	18+	Sa 1/10	7:30am-8:30am
4263	18+	F 1/23	11:15am-12:15pm
4273	18+	Sa 1/24	7:30am-8:30am
4264	18+	F 1/30	11:15am-12:15pm
4274	18+	Sa 1/31	7:30am-8:30am
4265	18+	F 2/6	11:15am-12:15pm
4275	18+	Sa 2/7	7:30am-8:30am
4266	18+	F 2/20	11:15am-12:15pm
4276	18+	Sa 2/21	7:30am-8:30am
4267	18+	F 3/6	11:15am-12:15pm
4277	18+	Sa 3/7	7:30am-8:30am
4268	18+	F 3/13	11:15am-12:15pm
4278	18+	Sa 3/14	7:30am-8:30am
4269	18+	F 3/20	11:15am-12:15pm
4279	18+	Sa 3/21	7:30am-8:30am
4270	18+	F 3/27	11:15am-12:15pm
4280	18+	Sa 3/28	7:30am-8:30am
4271	18+	F 4/3	11:15am-12:15pm
4281	18+	Sa 4/4	7:30am-8:30am

## Five Session Privates

5 classes	\$375 (Resident Discount: \$318.75)	Rinconada Lap Pool	1 max
4282	18+	F 1/9-2/20*	12:15pm-1:15pm
4286	18+	Sa 1/10-2/21**	8:30am-9:30am
4285	18+	F 3/6-4/3	12:15pm-1:15pm
4287	18+	Sa 3/7-4/4	8:30am-9:30am
<i>*no class on 1/16 &amp; 2/13, **no class on 1/17 &amp; 2/14</i>			

## Rinconada Masters Program

With decades of swimming history, Rinconada Masters Team offers stroke technique, physical conditioning, open water and competitive training for adults of all ages. The team provides an environment to improve health and build relationships. Non-competitive swimmers are welcome! Choose from intermediate and advance workouts. Prerequisites: must be able to swim 100 yards (4 laps) of freestyle. Workouts are held at Rinconada Pool (777 Embarcadero Rd). For more information including workout schedule or to join visit the website: [www.rinconadamasters.com](http://www.rinconadamasters.com) or email head coach, Carol MacPherson: [carol.macpherson22@gmail.com](mailto:carol.macpherson22@gmail.com)



## SWIM4FITNESS

Learn to swim like the pros for fun and fitness. Swim4Fitness is the “how to” program for adults to learn proper swim techniques. The program will improve your strokes and increase your fitness with the help of professional swim coaches. Great location and convenient lunch and after work hours.

This 4-week program is offered every month starting on the first Tuesday at Rinconada Pool (777 Embarcadero Rd.).

Sign up via email [carol.macpherson22@gmail.com](mailto:carol.macpherson22@gmail.com) or in person on the first day of class. Fee per month: \$50 for 8 classes. Cash or checks are accepted: checks payable to Rinconada Masters. Must be registered by the first day of class.

**Rinconada Pool (777 Embarcadero Rd)**

**Tue & Th 12-1pm**

**Tue & Th 7-8pm**

# ART CLASSES

Always wanted to learn to draw? Curious about the feel of clay in your hands after a long day on the keyboard? Whether you are totally new to art, want to reconnect with a creative practice, or learn a new technique, the newly renovated Art Center is your place to come see, make, and enjoy! For the latest updates as well as a preview of classes join the studios e-mail list by contacting [lynn.stewart@cityofpaloalto.org](mailto:lynn.stewart@cityofpaloalto.org).

## CERAMICS

### Ceramics-Tuesday AM

This class focuses on wheel throwing to create functional objects including bowls, plates, and pitchers. Students who are interested in hand-building are welcome. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels welcome.

**Instructor:** Brent Johnson

10 classes	\$330R\$379NR	Studio Ceramics at Palo Alto Art Center	20 max
4035	18Y+	Tu 1/6-3/10	10am-1pm

### Ceramics-Wednesday PM

This class will focus on wheel throwing, though hand-builders are welcome. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience are welcome.

**Instructor:** Jonathan Huang

10 classes	\$330R\$379NR	Studio Ceramics at Palo Alto Art Center	20 max
4036	18Y+	W 1/7-3/11	7pm-10pm

### Ceramics-Thursday AM

This class will focus on hand-building techniques including: slab, coil, and pinching. Wheel throwers are welcome, but must be self-reliant. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience welcome.

**Instructor:** Malia Landis

10 classes	\$330R\$379NR	Studio Ceramics at Palo Alto Art Center	20 max
4033	18Y+	Th 1/8-3/12	10am-1pm

### Ceramics-Thursday PM

This class focuses on wheel throwing. Hand builders are welcome in this class, however, due to the structure, they must be self-reliant. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience welcome. **Instructor:** Joseph Battiato

10 classes	\$330R\$379NR	Studio Ceramics at Palo Alto Art Center	20 max
4034	18Y+	Th 1/8-3/12	7pm-10pm

### Ceramics-Saturday AM

This class will address throwing and hand building. Additionally, surface treatments will be emphasized. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience welcome.

**Instructor:** Gary Clarien

10 classes	\$330R\$379NR	Studio Ceramics at Palo Alto Art Center	20 max
4031	18Y+	Sa 1/10-3/14	10am-1pm

### Ceramics-Self Directed Projects

For advanced ceramics students who have taken at least 2 10-session courses at the Palo Alto Art Center and wish to access the studio during the drop-in times over the entire session for a flat fee. This course is not intended for production potters. Only work made in the PAAC studios will be fired. In-person registration only.

60 classes	\$330R\$379NR	Studio Ceramics at Palo Alto Art Center	12 max
4032	18Y+	Tu-Sa 1/6-3/14	during drop-in times listed below

### Drop-In Ceramics

The Ceramics Studio is available outside of class times to currently registered ceramics students. Fee is \$3/hour for PA residents and \$4/hour for non-residents.

Day	Time
Su	1pm-4pm
Tu	1pm-5pm
W	10am-4pm
Th	1pm-5pm
F	10am-4pm
Sa	1pm-4pm

adults

## DRAWING

### Drawing Around the Art Center

Learn the basic techniques of drawing and rendering. Our subject matter will include objects, landscape, architecture, and people as we move around the Art Center and it's grounds. We will develop our skills at observation, perspective, composition, shadow and light and explore a variety of materials. Through this exploration and technical development, personal expression will emerge.

**Instructor:** Rebecca Bui

10 classes	\$235R\$270NR	Studio B at Palo Alto Art Center	20 max
4037	16Y+	Tu 1/6-3/10	2pm-5pm

### Graphic Novel and Illustration-Advanced Techniques

This class will be an opportunity for students to begin or continue working on a sequential art project (graphic novels, illustration, comics, travel diaries, children books, etc.). Drawing and writing exercises, experimentation with a variety of media, and ongoing exploration of famous author's work will allow students to further their skills at telling stories with pictures. After a quick overview of the basic techniques, we will explore in a more advanced way some aspects of narrative art such as storytelling, picture composition, page layout, use of traditional and digital tools, etc. This is a great class for art beginners as well as experienced artists.

**Instructor:** Daniele Archambault

10 classes	\$190R\$219NR	Project LOOK! Studio at Palo Alto Art Center	20 max
4038	18Y+	Tu 9/23-11/18; no class 11/11	7pm-9pm

### Drawing Quick Figure Sketch

This class will teach you techniques for sketching the figure from real life so you can rapidly get your subject down on paper. You will learn strategies for sketching a moving subject, gestures and clothing. You will explore different media including graphite, ink, colored pencil and water color, to find what works best for you. Great techniques for travelers! Models' fee.

**Instructor:** Jim Smyth

10 classes	\$235R\$270NR	Studio A at Palo Alto Art Center	20 max
4049	18Y+	F 1/6-3/20	1:30pm-4:30pm

### Introduction to Art

This class is your first stop if you are new to drawing and painting. Students will learn to see like an artist, exploring form, light and shadow, perspective, color theory, and composition. We will explore drawing materials as well as watercolor, oil, and acrylic. With this technical understanding, a personal style and vision will emerge.

**Instructor:** Richard Becker

10 classes	\$200R\$230NR	Studio A at Palo Alto Art Center	20 max
4040	18Y+	Th 1/8-3/12	10am-12:30pm

### The Blank Page: Fueling the Creative Habit

Where will your ideas take you? Where do you start? Working within the framework of the blank page, this class will be an ongoing practice of creative exploration and artistic inquiry using a variety of tools to stimulate ideas and discovery. Through exploratory exercises in watercolor, journaling, pastels, clay and collage a clearer understanding of yourself and your goals as an artist will emerge. Students will work with a variety of media to complete assignments.

**Instructor:** Elizabeth Foggie

10 classes	\$200R\$230NR	Project LOOK! Studio at Palo Alto Art Center	12 max
4048	18Y+	W 1/7-3/11	7pm-9pm

## JEWELRY

### Jewelry-Fabrication

Make art that you can wear. New students will learn basic jewelry making techniques such as sawing, drilling, soldering, finishing, stone setting, and patination. Experienced students will further refine the basics and be introduced to forging and anticlastic raising, the hydraulic press, working with reactive metals (titanium and niobium) and utilizing unusual clasps. All are welcome. Tools and supplies will be discussed during the first class.

**Instructor:** Edith Sommer

10 classes	\$129R\$148NR	Studio B at Palo Alto Art Center	20 max
4041	18Y+	Tu 1/6-3/10	7pm-10pm

10 classes	\$129R\$148NR	Studio B at Palo Alto Art Center	20 max
4042	18Y+	F 1/9-3/13	7pm-10pm

### Jewelry-Precious Metal Clay

Is it clay? Is it metal? It's Precious Metal Clay and it's amazing. Roll out clay and imprint designs using fabric, paper, buttons, charms, stamps, or natural materials. Use the slip on leaves or pods to capture their natural forms. You will also learn how to make molds for replicating forms. Emphasis is on detail work so that only polishing or patinating is necessary after firing. Expect to spend about \$150 on PMC. New students can purchase a \$15 tool kit from the instructor.

**Instructor:** Stephanie North

6 classes	\$129R\$148NR	Studio B at Palo Alto Art Center	12 max
4043	18Y+	W 2/4-3/18; no class 2/25	7pm-10pm

## Drop-In Jewelry Studio

The jewelry studio is available to experienced students age 18 and up who meet eligibility requirements. Contact [lynn.stewart@cityofpaloalto.org](mailto:lynn.stewart@cityofpaloalto.org) for more information. Membership is \$30/month for Palo Alto residents and \$40/month for non-residents. Day pass is \$10. Schedule subject to change.

Day	Time
Su	1pm-5pm
Tu	10am-1:30pm
Th	2pm-10pm
F	10am-2pm
Sa	1pm-5pm

## PAINTING

### Painting-Beginning and Beyond

This painting class will introduce basic skills in the handling of oil or acrylic paint. We will explore various approaches to painting including all prima, impasto, wet into wet, and glazing. More advanced students will broaden their technical knowledge as well as develop their own content and voice.

