

South San Francisco Parks and Recreation Department ACTIVITY GUIDE FALL 2026



Resident registration begins on
Monday, August 10 at 6:00am online!

Register online at www.ssfcg.gov/rec-catalog.

CONCERT IN THE PARK

SATURDAY, SEPTEMBER 12, 2026 | 11:30 AM – 5:00 PM
ORANGE MEMORIAL PARK PICNIC MEADOW
WWW.SSFCA.GOV/CONCERT

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Fall 2026

Dear Friends, Neighbors, and Community Members,

A **S FALL NEARS IN SOUTH SAN FRANCISCO,** our parks and recreation facilities continue to serve as places where neighbors connect, children discover new passions, families make memories, and friendships are formed. Every season reminds us that the true strength of our community isn't just found in our parks or programs—it's found in the people who dedicate themselves to South San Francisco. I'd like to take a moment to honor one of those extraordinary people.

Earlier this year, we said goodbye to Parks and Recreation Commissioner Betty Battaglia, whose passing leaves a tremendous void in our department and throughout our community. Betty dedicated decades of service to South San Francisco as an educator, volunteer, Library Board Trustee, Parks and Recreation Commissioner, and tireless advocate for our residents. She believed wholeheartedly that parks, recreation, and libraries enrich lives and help build stronger communities.

Since joining the Parks and Recreation Commission in 2013, Betty helped shape many of the projects that define the Department today, including the Library | Parks and Recreation Center and the new Aquatic Center. She encouraged us to see every project through the eyes of those who would use it, especially our older adults. Whether advocating for accessible parking, comfortable gathering spaces, or an accessible zero-depth entry at the aquatic center, Betty reminded us that thoughtful design can make everyone feel welcome. The hundreds of

thousands of visitors who enjoy our facilities each year continue to benefit from her wisdom and compassion.

She was a familiar face at Movie Nights in the Park, Halloween Extravaganzas, concerts, and countless community events, always ready to lend a hand, greet residents with a warm smile, or support our staff however she could. She believed that public

service was about showing up, listening, and caring for others, and she did so with remarkable kindness and humility.

As we look ahead, we remain committed to carrying forward the values Betty exemplified. This fall, we'll continue making progress on the City's Parks and

Recreation Master Plan, investing in neighborhood parks, and offering the programs and events that bring our community together. Every improvement we make and every family we serve is a reflection of the legacy left by leaders like Betty.

Inside this guide, you'll find opportunities for every age and interest – from youth sports and preschool-aged programs to fitness classes, senior activities, cultural events, and seasonal celebrations. We hope you'll join us this fall, explore something new, and continue building the community that Betty loved so deeply.

We look forward to seeing you in our parks, facilities, and programs throughout the season.

Greg Mediati

DIRECTOR,

SOUTH SAN FRANCISCO PARKS AND RECREATION DEPARTMENT



City Council

Mark Addiego, Mayor
Mark Nagales, Vice Mayor
James Coleman, Councilmember
Eddie Flores, Councilmember
Buenaflor Nicolas, Councilmember

City Manager

Laura Snideman, City Manager
Rich Lee, Assistant City Manager

Parks & Recreation Commission

Kristy Camacho, Robert Uy,
Ruth DeNardi, Bill Lock,
Melanie Olsen, Jamie Rey

Meets the third Tuesday of each month at 7:00pm. The public is invited to attend. Visit www.ssfca.gov for meeting details.

Cultural Arts Commission

Peter Foley, Zubin Maharaj,
Hazelle Fernandez, Alexia Huerta,
Frances Luster, Bryan Palomino,
Lydia Pomposo, Vivian Ramos,
Oscar Sanchez

Meets the fourth Tuesday of each month at 6:30pm. The public is invited to attend. Visit www.ssfca.gov for meeting details.

Management Staff

Greg Mediati, Director of Parks and Recreation
Angela Duldulao, Deputy Director of Parks and Recreation
Laura Armanino, Recreation Program Manager
Prax Duarte, Facility Manager
Erin O'Brien, Business Manager
Joshua Richardson, Parks Manager
Han-Ching Wong, Community Resource Analyst
Kari Jung, Management Analyst

Parks and Recreation Supervisors

Nancy Cardenas, Facility Maintenance
Brandon Cutajar, Parks
Gabriela Garcia, Facility Maintenance
Diana Gonzalez, Preschool Early Learning Program
Kasey Jo Kelly, Seniors
Zachary Kust, Parks
Kimberly Morrison, Youth Enrichment Services (YES)
Mike Mulkerrins, Facilities & Sports
Brian Noce, Aquatics
Veronica Ortiz, Classes
Francisco Rodriguez, Childcare Assistant Supervisor

Coordinators

Thomas Boitano, Sports
Brittany Burgo, YES
Aleni Capaz, Preschool Early Learning Program

Emely Duran, YES
Gabiella Firpo, Classes
Cynthia Lin, Aquatics
Lexi Macario, YES
Ashly Michelson, Preschool Early Learning Program
Austin Navarro, Facilities
Cristina Rodriguez, YES
Marianna Roman, Adult Day Care
Alexis Rogers, YES
Ercie Santos, Cultural Arts
Justice Steinberg, YES
Megan Watson, YES
Lisa Wilson, Seniors

Administrative Support

Cristina Simmons
Keren Solano
Jeanette Yoshida

Administrative Office

Library | Parks and Recreation Center
901 Civic Campus Way, 3rd Floor
(650) 829-3800

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
(650) 829-4680

Alice Peña Bulos Community Center

2380 Galway Drive
(650) 875-6981

Joseph A. Fernekes Recreation Building

Orange Memorial Park
781 Tennis Drive
(650) 875-6900

Orange Pool

1 West Orange Avenue (Corner of Orange Avenue and Tennis Drive)
(650) 875-6973

Gene Mullin Community Learning Center

520 Tamarack Lane
(650) 877-8540

Senior Center

Roberta Cerri Teglia Center

601 Grand Avenue
(650) 829-3820

Adult Day Care
(650) 829-3824

Preschools

Siebecker (LIC #410509769)

510 Elm Court
(650) 875-6979

Westborough (LIC #410517397)

2380 Galway Drive
(650) 875-6980 and
(650) 875-6998

Little Steps (LIC #414004145)

520 Tamarack Lane
(650) 877-8545

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Programs September–December 2026

Brochure Printed July 2026

After School Recreation Programs

Monte Verde Elementary School
(LIC #410518963)
2551 St. Cloud Drive, San Bruno
(650) 742-0613

Ponderosa Elementary School
(LIC #410519011)
295 Ponderosa Road
(650) 873-1096

Spruce Elementary School
(LIC #410519010)
501 Spruce Avenue
(650) 873-0924

Buri Buri Elementary School
(LIC #414002856)
325 Del Monte Avenue
(650) 827-8448

REAL Program – Los Cerritos
Elementary School
201 W. Orange Avenue
(650) 875-6906

REAL Program – Martin
Elementary School
35 School Street
(650) 875-6905

Parks and Facilities Administration

Corporation Yard
550 North Canal Street
(650) 829-3837

South San Francisco Friends of Parks and Recreation

Marie Patea, John Sanna,
Judy Bush, Eddie Flores,
Sean Garrone, Jeannette Holt,
Sharon Ranals

We're on social media!

Follow us for the latest news and announcements:



Subscribe to our monthly newsletter at <https://bit.ly/SSFParkRec>

WE'RE HIRING!

South San Francisco Parks and Recreation Department is looking for dedicated and talented individuals to join our awesome team!



The Parks and Recreation Department is a great place to enhance your communication and leadership skills, foster relationships with community members, and learn from mentors.

- Adult Day Care Leaders
- Aquatic Instructors
- Ballet Instructor
- Building Attendants
- Building Maintenance Custodian – Part Time
- Class Instructors (Arts & Special Interest, Tennis, Preschool Age, and Music)
- Lifeguards
- Preschool Teachers
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders



Check out our job postings at <https://www.calopps.org/city-of-south-san-francisco> for more information.





Concert in the Park

2026

Save the Date!

Saturday
SEPT. 12
11:30AM-5:00 PM



Live
Music



Community
Performers



Headlining
Artist



Food
Trucks



Free Activities
For Kids



40+ Local
Vendors



Orange Memorial Park
South San Francisco

**SCAN HERE
FOR MORE
INFO!**

South San Francisco Parks and Recreation Department

www.ssfcg.gov/Concert | (650) 829-3800 | web-rec@ssfcg.gov

PRESCHOOL AGE CLASSES

Art Adventures in Nature!

Age: 3Y – 5Y

Instructor: Bella Leggero

Location: L | PR – Children's Classroom #236

In this fun-filled class your little artist will use their creativity to turn recyclable items into pieces of art! Children will learn about the beautiful plants and animals we have in our world, incorporating that into their creations. Ms. Bella has been instructing creative classes since 2021 and emphasizes self-expression, confidence-building, and artistic exploration. Children must be potty trained by start date. **There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.**

No class: 11/11

Classes: 13 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
FA1-203	Tue	Sep 15-Dec 08	2:45PM-3:45PM
FA1-204	Wed	Sep 09-Dec 09	2:45PM-3:45PM



Family Gym Time!: A Class for Parents, Grandparents, Caregivers and Their Little Ones

Age: 2Y – 5Y

Instructor: Vanessa Nerri

Location: Terrabay – Gym

Join us for this P.E.-style movement class. Run, jump, play and be loud with your kids or the kids in your life. We encourage all of it! Move with your little one to the beat of kid-friendly tunes. Bring a mat and water for you and each of your kids. **Up to two registered children allowed per adult.** No class: 10/10, 10/31, 11/28

Classes: 10 Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
FA2-300	Sat	Sep 19-Dec 12	10:00AM-10:50AM

Hindi Kinder Class

Age: 4Y – 6Y

Instructor: Monita Sharma

Location: L | PR – Children's Classroom #236

Beginner level to learn greetings, Hindi alphabets, numbers, and simple words through creative learning activities.

Students will be engaged through interactive fun activities:

1. Achieving minimum communication proficiency in Hindi
 2. Developing listening skills to interpret simple instructions and stories
 3. Reciting rhymes to enjoy speech rhythms, train memory, and practice pronunciation.
- Monita is a resident of South San Francisco. As Hindi is her passion, she previously volunteered to teach Hindi Language and Culture to students. She further advanced studying Hindi at a university.

No class: 10/11, 11/8, 11/29

Classes: 11 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
FA3-333	Sun	Sep 13-Dec 13	9:00AM-10:00AM

Kinder Class

Age: 3Y – 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center – Small Room

Young children will participate in a variety of fun and engaging activities that will help prepare them for kindergarten. Activities will include skill building in number and letter recognition, arts and crafts and circle time. Children must be 3 years old, and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. Children can only be enrolled for one class session. Joanne has been teaching Early Childhood Education for over 20 years. Not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 10/12, 11/2, 11/11

Classes: 24 Fee: \$221.00(R)/\$237.50(N)

COURSE #	DAY	DATE	TIME
FA2-100	M/W	Sep 09-Dec 09	9:00AM-10:30AM
FA2-101	M/W	Sep 09-Dec 09	11:00AM-12:30PM

Kinder Tots

Age: 3Y – 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center – Small Room
This is a great class for first time preschoolers! Children will participate in fun and engaging activities including letters, numbers, colors, and shape recognition, as well as arts & crafts and games & movement. Not a parent participation class to encourage independence. Children must be 3 years old, and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. This is not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.
No class: 11/3, 11/26

Classes: 26 Fee: \$239.00(R)/\$255.50(N)

COURSE #	DAY	DATE	TIME
FA2-102	Tu/Th	Sep 08-Dec 10	9:00AM-10:30AM
FA2-103	Tu/Th	Sep 08-Dec 10	11:00AM-12:30PM

Pre-Kinder Learners

Age: 4Y – 5Y

Instructor: Noreen Cronin-Flynn

Location: L | PR – Children's Classroom #236

Requirement: Student must be age 4 by September 1, 2026, to enroll in this course. This is a teacher led & free play program that prepares students for kindergarten in the Fall of 2027. Activities will support skill building such as writing, scissor work, crafting, alphabet/number/shape recognition and mindfulness activities. Hygiene and self-care are promoted. Students are to bring a healthy snack daily. This is a peanut/tree nut free zone. There is a supply fee of \$20.00 due to the instructor on the first day of class. Please note each session stands alone, there is no guarantee or priority given to those who have registered prior.

Classes: 12 Fee: \$221.00(R)/\$237.50(N) No class: 10/12, 11/11

COURSE #	DAY	DATE	TIME
FA2-104	M/W	Sep 09-Oct 21	9:00AM-12:00PM
FA2-105	M/W	Oct 26-Dec 09	9:00AM-12:00PM

Classes: 14 Fee: \$258.00(R)/\$274.50(N)

COURSE #	DAY	DATE	TIME
FA2-106	Tu/Th	Sep 08-Oct 22	9:00AM-12:00PM

Classes: 13 Fee: \$239.00(R)/\$255.50(N) No class: 11/26

COURSE #	DAY	DATE	TIME
FA2-107	Tu/Th	Oct 27-Dec 10	9:00AM-12:00PM

PRESCHOOL AGE CLASSES



Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y – 8Y

Instructor: Angel Beltran & Juan Carlos Barajas

Location: L | PR – Banquet Hall #130

An introduction to the discipline of karate in a fun and positive environment. Focus on hand and eye coordination, body awareness, following instructions and social interaction. This training, with enough practice, can build confidence and concentration. Karate Gi (uniform) is not required. Parents are welcome to stay and watch class. Beltran studied under Sensei Sue Miller for more than 20 years and has been an elementary school teacher for 6 years.

No class: 11/7, 12/5

Classes: 12 Fee: \$59.00(R)/\$75.50(N)

COURSE #	DAY	DATE	TIME
FA2-301	Sat	Sep 12-Dec 12	9:00AM-9:45AM
Level I Beginners: Session A			
FA2-302	Sat	Sep 12-Dec 12	10:00AM-10:45AM
Level I Beginners: Session B			

Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y – 8Y

Instructor: Angel Beltran & Juan Carlos Barajas

Location: L | PR – Banquet Hall #130

This activity is for Karate students with Advanced White Belts and Colored Belts. Pace of class is much faster than Level I.

A required 3 sessions of Pre-Shinkyu Level 1 experience required to enroll and instructor approval.

No class: 11/7, 12/5

Classes: 12 Fee: \$79.00(R)/\$95.50(N)

COURSE #	DAY	DATE	TIME
FA2-303	Sat	Sep 12-Dec 12	11:00AM-12:00PM
Level II: White Belt & Color Belts			

Classes: 12 Fee: \$119.00(R)/\$135.50(N)

COURSE #	DAY	DATE	TIME
FA3-304	Sat	Sep 12-Dec 12	11:00AM-12:30PM
Level II: Color Belts Yellow & Up			

YOUTH CLASSES

YOUTH CLASSES

Hindi Language & Culture: Foundations for Youth

Age: 7Y - 12Y

Instructor: Monita Sharma

Location: L | PR - Children's Classroom #236

Introduce your child to the beauty of Hindi and the richness of Indian culture in this fun, beginner-friendly class designed specifically for youth. Students learn the basics of spoken Hindi, simple reading and writing, everyday vocabulary, greetings, and practical conversational skills through games, activities, and guided practice. Cultural elements like festivals, stories, values, regional traditions, and the arts are woven throughout to help children experience Hindi as part of a vibrant cultural heritage. No prior experience is needed. This class is ideal for youth exploring their roots, heritage learners, and beginners who want to build a strong foundation in both Hindi language and Indian culture in a warm, community-centered environment, and beginners who want to build a strong foundation in both Hindi language and Indian culture in a warm, community centered environment. No class: 10/11, 11/8, 11/29

Classes: 11 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
FA3-229	Sun	Sep 13-Dec 13	10:00AM-11:00AM

Kenpo-Eskrima for Children

Age: 6Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center - Multi-Use Room

Created by Grandmaster Romeo Agloro, Kenpo-Eskrima is a mixed martial art from the Chinese and Filipino fighting styles using combat-proven techniques. This complete personal defense system uses empty hands, cane, knife or any available item as an improvised weapon in a simple, effective system applicable in today's situations. The children's class emphasizes meditation, cardio, strengthening warm-ups, and instruction on forms and techniques. Class uniform and training supplies are required and may be purchased from the instructor on the first day of class. No class: 10/12, 11/2, 11/11, 11/25

Classes: 23 Fee: \$61.00(R)/\$77.50(N)

COURSE #	DAY	DATE	TIME
FA2-306	M/W	Sep 09-Dec 09	5:00PM-5:45PM

Beginners (Age 6Y - 12Y)

Classes: 23 Fee: \$82.00(R)/\$98.50(N)

COURSE #	DAY	DATE	TIME
FA2-307	M/W	Sep 09-Dec 09	5:45PM-6:45PM

Intermediates (Age 6Y - 15Y)

Classes: 23 Fee: \$117.00(R)/\$133.50(N)

COURSE #	DAY	DATE	TIME
FA1-217	M/W	Sep 09-Dec 09	6:45PM-7:45PM

Teens & Adults (Age 10Y and up)



Let's Paint!

Age: (see below)

Instructor: Bella Leggero

Location: L | PR - Children's Classroom #236

In this painting class, artists will use their creativity to paint masterpieces inspired by our daily themes! Artists will learn the basics of how to paint and explore different styles of art. While painting on theme is encouraged, it is not mandatory. Ms. Bella has been instructing creative classes since 2021 and emphasizes self-expression, confidence-building, and artistic exploration. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply. No class: 11/11

Classes: 13 Fee: \$119.00(R)/\$135.50(N)

COURSE #	DAY	DATE	TIME
FA3-303	Tue	Sep 15-Dec 08	5:30PM-6:30PM
Age 5Y - 9Y			
FA3-304	Wed	Sep 09-Dec 09	5:30PM-6:30PM
Age 9Y - 13Y			

Page to Stage: A Creative Writing Experience - NEW!

Age: 10Y - 14Y

Instructor: Ameen Safi

Location: L | PR - Exercise Studio #235

In this creative writing class, students explore poetry, short stories, playwriting, and other forms while developing their unique voice. Using prompts and activities, they learn to turn ideas into expressive work. Participants read their pieces aloud to understand tone, emotion, and audience impact. The class builds confidence, creativity, and storytelling skills in a supportive environment.

Classes: 7 Fee: \$49.00(R)/\$65.50(N)

COURSE #	DAY	DATE	TIME
FA2-210	Wed	Sep 09-Oct 21	5:15PM-6:30PM

Classes: 6 Fee: \$42.00(R)/\$58.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA2-211	Wed	Oct 28-Dec 09	5:15PM-6:30PM

Seasonal Crafts!

Age: 5Y – 9Y

Instructor: Bella Leggero

Location: L | PR – Children's Classroom #236

In this seasonal class, your artist will use age-appropriate art materials to create their own masterpieces! Children will focus their artistic skills on making fun, festive projects inspired by the current season, holidays, and national celebrations. Ms. Bella has been instructing creative classes since 2021 and emphasizes self-expression, confidence-building, and artistic exploration. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 11/11

Classes: 13 Fee: \$119.00(R)/\$135.50(N)

COURSE #	DAY	DATE	TIME
FA3-203	Tue	Sep 15-Dec 08	4:00PM-5:00PM
FA3-204	Wed	Sep 09-Dec 09	4:00PM-5:00PM

Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

Instructor: Amanda Lee & Austin Lee

Location: Joseph A. Fernekes Recreation Building

While self-defense is a key focus of karate, students also develop self-confidence, concentration, perseverance, good sportsmanship, respect, and overall fitness. Students will learn basic exercises, blocks, kicks, and commands in Japanese. Parents may attend the first and last classes only. Advancement to Level II is determined by the instructor and typically takes 3–4 sessions. Instruction is led by Austin Lee and Amanda Lee, who have studied Shotokan Karate since 2002 and hold 1st Dan black belts.

No class: 10/12, 11/11

Classes: 23 Fee: \$82.00(R)/\$98.50(N)

COURSE #	DAY	DATE	TIME
FA3-308	M/W	Sep 16-Dec 09	5:00PM-6:00PM

Level I Beginners, Yellow & Blue 1

Classes: 23 Fee: \$82.00(R)/\$98.50(N)

COURSE #	DAY	DATE	TIME
FA3-309	M/W	Sep 16-Dec 09	6:00PM-7:00PM

Lev II Blue 2 & Green 1

Classes: 23 Fee: \$123.00(R)/\$139.50(N)

COURSE #	DAY	DATE	TIME
FA3-310	M/W	Sep 16-Dec 09	6:00PM-7:30PM

Lev II Green 2, Purple, Brown & Up

Storytellers on Stage

Age: 8Y – 12Y

Instructor: Ameen Safi

Location: L | PR – Exercise Studio #235

This interactive class introduces young performers to acting through improv games, character work, and short scenes. Students build confidence, teamwork, and stage storytelling skills. Ideal for beginners, it encourages playfulness, public speaking, and imagination.

Classes: 7 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
FA2-200	Wed	Sep 09-Oct 21	4:00PM-5:00PM

Classes: 6 Fee: \$42.00(R)/\$58.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA2-202	Wed	Oct 28-Dec 09	4:00PM-5:00PM

RECREATION SCHOLARSHIP PROGRAM

Income-eligible residents may apply for a Recreation Scholarship to receive a discount on fees to participate in recreation classes and programs. Applications are available at the Parks and Recreation office at 901 Civic Campus Way – 3rd Floor. Applications must be accompanied by documentation of enrollment in other subsidized programs such as school free or reduced meal programs, or utility discount programs. The Recreation Scholarship Program is made possible thanks to community donations. Donations are accepted online at www.ssfca.gov/rec-catalog or at the Parks and Recreation office at 901 Civic Campus Way – 3rd Floor. Please call (650) 829-3800 for more information.

YOUTH CLASSES

DANCE CLASSES

Mexican Folk Dance

Age: 4Y - 18Y

Instructors: (see below)

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances. Students may wear any leather soled shoes and can consult instructors about costume needs. Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students registered in Level 1A must have instructor approval to advance to 1B. Students must have permission from instructors to advance to the next level. Martin Cruz, who is the folklorico dance teacher at South San Francisco High School in the Performing Arts Department, is the Co-Founder and Artistic Director of Ballet Folklorico Alma de Mexico SSFHS & Community. He has extensive experience in choreography and staging performances. He will be teaching Level IV-Level IX. Marianna Roman has many years' experiences in multi-cultural dance. She will be teaching Level IA-Level III.

Instructor: Marianna Roman

Location: Roberta Cerri Teglia Center - 1st Floor Activity Room

Classes: 11 Fee: \$25.00(R)/\$41.50(N) No class: 10/12, 10/30, 11/2

COURSE #	DAY	DATE	TIME
FA3-460	Mon	Sep 14-Dec 07	5:45PM-6:15PM
Level IA - New Students Only (Ages 4Y - 18Y)			
FA3-461	Fri	Sep 18-Dec 11	5:30PM-6:15PM
Level IB - Returning Students Only (Ages 4Y - 18Y)			
FA3-462	Fri	Sep 18-Dec 11	6:30PM-7:20PM
Level II (Ages 5Y - 18Y)			
FA3-463	Mon	Sep 14-Dec 07	6:30PM-7:30PM
Level III (Ages 6Y - 18Y)			

Instructor: Martin Cruz & Alexis Lopez

Location: Terrabay - Poppy Room

Classes: 12-13 Fee: \$25.00(R)/\$41.50(N) No class: 10/12, 11/26

COURSE #	DAY	DATE	TIME
FA3-464	Thu	Sep 10-Dec 10	6:25PM-7:15PM
Level IV (Ages 8Y - 10Y)			
FA3-465	Mon	Sep 14-Dec 07	5:30PM-6:20PM
Level V (Ages 9Y - 12Y)			
FA3-466	Mon	Sep 14-Dec 07	6:25PM-7:15PM
Level VI (Ages 10Y - 14Y)			
FA3-467	Thu	Sep 10-Dec 10	5:30PM-6:20PM
Level VII (Ages 12Y - 17Y)			



South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spemich

Instructors: Karina Cortes, Hailey Lau, Savannah Perreras, and Maria Spemich

Brand new beginners (no experience) ages 5-7, please register in Pre-Ballet A. Brand new beginners (no experience) ages 7-12, please register in Introduction 1. All other levels require previous experience of 6 months or more and/or instructor approval. Students with previous training but new to the SSF Civic Ballet program, please contact Maria Spemich: mbspointe@aol.com for appropriate level placement.