**Instructor:** Cheryl Battiato

10 classes	\$235R\$270NR	Studio A at Palo Alto Art Center	20 max
4044	18Y+	Th 1/8-3/12	7pm-10pm

### Painting-Watercolor

Using images from still life and landscape, students will learn the basics of watercolor painting. We will cover wet-in-wet, drybrush, washes, and glazes. Most importantly, we will become familiar with the behavior of water, our complex partner in the painting process. Materials including paper, pigments, and brushes as well as color theory will be addressed. **Instructor:** Richard Becker

10 classes	\$235R\$270NR	Studio A at Palo Alto Art Center	20 max
4046	18Y+	Sa 1/10-3/14	10am-1pm

### Painting-Understanding Acrylic

Acrylics can now be handled more like traditional oil paint. Exciting new breakthroughs with acrylics allow for slower drying time, buttery consistency, and smoother mix-ability. Learn how to handle and control this marvelous medium with easy to follow step-by-step methods. Class will cover staging your picture, color theory, design, materials, techniques, and tricks. **Instructor:** Richard Becker

10 classes	\$235R\$270NR	Studio A at Palo Alto Art Center	20 max
4045	18Y+	Tu 1/6-3/10	10am-1pm

### Painting-Landscape in Oil

Don't miss this class, designed to further develop your creative sense of composition with color. Students will paint from their own source material including sketches and previous paintings. A basic level of familiarity with oil painting is recommended. **Instructor:** Brigitte Curt

10 classes	\$300R\$345NR	Studio A at Palo Alto Art Center	19 max
4050	18Y+	W 1/14-3/18	10am-1:30pm

## PHOTOGRAPHY

### More Joy of Digital Photography

See and capture outstanding images wherever you go. Learn to fully utilize your SLR or point and shoot digital camera using ISO, AWB, aperture, focal length of lenses, and shutter speeds. Composition, point of view, lighting and emotional content is of prime importance and personal creativity will be encouraged. Digital file management and formats will also be covered. All levels welcome.

**Instructor:** Conrad Johnson

7 classes	\$169R\$194NR	Project LOOK! Studio at Palo Alto Art Center	20 max
4047	18Y+	Th 1/29-3/12	7pm-9pm

## WORKSHOPS

Please check back in the spring for a brand new line-up of workshops.

## DROP-IN PROGRAMS

Come when you can. No registration necessary. No formal instruction. An opportunity to work independently in the company of other artists. Bring your own supplies. Payment is made to the group coordinator.

### Drop-In Life Drawing

These sessions feature both short and long poses with nude models. Fee is \$8.

Tu	7pm-10pm	Studio A
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### Drop-In Figure Painting and Drawing

Have you ever wanted to try your hand at doing a portrait or reclining figure? These long-pose sessions are your opportunity to work from the figure to develop a finished work or move around the model and do short sketches. Bring your own supplies. Easels, drawing boards and tables provided. Fee is \$10.

Tu 1:30pm-4:30pm	Costumed model	Studio A
Th 1:30pm-4:30pm	Nude model	Studio A

### Drop-In Mixed Media

Informal demonstrations cover a variety of techniques based on group interest. Fee is \$10-\$15.

Th	10am-1pm	Studio B
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### Drop-In Collage

Informal demonstrations cover a variety of techniques based on group interest. Fee is \$5.

W	10am-1pm	Studio B
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# DANCE

## Brazilian Couples Dance

Featuring Samba de Gafieira and Forró, two dances inspired by a variety of Brazilian dance styles. This class gives you the confidence and technical know-how to glide from singles Samba to the free-flowing couples dance. Samba de Gafieira is the couples version of the of the world renown Brazilian Samba dance; Forró is a wildly popular dance that is shaking up clubs from the Bay Area to New York City. After this class, you'll be able to go to the clubs and dance like a pro!

**Instructor:** Mestre Beizola

10 classes	\$150R/\$172NR	Lucie Stern Ballroom	15 max
4545	18Y+	Th 1/15-3/19	8pm-9:15pm

## Adult Samba & Afro-Brazilian Dance

Adults will be thrilled as they learn Brazilian dance from its roots. By studying the African influence in Brazil, it becomes easier to enjoy and interpret many of the most popular dances in the country today such as Samba, Frévo and Axé. This class will give you a large range of possibilities to discover the best of Brazilian dance, in a friendly and fun environment. No experience necessary, but experienced dance students will also gain much from this class.

**Instructor:** Mestre Beizola

10 classes	\$150R/\$172NR	Cubberley Community Center Studio G-6	12 max
4546	18Y+	Tu 1/13-3/17	8:15pm-9:30pm

## Ballroom Dance

Ongoing drop-in class. You may attend any week even if it's your first time! Learn Waltz, Swing, Nightclub, two-step, and other ballroom dances in this fun and easy class. No partner or prior experience necessary. Beginners at 6:45 p.m., intermediate at 7:45 p.m., and practice until 9:45 p.m. Drop in cards available for \$10 per class.

**Instructor:** Phil Mast

Ongoing	\$10/Class	Lucie Stern Ballroom	12 max
Drop-in	18Y+	W 1/07-3/25	6:45pm-9:45pm

## Baroque Chamber Ensemble

For Intermediate and advanced string players. Repertoire spans five centuries with emphasis on Baroque Concerto literature. Players with little ensemble experience receive support from mentor teachers and the group; experienced players may enjoy leadership and solo opportunities. Performance in the Lucie Stern Ballroom, Sunday March 22, 6:15 – 10:00 p.m.

**Instructor:** Joyce Malik.

10 classes	\$170R/\$195NR	Lucie Stern Ballroom	12 max
4547	18Y+	Tu 1/13-3/17	6:30pm-8:30pm

## Classic & Contemporary Line Dance w/Hedy McAdams

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance "presence" and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. Open dancing between sections.

### Section A ~ Basics/Beginning Line Dance

This section focuses on absolute beginners and experienced dancers who want to review, warm-up or build dance skills. Easier dances taught at a slower pace. Practice between classes helpful but not mandatory.

### Section B ~ Intermediate Line Dance

This section focuses on dancers who want more challenge and attention to styling and will feature more complex dances taught at a faster pace. Skill level: advanced-beginners to mid-intermediate. Practice between classes helpful for keeping up with teaching pace.

### Section C ~ High-Intermediate & Advanced Line Dance

This section focuses on dancers with a minimum of two years line dance experience, or by permission of instructor, and who want to build memory skills, resilience, technique and composure on the dance floor. Dancers must be willing to practice between classes.

### Section D ~ Beginning & Intermediate Line Dance

Take a second section at a reduced cost.

### Section E ~ Intermediate & Advanced Line Dance

Take a second section at a reduced cost. Please check instructor's website for updates on class content, videos and step sheets:

[www.DanceAdventures.com](http://www.DanceAdventures.com)

**Instructor:** Hedy McAdams

10 classes	\$82R/\$95NR	Lucie Stern Ballroom	50 max
4215	Section A	Th 1/8-3/19*	10am-10:45am
4216	Section B	Th 1/8-3/19*	10:55am-11:40am
4217	Section C	Th 1/8-3/19*	11:50am-12:35pm

10 classes	\$123R/\$142NR	Lucie Stern Ballroom	50 max
4218	Section D	Th 1/8-3/19*	10am-11:40am
4219	Section E	Th 1/8-3/19*	10:55am-12:35pm

\*no class TBD

# FITNESS

## BOOST!

For more information about **BOOST!** Programs, Look at page 40 for a class schedule

**ADULTS** Daily Drop-in \$15 | 10 Class Pack \$75 | 20 Class Pack \$150  
**STUDENTS & SENIORS (60+)** Daily Drop-in \$15 | 10 Class Pack \$65 | 20 Class Pack \$130

### BOOST! Early Aerobics for a Great Day: Cardio, Stretch & Strengthen

A great way to start the day! Class includes a thorough warm-up, low-impact cardio activity, full-body strengthening and conditioning with hand weights, balance, healthy back exercises and flexibility improvement. All choreographed to music. Wear fitness shoes with supportive soles. Bring a towel and a water bottle. Drop-in cards may be purchased at the Lucie Stern Center.

**Instructor:** Jerrie Thurman

Ongoing	Stem Ballroom	30 max
18Y+	M,W,F	8am-9:15am

### BOOST! Easy Aerobics Stay in Shape and meet new friends!

This exercise class works every part of your body, raises heart rate and targets major muscle groups. Class includes a half hour of aerobics dance movements and a half hour of upper body strengthening with hand weights, floor exercises for muscle toning and stretching for flexibility. Wear fitness shoes with good soles for ankle support and stability. BOOST! Drop-in cards available at Cubberley Community Center Office, Lucie Stern Center and Online.

**Instructor:** Ailsa Ludvik

Ongoing	Mitchell Park Community Center	36 max
40Y+	M, W, F 1/2-3/27	9am-10am
<i>no class 1/19, 2/16</i>		

### BOOST! Judy's Low-Impact Aerobics

Take a look at this fun and effective Low Impact Aerobic Class with easy to follow aerobic/dance routines to improve your cardiovascular system. Class also includes weight strength training, floor conditioning, and a stretch segment to complete a well-rounded work-out. A great class if you're looking for a challenging workout geared for the intermediate to experienced exerciser.

**Instructor:** Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral and dance movements.

Boost Tickets may be purchased at through the Cubberley, Lucie Stern Rec. offices or on line.

Ongoing	Mitchell Park Community Center-El Palo Alto Room	20 max
40Y+	Tu, Th	9:45am-11am

### BOOST! Judy's "Early" Low Impact Aerobics

Come join me for a great class designed for those who wish a fun and yet complete work-out with a less "intensive" approach. We will use chairs for the warm-up and weight training segment. Easy to follow "dance" steps to enhance the aerobic portion of the class and finally floor conditioning and stretch exercises to complete the work-out. A great work-out for Seniors or "all-most" seniors!

**Instructor:** Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral movement.

Boost Tickets may be purchased at the Cubberley and Lucie Stern Recreation offices or on line.

Ongoing	Mitchell Park Community Center-El Palo Alto Room	20 max
40Y+	Tu, Th	8:30am-9:30am

### NEW! BOOST! Light Athletic Stretch and Release LASR Yoga™

LASR Yoga™ is a one-hour exercise series for stretching, flexibility, and stress-reduction. It is based on martial-arts warmups and Hatha Yoga. It incorporates smooth flowing exercises, joint articulations, and a short Yoga series, and ends with a simple secular affirmation and silent meditation.

There's no "pushing through pain" in this light, fifty-five-minute workout! We begin with gentle warm-ups of the major muscles with the "water moves." Next, each joint is flexed within its range of motion in the "air series." Lying down in the "earth positions," we stretch towards the full extent of our individual range of motion. Then, we stoke the body's "fire" in a series of flowing yoga moves—greeting the sun and abdominal twist. LASR Yoga™ ends with deep relaxation, optional repeating of a simple wellness affirmation, and ten minutes of silent, seated meditation. Bring a yoga mat and (if you use them) blocks and a strap.