Dress Code: visit the Classes webpage for the current dress code listings at www.ssfca.gov/classes.

Artistic Director Maria Spemich was a professional dancer with the Lines Ballet and a staff instructor for San Francisco Conservatory of Ballet. She has been teaching for the SSF Recreation Department since 1985. In addition to a comprehensive schedule of ballet classes for all ages, SSF Civic Ballet is home to our annual Nutcracker ballet presented in December. Additional instructor bios can be found at www.ssfca.gov/catalog.

Pre-Ballet (Girls and Boys)

A basic introduction to classical ballet for the very young student, with emphasis on the discovery and development of motor coordination, flexibility, expressiveness and musicality.

Pre-Ballet A

Classes: 12 Fee: \$73.00(R)/\$90.50(N)

Instructor: H. Lau

Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-400	Mon	Sep 14-Dec 07	4:00PM-4:45PM
L PR - Small Dance & Fitness Studio #221			
No class: 10/12			

Pre-Ballet B/C

Classes: 13 Fee: \$79.00(R)/\$96.50(N)

Instructor: S. Perreras

Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-401	Wed	Sep 09-Dec 09	3:30PM-4:15PM
L PR - Small Dance & Fitness Studio #221			
No class: 11/11			

Pre-Ballet D

Classes: 13 Fee: \$79.00(R)/\$96.50(N)

Instructor: S. Perreras

Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-402	Wed	Sep 09-Dec 09	4:30PM-5:15PM
L PR - Small Dance & Fitness Studio #221			
No class: 11/11			

YOUTH CLASSES

Ballet (Girls and Boys)

Introduction 1 through Level 10 must have previous experience and instructor approval. Classical ballet technique from beginning (Basic) to advanced (9/10) levels. Please note: Age and skill level prerequisite can be found in the online listing of classes. Parents may observe first and last class of session only.

Introduction 1
Classes: 13 Fee: \$79.00(R)/\$96.50(N) Instructor: H. Lau
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-403	Fri	Sep 11-Dec 11	6:00PM-6:45PM
L PR - Small Dance & Fitness Studio #221 No class: 11/27			

Introduction 2
Classes: 13 Fee: \$79.00(R)/\$96.50(N) Instructor: K. Cortes
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-404	Fri	Sep 11-Dec 11	5:00PM-5:45PM
L PR - Small Dance & Fitness Studio #221 No class: 11/27			

Basic 1
Classes: 12 Fee: \$73.00(R)/\$90.50(N) Instructor: K. Cortes
Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-405	Sat	Sep 12-Nov 28	11:00AM-11:45AM
L PR - Small Dance & Fitness Studio #221			

Basic 2
Classes: 12 Fee: \$73.00(R)/\$90.50(N) Instructor: S. Perreras
Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-406	Wed	Sep 09-Dec 09	5:30PM-6:15PM
L PR - Small Dance & Fitness Studio #221			

Level 1A
Classes: 12 Fee: \$82.00(R)/\$98.50(N) Instructor: K. Cortes
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
FA2-407	Sat	Sep 12-Nov 28	12:15PM-1:05PM
L PR - Small Dance & Fitness Studio #221			

Level 1B
Classes: 12 Fee: \$82.00(R)/\$98.50(N) Instructor: H. Lau
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
FA2-408	Mon	Sep 14-Dec 07	5:00PM-5:50PM
L PR - Small Dance & Fitness Studio #221 No class: 10/12			

Level 1C
Classes: 14 Fee: \$95.00(R)/\$111.50(N) Instructor: M. Spemich
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
FA2-409	Tue	Sep 08-Dec 08	3:40PM-4:30PM
L PR - Large Dance & Fitness Studio #222			

Level 2A
Classes: 13 Fee: \$97.00(R)/\$113.50(N) Instructor: M. Spemich
Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
FA2-410	Thu	Sep 10-Dec 10	4:30PM-5:25PM
L PR - Large Dance & Fitness Studio #222 No class: 11/26			

Level 2B
Classes: 13 Fee: \$97.00(R)/\$113.50(N) Instructor: M. Spemich
Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
FA2-411	Thu	Sep 10-Dec 10	3:30PM-4:25PM
L PR - Large Dance & Fitness Studio #222 No class: 11/26			

Level 3
Classes: 14 Fee: \$114.00(R)/\$130.50(N) Instructor: M. Spemich
Age: 7Y - 16Y

COURSE #	DAY	DATE	TIME
FA2-412	Tue	Sep 08-Dec 08	4:30PM-5:30PM
L PR - Large Dance & Fitness Studio #222			

Level 4A/4B
Classes: 14 Fee: \$143.00(R)/\$159.50(N) Instructor: M. Spemich
Age: 7Y - 16Y

COURSE #	DAY	DATE	TIME
FA2-413	Tue	Sep 08-Dec 08	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222			

Level 4A/4B
Classes: 13 Fee: \$133.00(R)/\$149.50(N) Instructor: M. Spemich
Age: 7Y - 16Y

COURSE #	DAY	DATE	TIME
FA2-414	Thu	Sep 10-Dec 10	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222 No class: 11/26			

Level 5/6
Classes: 12 Fee: \$123.00(R)/\$139.50(N) Instructor: M. Spemich
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-415	Sat	Sep 12-Nov 28	10:45AM-12:00PM
L PR - Large Dance & Fitness Studio #222			

Level 6
Classes: 12 Fee: \$123.00(R)/\$139.50(N) Instructor: M. Spemich
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-416	Mon	Sep 14-Dec 07	5:15PM-6:45PM
L PR - Large Dance & Fitness Studio #222 No class: 10/12			

Level 7 - Wednesday
Classes: 13 Fee: \$133.00(R)/\$149.50(N) Instructor: M. Spemich
Age: 11Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-417	Wed	Sep 09-Dec 09	4:15PM-5:30PM
L PR - Large Dance & Fitness Studio #222 No class: 11/11			

Level 7 - Pre-Pointe/Pointe 1
Classes: 13 Fee: \$133.00(R)/\$149.50(N) Instructor: M. Spemich
Age: 11Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-418	Fri	Sep 11-Dec 11	4:15PM-5:30PM
L PR - Large Dance & Fitness Studio #222 No class: 11/27			

Level 7 - Saturday
Classes: 12 Fee: \$123.00(R)/\$149.50(N) Instructor: M. Spemich
Age: 11Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-419	Sat	Sep 12-Dec 12	9:15AM-10:30AM
L PR - Large Dance & Fitness Studio #222			

Level 7 Combo
Classes: 38 Fee: \$253.00(R)/\$269.50(N) Instructor: M. Spemich
Age: 11Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-420	W/F/Sa	Sep 09-Dec 11	4:15PM-5:30PM (W) 4:15PM-5:30PM (F) 9:15AM-10:30AM (Sa)
L PR - Large Dance & Fitness Studio #222 No class: 11/27			

Level 8 - Wednesday
Classes: 13 Fee: \$160.00(R)/\$176.50(N) Instructor: M. Spemich
Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-421	Wed	Sep 09-Dec 09	5:30PM-7:00PM
L PR - Large Dance & Fitness Studio #222 No class: 11/11			

YOUTH CLASSES

Ballet (cont.)

Level 8 – Saturday
Classes: 12 Fee: \$123.00(R)/\$139.50(N) Instructor: M. Spremich
Age: 12Y – 18Y

COURSE #	DAY	DATE	TIME
FA2-422	Sat	Sep 12–Nov 28	12:15PM–1:30PM
L PR – Large Dance & Fitness Studio #222			

Level 8/9 – Pointe 2
Classes: 13 Fee: \$160.00(R)/\$176.50(N) Instructor: M. Spremich
Age: 12Y – 18Y

COURSE #	DAY	DATE	TIME
FA2-423	Fri	Sep 11–Dec 11	5:30PM–7:00PM
L PR – Large Dance & Fitness Studio #222 No class: 11/27			

Level 8 Combo
Classes: 38 Fee: \$357.00(R)/\$373.50(N) Instructor: M. Spremich
Age: 12Y – 18Y

COURSE #	DAY	DATE	TIME
FA2-424	W/F/Sa	Sep 09–Dec 11	5:30PM–7:00PM (W) 5:30PM–7:00PM (F) 12:15PM–1:30PM (Sa)
L PR – Large Dance & Fitness Studio #222 No class: 11/11, 11/27			

Level 9/10 – Monday
Classes: 12 Fee: \$147.00(R)/\$163.50(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-425	Mon	Sep 14–Dec 07	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222 No class: 10/12			

Level 9/10 – Wednesday
Classes: 13 Fee: \$159.00(R)/\$175.50(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-426	Wed	Sep 09–Dec 11	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222 No class: 11/11			

Level 9 Combo
Classes: 38 Fee: \$253.00(R)/\$269.50(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-427	M/W/F	Sep 09–Dec 11	7:00PM–8:30PM (M) 7:00PM–8:30PM (W) 5:30PM–7:00PM (F)
L PR – Large Dance & Fitness Studio #222 No class: 11/11, 11/27			

Level 10 Pointe 3
Classes: 13 Fee: \$159.00(R)/\$175.50(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-428	Fri	Sep 11–Dec 11	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222 No class: 11/27			

Level 10 Combo
Classes: 39 Fee: \$389.00(R)/\$405.50(N) Instructor: M. Spremich
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-429	M/W/F	Sep 11–Dec 11	7:00PM–8:30PM
L PR – Large Dance & Fitness Studio #222 No class: 11/11, 11/27			

MUSIC CLASSES

Drop-In: South City Folk Jam – Making Friends Through Music

Age: 16Y and up

Instructor: Mark Cox

Location: L | PR – Exercise Studio #235

The South City Folk Jam is a monthly gathering for musicians of all skill levels to play traditional and contemporary folk music together. Players of acoustic guitar, ukulele, banjo, mandolin, and other folk instruments, as well as singers, are welcome. Songbooks are provided and include folk, rock, and country songs from the 1960s through the 2000s. Basic chord knowledge (G, C, D, E, Em, A, Am, F, B7, Bm) is recommended. For details and updates, visit www.southcityfolkjam.com.

Capacity is limited to 25. Cash only.

Classes: 6 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Fri	Sep 18, Oct 16, Nov 20	11:00AM–1:00PM
---	Sat	Sep 26, Oct 10, Nov 14	3:00PM–5:00PM

Private Clarinet Lessons

Age: 10Y and up

Instructor: Wen-Liang Chung

Location: L | PR – Music Room #228

Wen-Liang Chung has an M.M. in clarinet performance from San Francisco State University and has been teaching clarinet and saxophone in the Bay Area for over 15 years. His goal is to inspire students so they will enjoy playing and listening to music. Students must have their own instrument. Lesson books are required; the instructor will determine the proper level of instruction and recommend appropriate lesson books at the first lesson. Please note: Participants may register for only one private clarinet lesson time slot per session.