Ongoing	Alma Room	36 max
18Y+	Tu, Th	10:30am-11:45am

adults



# BOOST! Adult Fitness Class Calendar

PALO ALTO RECREATION | Classes are offered at the Lucie Stern (LSCC), Mitchell Park Community Center (MPCC) and Alma Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	<b>Early Aerobics</b> 8-9:15am (LSCC) Jerrie Thurman		<b>Early Aerobics</b> 8-9:15am (LSCC) Jerrie Thurman		<b>Early Aerobics</b> 8-9:15am (LSCC) Jerrie Thurman	
8:30 AM		<b>Zumba Plus</b> 8:30-9:40am (LSCC) Carla Kenworthy <b>Low Impact Exercise</b> 8:30-9:30am (MPCC) Judy Vajta		<b>Zumba Plus</b> 8:30-9:40am (LSCC) Carla Kenworthy <b>Low Impact Exercise</b> 8:30-9:30am (MPCC) Judy Vajta		
9 AM	<b>Easy Aerobics</b> 9-10am (MPCC) Ailsa Ludvik		<b>Easy Aerobics</b> 9-10am (MPCC) Ailsa Ludvik		<b>Easy Aerobics</b> 9-10am (MPCC) Ailsa Ludvik	<b>Zumba</b> 9-10am (LSCC) Carla Kenworthy
9:45 AM		<b>Low Impact Aerobics</b> 9:45-11am (MPCC) Judy Vajta		<b>Low Impact Aerobics</b> 9:45-11am (MPCC) Judy Vajta		
10:30 AM		<b>LASR Yoga</b> -Alma Room 10:30-11:45am Lee Ferguson		<b>LASR Yoga</b> -Alma Room 10:30-11:45am Lee Ferguson		
7 PM		<b>Line Dancing Int/Advanced</b> 7-9pm (LSCC) Evelyn Khinoo				

## CLASS PACK PRICING

### ADULT (18 & up)

Daily Drop-in - \$15

10 Class Pack - \$75 (only \$7.50 per class!)

20 Class Pack - \$150

### STUDENT (Student ID Required) & SENIOR (60+)

Daily Drop-in - \$15

10 Class Pack - \$65 (only \$6.50 per class!)

20 Class Pack - \$130

For class details or registration information, please visit [www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy) or call 650-463-4900

## BOOST! Line Dancing – Intermediate/Advanced

If you want to have a ton of fun while getting some exercise, join us for line dancing. It's addicting! No partners are necessary. Music includes oldies rock 'n' roll, pop, country, Latin, soul, rock, big band, and maybe even some hip hop! You'll learn 2 dances each week with review of previous weeks' lessons. There will also be practice time before and during class. For sure, you'll be able to do the dances at all the weekend dance venues around the Bay. This class is part of the Boost Program. Just reload your card when needed—no need for drop in cards! NO one is turned away if you forget your card (there are provisions for those rare occurrences).

**Instructor:** Evelyn Khinoo; [ekhinoo@sbcglobal.net](mailto:ekhinoo@sbcglobal.net);

[www.EvelynAndDenny.com](http://www.EvelynAndDenny.com) | 650-325-6913.

10 Classes	Stem Ballroom	90 max
18Y+	Tu 01/06-03/10	7pm-9pm

## BOOST! Zumba Plus

Come join the party! Zumba's up-beat music will have you moving to international rhythms like Salsa, Samba, Bhanga, Belly Dance, Merengue, Cha-Cha and more, and you'll wonder where the hour went. Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party that's moving millions of people toward joy and health. No dance experience necessary; wear comfortable workout clothing and workout shoes – and come ready to sweat! Modifications for various fitness levels will be given. Last 15 minutes of the class will be devoted to muscle-toning, balance and flexibility.

**Instructor:** Carla K., Zumba Crew 650

Ongoing	Stem Ballroom	30 max
All ages	Tu, Th	8:30am-9:40am

## BOOST! Zumba with Carla

What a great start to your weekend - a workout that feels like a party! Zumba combines red-hot international music and rhythms with simple-to-follow steps that make even the 'non-dancer' burn the dance floor - and calories! Be prepared to sweat as you move from Salsa to Bhangra, Merengue to Samba, Reggaeton to Flamenco. No dance experience necessary, and modifications are given for all abilities and levels.

Ongoing	Stem Ballroom	30 max
18Y+	Sa	9am-10am

## Yoga

A moderate intensity and fun yoga program suitable for most levels. Class is challenging as well as relaxing and meditative. It is recommended that students be able to stand up and sit down on the floor fairly easily.

[www.intuitivehealingyoga.com](http://www.intuitivehealingyoga.com)

**Instructor:** Cassandra McDonough

8 classes	\$95R/\$110NR	Lucie Stern Ballroom	20 max
4549	16Y+	Tu 1/6-2/24	5:30pm-6:30pm

## Chen Tai-Chi for Lifelong Wellness

This class introduces the Chen style Taiji (Tai Chi), silk-reeling exercises and Hum Yuan Qigong, which form the foundation of the Tai Chi System. Chen style Taiji is widely acknowledged as the ancestor of all other Tai Chi styles, incorporating martial arts and health benefits which may include lifelong physical wellness, mind-body connection, stress reduction, better joint mobility, and improved physiological functions. It may also help to improve concentration & focus, body coordination, balance, immune system, physical strength, flexibility and may add years to your life. For more information, please visit [www.TraditionalChenTaiji.com](http://www.TraditionalChenTaiji.com).

**Instructor:** Master Loren King-Loon Chin is a 20th-generation lineage holder in Chen Family Taijiquan and a certified senior instructor conferred by the Chen Qingzhou Martial Arts Association (accredited by China's Ministry of Education) in Xulu Village, Henan Province, China (birthplace of Tai-Chi).

*No class on 1/19 and 2/16.*

9 classes	\$104R/\$120NR	Lucie Stern Ballroom	25 max
4062	18Y+	M 1/5-3/16	7:30pm-9pm

## HEALTHY CHOICES

### "Bodycare"- Low Back & Hip Pain Intensive

Learn to relieve and heal chronic pain and tension in low back and hips such as sciatica. These self-help techniques often result in instant relief and long term results. They include:

- S.I. joint (sacral iliac) functionality assessment and restoration.
- Trigger Point/Acupressure for nerve entrapments
- Hot/cold therapy
- Core strengthening exercises
- Ergonomic & Anatomy essentials
- Includes illustrated handout
- Please dress comfortably and bring a large bath towel or mat for floor exercises.
- Materials Fee of \$10 for instructional video due at class

Jason ([jasonchanproductions.com](http://jasonchanproductions.com)) is a massage, ergonomic and tai chi instructor/therapist specializing in chronic low back, neck and shoulder pain with 17 years' experience.

1 class	\$35R/\$41NR	Cubberley D1	10 max
4210	All Ages	Sa 1/10	11am-1pm

### "Bodycare"- Neck and Shoulder Pain Intensive

Learn to relieve and heal chronic pain and tension in your neck and shoulders. These self-help techniques often result in instant relief and long term results. They include:

- R.O.M. (range of motion) assessment and restoration
- Trigger Point/Acupressure for nerve entrapments
- Hot/Cold therapy
- Strengthening exercises
- Ergonomic & anatomy essentials
- Includes illustrated handout
- Please dress comfortably and bring a large bath towel
- Materials Fee of \$10 for instructional video due at class

Jason ([jasonchanproductions.com](http://jasonchanproductions.com)) is a massage, ergonomic and tai chi instructor/therapist specializing in chronic low back, neck and shoulder pain with 17 years' experience.

1 class	\$35R/\$41NR	Cubberley D-1	10 max
4211	All Ages	Sa 1/24	11am-1pm

adults



## Yoga and meditation for inner peace and well being

Give yourself the gift of relaxation through mindfulness meditation, yoga and mindful movement.

All ages and levels welcome.

- Calm the mind while developing present moment awareness.
- Open the body through an inward middle path style of yoga.
- Listen to your body and feel deep openings and inner body awareness.

Renew, revitalize and learn to lower stress. Let go of aches, pains and feel great! Discover your inner peace and well being. Great for continuing MBSR students.

**Instructor:** Mike Kintz has been teaching yoga and meditation since 1997. [yogawithmike.com](http://yogawithmike.com) for more info.

No Class 1/19, 2/16

9 classes	\$90R/\$104NR	Lucie Stern Ballroom	30 max
4055	18Y+	M 1/5-3/16	5:30pm-6:45pm

## Hypnotize Yourself Slim

Want to be in control? And end the cycle of emotional eating? And never feel deprived when the words "portion control" come up? Or summon the inner strength to go to the gym? Or simply make healthier food choices, more often? If the quality of your life would take a turn for the better with these or another change you have in mind, then you owe it to yourself to take Hypnotize Yourself Slim. With free email tips and reminders, you enjoy daily support as you reprogram yourself to make the lifestyle changes you want... without getting outside of your comfort zone. To top it all off, you also get a free Bust Your Cravings! session where, after a 20-minute eyes-open conversation, you'll find yourself no longer compelled to eat your most addicting food... even if you have it with you (a \$197 value). Jumpstart hypnosis CD available for purchase. Check out Hypnotherapist Eric Rosen's Yelp Page.

4 classes	\$79R/\$91NR	Cubberley Community Ctr D-1	12 max
4066	18Y+	Tu 2/24-3/17	7pm-8:30pm

## Meditation & Mindful Movement

This course combines sitting, walking and standing meditation with qigong mindful movement to promote emotional health, reduce stress, and improve physical strength, flexibility and balance. Meditation has been documented to improve mental and physical functioning related to anxiety, depression, heart disease, cancer, high blood pressure, pain, and sleep. All are welcome regardless of experience, age or health condition. Kevin Ott's approach is influenced by his background as a clinical social worker and life coach; instructor certifications in qigong, tai chi and yoga; and experience teaching meditation and mindful movement since 1999. [KevinMeditationCoach.com](http://KevinMeditationCoach.com)

No class 1/19, 2/16

8 classes	\$124R/\$143NR	Lucie Stern Fireside Room	15 max
4153	18Y+	M 1/5-3/9	5pm-6pm

## Meditation and the Art of Living

It is comforting for many of us to know that our discomforts in life are the result of our conditioned minds, and are not our real selves. We learn this and can see it clearly when we practice meditation. In this class we learn how to meditate, and learn how to differentiate between our observing mind and the conditioning that makes us suffer. We learn the art of living.

**Instructor:** Paul Sibcy

Location: Pathways to Self-Healing Classroom, 4153 El Camino Way, Palo Alto CA 94306

6 classes	\$15R/\$18NR	Pathways to Self-Healing Classroom	20 max
4154	18Y+	Th 2/5-3/12	7pm - 8pm

## Qigong Do- "The Way of Energy"

The ancients of Asia have over millennia viewed ourselves and the world in terms of energy or chi (qi, life force energy). Resulting are the holistic practices of qigong and Chinese medicine. The health benefits of Qigong are widely recognized and include increased circulation of blood and lymph, limbering stiff joints and claiming the mind and nervous system. The philosophical aspect of "the way" offers us the powerful perspective that ALL things are connected. Adopting this perspective can be life changing. Join me in this journey towards a healthier mind/body/spirit. Jason Chan ([jasonchanproductions.com](http://jasonchanproductions.com)) is a massage, ergonomic and tai chi instructor/therapist specializing in chronic pain reduction and stress management with 17 years of experience. No experience is required. Learn the following:

- Qigong Flow- repetitive, flowing movements that loosen stiff/painful joints while opening energy channels.
- Learning to view ourselves, others and our surrounds as energy thus broadening of potential for harmony and unity.
- How to meditate with qigong standing and movements.
- Materials Fee of \$10 for instructional video due at class

1 class	\$35R/\$41NR	Cubberley D-1	15 max
4212	All Ages	Sa 2/7	11am-1pm

# SPECIAL INTEREST

## Maman/Papa Knows French (French conversation class)

A conversation class to moms or dads who already know some French (high school, college...) and want to refresh their language skills. These classes are informal conversation classes in which we talk about current events and culture all in French. Moms/Dads are welcome to bring their child(ren) along but will be under their supervision during the duration of the class.

No Class 2/18

10 classes	\$150R/\$173NR	Mitchell Matadero Room	10 max
4065	18Y+	W 1/7-3/18	11am-12pm

## Personal Finance for Parents

If you're a new parent, what else do you need to think about other than changing diapers and getting more sleep? What about naming a guardian for your children? If you've been a parent for longer, have you figured out how to save for college? These are just a couple of the personal finance issues parents should think about to help provide for their family. This one evening workshop will make you feel secure that you have addressed the most critical financial planning issues for parents including the following topics: Education planning - saving for private school and college, Estate planning - writing a will that names a guardian, Insurance - getting life insurance, Cash Flow - choosing to be a stay-at-home parent, Retirement - starting sooner rather than later, and a bonus topic on buying a home in the Bay Area. You should leave the course with a better understanding of the most important areas of financial planning you need to think about and how to take action to help your family feel more financially secure. Spouse/Partner can attend for free.

Instructor: Tom Lo

1 class	\$25R/\$29NR	Cubberley Community Center A-7	10 max
4187	18Y+	W 1/18	7pm-9pm

## Make the Most of Your Employee Stock

Do you want to understand how to make the most of your employee stock options, restricted stock grants, and restricted stock units (RSUs)? Do you want to know when and how much of your employee stock to sell? Are you worried about losing the value of the equity you already have? These are a few of the critical questions you want to answer if you work at any Silicon Valley company. This one evening workshop will give you the fundamentals of both incentive and non-qualified stock options, restricted stock, RSUs, and Employee Stock Purchase Plans (ESPPs). It will also help you understand the differences between private and public company equity. You should leave the course with the tools to make the most of your employee stock and in turn, help yourself feel more secure about your financial life. Spouse/Partner can attend for free.

Instructor: Tom Lo

1 class	\$25R/\$29NR	Cubberley Community Center A-7	10 max
4188	18Y+	W 2/25	7pm-9pm

## Passport To Retirement

This class provides comprehensive information for anyone planning for retirement. Learn how to overcome roadblocks, assess the costs, manage your income sources, select retirement plan distribution choices, and "inflation proof" your income. Other topics include estate planning, Social Security, and lifestyle issues. Spouse/guest can attend at no charge. Ages 45+

3 classes	\$50R/\$58NR	Cubberley A-6	25 max
4221	45Y	Th 2/26-3/12	6:30pm-9pm
4222	45Y	Tu 3/3-3/17	6:30pm-9pm

## Rejuvenate Your Retirement

This unique and comprehensive course focuses on the issues and concepts important to individuals who are already retired. In straightforward language, explained are strategies such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. Includes 143 page workbook; spouse/guest may attend at no charge. Ages 55+ (or already retired)

2 classes	\$50R/\$58NR	Cubberley A-6	25 max
4223	55Y	W 3/4-3/11	1pm-3:30pm
4224	55Y	M 3/9-3/16	10am-12:30pm



adults

# MUSIC

## Sing the Best of Broadway

"Some enchanted evening, you may meet a stranger, singing "The Sound of Music"...in Oklahoma! Not really, but it will feel that way, once you attend Paul's popular "Broadway sing along" class. "Paul's class does for my spirit, what my chiropractor does for my spine," so says a regular attendee of Paul's class (she has returned a number of times.) Give it a try! Paul says, "Be my guest at the first class, and only sign up if you like it."

8 classes	\$69R/\$80NR	Lucie Stern Fireside Room	25 max
4220	All Ages	W 1/14-3/4	5:30pm-7pm



# SPORTS

## PLAY TENNIS THE STANFORD WAY!

### Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield (WhitlingerSarsfieldTennis.com).

#### Director's Hourly Rate

Stanford/USPTA Elite Pro Tom Sarsfield  
408 745-6171 | tolisars@flash.net

\$80 for one player, \$42.50 each for two players, \$30 each for three players, \$25 each for four players

Lessons at Rinconada Park #5-6

#### \*Pro's Hourly Rate

\$75 for one player, \$40 each for two players, \$30 each for three players, \$25 each for four players

\*\$5 per hour discount for four(4) hours or more paid in advance.

\*For lessons at Mitchell Park #1-2, call USPTA Professionals Neil Da Silva (408) 398-5543, John Chan (650) 637-8809, Hung Nguyen (408) 499-2433, or visit WhitlingerSarsfieldTennis.com for more contact information.

\*For lessons at Rinconada Park #5-6, Thor Holt (650) 380-7139, Sharon Lamond (408) 712-7361 or visit WhitlingerSarsfieldTennis.com for more contact information.

Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to TOM SANSFIELD will be accepted (no cash or credit card).

### Group Lessons

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth (8-14 yrs) and adult classes of 3-8 students will consist of six hours of instruction. Classes of two will consist of four hours of instruction. Terrific Tiny Tennis classes will consist of six 40 minute lessons or six 30 minute lessons. Students provide own rackets.

#### Important:

In case of rain, contact the recreation dept. at 463-4900, Monday through Friday, 8am-5pm, within the hour before scheduled starting time for class status or check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date.

#### No postponement announcement will be initiated by the instructor or the rec. department.

Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for weekend lessons) may be used at the instructor's discretion. NOTE: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

### Adult Novice

Develop the essential techniques with emphasis on control, depth, and direction. Lessons incorporate rules, etiquette, and basic doubles play.

6 lessons	\$81R/\$94NR	Rinconada #5-6	8 max
4176	15Y+	M,W 1/12-2/2*	10am-11am
4177	15Y+	M,W 1/12-2/2*	6:30pm-7:30pm
4178	15Y+	M,W 2/23-3/11	6:30pm-7:30pm
*no classes 1/19 (MLK)			

adults



## Adult Low Intermediate

For players (NTRP 2.0-2.5) who are consistent on a slow paced rally but needs to develop depth and directional control when pace is added. Review and refine stroke techniques with emphasis on basic strategy and tactics.

6 lessons	\$81R/\$94NR	Rinconada #5-6	8 max
4179	15Y+	M,W 1/12-2/2*	7:30pm-8:30pm
4180	15Y+	M,W 2/23-3/11	10am-11am
4181	15Y+	M,W 2/23-3/11	7:30pm-8:30pm

\*no classes 1/19 (MLK)

## Adult Intermediate

For players (NTRP 2.5-3.0) who are consistent on medium paced shots but needs to develop more spin, power, and/or variety. Basic to advanced shots, strategy, and tactics will be introduced and reinforced by performance enhancing drills.

6 lessons	\$81R/\$94NR	Rinconada #5-6	8 max
4182	15Y+	M,W 1/12-2/2*	11am-12pm
4183	15Y+	M,W 2/23-3/11	11am-12pm

\*no classes 1/19 (MLK)

6 lessons	\$81R/\$94NR	Mitchell #1-2	8 max
4179	15Y+	Tu, Th 1/20-2/5	7:30pm-8:30pm
4180	15Y+	Tu, Th 2/24-3/12	7:30pm-8:30pm

## Tom Sarsfield's Advanced Players Clinic

For Adults (NTRP 3.5-4.5) and High School Team/Tournament players (14-17 years). Basic to advanced techniques, strategy and tactics will be incorporated in performance enhancing competitive drills, includes ball machine. Two to three courts grouped by age and/or ability. Only 3-6 players per Pro/court!

6 lessons	\$95R/\$110NR	Rinconada #4-6	6 max per Ct.
4186	14Y+	Sa 1/17-2/21	11am-12pm

## Kim Grant Tennis Academy: Adult Boot Camp Tennis

A high energy and fun on-court Adult workout class. This is a specialized program design by tennis fitness experts to incorporate all aspects of fitness needed for tennis performance.

Exercise stations are set up across on the courts and live ball play is continuously incorporated throughout. This class is applicable for beginner through advanced level players. A great way to increase your speed, agility and stamina in an encouraging atmosphere! [www.KimGrantTennis.com](http://www.KimGrantTennis.com)

11 classes	\$220R/\$275NR	Cubberley Tennis Courts	8 Max
4196	18Y+	Tu 1/6-3/17	12pm-1:00pm

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A high energy and fun on-court Adult workout class. This is a specialized program design by tennis fitness experts to incorporate all aspects of fitness needed for tennis performance. Exercise stations are set up across on the courts and live ball play is continuously incorporated throughout. This class is applicable for beginner through advanced level players. A great way to increase your speed, agility and stamina in an encouraging atmosphere!

[www.KimGrantTennis.com](http://www.KimGrantTennis.com)

11 classes	\$220R/\$275NR	Cubberley Tennis Courts	8 Max
4197	18Y+	Th 1/8-3/19	12pm-1:00pm





# SENIORS

## AQUATICS

seniors

### **Independent Lap Swim**

Lap Swim at Rinconada Pool is available year-round. Early morning, midday and evening times are offered for your convenience. Visit the Aquatics Program website for more information including schedule and fees: [cityofpaloalto.org/aquatics](http://cityofpaloalto.org/aquatics)



## Adult Learn to Swim & Intermediate Class

Taught by veteran teacher, Zora Neuhold-Huber. This very effective system helps people overcome the unique obstacles that an adult faces when trying to feel comfortable, safe and effective in the water. This class is modeled after the popular, award winning Stanford PE swimming classes that Zora designed & taught for the past 15 years.

In this class, students will experience the unique swimming breath, body buoyancy & balance and feeling safe & effective with movements like front & back glides, front and back kick & treading water as well as the swimming strokes: Freestyle and Backstroke. The Learn to Swim course is designed for beginners with little or no water experience and the Intermediate course is for people who can swim 25-50 yards (1-2 lengths in a 25 yard pool) but become easily winded and tired due to struggling with their skills. People will be encouraged to move at their own pace.

### Learn to Swim Class

5 classes	\$125 (Resident Discount: \$106.25)	Rinconada Lap Pool	8 max
4254	18Y+	Su 1/4-2/8*	8:30am-9:30am
4255	18Y+	Su 2/22-3/29**	8:30am-9:30am

*\*no class on 1/18, \*\*no class on 3/1*

### Intermediate Class

10 classes	\$250 (Resident Discount: \$212.50)	Rinconada Lap Pool	8 max
4256	18Y+	M, W 1/5-2/9*	6:15pm-7:15pm
4257	18Y+	M, W 3/2-4/1	6:15pm-7:15pm

*\*no class on 1/19*

## Swim Clinic - Taking It to the Next Level

Taught by veteran swim coach Zora Neuhold-Huber, this class is modeled after the award winning, Stanford PE swim courses that Zora designed & has taught for the past 15 years.

**Pre-req:** for experienced swimmers able to swim 100 yards continuous.

Increasing efficiency, stamina & speed. If you're preparing to participate in Triathlons or wanting to excel in Masters Swim workouts or Lap Swimming, this class series will help you better understand how to remove the obstacles that keep you from being most effective and efficient.

With an emphasis on the Freestyle stroke, as well as refinement of all 4 competitive swim (Backstroke, Breaststroke, Butterfly & Freestyle), flip turns, interval training, effortlessly swimming 1,500 yards or more, and racing starts (dives), treading in deep water (10 minutes +)

\*Each person will be offered an over and underwater videotaped & analysis session.

## Morning Swim Clinic

5 classes	\$150 (Resident Discount: \$127.50)	Rinconada Lap Pool	15 max
4258	18Y+	Su 1/4-2/8*	7:30am-8:30am
4259	18Y+	Su 2/22-3/29**	7:30am-8:30am

*\*no class on 1/18, \*\*no class on 3/1*

## Evening Swim Clinic

10 classes	\$300 (Resident Discount: \$255)	Rinconada Lap Pool	15 max
4260	18+	M, W 1/5-2/9*	7:15pm-8:15pm
4261	18Y+	M, W 3/2-4/1	7:15pm-8:15pm

*\*no class on 1/19*

## Adult Swim Privates

One on one swim instruction offered by veteran teacher/coach Zora Neuhold-Huber. Having taught award winning Stanford PE swim courses for 15 years, Zora uses a compassionate approach to coaching that her highly effective system of helping people find a calm, satisfying breath, and relaxed, effective technique that they can use to swimming with ease, stamina and speed.