Classes: 12 Fee: \$258.00(R)/\$274.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA5-500	Mon	Sep 14–Dec 07	6:00PM–6:30PM
FA5-501	Mon	Sep 14–Dec 07	6:30PM–7:00PM
FA5-502	Mon	Sep 14–Dec 07	7:00PM–7:30PM
FA5-503	Mon	Sep 14–Dec 07	7:30PM–8:00PM

Classes: 13 Fee: \$279.00(R)/\$295.50(N) No class: 11/26

COURSE #	DAY	DATE	TIME
FA5-504	Thu	Sep 10–Dec 10	6:00PM–6:30PM
FA5-505	Thu	Sep 10–Dec 10	6:30PM–7:00PM
FA5-506	Thu	Sep 10–Dec 10	7:00PM–7:30PM
FA5-507	Thu	Sep 10–Dec 10	7:30PM–8:00PM

MUSIC CLASSES

Private Music Lessons – Carl Nickolas

Age: 15Y and up

Instructor: Carl Nickolas

Location: L | PR – Music Room #227

At the time of registration, please select your instrument from the drop-down menu. Depending on your experience level, at the first lesson the instructor may recommend a music book for purchase to help support your learning. Students are strongly encouraged to have access to their chosen instrument at home so they can practice regularly between lessons.

Classes: 14 Fee: \$301.00(R)/\$317.50(N)

COURSE #	DAY	DATE	TIME
FA5-300	Tue	Sep 08-Dec 08	10:00AM-10:30AM
FA5-301	Tue	Sep 08-Dec 08	10:30AM-11:00AM
FA5-302	Tue	Sep 08-Dec 08	11:00AM-11:30AM
FA5-303	Tue	Sep 08-Dec 08	11:30AM-12:00PM
FA5-304	Tue	Sep 08-Dec 08	12:00PM-12:30PM
FA5-305	Tue	Sep 08-Dec 08	1:00PM-1:30PM
FA5-306	Tue	Sep 08-Dec 08	1:30PM-2:00PM
FA5-307	Tue	Sep 08-Dec 08	2:00PM-2:30PM
FA5-308	Tue	Sep 08-Dec 08	2:30PM-3:00PM

Classes: 13 Fee: \$279.00(R)/\$295.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA5-100	Wed	Sep 09-Dec 09	10:00AM-10:30AM
FA5-101	Wed	Sep 09-Dec 09	10:30AM-11:00AM
FA5-102	Wed	Sep 09-Dec 09	11:00AM-11:30AM
FA5-103	Wed	Sep 09-Dec 09	11:30AM-12:00PM
FA5-104	Wed	Sep 09-Dec 09	12:00PM-12:30PM
FA5-105	Wed	Sep 09-Dec 09	1:00PM-1:30PM
FA5-106	Wed	Sep 09-Dec 09	1:30PM-2:00PM
FA5-107	Wed	Sep 09-Dec 09	2:00PM-2:30PM
FA5-108	Wed	Sep 09-Dec 09	2:30PM-3:00PM

Classes: 13 Fee: \$279.00(R)/\$295.50(N) No class: 11/26

COURSE #	DAY	DATE	TIME
FA5-600	Thu	Sep 10-Dec 10	10:00AM-10:30AM
FA5-601	Thu	Sep 10-Dec 10	10:30AM-11:00AM
FA5-602	Thu	Sep 10-Dec 10	11:00AM-11:30AM
FA5-603	Thu	Sep 10-Dec 10	11:30AM-12:00PM
FA5-604	Thu	Sep 10-Dec 10	12:00PM-12:30PM
FA5-605	Thu	Sep 10-Dec 10	1:00PM-1:30PM
FA5-606	Thu	Sep 10-Dec 10	1:30PM-2:00PM
FA5-607	Thu	Sep 10-Dec 10	2:00PM-2:30PM
FA5-608	Thu	Sep 10-Dec 10	2:30PM-3:00PM

Private Piano Lessons – Frank Greco

Age: 7Y and up

Instructor: Frank Greco

Location: L | PR – Music Room #226

Instructor Frank Greco has over 40 plus years in mentoring both beginners and advanced students in piano (Classical, Jazz, and Gospel) and music theory. Please note: Participants may register for only one private piano lesson time slot per session.

Classes: 13 Fee: \$279.00(R)/\$317.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA5-700	Mon	Sep 14-Dec 07	9:00AM-9:30AM
FA5-701	Mon	Sep 14-Dec 07	9:30AM-10:00AM
FA5-702	Mon	Sep 14-Dec 07	10:00AM-10:30AM
FA5-703	Mon	Sep 14-Dec 07	10:30AM-11:00AM
FA5-704	Mon	Sep 14-Dec 07	11:00AM-11:30AM
FA5-705	Mon	Sep 14-Dec 07	11:45AM-12:15PM
FA5-706	Mon	Sep 14-Dec 07	12:15PM-12:45PM
FA5-707	Mon	Sep 14-Dec 07	12:45PM-1:15PM
FA5-708	Mon	Sep 14-Dec 07	1:15PM-2:45PM

Classes: 14 Fee: \$301.00(R)/\$317.50(N)

COURSE #	DAY	DATE	TIME
FA5-709	Tue	Sep 08-Dec 08	9:00AM-9:30AM
FA5-710	Tue	Sep 08-Dec 08	9:30AM-10:00AM
FA5-711	Tue	Sep 08-Dec 08	10:00AM-10:30AM
FA5-712	Tue	Sep 08-Dec 08	10:30AM-11:00AM
FA5-713	Tue	Sep 08-Dec 08	11:00AM-11:30AM
FA5-714	Tue	Sep 08-Dec 08	11:45AM-12:15PM
FA5-715	Tue	Sep 08-Dec 08	12:15PM-12:45PM
FA5-716	Tue	Sep 08-Dec 08	12:45PM-1:15PM
FA5-717	Tue	Sep 08-Dec 08	1:15PM-2:45PM

Classes: 14 Fee: \$301.00(R)/\$317.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA5-718	Wed	Sep 09-Dec 09	9:00AM-9:30AM
FA5-719	Wed	Sep 09-Dec 09	9:30AM-10:00AM
FA5-720	Wed	Sep 09-Dec 09	10:00AM-10:30AM
FA5-721	Wed	Sep 09-Dec 09	10:30AM-11:00AM
FA5-722	Wed	Sep 09-Dec 09	11:00AM-11:30AM
FA5-723	Wed	Sep 09-Dec 09	11:45AM-12:15PM
FA5-724	Wed	Sep 09-Dec 09	12:15PM-12:45PM
FA5-725	Wed	Sep 09-Dec 09	12:45PM-1:15PM
FA5-726	Wed	Sep 09-Dec 09	1:15PM-2:45PM

Our classes program is growing! For a full list of additional classes, visit www.ssf.gov/rec-catalog.



MUSIC CLASSES

Private Piano Lessons – Sandra Pobe

Age: 7Y and up

Instructor: Sandra Pobe

Location: L | PR – Music Room #226

Students must have access to keyboard or a piano for practice outside of class. A piano lesson book will be required and the instructor will determine the proper level of instruction. Sandra Pobe has a degree in music. Please note: Participants may register for only one private piano lesson time slot per session.

Classes: 12 Fee: \$258.00(R)/\$274.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA5-400	Mon	Sep 14-Dec 07	3:30PM-4:00PM
FA5-401	Mon	Sep 14-Dec 07	4:00PM-4:30PM
FA5-402	Mon	Sep 14-Dec 07	4:45PM-5:15PM
FA5-403	Mon	Sep 14-Dec 07	5:15PM-5:45PM
FA5-404	Mon	Sep 14-Dec 07	6:00PM-6:30PM
FA5-405	Mon	Sep 14-Dec 07	6:30PM-7:00PM
FA5-406	Mon	Sep 14-Dec 07	7:00PM-7:30PM

Classes: 12 Fee: \$258.00(R)/\$274.50(N) No class: 11/3, 11/24

COURSE #	DAY	DATE	TIME
FA5-407	Tue	Sep 08-Dec 08	3:30PM-4:00PM
FA5-408	Tue	Sep 08-Dec 08	4:00PM-4:30PM
FA5-409	Tue	Sep 08-Dec 08	4:45PM-5:15PM
FA5-410	Tue	Sep 08-Dec 08	5:15PM-5:45PM
FA5-411	Tue	Sep 08-Dec 08	6:00PM-6:30PM
FA5-412	Tue	Sep 08-Dec 08	6:30PM-7:00PM
FA5-413	Tue	Sep 08-Dec 08	7:00PM-7:30PM

Classes: 12 Fee: \$258.00(R)/\$274.50(N) No class: 11/11, 11/25

COURSE #	DAY	DATE	TIME
FA5-414	Wed	Sep 09-Dec 09	5:00PM-5:30PM
FA5-415	Wed	Sep 09-Dec 09	5:30PM-6:00PM
FA5-416	Wed	Sep 09-Dec 09	6:00PM-6:30PM
FA5-417	Wed	Sep 09-Dec 09	6:30PM-7:00PM
FA5-418	Wed	Sep 09-Dec 09	7:00PM-7:30PM

Classes: 12 Fee: \$258.00(R)/\$274.50(N) No class: 10/31, 11/28

COURSE #	DAY	DATE	TIME
FA5-421	Sat	Sep 12-Dec 12	9:00AM-9:30AM
FA5-422	Sat	Sep 12-Dec 12	9:30AM-10:00AM
FA5-423	Sat	Sep 12-Dec 12	10:00AM-10:30AM
FA5-424	Sat	Sep 12-Dec 12	10:30AM-11:00AM
FA5-425	Sat	Sep 12-Dec 12	11:00AM-11:30AM
FA5-426	Sat	Sep 12-Dec 12	11:30AM-12:00PM

Rhythm & Roots: Move & Groove! Filipino Children's Drum Line, Music, & Dance Ensemble – NEW!

Age: (see below)

Instructor: Nerinna Valera

Location: L | PR – Children's Classroom #236

This new cultural class invites children to explore the rhythms, melodies, and movement of the Philippines. Students will sing Filipino folk songs, play melodies on xylophones, and add rhythmic beats on drums while learning folk dance steps and modern movements. Through guided instruction, children will collaborate building drumming technique, learn basic Tagalog vocabulary through song, and develop early music-reading skills, all while creating a kid-powered musical marching and dancing ensemble. All instruments (xylophones and drums) are provided during class. Students who would like to enroll in Level II must have instructor approval.

No class: 10/12

Classes: 11 Fee: \$124.00(R)/\$140.50(N)

COURSE #	DAY	DATE	TIME
FA1-150	Mon	Sep 14-Dec 07	4:00PM-6:00PM

Level I Beginners (Age 6Y – 12Y)

Classes: 11 Fee: \$93.00(R)/\$109.50(N)

COURSE #	DAY	DATE	TIME
FA1-151	Mon	Sep 14-Dec 07	6:00PM-7:30PM

Level II (Age 8Y – 12Y)

Uke & Me – An Intensive Expression

Age: 15Y and up

Instructor: Liane Barbadillo-Paiso

Location: L | PR – Creator Studio #320

Join instructor Liane Barbadillo-Paiso for a fun and engaging ukulele class designed for students with prior experience. **This is not a beginner course; participants should have previous ukulele playing experience or have completed the "Uke & Me" basic course with Liane.** Explore more advanced chords, tablature, timing, individual notes, and melody riffs while building your skills and confidence. Students must bring their own concert/soprano ukulele instrument on the first night of class. Ready to riff together?

Classes: 5 Fee: \$87.00(R)/\$103.50(N)

COURSE #	DAY	DATE	TIME
FA5-519	Tue	Nov 10-Dec 10	5:00PM-7:00PM



DANCE CLASSES

Ballet for Teens and Adults

Age: 14Y and up
Instructor: C.Shpizner, M.Spremich, & R.Wong
Location: (see below)
Classical Ballet Technique classes are offered for Advanced Beginner through High Intermediate levels. Beginner Level (no experience needed) will not be offered this session. Level II (Advanced Beginner–Low Intermediate) is taught by Cara Shpizner, who began dancing at age 10 and performed with the Claremont Colleges Ballet Company. Level III (Intermediate–High Intermediate) is taught by Maria Spremich, a former professional dancer and Artistic Director of SSF Civic Ballet with over 35 years of teaching experience. Maria was a professional ballet dancer with Theater Ballet of San Francisco and Lines Ballet and served as a staff instructor at the San Francisco Conservatory of Ballet. She has taught with the SSF Recreation Department for over 35 years and developed the Children’s Ballet program that became the SSF Civic Ballet, where she is Artistic Director and lead instructor.
For more specific information regarding level content please contact M. Spremich: mbspointe@aol.com. Class Attire: Leotard (any color), ballet tights (pink or black)/leggings, ballet slippers (leather or canvas, split sole preferred). A dance skirt or sweatpants/jazz pants may be worn.