## Single Session Privates

1 class	\$85 (Resident Discount: \$72.25)	Rinconada Lap Pool	1 max
4262	18+	F 1/9	11:15am-12:15pm
4272	18+	Sa 1/10	7:30am-8:30am
4263	18+	F 1/23	11:15am-12:15pm
4273	18+	Sa 1/24	7:30am-8:30am
4264	18+	F 1/30	11:15am-12:15pm
4274	18+	Sa 1/31	7:30am-8:30am
4265	18+	F 2/6	11:15am-12:15pm
4275	18+	Sa 2/7	7:30am-8:30am
4266	18+	F 2/20	11:15am-12:15pm
4276	18+	Sa 2/21	7:30am-8:30am
4267	18+	F 3/6	11:15am-12:15pm
4277	18+	Sa 3/7	7:30am-8:30am
4268	18+	F 3/13	11:15am-12:15pm
4278	18+	Sa 3/14	7:30am-8:30am
4269	18+	F 3/20	11:15am-12:15pm
4279	18+	Sa 3/21	7:30am-8:30am
4270	18+	F 3/27	11:15am-12:15pm
4280	18+	Sa 3/28	7:30am-8:30am
4271	18+	F 4/3	11:15am-12:15pm
4281	18+	Sa 4/4	7:30am-8:30am



## Five Session Privates

5 classes	\$375 (Resident Discount: \$318.75)	Rinconada Lap Pool	1 max
4282	18+	F 1/9-2/20*	12:15pm-1:15pm
4286	18+	Sa 1/10-2/21**	8:30am-9:30am
4285	18+	F 3/6-4/3	12:15pm-1:15pm
4287	18+	Sa 3/7-4/4	8:30am-9:30am

\*no class on 1/16 & 2/13, \*\*no class on 1/17 & 2/14

## Rinconada Masters Program

With decades of swimming history, Rinconada Masters Team offers stroke technique, physical conditioning, open water and competitive training for adults of all ages. The team provides an environment to improve health and build relationships. Non-competitive swimmers are welcome! Choose from intermediate and advance workouts. Prerequisites: must be able to swim 100 yards (4 laps) of freestyle. Workouts are held at Rinconada Pool (777 Embarcadero Rd). For more information including workout schedule or to join visit the website: [www.rinconadamasters.com](http://www.rinconadamasters.com) or email head coach, Carol MacPherson: carol.macpherson22@gmail.com

## SWIM4FITNESS

Learn to swim like the pros for fun and fitness. Swim4Fitness is the "how to" program for adults to learn proper swim techniques. The program will improve your strokes and increase your fitness with the help of professional swim coaches. Great location and convenient lunch and after work hours.

This 4-week program is offered every month starting on the first Tuesday at Rinconada Pool (777 Embarcadero Rd.).

Sign up via email [carol.macpherson22@gmail.com](mailto:carol.macpherson22@gmail.com) or in person on the first day of class. Fee per month: \$50 for 8 classes. Cash or checks are accepted: checks payable to Rinconada Masters. Must be registered by the first day of class.

Rinconada Pool (777 Embarcadero Rd)

Tue & Th 12-1pm

Tue & Th 7-8pm

# FITNESS

## BOOST! Early Aerobics for a Great Day: Cardio, Stretch & Strengthen

A great way to start the day! Class includes a thorough warm-up, low-impact cardio activity, full-body strengthening and conditioning with hand weights, balance, healthy back exercises and flexibility improvement. All choreographed to music. Wear fitness shoes with supportive soles. Bring a towel and a water bottle. Drop-in cards may be purchased at the Lucie Stern Center.

Instructor: Jerrie Thurman

Ongoing	Stern Ballroom	30 max
18Y+	M,W,F	8am-9:15am

## BOOST! Easy Aerobics

Stay in Shape and meet new friends!

This exercise class works every part of your body, raises heart rate and targets major muscle groups. Class includes a half hour of aerobics dance movements and a half hour of upper body strengthening with hand weights, floor exercises for muscle toning and stretching for flexibility. Wear fitness shoes with good soles for ankle support and stability. BOOST! Drop-in cards available at Cubberley Community Center Office, Lucie Stern Center and Online.

Instructor: Ailsa Ludvik

Ongoing	Mitchell El Palo Alto Room	36 max
40Y+	M, W, F 1/2-3/27	9am-10am
no class 1/19, 2/16		



# BOOST!

For more information about **BOOST!** Programs,  
Look at page 58 for a class schedule

**ADULTS** Daily Drop-in \$15 | 10 Class Pack \$75 | 20 Class Pack \$150

**STUDENTS & SENIORS (60+)** Daily Drop-in \$15 | 10 Class Pack \$65 | 20 Class Pack \$130

## BOOST! Judy's Low-Impact Aerobics

Take a look at this fun and effective Low Impact Aerobic Class with easy to follow aerobic/dance routines to improve your cardiovascular system. Class also includes weight strength training, floor conditioning, and a stretch segment to complete a well-rounded work-out. A great class if you're looking for a challenging workout geared for the intermediate to experienced exerciser.

**Instructor:** Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral and dance movements. BoostTickets may be purchased at through the Cubberley, Lucie Stern Rec. offices or on line.

Ongoing	Mitchell El Palo Alto Room	20 max
40Y+	Tu, Th	9:45am-11am

## BOOST! Judy's "Early" Low Impact Aerobics

Come join me for a great class designed for those who wish a fun and yet complete work-out with a less "intensive" approach. We will use chairs for the warm-up and weight training segment. Easy to follow "dance" steps to enhance the aerobic portion of the class and finally floor conditioning and stretch exercises to complete the work-out. A great work-out for Seniors or "all-most" seniors!

**Instructor:** Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral movement. BoostTickets may be purchased at the Cubberley and Lucie Stern Recreation offices or on line.

Ongoing	Mitchell El Palo Alto Room	20 max
40Y+	Tu, Th	8:30am-9:30am

## NEW! BOOST! Light Athletic Stretch and Release LASR Yoga™

LASR Yoga™ is a one-hour exercise series for stretching, flexibility, and stress-reduction. It is based on martial-arts warmups and Hatha Yoga. It incorporates smooth flowing exercises, joint articulations, and a short Yoga series, and ends with a simple secular affirmation and silent meditation.

There's no "pushing through pain" in this light, fifty-five-minute workout! We begin with gentle warm-ups of the major muscles with the "water moves." Next, each joint is flexed within its range of motion in the "air series." Lying down in the "earth positions," we stretch towards the full extent of our individual range of motion. Then, we stoke the body's "fire" in a series of flowing yoga moves—greeting the sun and abdominal twist. LASR Yoga™ ends with deep relaxation, optional repeating of a simple wellness affirmation, and ten minutes of silent, seated meditation. Bring a yoga mat and (if you use them) blocks and a strap.

Ongoing	Alma Room	36 max
18Y+	Tu, Th	10:30am-11:45am

## BOOST! Line Dancing – Intermediate/Advanced

If you want to have a ton of fun while getting some exercise, join us for line dancing. It's addicting! No partners are necessary. Music includes oldies rock 'n' roll, pop, country, Latin, soul, rock, big band, and maybe even some hip hop! You'll learn 2 dances each week with review of previous weeks' lessons. There will also be practice time before and during class. For sure, you'll be able to do the dances at all the weekend dance venues around the Bay. This class is part of the Boost Program. Just reload your card when needed—no need for drop in cards! NO one is turned away if you forget your card (there are provisions for those rare occurrences).

**Instructor:** Evelyn Khinoo; ekhinoo@sbcglobal.net;

[www.EvelynAndDenny.com](http://www.EvelynAndDenny.com) | 650-325-6913.

10 Classes	Stern Ballroom	90 max
18Y+	Tu 01/06-03/10	7pm-9pm





## BOOST! Zumba with Carla

What a great start to your weekend - a workout that feels like a party! Zumba combines red-hot international music and rhythms with simple-to-follow steps that make even the 'non-dancer' burn the dance floor - and calories! Be prepared to sweat as you move from Salsa to Bhangra, Merengue to Samba, Reggaeton to Flamenco. No dance experience necessary, and modifications are given for all abilities and levels.

Ongoing	Stem Ballroom	30 max
18Y+	Sa	9am-10am

## Cardiac Therapy and Conditioning

Do you have a heart problem or at risk for a heart problem? Cardiac Therapy is an upbeat and supportive wellness program that can add years to your life and life to your years! People with coronary artery disease can decrease their mortality rate by 25% by participating in a systematic cardiac rehabilitation program compared to doing exercise on their own. Working with your physician, the program is tailored to your personal abilities. Participants are provided individualized evaluation of your medical history, risk factor profile, and exercise guidelines. This comprehensive program also includes ongoing educational classes relating to nutrition, stress, congestive heart failure management, blood pressure, and more. Convenient morning or late afternoon sessions are available at the Cubberley Community Center. Attend 1 hour exercise classes 3x/wk. Call 650-494-1300 or check [www.cardiactherapy.org](http://www.cardiactherapy.org) for information about joining.

## Palo Alto Senior Men's Golf Club

Looking for camaraderie and friendly competition? The Palo Alto Seniors play every Monday morning and average six foursomes. Membership is for men 60 years of age or older and dues are \$25 per year. Various prizes, contests and tournament honors are available during the year including a weekly Closest to the Pin contest worth \$5. The club also serves as a source of volunteers who help with events at the golf course. If you'd like to work on your game while enjoying good friends, come out and join us. For membership information, contact John Geibel: [geibel@sbcglobal.net](mailto:geibel@sbcglobal.net), 650-328-2458 or George Brown at 650-322-5712.



## Seniors Table Tennis

The Mitchell Community Center Seniors Table Tennis Program has been moved to Gym A of the Cubberley Community Center during the construction of the new Mitchell Park Center. Cosponsored by the Palo Alto Table Tennis Club and The City of Palo Alto Recreation Division, the program is open for adults over age fifty five. The schedule for play is 10am-2pm every Tuesday all year, except holidays.

## FOOD AND NUTRITION

### Senior Friendship Day at Cubberley Community Center

Friendship Day is every Wednesday from 9:30am to 2:15pm. It is an active, friendly, free drop-in program with something for everyone. Co-sponsored by Palo Alto Adult School, City of Palo Alto and Avenidas. Please call 329-3752 for information. The following activities are offered each Wednesday at Senior Friendship Day:

- Morning Crafts and Classes – 9:30 to 11am
- Bridge Play – 9:30am to 1pm; open to everyone
- Stretch exercises from 11 to 11:15am
- Program and Entertainment – 11:15 to 11:45am featuring speakers on health, community issues and other topics plus a variety of dance and music groups
- Lunch – Hot lunch catered by La Comida is offered at 11:45am (you must sign up in person at 10:30am for the lunch.) A donation of \$2.50 is suggested but not required
- Physical Fitness Line Dancing – 12:45 to 2:15pm. It's lively! It's fun! Listen or dance to music from around the world. Dances include country, international, folk and ballroom. No partners are required. Everyone is welcome.

### Senior Congregate Meal Sites Hosted by La Comida Lunch Program for Seniors

Enjoy a hot, three-course meal served in a cheerful, friendly setting. Requested contribution is \$3 for seniors 60 and over (\$6 for guests ages 59 and under).

For details and menu see: [www.LaComida.org](http://www.LaComida.org)

For complete details and menu see: [www.LaComida.org](http://www.LaComida.org)



# SPECIAL EVENTS

## Annual Senior New Year's Eve Champagne Brunch

**Wednesday, December 31, 2014, 10am - 1pm**  
**Cubberley Community Center, Pavilion**  
**4000 Middlefield Road, Palo Alto**

Celebrate the New Year with dancing and a champagne brunch. Festivities start at 10am (doors open at 9:30am) includes a delightful buffet brunch, live music & dancing, and a champagne toast to ring in the New Year at noon. Pre-sale tickets are \$15 and may be purchased at Lucie Stern Community, Cubberley Community Center, Senior Friendship Day, Avenidas Senior Center and the Oshman Family Jewish Community Center starting 12/1. Tickets at the door are \$18. For more information call the Special Events line at 650-329-2350.

Looking for a gift for Mom or Dad/ Grandma or Grandpa? Purchase the pre-made party kit for \$35. Kits include two tickets and party essentials to ring in the new year.

**Sponsored by the Palo Alto Recreation Foundation and La Comida**



# LIBRARY

**Access the Library 24 Hours a Day at [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library)  
Central Phone Number for all Branches: 650-329-2436**

The new Mitchell Park Library & Community Center and the newly-renovated Rinconada Library are now open! The Palo Alto City Library is proud to see the completion of its building projects, funded by the 2008 Measure N bond. The bond included the renovation of the Downtown (completed July 2011) and Rinconada (formerly Main Library) branches, and the construction of the new Mitchell Park Library & Community Center. We extend a hearty thank you to the voters who supported the bond measure; to the Palo Alto Library Foundation and its generous donors for providing the beautiful furnishings and collections in our branches; and to the Friends of the Palo Alto Library for their ongoing financial support of Library programs and services. And to all of our customers who anxiously waited for the completion of the projects—thank you for your patience during this transition and for your continued support! We are looking forward to providing great new services, programs and collections to the Palo Alto community!

The Mitchell Park Library & Community Center has a Grand Opening event set for Saturday, December 6 from 11-4 PM. Keep an eye out for more details the this day-long event to commemorate the opening of this beautiful environmentally-sound facility! Following the Grand Opening, the Library and Community Center will partner to provide five-weeks of special programming targeting our diverse city:

- Teens (December 13-19) • Seniors (December 20-26) • The Young Child (December 27-January 2)
- Technology (January 3-9) • Our Multicultural Community (January 10-16)

Program events and schedules can be found our website. Join us for these programs that support our community values of Sustainability, Lifelong Learning and Developmental Assets.

Rinconada Library will open in December, with a Grand Opening planned in January.

Check the Library website for all program and event information!

## YOUTH PROGRAMS AND SERVICES

### PROGRAMS FOR CHILDREN

#### Storytimes

Schedules and storytimes are subject to change. For a complete, up-to-date listing of library children's activities, visit the Library's web site at [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library) or pick up a copy of the program calendar at any branch. \*No storytimes in December at Children's Library.

Starting January 2015

#### Toddler Storytimes 18 months to 3 years

<b>W</b>	10am	Children's Library
<b>F</b>	10am	Mitchell Park Library

#### Preschool Storytimes 3 to 5 years

<b>Tu</b>	10am	Children's Library
<b>F</b>	11am	Mitchell Park Library

#### Family Storytimes All Ages

<b>Tu</b>	4pm	College Terrace Library
<b>F</b>	10:30am	Downtown Library
<b>Sa</b>	11am	Mitchell Park Library
<b>New! Sa</b>	11am	Children's Library

#### NEW! Baby Storytimes 6 to 18 months

<b>Tu</b>	11am	Mitchell Park
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## NEW! Family Bedtime Stories

All Ages

W	7pm	Mitchell Park
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## NEW! Mandarin Bilingual

### Storytime

All Ages

M	4pm	Mitchell Park
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## NEW! Spanish Bilingual

### Storytime

All Ages

W	11am	Mitchell Park
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## Paws to Read

Practice reading skills by reading to a therapy dog who will hang on every word! Monthly, Children's Library, 2:30 pm, first come, first served. Program held on the 3rd Saturday of each month.

## Crafty Corner

We provide the supplies, you bring your creativity! This craft program is held at Children's Library on Saturday afternoons 2:30 pm to 4:00 pm on the 1st Saturday of each month, except in December.

## Elephant & Piggie Party

Calling all Elephant & Piggie Fans!

Join us for a fun afternoon of celebrating your two favorite book characters with stories, crafts, and refreshments! Two dates to pick from. Children's Library on December 10th from 3:30-5pm, or Mitchell Park Library on December 17th from 3:30-5pm. Registration is required.

## Stuffed Animal Sleepover

Have you ever wondered what happens in the library overnight? Bring your stuffed animal and join us for an evening storytime (you can even wear your PJ's!) Make a special ID tag for your stuffed animal, tuck it in and say goodnight. You can pick up your stuffed animal up at Noon Year Countdown! December 30th at Children's Library from 5-6pm or Mitchell Park Library from 6:30-7:30pm. Registration is required.

## Noon Year Countdown

Join us for our 3rd Annual Noon Year Countdown celebration! Stories, crafts, and a balloon drop at noon! Come to either Mitchell Park or Children's Library on New Year's Eve, Wednesday, December 31st from 11:30am-1pm

## Society of Bookworms Meeting

Book lovers will meet at the Children's Library on Wednesday, January 14th and February 18th from 3:30-4:30pm. January's book is The Phantom Tollbooth by Norton Juster, and February's will be Matilda by Roald Dahl. Registration is required.

## Crafter-Toon Special!

Do you want to build a snowman? This musical cartoon features princesses, snow, and a funny little reindeer. Enjoy fun activities and cartoons at the Children's library! Wednesday, February 25th from 3:30-5pm.

## PROGRAMS FOR TEENS

### Book to Film Club for Teens

Teens can join us as we watch the movie adaptation of our favorite books. A discussion of the book and movie will follow. Movie may be rated PG-13 for sequences of violence and language. Check our online calendar for the upcoming book selections. Every 2nd Saturday of the month from 4:00 pm-6:00 pm at Rinconada Library starting February. Registration is required.

### Finals Cram Slam at the Library

Stressed on finals week? Mitchell Park Library has you covered. You can study in the teen room or just drop in for snacks and emotional support. There will be a calming therapy dog you can pet to help you decompress before the chaos begins! Open to high school students who are studying for finals. Drop-in between 5-8pm on Tuesday, December 16th at the Mitchell Park Library.

### Teen New Year's Party

Celebrate 2015 with music, snacks, and hands on tech-crafts! Join us Saturday, January 3rd from 3:30-5pm at the Mitchell Park Library. Registration is required.

### makeX

Ever had a dream for a product, craft, or machine, and wondered how you might bring it to life? makeX supplies you with the tools and equipment to build, design, tinker, and play with any idea. For locations, more details and to reserve equipment, visit [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library) or <https://liquidspace.com/Venues/makex>.

## PROGRAMS FOR FAMILIES

### Family Date Night!

Celebrate the Beatles with your family! Listen to great music, learn some history, and make fun Beatle-mania crafts! Light refreshments will be served. February 6th from 6-7:30pm at Children's Library. Registration required.

### Annual Storytelling Festival

A Children's Library tradition for over 30 years! Drop in for refreshments by the fireplace and enjoy the art of Storytelling from 1:30-4:30pm, Sunday January 25th.



Library



# ADULT PROGRAMS AND SERVICES

## PROGRAMS FOR ADULTS

For a complete, up-to-date listing of Adult programs, visit the Library's website at [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library) or pick up a copy of the program calendar at any branch.

### Parenting Programs

Parenting programs are at 7:00pm, the 1st Thursday of the month. Location TBD. Registration is required.

Dec 4 - "Discipline 104: Consequences that Fit!"

Jan 8 - "Anger Management for Parents: How to Keep Your Cool"

Feb 5 - "Resolving Kid-Teen Conflict: Intervene or Leave Alone?"

### Saturday Afternoon Board Games

Drop in for an afternoon of modern board gaming @ the Downtown Library! Attendees can bring their own games to play or jump-in with others. Join us on Saturdays, December, 13, January 3 and February 7 from 12 pm-6 pm. For teens and adults!

### Medicare Mystery Solved!

Are you or a loved one getting ready to apply for Medicare and need some advice? Register for a monthly workshop presented by Sandra Karol, MS, RDMS, RVT and find out what type of plan will work for you. Join us Saturdays, December 20, January 3 and February 7 @ the Mitchell Park Library from 1 pm-3 pm.

### Brown Bag Club

Join us every second Tuesday of the month at 11 am for a lively book discussion at the Rinconada Library. The BBC reconvenes on Tuesday, February 10.

### Free Income Tax preparation by VITA (Volunteer Income Tax Assistance)

Saturdays, February 7-April 11 – 10am-3pm at Mitchell Park Library

IRS-certified volunteers will provide free basic 2014 income tax return preparation to qualified individuals who earned \$52,000 or less. Please check the library website for additional information and eligibility

Items to bring with you:

- Photo ID
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration
- Individual Taxpayer Identification Number (ITIN) assignment letter for you, your spouse and dependents
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's federal and state returns if available
- Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number)

To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

If you earned \$58,000 or less, you can electronically file for free at [www.myfreetaxes.com/StanfordLawTPB](http://www.myfreetaxes.com/StanfordLawTPB).

## REFERENCE SERVICES

### Email Or Phone Reference Librarians

Email reference questions to [libraryreference@cityofpaloalto.org](mailto:libraryreference@cityofpaloalto.org) and get help from Palo Alto City Library reference librarians within 48 hours, or call during library business hours at 329-2436 (press 2 for reference).





## Online Resources

### Resources Online - Find articles 24/7

Access millions of articles from magazines, newspapers and reference books online. Explore more than thirty authoritative sources purchased on a subscription basis and provided free to cardholders. To use, visit the web site at [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library), click on Resources Online, then the A-Z List of E-book Providers. Please have your library card available. For more information, go to the web site, e-mail or call the reference staff at [libraryreference@cityofpaloalto.org](mailto:libraryreference@cityofpaloalto.org) and 329-2436 (press 2 for reference).

## Digital Collections & Services

### Streaming Video

Now enjoy streaming video free with your Palo Alto Library card! Our two newest digital collections bring you thousands of viewing choices for audiences of all ages. Find these and more digital collections & services at [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library) under "eBooks, eResearch and More."

### IndieFlix

Bring the film festival experience home with independent films, shorts & documentaries from around the world. IndieFlix works on any Internet-enabled device, such as your computer, smartphone or tablet, as well as Roku & Xbox 360.

### Hoopla

Enjoy popular and hard-to-find movies, TV shows, music and audiobooks. Watch in the web browser on your computer, or get the free app and watch on your smartphone or tablet.

## LIBRARY NEWS & SERVICES

### Rinconada Library

The Rinconada Library has opened and returned to 1213 Newell Rd.

### Mitchell Park Library

The Mitchell Park Library has opened at 3700 Middlefield Rd.

### Library Hours and Facility Information

Please check Library website for current schedule of hours and updates on construction projects.

### BookLetters

BookLetters is an exciting collection of more than 20 free on-line newsletters and customized booklists geared to special interests. From the Library web page, adults, kids, and teens can subscribe to previews of upcoming titles, bestseller and award lists, staff recommendations, and information about library news and programs by email or RSS feed. For more information, visit [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library).

## LINK+

LINK+ is a network of public and academic libraries in California and Nevada that allows customers to search the catalogs of more than 40 libraries in a single operation. It's fast, there's no paperwork to fill out, requests can be placed remotely, and it's free! For more information, call 650-329-2436 (press 3 for accounts and circulation services) or visit [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library). Please note that LINK+ service, including pick-ups and returns, is now at Mitchell Park Library.

## Library Home Connection

Phone: 617-3100 x3215

Library Home Connection is a home delivery of library materials for Palo Alto residents with extended illness or physical disability. Volunteers are a vital part of this program. If you love people and books, are willing to meet customers in their home or institutional setting and have a valid driver's license, this may be an ideal volunteer job for you. To become a customer or a volunteer for the Library Home Connection program, contact Anita Delaney at 617-3100 x3215 or [anita.delaney@cityofpaloalto.org](mailto:anita.delaney@cityofpaloalto.org).