Level II: Advanced Beginner – Low Intermediate Classical Ballet Techniques
Must have previous ballet experience. Beyond basic technique with more complicated exercises at the barre and center.

Classes: 11 Fee: \$112.00(R)/\$128.50(N) **Instructor: C.Shpizner**

COURSE #	DAY	DATE	TIME
FA1-402	Thu	Sep 10–Dec 10	7:00PM–8:15PM
L PR – Small Dance & Fitness Studio #221 No class: 9/24, 10/15, 11/26			

Level III: Intermediate Classical Ballet Techniques
Experience in complete barre work and center exercises including longer adagio, various pirouette combinations, and petits and grands allegros.

Classes: 14 Fee: \$143.00(R)/\$159.50(N) **Instructor: M. Spremich**

COURSE #	DAY	DATE	TIME
FA1-404	Tue	Sep 08–Dec 08	7:00PM–8:15PM
L PR – Large Dance & Fitness Studio #222			

Classes: 13 Fee: \$159.00(R)/\$175.50(N) **Instructor: M. Spremich**

COURSE #	DAY	DATE	TIME
FA1-105	Thu	Sep 10–Dec 10	7:30PM–8:30PM
L PR – Large Dance & Fitness Studio #222 No class: 11/26			

Belly Dancing – Beginners

Age: 18Y and up
Instructor: Alisa Greer
Location: L | PR – Small Dance Studio #221
Learn the basics of belly dancing in a fun, supportive class designed for women of all ages and body types. No previous dance experience is needed—just come ready to move and have fun. The class is taught by lifelong belly dancer Alisa Greer, who loves sharing this beautiful art form. For more information, contact Alisa at alisa@alisagreer.com.
No class: 11/11, 11/25

Classes: 12	Fee: \$79.00(R)/\$95.50(N)		
COURSE #	DAY	DATE	TIME
FA1-460	Wed	Sep 09-Dec 09	7:00PM-8:00PM



Belly Dance – Intermediate/Advanced

Age: 18Y and up
Instructor: Alisa Greer
Location: L | PR – Small Dance Studio #221
This class is for students with previous knowledge of the basic steps of belly dance. We will continue refining the basics as we progress onto more complex movements. We will explore different kinds of music and props (veil, finger cymbals, sword, etc.) and we can work on a group dance too—the world is our oyster in this class! Students can expect a welcoming, fun and supportive learning environment with other lovers of belly dance. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alisagreer.com. Come join the fun!
No class: 11/11, 11/25

Classes: 12	Fee: \$79.00(R)/\$95.50(N)		
COURSE #	DAY	DATE	TIME
FA1-461	Wed	Sep 09–Dec 09	8:00PM–9:00PM

TEEN AND ADULT CLASSES



Hawaiian Hula

Age: 17Y and up

Instructor: Mary Ann Narvaez

Location: L | PR – Exercise Studio #235

Come and enjoy learning Hawaiian Hula. It's great fun and exercise! No handout materials will be available at all levels. Please bring your own pa'u skirt (T-shirt & leggings are ok too.) **Beginners:** Hawaiian Hula is a graceful dance form that tells stories through movement, rhythm, and connection to the land. In this beginner friendly class, students learn the basic steps, hand motions, posture, and simple choreography. No prior dance experience is needed—just an open heart and a willingness to move. **Level 1:** Level I requires at least 1 year of Hawaiian Hula dancing experience. **Level 2:** Level II requires at least 3 years of Hawaiian Hula dancing experience.

Classes: 9 Fee: \$59.00(R)/\$75.50(N) No class: 10/13

COURSE #	DAY	DATE	TIME
FA1-465	Tue	Sep 15–Nov 17	6:00PM–7:00PM

Beginners

Classes: 11 Fee: \$109.00(R)/\$125.50(N) No class: 10/13, 11/24

COURSE #	DAY	DATE	TIME
FA1-466	Tue	Sep 15–Dec 08	7:30PM–9:00PM

Level I

Classes: 11 Fee: \$109.00(R)/\$125.50(N) No class: 10/12, 11/23

COURSE #	DAY	DATE	TIME
FA1-467	Mon	Sep 14–Dec 07	7:30PM–9:00PM

Level II

Mexican Folk Dance – Transitional Class

Age: 15Y and up

Instructor: Juan Fuentes

Location: South San Francisco High School

This class is designed for students transitioning from youth folk dance class and are ready to transition to higher level. Juan Fuentes has been a member of the Ballet Folklórico Alma de Mexico of SSFHS and community since 2016. He is currently the assistant director in the Folklórico Dance program at SSFHS.

Classes: 14 Fee: \$157.00(R)/\$173.50(N)

COURSE #	DAY	DATE	TIME
FA3-471	Tue	Sep 08–Dec 08	8:00PM–10:00PM

Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

Instructor: Martin Cruz

Location: South San Francisco High School

This class is a joint project of the SSF High School Folklórico Dance Program and the SSF Recreation Department,

designed for advanced students with three years of Mexican Folklórico dance as well as instructor approval.

Students at this level participate in school and community events with Ballet Folklórico Alma de México. Instructors: Martin Cruz is the Folklórico Dance Teacher at SSF High School and Artistic Director of Ballet Folklórico Alma de México and other Bay Area folklórico groups, with extensive experience in choreography and performance.

No class: 10/12, 11/26

Classes: 25 Fee: \$230.00(R)/\$246.50(N)

COURSE #	DAY	DATE	TIME
FA3-470	M/Th	Sep 10–Dec 10	8:00PM–10:00PM

Mexican Folklórico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

Location: L | PR – Small Dance Studio #221

Learn basic Mexican Folklórico dance steps and authentic dances from various states in Mexico. This beginner class for teens and adults, including returning dancers, focuses on low-impact steps and cultural dances. Instructor Patricia Martinelli, Co-Founder and General Director of Ballet Folklórico Alma de México, has over 30 years of experience in Mexican Folklórico dance and has trained and performed with Hawaiian instructors in the Bay Area for over a decade.

Attire: Comfortable clothing for movement and secure hard-soled or lightweight shoes. Information on Folklórico shoes and skirts will be provided in class.

No class: 9/22

Classes: 13 Fee: \$146.00(R)/\$163.50(N)

COURSE #	DAY	DATE	TIME
FA1-464	Tue	Sep 08–Dec 08	4:30PM–6:30PM

TEEN AND ADULT CLASSES

Philippine Folk Dance – NEW!

Age: 13Y and up

Instructor: Eric Solano

Location: L | PR – Social Hall #125*

Community let's learn about the vibrant people, places and culture of the Philippines through dance! Learn Philippine folk dances for fun, to be in community, as an introduction to the various regions of the country or to start your journey in learning and growing as a Philippine dance practitioner or performing artist in your community, school or organization to keep the culture alive for generations to come. The core fundamentals learned will be essential in the many dances in the country.

No class: 10/8, 10/22, 11/17, 11/26

Classes: 24 Fee: \$159.00(R)/\$175.50(N)

COURSE #	DAY	DATE	TIME
FA1-490	Tu/Th	Sep 08-Dec 10	3:30PM-4:30PM

*Please note, a select number of classes will be held off-site. Please check class catalog for details at www.ssfcg.gov/rec-catalog.

Philippines Living Traditions Through Dance – NEW!

Age: 13Y and up

Instructor: Eric Solano

Location: L | PR – Social Hall #125*

Let's connect, learn and become instruments of preserving living traditions of the Philippines—home to over 110 Indigenous groups throughout the archipelago! In addition to classic Philippine Folk Dances, this class serves as an entry point for students and aspiring dance practitioners to learn about specific traditions through dance in the Philippines.

No class: 10/8, 10/22, 11/17, 11/26

Classes: 24 Fee: \$239.00(R)/\$255.50(N)

COURSE #	DAY	DATE	TIME
FA1-491	Tu/Th	Sep 08-Dec 10	4:45PM-6:15PM

*Please note, a select number of classes will be held off-site. Please check class catalog for details at www.ssfcg.gov/rec-catalog.

Salsa & Bachata Dance

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Social Hall #130

Learn two vibrant Latin dances, Salsa and Bachata, in this fun, energetic class. Open to both beginner and intermediate dancers, instruction starts with foundational steps and progresses to more intricate moves and patterns to build confidence and rhythm on the dance floor. Please wear comfortable shoes with smooth soles (no rubber soles).

No class: 11/11

Classes: 13 Fee: \$106.00(R)/\$122.50(N)

COURSE #	DAY	DATE	TIME
FA1-415	Wed	Sep 09-Dec 09	7:15PM-8:15PM

Argentine Tango and Swing

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Banquet Hall #130

Learn the foundations of Argentine Tango, a partner dance focused on musicality, elegance, and connection. This class also introduces East Coast Swing, an energetic and accessible style that serves as a gateway to more advanced swing steps and patterns. Ideal for beginners and those looking to expand their dance skills. Please wear comfortable shoes that allow for flexible movement, including pivoting. Light tennis shoes are acceptable.

No class: 11/11

Classes: 13 Fee: \$106.00(R)/\$122.50(N)

COURSE #	DAY	DATE	TIME
FA1-416	Wed	Sep 09-Dec 09	8:30PM-9:30PM

ARTS AND SPECIAL INTEREST

Dyeing for Crafters with Shibori

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR – Creator Studio #320

Color up your knitting or crocheting yarn, felting fiber, quilt yardage and perk up your clothes. Using all natural fibers, we'll experiment with indigo dye, acid dye in hot water, fiber-reactive dyes in cold water and patterns on fabric. Try out shibori, Japanese-style tie-dye techniques: wrapping, stitching, clamping and the 'rope trick' for making patterns on fabric. Try batik or screen printing too! Experience dyeing fiber is not necessary for this class. A sense of adventure is a plus. A \$25.00 supply fee is payable to the instructor at the first class. Fee includes cotton yardage to dye.

No class: 10/1

Classes: 9 Fee: \$147.00(R)/\$163.50(N)

COURSE #	DAY	DATE	TIME
FA1-501	Thu	Sep 10-Nov 19	10:00AM-2:00PM

TEEN AND ADULT CLASSES

Hindi Conversation Lab – NEW!

Age: 13Y and up

Instructor: Monita Sharma

Location: L | PR – Children's Classroom #236

Build confidence speaking Hindi in a friendly, supportive environment. This interactive class is designed for teens and adults who want to strengthen real-life conversational skills for home, travel, community events, or cultural connection. Each session focuses on practical communication through guided dialogues, role-play, everyday vocabulary, and pronunciation practice. Students learn how to introduce themselves, ask and answer questions, express preferences, navigate common situations, and understand spoken Hindi at a natural pace. Cultural context is woven throughout to help learners experience Hindi as a living, expressive language. All levels are welcome—heritage speakers, beginners, and returning learners.

No class: 10/11, 11/8, 11/29

Classes: 11 Fee: \$84.00(R)/\$100.50(N)

COURSE #	DAY	DATE	TIME
FA3-331	Sun	Sep 13-Dec 13	11:00AM-12:00PM

iPhone Photography Essentials: Capture, Edit & Create – NEW!