## Volunteer at the Library

A team of dedicated community volunteers to support staff is essential to library operations and enables the Library to provide diverse collections and services. Days and hours are flexible to meet individual needs. Applicants must be at least 14 years old. Please visit our website to learn about openings: [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library)

### Find Us on Facebook

[www.facebook.com/paloaltocitylibrary](http://www.facebook.com/paloaltocitylibrary)

### Follow Us on Twitter

@PaloAltoLibrary

### Follow Us on Pinterest

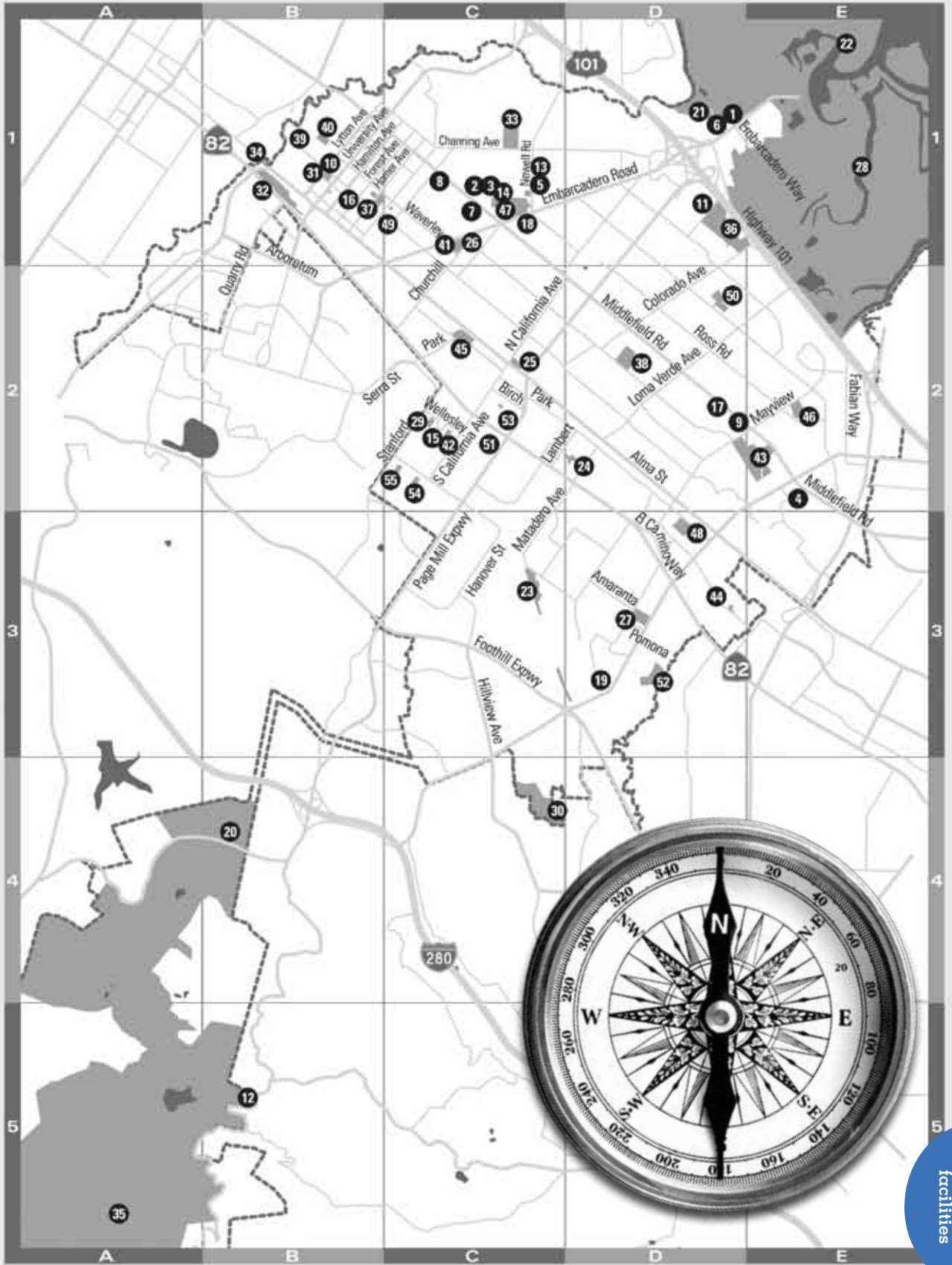
[www.pinterest.com/paloaltolibrary](http://www.pinterest.com/paloaltolibrary)



# FACILITIES

FACILITIES		
1	D-1	Baylands Nature Interpretive Center** 2775 Embarcadero Road 329-2506 Wed 1-4pm; Th 2-5pm Sun 1-5pm
2	C-1	Children's Theatre 1305 Middlefield Road 463-4930 general office 463-4970 box office Tues-Sat 9:30am-6:30pm
3	C-1	Community Theatre 1305 Middlefield Road 463-4944 Supervisor 329-0891 Palo Alto Players tickets 903-6000 TheatreWorks tickets 424-9999 West Bay Opera tickets
4	E-2	Cubberley Community Center 4000 Middlefield Road, T2 329-2418 Mon-Friday 8:30am-5:30pm -Registration accepted M-F 8:30am-5pm
5	C-1	Art Center 1313 Newell Road 329-2366 Tue-Wed 10am-5pm, Thurs 10am-9pm, Fri-Sat 10am- 5pm, Sun 1pm-5pm
6	D-1	Golf Course 1875 Embarcadero Road 856-0881 Pro Shop, Club- house and rentals 856-6133 Restaurant
7	C-1	Junior Museum & Zoo 1451 Middlefield Road 329-2111 Tue through Sat 10am-5pm Sun 1-4pm, Closed Mon
8	C-1	Lucie Stern Community Center 1305 Middlefield Road 463-4900 (picnic reserva- tions, class information) Mon-Fri 8:30am-5:30
9	D-2	Mitchell Park Community Center OPENING SOON!
19	D-2	Winter Lodge 3009 Middlefield Road Palo Alto, CA 94306 493-4566
10	B-1	Palo Alto Senior Center at Avenidas 450 Bryant Street 327-2811 Mon-Fri 9am-5pm
11	D-1	Skateboard Bowl Greer Park, 1089 Amarillo Avenue
12	B-5	Foothills Park Interpretive Center* 3300 Page Mill Road 329-2423 Open daily 8am-Sunset
LIBRARIES		
13	C-1	Main Library Temporary library at Art Center
14	C-1	Children's Library 1276 Harriet Street Mon 12-6pm Tue, Wed 10am-6pm Thurs 12-6 Fri-Sat 10am-5pm Sun 1-5pm
15	C-2	College Terrace Library 2300 Wellesley Street Tue, Wed, Fri, Sat 10am-6pm Closed Mon, Thurs, Sun
16	B-1	Downtown Library 270 Forest Avenue Tue, Wed, 10am-6pm; Th 12-6pm; Sat 10am-6pm Closed Mon, Sun
POOL		
18	C-1	Rinconada Pool 777 Embarcadero Road 463-4914 Hotline 329-2351 Pool Office
Public Transportation: For information on how to reach our facilities via public transportation, please go to the City's website at <a href="http://www.cityofpaloalto.org/transportation">www.cityofpaloalto.org/transportation</a>		
PARKS		
20	B-4	Arastradero Preserve
21	D-1	Baylands Athletic Center
22	E-1	Baylands Preserve
23	C-3	Bol Park
24	D-2	Boulware Park
25	C-2	Bowden Park
26	C-1	Bowling Green Park
27	D-3	Briones Park
28	D-1	Byxbee Hills Park
29	C-2	Cameron Park
30	C-4	Clark Park
31	B-1	Cogswell Plaza
32	B-1	El Camino Park
33	C-1	Eleanor Pardee Park
34	B-1	El Palo Alto Park
35	A-5	Foothills Park*
36	D-1	Greer Park
37	B-1	Heritage Park
38	D-2	Hoover Park
39	B-1	Hopkins Creekside Park
40	B-1	Johnson Park
41	C-1	Kellogg Park
42	C-2	Mayfield Park
43	E-2	Mitchell Park**
44	D-3	Monroe Park
45	C-2	Peers Park
46	E-2	Ramos Park
47	C-1	Rinconada Park**
48	D-3	Robles Park
49	C-1	Scott Park
50	D-2	Seale Park
51	C-2	Stanford-Palo Alto Playing Fields
52	D-3	Terman Park
53	D-2	Wallis Park
54	C-2	Weissnar Park
55	C-2	Werry Park

\*Palo Alto residency required for use  
\*\*Please call for picnic table reservations



facilities

# FACILITY RENTALS

Some Palo Alto facilities feature rooms, dance studios, auditoriums, etc., available for rent. Fees and deposits vary. Room capacity differs for seated and standing groups. The use of alcoholic beverages is limited. Please call the facilities directly for further information or check online at [www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy).

Map #/ Letter	Facility	Max Cap.	Alcohol Allowed	Carpet	Chairs Avail	Dance Floor	Kitchen Avail	Stage Avail	Tables Avail
A	<b>Baylands Nature Center*</b> 329-2506 Lecture Room	100	■		■				■
D	<b>Cubberley Community Center *</b> 329-2418								
	Classrooms (6 total)	45	■	■	■				■
	Lecture Room H1	125	■	■	■				■
	Dance Studio (2 total)	30			■	■			
	Music Room M2	100	■		■				■
	Dressing Room M3	40	■	■	■				■
	Activity Room M4	125	■	■	■				■
	Theatre	318		■	■			■	■
	Gymnasium A	345			■				■
	Gymnasium B	450			■				■
	Pavilion (Double Gym)	1600			■	■			■
	Activity Room H6	100	■		■				■
16	<b>Foothills Park Interpretive Center*</b> 329-2413								
	Palo Alto residency required								
	Classroom	50	■	■	■				■
7	<b>Junior Museum &amp; Zoo</b>								
	Science Lab	45	■		■				■
	Exhibit Hall	137	■	■	■				■
	Zoo	50-75	■						
H	<b>Lucie Stern Community Center*</b> 463-4900								
	Ballroom	300	■		■	■	■		■
	Community Room	125	■	■	■		■		■
	Fireside Room	50	■	■	■		■		■
	Kitchen	10	■				■		
	Patio	250	■		■		■		
I	<b>Mitchell Park Community Center*</b> 329-2487								
	El Palo Alto Ballroom	250/500	■		■	■	■	■	■
	Adobe North Tech Lab	45	■	■	■				■
	Adobe South	45	■	■	■				■
	Matadero Room	45	■		■				■
	Early Childhood Recreation Studio	45	■		■				■
E	<b>Palo Alto Art Center*</b> 329-2366								
	Meeting Room	45	■	■	■			■	■
	Historic Courtyard	125	■					■	
	Sculpture Garden	300	■					■	
	Lobby	50	■		■			■	■
	Kitchen	Available as an add-on with other rented space; for food preparation only.							
	Auditorium	Please note that the Auditorium stage and Green Room are unavailable due to renovations for the Temporary Main Library. Call for further information.							
	Green Room								
7	<b>Lawn Bowling Green*</b> 323-2575	60	■	■	■		■		■

\* Please call for reservation

## Palo Alto Parks & Preserves

Many of Palo Alto's 36 parks feature barbeque grills, sports fields, playground equipment, and other amenities. Numbers listed before each park correspond to the map on page XX. Please note that Foothills Park is open to Palo Alto residents and their guests only; proof of residency is required. For information about Foothills Park please call 329-2423. To learn more about Baylands Nature Preserve please call 329-2506.