Age: 18Y and up

Instructor: John Erve

Location: L | PR – Gallery Room #321

This hands-on iPhone Photography course introduces the iPhone's powerful imaging capabilities, including an overview of computational photography and how smartphone cameras capture and process images. Students will learn to enhance photos with Snapseed and explore creative apps such as Distressed FX and Formulas to create artistic, stylized images. The class also features AvgCamPro and KaleidaCam, specialty camera apps that transform how images are captured, encouraging a more intentional and imaginative approach to photography. Additional apps may be introduced, and students are encouraged to share favorite apps and submit work for critique after the first class. John Erve is a former Millbrae Camera Club member who achieved Master's Level recognition in Pictorial, Monochrome, Nature, Travel, Journalism, and Creative categories, and served as club president from 2020–2021. He has taught Image Evaluation and Critique for the Photographic Society of America and completed PSA courses in History of Photography and Portraiture in Available Light.

Classes: 5 Fee: \$76.00(R)/\$92.50(N)

COURSE #	DAY	DATE	TIME
FA1-610	Tue	Nov 10–Dec 08	2:00PM-4:00PM

Japanese Flower Arrangement for Beginners

Age: 18Y and up

Instructor: Lee Okumoto

Location: L | PR – Creator Studio #320

Learn the Japanese art of Ikebana using fresh seasonal flowers and greenery. Create elegant designs that reflect harmony and balance under an instructor trained in the Ikenobo school, Kyoto, Japan. Bring to class: pin frog (min. 3"), vase to hold the pin frog, and plant scissors. Other materials provided. **A \$100.00 materials fee is payable to the instructor at the first class.** For your reference, the exact class dates are 9/14, 9/28, 10/5, 10/19 and 10/26.

No class: 9/21, 10/12

Classes: 5 Fee: \$46.00(R)/\$62.50(N)

COURSE #	DAY	DATE	TIME
FA1-503	Mon	Sep 14-Oct 26	6:00PM-8:00PM

Knitting for Beginners & Intermediates

Age: 16Y and up

Instructor: Victoria Gavidia

Location: L | PR – Creator Studio #320

This class is for beginning and intermediate knitters. Beginners learn the basics: long-tail cast on, knit, purl, bind off, weaving in ends, and yarn selection. Projects include a mug rug, washcloth, drink cozy, and optionally a hat to practice shaping with decreases. Beginners must bring US6 and US8, 16" circular needles. Intermediate students explore advanced techniques and tips. Projects are seasonal, and students can follow class assignments or select from hundreds of available patterns. Students provide their own needles. This class is a great way to improve skills and connect with fellow knitters. **A \$10.00 fee is payable to the instructor on the first day for patterns and supplies.**

No class: 10/1, 11/19, 11/26

Classes: 11 Fee: \$90.00(R)/\$106.50(N)

COURSE #	DAY	DATE	TIME
FA1-480	Thu	Sep 10-Dec 10	7:00PM-9:00PM

TEEN AND ADULT CLASSES

Landscape Sketching

Age: 18Y and up

Instructor: Nick Stern

Location: L | PR – Creator Studio #320 (first class & in case of rain)

Take your sketching outdoors to draw street scenes and architecture using your preferred mediums, including pencil, pen and ink, watercolors, or a combination. Students provide their own supplies, and a drawing board and folding chair are recommended. Classes meet at different locations in San Francisco and the Peninsula; students must provide their own transportation. Instructor Nick Stern, retired Disney Online Art Director, has taught art classes with SSF Parks and Recreation since 2019.

Classes: 14 Fee: \$258.00(R)/\$274.50(N)

COURSE #	DAY	DATE	TIME
FA1-532	Tue	Sep 08-Dec 08	1:30PM-3:30PM



Learning to Quilt

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR – Creator Studio #320

Discover all the basic steps to making a quilt; choosing fabric and a pattern, sewing patchwork blocks, making a "quilt sandwich", topstitching and binding. It is recommended that you bring your portable sewing machine to class if possible. There is a cash supply fee of \$5.00 due to your instructor at the beginning of the first class.

No class: 11/3

Classes: 10 Fee: \$123.00(R)/\$139.50(N)

COURSE #	DAY	DATE	TIME
FA1-502	Tue	Sep 15-Nov 24	10:00AM-1:00PM

Sewing 1

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

This class is ideal for beginners with little or no sewing experience. Students will learn basic sewing techniques, simple projects, and how to use their sewing machine, including alterations, blind hems, mending, appliqué, free-motion sewing, and traditional quilting. Returning students may continue past projects and advance their skills. Students must bring their own sewing machine, and a \$30.00 supply fee is payable to the instructor on the first day of class. Visit www.ssfca.gov/rec-catalog for full class details. Judy, an expert in years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts. No class: 11/11

Classes: 13 Fee: \$259.00(R)/\$275.50(N)

COURSE #	DAY	DATE	TIME
FA1-507	Wed	Sep 09-Dec 09	9:30AM-12:30PM

Sewing 2

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

This class is for students familiar with Sewing Level 1 skills or with equivalent experience. You will learn body measurement to select the right pattern, make alterations, and apply professional techniques. The class covers working with different fabrics, pattern redesign, quilts, shortcuts, and identifying fabric types, napped surfaces, and knits. Students must bring their own sewing machines. Visit www.ssfca.gov/rec-catalog for full class details. A \$30.00 supply fee is payable to the instructor on the first day. Instructor Judy has extensive experience in sewing, appliqué, traditional and Hawaiian quilting, and handcrafts. No class: 10/3

Classes: 13 Fee: \$259.00(R)/\$275.50(N)

COURSE #	DAY	DATE	TIME
FA1-508	Sat	Sep 12-Dec 12	9:30AM-12:30PM

TEEN AND ADULT CLASSES

Sewing 3

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

This advanced sewing class focuses on clothing modification, tailoring, and creating slopers to design your own garments. Students will remake favorite clothing using advanced sewing machine and optional serger techniques. **Prerequisite:** Extensive experience with sewing machines, commercial patterns, and major alterations. Visit www.ssfca.gov/rec-catalog for full class details and pre-requisite for this advanced level. A \$30.00 supply fee is payable to the instructor on the first day. Instructor Judy has extensive experience in sewing, appliqué, traditional and Hawaiian quilting, and handcrafts.

No class: 10/11

Classes: 13 Fee: \$259.00(R)/\$275.50(N)

COURSE #	DAY	DATE	TIME
FA1-509	Sun	Sep 12-Dec 13	9:30AM-12:30PM

Wreath Making Workshop Fundraiser

Age: All ages (morning session)

18Y and up (afternoon session)

Location: Joseph Fernekes Recreation Building – Orange Park
Join us for an annual Wreath Workshop where you'll craft a stunning natural holiday wreath using fresh, locally harvested materials. Our skilled instructor will provide all the necessary fresh greenery and expert guidance. Feel free to bring your own ornaments and accents to personalize your creation. Your workshop fee covers a wire wreath ring, florist wire, assorted fresh greens sourced from local parks, as well as berries, cones, and ribbon. Dress comfortably in old clothes and warm layers, and bring work gloves and pruners for trimming. This workshop supports the Improving Public Places group, making it not just a creative experience but a contribution to civic beautification. Immerse yourself in the holiday spirit with festive music and hot spiced cider provided. Families are welcome in the morning session, while adults can enjoy an afternoon session with the addition of wine. Spaces are limited, so register early to secure your spot. Note that fees will increase to \$35.00/\$40.00 on the day of the event. Come join us for a memorable day of creativity and community support!

Classes: 1 Fee: \$30.00(R)/\$35.75(N)

COURSE #	DAY	DATE	TIME
FA1-620	Sat	Dec 12	9:30AM-12:00PM
Morning Session (Family-Friendly)			
FA1-621	Sat	Dec 12	1:00PM-3:30PM
Afternoon Session (Adults 18Y and up only)			

Fresh Holiday Wreath "Take Home" Kits

Age: 18Y and up

Instructor: Sharon Ranals

Location: Joseph Fernekes Recreation Building – Orange Park
Wreath kits are once again available this year for DIY crafters who enjoy making wreaths at home. Host your own wreath-making holiday party with family and friends by purchasing kits for each participant! Those who purchase a kit can visit the Fernekes Building outdoor patio to gather their preferred greens. Each kit includes one large bag of greens, one wreath ring, one spool of wire, and one pre-made bow. All supplies will be handled outdoors on the patio. Kits only—no instruction included.

Classes: 1 Fee: \$25.00(R)/\$30.00(N)

COURSE #	DAY	DATE	TIME
FA26-1000	Sat	Dec 12	10:00AM-10:15AM
FA26-1015	Sat	Dec 12	10:15AM-10:30AM
FA26-1030	Sat	Dec 12	10:30AM-10:45AM
FA26-1045	Sat	Dec 12	10:45AM-11:00AM
FA26-1100	Sat	Dec 12	11:00AM-11:15AM
FA26-1115	Sat	Dec 12	11:15AM-11:30AM
FA26-130	Sat	Dec 12	1:30PM-1:45PM
FA26-145	Sat	Dec 12	1:45PM-2:00PM
FA26-200	Sat	Dec 12	2:00PM-2:15PM
FA26-215	Sat	Dec 12	2:15PM-2:30PM
FA26-230	Sat	Dec 12	2:30PM-2:45PM
FA26-245	Sat	Dec 12	2:45PM-3:00PM

EXERCISE AND FITNESS

Circuit Body Workout

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Social Hall #130

A total body workout that safely moves your body at a moderate tempo (your level of comfort) to strengthen and improve balance. The format is to sequentially work each part of your body in order to rest one part while working another part. Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights). No class: 10/12

Classes: 12 Fee: \$67.00(R)/\$83.50(N)

COURSE #	DAY	DATE	TIME
FA1-116	Mon	Sep 14-Dec 07	1:00PM-2:00PM

TEEN AND ADULT CLASSES

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR – Banquet Hall #130*

Circuit training is an efficient and challenging form of conditioning. It is a great way to develop strength, endurance, flexibility and coordination. Participants will perform various exercises for set periods of time at different stations. Aerobic activity (and easy choreography) is included in the class. Bring an exercise mat and weights. No class: 10/29, 11/26

Classes: 11 Fee: \$62.00(R)/\$78.50(N)

COURSE #	DAY	DATE	TIME
FA1-103	Thu	Sep 17-Dec 10	5:30PM-6:30PM

*Class on 11/12 will be held at the L | PR Social Hall #125.

Complete Body Workout

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR – Banquet Hall #130

This class is dedicated to all aspects of fitness including cardiovascular activity, strength and endurance training, balance and flexibility. Bring an exercise mat and weights. Simple and complex choreography is included in the class. 25 to 40 minutes of aerobic activity. No class: 10/12, 10/26

Classes: 11 Fee: \$62.00(R)/\$78.50(N)

COURSE #	DAY	DATE	TIME
FA1-104	Mon	Sep 14-Dec 07	5:30PM-6:30PM

Functional Fitness

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR – Banquet Hall #130

This is a non-stop workout using compound body movements to increase aerobic stamina, strength, core fitness and balance. Bring an exercise mat and 3 to 8-pound weights. No class: 10/28, 11/11

Classes: 11 Fee: \$62.00(R)/\$78.50(N)

COURSE #	DAY	DATE	TIME
FA1-108	Wed	Sep 16-Dec 09	5:30PM-6:30PM

Kenpo-Eskrima for Teens & Adults

Age: 10Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center – Multi-Use Room

Created by Grandmaster Romeo Agloro, Kenpo-Eskrima is a mixed martial art from the Chinese and Filipino fighting styles using combat-proven techniques. This complete personal defense system uses empty hands, a cane, a knife, or any available item as an improvised weapon in a simple, effective system applicable in today's situations. The children's class emphasizes meditation, cardio, strengthening warm-ups, and instruction on forms and techniques. Class uniform and training supplies may be purchased from the instructor on the first day of class. No class: 10/12, 11/2, 11/11, 11/25

Classes: 23 Fee: \$117.00(R)/\$133.50(N)

COURSE #	DAY	DATE	TIME
FA1-217	M/W	Sep 09-Dec 09	6:45PM-7:45PM

Pilates

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Pilates strengthens the body and mind, focusing on the core to improve overall movement. It balances flexibility and strength, creating leaner, stronger muscles. Movements are slow, precise, and controlled, with gentle, natural breathing. Classes improve joint mobility, balance, and core strength to protect the back and spine. Bring a mat (or large towel) and two water bottles (or 2–3 lb weights).

Alice Peña Bulos Center – Multi-Use Room*

Classes: 13 Fee: \$73.00(R)/\$89.50(N) No class: 11/3

COURSE #	DAY	DATE	TIME
FA1-142	Tue	Sep 08-Dec 08	5:00PM-6:00PM

L | PR – Social Hall #125

Classes: 13 Fee: \$73.00(R)/\$89.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA1-143	Wed	Sep 09-Dec 09	7:15PM-8:15PM

L | PR – Exercise Studio #235

Classes: 13 Fee: \$73.00(R)/\$89.50(N) No class: 11/26

COURSE #	DAY	DATE	TIME
FA1-144	Thu	Sep 10-Dec 10	5:00PM-6:00PM

TEEN AND ADULT CLASSES

Pilates 1 – Beginners

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

Pilates strengthens the entire body, focusing on the core to improve movement, flexibility, and joint mobility. Movements are slow, precise, and controlled, with gentle, natural breathing. The class emphasizes stretching, mobilizing, and strengthening to improve balance and protect the back and spine. Bring a mat, towel, and two water bottles or a set of light weights (1–5 lb).

Classes: 14 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
FA1-145	Tue	Sep 08–Dec 08	1:45PM–2:45PM

Pilates 2 – Advanced Beginners & Up

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

This class includes a 10–15 minute warmup, followed by floor, standing, and barre Pilates exercises performed in a flowing sequence. It builds on Pilates 1 moves and adds more, incorporating the Tabata format for cardio and full-body strengthening. **Previous Pilates experience is recommended.** Bring a mat, towel, and two water bottles or light weights (1–5 lb).

Classes: 14 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
FA1-146	Tue	Sep 08–Dec 08	12:30PM–1:30PM

Shinkyu Shotokan Karate

Age: Teens (13Y–17Y) & Adults (18Y and up)

Instructor: Juan Carlos Barajas & Nobu Kaji

Location: Joseph A. Fernekes Building

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self-defense in a spiritual, mental and physical way. Develop confidence; build up your endurance, focus and self-awareness. This is a great way to keep in shape, in a friendly atmosphere. Students should wear loose clothing. This long-standing program was founded in 1965 by Sensei Leroy Rodrigues and further developed by the late Sensei Sue Miller, who studied Karate since 1972 and held the rank of 8th Dan black belt. These classes will be led by Sensei Juan Carlos Barajas.

No class: 11/26

Classes: 27 Fee: \$96.00(R)/\$112.50(N)

COURSE #	DAY	DATE	TIME
FA1-215	Tu/Th	Sep 08–Dec 10	6:00PM–7:00PM

Teens

Classes: 27 Fee: \$207.00(R)/\$223.50(N)

COURSE #	DAY	DATE	TIME
FA1-216	Tu/Th	Sep 08–Dec 10	7:00PM–8:30PM

Adults

Strength, Stability, Stretch

Age: 18Y and up

Instructor: Lisa Forslund

Location: L | PR – Banquet Hall #130

Round out your exercise program with a class that will include light weight training, body weight exercises, functional movement, overall body stretching, and moves that increase flexibility. This class does not include aerobic/ cardio exercise. Bring weights and an exercise mat.

No class: 10/27

Classes: 12 Fee: \$67.00(R)/\$83.50(N)

COURSE #	DAY	DATE	TIME
FA1-109	Tue	Sep 15–Dec 08	5:30PM–6:30PM

StrengthPloxing

Age: 15Y and up

Instructor: Stephanie King

Location: Alice Peña Bulos Center – Multi-Use Room*

Get it all. Strength, cardio, endurance, balance, and control with mindful/safe execution. A fusion of standing pilates, boxing and fitness movements that can be performed at your own level of comfort. Bring a mat (or large towel) to lay on and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

Classes: 14 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
FA1-117	Sat	Sep 12–Dec 12	9:00AM–10:00AM

*Class on 10/31 will be held at the L | PR Exercise Studio #235.

Stretch & Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

We will apply gentle stretch & flow movements at your comfort level, using the barre. We will tone your body by using your own body weight, bands, and hand weights. Bring a mat (or large towel) to lay on and a pair of 2lb or 3lb weights. If you do not have weights, bring 2 water bottles.

No class: 11/27

Classes: 13 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
FA1-129	Fri	Sep 11–Dec 11	1:00PM–2:00PM

TEEN AND ADULT CLASSES

Tabata LiIT (Low Intensity Interval Training)

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Exercise Studio #235

Tabata LiIT is a mix of low-impact generous intervals and generous rest intervals. It is a safe and very effective way to build long term muscle and burn fat. The repetitions and burst of low impact exercise strengthen targeted muscles and enhance your overall cardiovascular fitness. Deconditioned individuals due to lack of exercise. Bring a mat and two water bottles (if you do not have weights). No class: 11/26

Classes: 13 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
FA1-118	Thu	Sep 10-Dec 10	1:00PM-2:00PM

Tabata Strength

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Each class consists of 15 minutes of moderate cardio (including the warmup), 20 minutes of no-to-low impact and rebound movements for 20 seconds and resting 10 seconds, 20 minutes of weight work-Tabata style (work 20 seconds, resting 10 seconds), and a 5-minute cool-down. This activity builds strength, encourages core stability for the body to move safely, and improves coordination, endurance, and flexibility. Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

L | PR – Social Hall #125

Classes: 12 Fee: \$67.00(R)/\$83.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA1-119	Mon	Sep 14-Dec 07	7:00PM-8:00PM

L | PR – Exercise Studio #235

Classes: 13 Fee: \$73.00(R)/\$89.50(N) No class: 11/26

COURSE #	DAY	DATE	TIME
FA1-120	Thu	Sep 10-Dec 10	6:00PM-7:00PM



Tai Chi Chuan: Guang Ping Yang – Beginners

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Tai Chi, or moving meditation, improves balance, reduces stress, and promotes efficient breathing. Movements are slow, low-impact, and safe. This beginner class teaches fundamental principles, basic forms, qigong, and I-Chuan standing meditation. Guang Ping Yang Tai Chi Chuan has been taught in South San Francisco Parks and Recreation for 40 years, continuing Grandmaster Henry Look's legacy.

Classes: 8 Fee: \$49.00(R)/\$65.50(N)

COURSE #	DAY	DATE	TIME
FA1-209	Thu	Sep 24-Nov 12	5:30PM-6:30PM

Tai Chi Chuan: Guang Ping Yang – Intermediates

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Intermediate students will learn additional movements, refine forms, and deepen their understanding of Tai Chi concepts. The class includes Qigong, I-Chuan meditation, and, for qualified students, saber, sword, and spear techniques, with Hsing-I and Bagua introduced to advanced students. Guang Ping Yang Tai Chi Chuan has been taught in South San Francisco Parks and Recreation for 40 years, continuing Grandmaster Henry Look's legacy.

Classes: 8 Fee: \$49.00(R)/\$65.50(N)

COURSE #	DAY	DATE	TIME
FA1-210	Thu	Sep 24-Nov 12	6:30PM-7:30PM

Tai Chi Chuan: Guang Ping Yang – Advanced

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Tai Chi, or moving meditation, improves balance, reduces stress, and promotes relaxed, safe, low-impact movement. Advanced students refine their Tai Chi form, practice Qigong and I-Chuan meditation, and, if qualified, improve saber, sword, and spear techniques. Hsing-I and Bagua are also taught to qualified students. Guang Ping Yang Tai Chi has been taught in South San Francisco Parks and Recreation for 40 years under Grandmaster Henry Look and his students.

Classes: 8 Fee: \$49.00(R)/\$65.50(N)

COURSE #	DAY	DATE	TIME
FA1-211	Thu	Sep 24-Nov 12	7:30PM-8:30PM

TEEN AND ADULT CLASSES

Tai Chi Wellness

Age: 18Y and up

Instructor: Elliotte Mao

Location: L | PR – Exercise Studio #235

The Qi energy harnessed for its life benefitting force has yet to be fully utilized by today's modern world. Come learn this gentle exercise to fortify us against issues such as stress, anxiety, fatigue, depression, imbalance and brain fog.

Classes are learner friendly, fun and informative. Elliotte Mao is a wellness educator with over 20 year experience in teaching Tai Chi and other health modalities. No athletic skills or previous experience needed for Level 1. Students will enjoy graduating up the levels with more moves and complexity. A Level 4 is added for graduates who want to practice the 85 moves and other modalities. Let's discover wellness together.

No class: 11/11, 11/26

Classes: 13 Fee: \$79.00(R)/\$95.50(N)

COURSE #	DAY	DATE	TIME
FA1-121 Level I	Thu	Sep 10-Dec 10	9:00AM-10:00AM
FA1-122 Level II	Thu	Sep 10-Dec 10	10:00AM-11:00AM
FA1-123 Level III	Wed	Sep 09-Dec 09	9:00AM-10:00AM
FA1-127 Level IV	Wed	Sep 09-Dec 09	10:00AM-11:00AM

(Tai Chi) Chen Style Taiji for Beginners and Intermediates

Age: 18Y and up

Instructor: Niki Ulehla

Location: L | PR – Exercise Studio #235

Taiji can translate to "grand extreme" and as such, is a practice of balancing opposites—opening and closing, fast and slow, hard and soft, front and back, tense and relax. The class will introduce the traditional Chen-style first form (Lao Jai Yi Lu), the Silk Reeling exercises, and Wuji Qigong. The Lao Jia Yi Lu is the ancient unmodified foundation of Chen Taiji. It is an exercise for the mind and the body, helping improve balance, coordination and develop an understanding of the underlying Taiji principles. The Silk Reeling Exercises are a series of spiraling movements taken from within longer Chen Taiji forms, allowing a person to learn the shapes, practice the movements and develop natural breathing. Wuji Qigong is a standing meditation practice to help cultivate internal energy flow (qi) and promote relaxation. Niki Ulehla has practiced Chen Taiji for over 10 years and is a certified instructor of American Chen Taijiquan Society.

No class: 10/12, 11/23

Classes: 11 Fee: \$101.00(R)/\$117.50(N)

COURSE #	DAY	DATE	TIME
FA1-240	Mon	Sep 14-Dec 07	10:30AM-12:00PM

Drop-In: (Tai Chi) Chen Style Taiji Silk Reeling for Seniors

Age: 50Y and up

Instructor: Niki Ulehla

Location: L | PR – Exercise Studio #235

Tai chi can translate to "grand extreme" and is a practice of balancing opposites—opening and closing, front and back, tense and relax. The class will focus on the Silk Reeling Exercises, a series of essential movements which are taken from within the long forms of Chen style tai chi. The hour-long series begins with the neck and moves all the way down to the toes. Through the movements, we will focus on the essential elements of alignment, shifting weight, opening and closing, tensing and relaxing and spiraling. The class is low impact and can be done while seated if needed. Niki Ulehla has practiced Chen Taiji for over 10 years and is a certified instructor of American Chen Taijiquan Society. Drop-in cash payable to the instructor.

No class: 10/12, 11/23

Classes: 11 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 14-Dec 07	12:15PM-1:15PM

Yoga & Breathwork – NEW!

Age: 18Y and up

Instructor: Monica Gutierrez

Location: L | PR – Small Dance Studio #221

A flow- style yoga and breathwork class, focused on posture, balance, controlled breathwork, and chanting. The class offers a supportive environment for beginners and experienced students alike. Instructor Monica Gutierrez, a licensed Massage Therapist and experienced yoga teacher, is dedicated to helping students find balance and inner peace.

No class: 11/26

Classes: 27 Fee: \$134.00(R)/\$150.50(N)

COURSE #	DAY	DATE	TIME
FA1-161	Tu/Th	Sep 08-Dec 10	9:30AM-10:15AM

Yoga Stretch – NEW!