## Athletic Field Reservations

Athletic fields may be reserved for exclusive use. For information on field availability and an application, please call 329-2697 or 329-2639.

## Picnic Table Reservations

### Mitchell and Rinconada Parks

Group sites can be reserved up to 6 months in advance for residents and Palo Alto-based organizations (proof of residency required.) Individual sites can be reserved May thru October—Palo Alto residents can reserve these tables Mon thru Thur by 3pm prior to the weekend of use. Non-residents can reserve these tables Wed thru Thurs before 3pm prior to the weekend of use. Reservations can be made at the Lucie Stern Community Center or by faxing in the completed forms. Visit [www.cityofpaloalto.org](http://www.cityofpaloalto.org) or call 650-463-4900 for more information and availability.

Map #	Park	Location	BBQ Grills	Picnic Tables	Drinking Fountains	Wheelchair Access	Play Equipment	Tennis Courts	Basketball Court(s)	Swimming Pool/Water Play Structure	Baseball/Softball	Restrooms Available	Soccer Fields	Skate Park
20	Arastradero Preserve	Arastradero Road			■							■		
21	Baylands Athletic Center	1900 Geng Road		■	■						■	■		
22	Baylands Preserve	East end of Embarcadero Road	■	■	■	■						■		
23	Bol Park	Laguna between Barron & Matadero		■	■		■							
24	Boulware Park	390 Fernando Road	■	■	■	■	■		■					
25	Bowden Park	Alma Street & California Street		■	■	■	■							
26	Bowling Green Park	474 Embarcadero Road			■									
27	Briones Park	Arastradero Road at Clemo		■	■	■	■		■					
28	Byxbee Park	East end of Embarcadero at landfill			■							■		
29	Cameron Park	2110 Wellesley Street		■	■	■	■							
30	Clark Park	Old Trace Road												
31	Cogswell Park	Lytton Avenue at Bryant			■									
32	El Camino Park	100 El Camino Real			■						■	■	■	
33	Eleanor Pardee Park	851 Center Drive	■	■	■	■	■							
34	El Palo Alto Park	El Camino Real at Alma												
35	Foothills Park*	3300 Page Mill Road	■	■	■	■						■		
36	Greer Park	1098 Amarillo Avenue	■	■	■	■	■		■		■	■	■	■
37	Heritage Park	300 Homer		■	■	■	■							
38	Hoover Park	2901 Cowper Street	■	■	■	■	■	■	■		■	■		
39	Hopkins Creekside Park	Palo Alto Ave, El Camino to Marlowe		■										
40	Johnson Park	Everett Street at Waverley		■	■		■		■					
41	Kellogg Park	Waverley at Embarcadero Road												
42	Mayfield Park	2300 Wellesley Street		■										
43	Mitchell Park**	600 East Meadow Drive	■	■	■	■	■	■	■	■		■		
44	Monroe Park	Monroe at Miller Avenue					■							
45	Peers Park	1899 Park Boulevard		■	■	■	■	■	■			■		
46	Ramos Park	800 East Meadow Drive	■	■	■	■	■		■					
47	Rinconada Park**	777 Embarcadero Road	■	■	■	■	■	■	■	■		■		
48	Robles Park	4116 Park Boulevard	■	■	■	■	■		■		■			
49	Scott Park	Scott Street at Channing		■	■		■		■					
50	Seale Park	3100 Stockton Street	■	■	■	■	■		■			■		
51	Stanford - Palo Alto Playing Fields	El Camino at Page Mill		■	■	■						■	■	
52	Terman Park	655 Arastradero Road			■	■		■	■		■		■	
53	Wallis Park	Grant Avenue at Ash Avenue												
54	Weisshaar Park	2300 Dartmouth Street		■	■	■		■						
55	Werry Park	2100 Dartmouth Street		■	■	■	■							

\*\*Please call for reservations \* Palo Alto Residency required for use





# OFFICE OF HUMAN SERVICES

## HUMAN SERVICES

### Our Mission:

*"To promote and sustain a safety net of services to improve the quality of life in the community."*

If you are looking for assistance and/or services in the Palo Alto area, please call the Office of Human Services Division at 463-4906 for a list of resources or drop by our office at Cubberley Community Center located at 4000 Middlefield Rd. Palo Alto

### Health Services

Access high quality and affordable family-based health care. Contact MayView Community Health Center at 327-8717.

### Child Care and Family Services

Human Services provides listings and maps of licensed and accredited child care centers and family child care homes in Palo Alto. The City of Palo Alto provides money from the general fund to subsidize child care for low-income families. The City of Palo Alto also provides very low-cost space for the provision of extended day care on all the elementary school sites.

For more information call 463-4906.

## SENIOR PROGRAMS

### Senior Congregate Lunch Sites

Hosted by La Comida de California. A hot, three-course meal served in the company of others ages 60 and over. Asking contribution of \$3 for ages 60 and over and their spouse (\$5 for any guest age 59 and under).

#### 3 sites in Palo Alto are:

#### Avenidas

450 Bryant St.

Phone: 322-3742

Monday-Friday 11:30am – 12:15pm.

No reservation is necessary.

#### Stevenson House

455 E. Charleston Road

Phone: 494-1944 ext. 10

Monday – Friday 11:30am – 12:15pm.

Reservations are required by 10am.

The Palo Alto Shuttle stops in front of Stevenson House for easy drop-off and return.

#### Cubberley Community Center

Senior Friendship Day

4000 Middlefield Rd. – Room M4

Phone: 248-9127

Wednesdays, 11:45am – 12:15pm; reservations must be made in person before 10:30am.

## FOOD & NUTRITION

### Family Harvest Food Program

Eligible low-income participants can access free food the second Wednesday of every month from 5 to 7PM at the Opportunity Center, 33 Encina Avenue, Palo Alto. Prior registration is recommended, but not required. For more information, please call 853-8672 ext. 204.

### Senior Brown Bag Program

Are you a senior in need of free weekly groceries? If you are low-income and 60+ years of age or 55+ and disabled, you may be eligible. Pick up groceries every Tuesday at Ventura School, 3930 Ventura Court, Palo Alto, between the hours of 1pm and 2pm. Prior registration is required beginning at 10am. Photo ID and proof of monthly income required for registration. For more information call 610-0800 ext. 416.

## FAMILY RESOURCES

Family Resources is your link to the community. Family Resources helps families find services and make connections. If you don't know where to start or where to go next, come by, call or search the website [www.cityofpaloalto.org/familyresources](http://www.cityofpaloalto.org/familyresources) to get the exact information you need. Resource specialists are available to help match your needs and interests with information about appropriate resources, including guidance about how to use the information.

#### Online, by phone or in person:

Family Resources

[www.cityofpaloalto.org/familyresources](http://www.cityofpaloalto.org/familyresources)

e-mail: [familyresources@cityofpaloalto.org](mailto:familyresources@cityofpaloalto.org)

phone: 463-4906

### Palo Alto Mediation Program

[www.paloaltomediation.org](http://www.paloaltomediation.org)

Tel: (650) 856-4062, Fax: (408) 720-0810

E-Mail: [Pamediation@aol.com](mailto:Pamediation@aol.com)

Questions Answered, Conflicts Resolved, FREE SERVICES OFFERED

Information and Referrals for Landlords, Tenants, and Homeowners (deposits, repairs, evictions, noise, privacy, fences, trees and hedges, animals). Mediation and Conciliation of Disputes between landlords, tenants, neighbors, contractors, clients, businesses, consumers, employers, employees, co-workers, and others.

**Why Mediation?** Mediation is convenient, confidential, informal and effective. Mediation enables the parties to resolve disputes themselves, and offers an alternative to going to court or doing nothing.

**Note:** For information about the Mandatory Response Program, a special conciliation and mediation service for tenants and landlords, please visit the City of Palo Alto website: [www.cityofpaloalto.org/gov/depts/csd/hs/mediation.asp](http://www.cityofpaloalto.org/gov/depts/csd/hs/mediation.asp) The Palo Alto Mediation Program is administered by Project Sentinel in partnership with the City of Palo Alto.

# Friends of the Palo Alto Junior Museum & Zoo



## Join Club JMZ!

Club JMZ members enjoy special members-only hours, with intimate access to exhibits and animals. Benefits include:

- Members-only hours, 1st and 3rd Sunday of each month
- Invitations to exclusive Club JMZ events
- T-shirts for the family featuring your favorite zoo animals

### Membership Levels

\$100 Scholar: Everything mentioned above!

\$250 Educator: Everything above, plus:

- Two guest passes for member events
- An invitation to educational enrichment opportunities

\$500 Patron: Everything above, plus:

- Four guest passes for events
- A private tour with the Zoo Director or Exhibits Director
- A family photo session at the JMZ

\$1,000+ Leader: Everything above, plus

- Your name listed on our website, lobby kiosk and annual report
- A special session with museum staff to learn first-hand how to stimulate interest in science and the environment



Friends of the  
Palo Alto Junior  
Museum & Zoo

Join in person or online at  
[www.friendsjmz.org](http://www.friendsjmz.org), or call for  
more information, 650-326-6338

1451 Middlefield Road, Palo Alto, CA 94301  
[www.friendsjmz.org](http://www.friendsjmz.org)

# ENJOY!

## CITY OF PALO ALTO

Lucie Stern Community Center  
1305 Middlefield Rd.  
Palo Alto, CA 94301

# enjoy!online

The quickest and most convenient way to register for classes. Over 54% of all registrations are now being completed using enjoy! online. Have you tried **enjoy!** online yet? If not, take a look at the benefits and features below.



[www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy)

## The many benefits of using **enjoy! online**

- You can register for classes and activities from the comfort of your own home or office.
- No more waiting in line.
- You don't have to fill out a registration form.
- It's a user-friendly system.
- You get immediate confirmation of enrollment.

## DID YOU KNOW THAT...

- You can check the availability of a class or activity online even if you don't have a User ID.
- No need to call or drop by a registration site.
- You can waitlist for a class online at no charge. Registration staff will call you if a spot becomes available.

## ADD A FAMILY MEMBER TO MY ACCOUNT?

No problem...Just call any of our registration sites or e-mail us at [enjoyonline@cityofpaloalto.org](mailto:enjoyonline@cityofpaloalto.org) and we will be happy to fulfill your request.

## HOW CAN I...

### Get a User ID and Password?

It's easy, here's how...  
Send us an e-mail at [enjoyonline@cityofpaloalto.org](mailto:enjoyonline@cityofpaloalto.org)  
Include:

- Names of immediate family members and birth dates of children
- E-mail address
- Phone number and home address
- Emergency contact

\*Residents must provide proof of residency before your account will be activated (this is so you get the benefit of early registration and the discounted price for classes.)

### Transfer or cancel a class?

No need to leave your home or office...  
You have two simple options:

1. Download the appropriate form from the Enjoy Online site and mail or fax it in to any registration site.
2. E-mail us your request at [enjoyonline@cityofpaloalto.org](mailto:enjoyonline@cityofpaloalto.org). Please include the registrant(s) name, course number, course to be cancelled/transferred to, and the reason for cancellation (as applicable).

### What if I forget or misplace my User ID and Password?

We're available to help...  
Use the "Forget My Password" on the Enjoy Online website. As long as you have given us your e-mail in the past your User ID and Password will be e-mailed to you. You can also drop us an e-mail at: [enjoyonline@cityofpaloalto.org](mailto:enjoyonline@cityofpaloalto.org) or give us a call at any of our registration sites.