Age: 18Y and up

Instructor: Monica Gutierrez

Location: L | PR – Small Dance Studio #221

A gentle stretch-based yoga class designed to release tension, open the body, and help you unwind. The class offers a supportive environment for beginners and experienced students alike. Instructor Monica Gutierrez, a licensed Massage Therapist and experienced yoga teacher, is dedicated to helping students find balance and inner peace.

No class: 11/11

Classes: 13 Fee: \$64.00(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA1-160	Wed	Sep 09-Dec 09	9:30AM-10:15AM

TEEN AND ADULT CLASSES

Yoga – Stretching Beginning & Intermediate

Age: 18Y and up

Instructor: Don Amini

Location: L | PR – Large Dance Studio #222

Focused stretching, deep breathing and relaxation to improve flexibility, posture and vitality. Please bring a personal mat to class.

No class: 10/12

Classes: 12 Fee: \$119.00(R)/\$135.50(N)

COURSE #	DAY	DATE	TIME
FA1-303	Mon	Sep 14-Dec 07	10:15AM-11:45AM

Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Zumba® helps improve your cardiovascular fitness. It is a fusion of Latin (Cha Cha, Bachata, Salsa) and International music—dance themes that create a dynamic, exciting, fun, and effective fitness system. The routines feature aerobic/fitness interval training with a combination of quick, moderate, and slow rhythms that tone and sculpt the body. Appropriate for all levels of fitness levels, moving with your own flavor and comfort level. Bring water and a towel.

Alice Peña Bulos Center – Multi-Use Room

Classes: 13 Fee: \$73.00(R)/\$89.50(N) No class: 11/3

COURSE #	DAY	DATE	TIME
FA1-124	Tue	Sep 08-Dec 08	6:00PM-7:00PM

L | PR – Social Hall #125

Classes: 13 Fee: \$73.00(R)/\$89.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA1-125	Wed	Sep 09-Dec 09	6:00PM-7:00PM

Alice Peña Bulos Center – Multi-Use Room*

Classes: 14 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
FA1-126	Sat	Sep 12-Dec 12	10:15AM-11:15AM

*Class on 10/31 will be held at the L | PR Exercise Studio #235.

Drop-In: Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: Joseph A. Fernekes Building*

Drop-in class (no advance registration needed). \$6.00 per class payable to the instructor at each class meeting (cash only please). No senior discount available.

No class: 10/12, 11/27

Classes: – Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 14-Dec 07	11:30AM-12:30PM
---	Tue	Sep 09-Dec 09	11:00AM-12:00PM
---	Fri	Sep 11-Dec 11	11:00AM-12:00PM

*Class on 9/8, 9/11, 9/15, 9/18, and 10/16 will be held at the L | PR Large Dance Studio #222. Class on 9/14 will be held at the L | PR Social Hall #125.

Drop-In: Zumba® Gold Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

Zumba® Gold is a lower-intensity, slower version of Zumba® designed for older adults, beginners, or anyone wanting to burn calories and tone muscles through dance. The class follows simple to slightly complex choreography to improve fitness, mental health, and memory. Enjoy a fun, full-body workout in a supportive environment. Drop-in only, \$6.00 per class payable to the instructor (cash, exact change). No class: 11/26

Classes: 13 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Thu	Sep 10-Dec 10	11:00AM-12:00PM

Class information, dates, times, and locations listed in this issue of the activity guide are subject to change after publication. Visit our online registration page for the latest class information at www.ssf.gov/rec-catalog.

TENNIS CLASSES

Tennis: Information and Requirements

- Students furnish their own racquet or may check out a loaner.
- Enrollment limited; early registration advised.
- Classes and times subject to change with notice.
- Weather may impact classes. Any class cancelations due to weather will be communicated to participants the day before or morning of.

Instructors: Anthony Dizon-Barron and Jaime Pagmanua are Certified Instructors by the U.S.P.T.R. (United States Professional Tennis Registry).

Tennis: Private Lessons

Age: 8Y and up

Instructor: Anthony Dizon-Barron

Location: Terrabay – Tennis Court #1

This class is for the student who desires more individual attention. Instructor will work on weaknesses or student's preference. Please note: Participants may register for only one private tennis lesson time slot per session.

Classes: 14 Fee: \$312.00(R)/\$328.50(N)

COURSE #	DAY	DATE	TIME
FA4-400	Sat	Sep 12-Dec 12	8:30AM-9:00AM
FA4-401	Sat	Sep 12-Dec 12	9:00AM-9:30AM
FA4-402	Sat	Sep 12-Dec 12	9:30AM-10:00AM
FA4-403	Sat	Sep 12-Dec 12	10:00AM-10:30AM

Classes: 12 Fee: \$267.00(R)/\$283.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA4-404	Mon	Sep 14-Dec 07	3:00PM-3:30PM
FA4-405	Mon	Sep 14-Dec 07	3:30PM-4:00PM

Classes: 13 Fee: \$289.00(R)/\$305.50(N) No class: 11/26

COURSE #	DAY	DATE	TIME
FA4-406	Thu	Sep 10-Dec 10	3:00PM-3:30PM
FA4-407	Thu	Sep 10-Dec 10	3:30PM-4:00PM

Tennis: Private Lessons

Age: 8Y and up

Instructor: Jaime Pagmanua

Location: Terrabay – Tennis Court #2

This class is for the student who desires more individual attention. Instructor will work on weaknesses or student's preference. Please note: Participants may register for only one private tennis lesson time slot per session.

Classes: 14 Fee: \$312.00(R)/\$328.50(N)

COURSE #	DAY	DATE	TIME
FA4-200	Sat	Sep 12-Dec 12	8:00AM-8:30AM
FA4-201	Sat	Sep 12-Dec 12	8:30AM-9:00AM
FA4-202	Sat	Sep 12-Dec 12	9:00AM-9:30AM
FA4-203	Sat	Sep 12-Dec 12	9:30AM-10:00AM
FA4-204	Sat	Sep 12-Dec 12	10:00AM-10:30AM
FA4-205	Sat	Sep 12-Dec 12	10:30AM-11:00AM

Classes: 13 Fee: \$289.00(R)/\$305.50(N) No class: 10/11

COURSE #	DAY	DATE	TIME
FA4-206	Sun	Sep 13-Dec 13	8:00AM-8:30AM
FA4-207	Sun	Sep 13-Dec 13	8:30AM-9:00AM
FA4-208	Sun	Sep 13-Dec 13	9:00AM-9:30AM
FA4-209	Sun	Sep 13-Dec 13	9:30AM-10:00AM
FA4-210	Sun	Sep 13-Dec 13	10:00AM-10:30AM
FA4-211	Sun	Sep 13-Dec 13	10:30AM-11:00AM



www.ssfca.gov/culturalarts

CulturalArts@ssfca.gov
Library | Parks and Recreation Center
901 Civic Campus Way
South San Francisco, CA, 94080

Contact:

Ercie Santos, Cultural Arts Specialist
Ercie.Santos@ssfca.gov | (650) 829-3810



Public Art Collection Highlight

"American Dog" is a ten-foot-tall corten steel sculpture by artist Dale Rogers that welcomes visitors to the City's first dedicated dog park. Installed in 2009, the playful artwork depicts a dog with its chew bone and serves as a distinctive landmark that celebrates companionship, recreation, and community gathering. Its whimsical design adds character to the park while reinforcing a sense of place for residents and their four-legged friends. For more information on this public art piece and more, visit www.ssfca.gov/culturalarts



Support the Cultural Arts Commission

Purchase a South San Francisco T-shirt featuring a design inspired by the City's Wind Harp sculpture. Shirts are \$20 and available at the Parks and Recreation Main Office (901 Civic Campus Way, 3rd floor), Monday–Friday, 8:00 a.m.–5:00 p.m. They will also be sold at Concert in the Park on Saturday, September 12, 2026. Supplies are limited.



Cultural Arts 2026 Art Show Exhibits

A COMMUNITY ART SHOW "FREE TO BE...ME"

Location: Library | Parks and Recreation Center
901 Civic Campus Way

EXHIBIT DATES:

Gallery Hours (Monday – Friday)

Monday, July 13, 2026 – Friday, July 31, 2026 |
10:00 a.m. – 5:00 p.m.

Closed n/a

Special Evening Gallery Hours

Tuesday, July 28, 2026 | 10:00 a.m. – 8:00 p.m.

*An online gallery will present a limited selection of work following the exhibit.

BLOOMING INTO BEING 2026 ART SHOW

Location: Library | Parks and Recreation Center
901 Civic Campus Way

EXHIBIT DATES:

Opening Weekend:

Friday, October 2, 2026 | 6:00 p.m. – 8:00 p.m.

Saturday, October 3, 2026 | 10:00 a.m. – 3:00 p.m.

Gallery Hours (Monday – Friday)

Monday, October 5, 2026 – Friday, October 30, 2026 |
10:00 a.m. – 5:00 p.m.

Closed Monday, October 12, 2026

Special Evening Gallery Hours

Tuesday, October 27, 2026 | 10:00 a.m. – 8:00 p.m.

*An online gallery will present a limited selection of work following the exhibit.

Current & Upcoming Opportunities for Artists

- 2026 Adult Art Show Exhibits
- RFQ Rotating Public Art Exhibit

*For the most up-to-date listing visit the "Current Opportunities for Artists" tab on our website: www.ssfca.gov/culturalarts

YOUTH AND ADULT SPORTS

Open Gym Program

Terrabay Gymnasium and Recreation Center

Terrabay Gymnasium will be open for several drop-in activities during the week and on weekends. Cash only for walk-ins. To pay in advance by credit card go to www.ssfca.gov/rec-catalog. The schedule is as follows:

Basketball

Mon/Fri	12:00PM – 3:00PM (All ages)
Wednesday	11:00AM – 2:00PM (All ages)
Saturday	12:00PM – 3:00PM (Juniors only)
Sunday	12:30PM – 3:00PM (All ages)

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$3.50	\$24.00
Adults	\$4.50	\$36.00
Seniors*	\$3.50	\$24.00

Pickleball

Tue/Thu	12:00PM – 3:00PM
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Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Adults	\$4.50	\$36.00
Seniors*	\$3.50	\$24.00

Badminton

Sunday	9:15AM – 12:00PM (All ages)
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Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$4.50	\$36.00
Adults	\$6.50	\$52.00
Seniors*	\$4.50	\$36.00

Terrabay Fitness Room

Terrabay Gymnasium and Recreation Center offers a small work out room that includes a treadmill, elliptical, and a universal machine, with a maximum capacity of 10 people.

Monday-Friday	11:00AM – 8:00PM
Sat/Sun	9:30AM – 3:00PM

Closing hours may vary depending on programming.

Ages: 16 years of age and over only

Script cards available Monday through Fridays

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Per person	\$3.00	\$24.00

*Senior discount applies to ages 62 years and up.

Fall Adult Bocce League

Known as Italian lawn bowling, it is one of the most widely played games in the world and is one of the oldest lawn or yard games. A Wednesday night, Thursday night, and Friday morning league will be offered in the Fall for all levels. Registration begins on Monday, August 11, 2026, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

Individual

Dates: Wednesday, September 9 – Saturday, November 7
BOCCE-104 Individual

*Please note: Individual registered participants will be asked their desired time slot preference upon registration.

Fee: \$30.00/individual*

Teams Only

Dates: Wednesday, September 9 – Wednesday, November 4
BOCCE-101

Team Only: Wed 5:00PM – 6:00PM

Team Only: Wed 6:00PM – 7:00PM

Team Only: Wed 7:00PM – 8:00PM

Fee: \$120.00/team (4 player min & 8 player max)

Dates: Thursday, September 10 – Thursday, November 5
BOCCE-102

Team Only: Thu 5:00PM – 6:00PM

Team Only: Thu 6:00PM – 7:00PM

Team Only: Thu 7:00PM – 8:00PM

Fee: \$120.00/team (4 player min & 8 player max)

Dates: Friday, September 11 – Friday, November 6
BOCCE-103

Team Only: Fri 9:00AM – 10:00AM

Team Only: Fri 10:00AM – 11:00AM

Fee: \$120.00/team (4 player min & 8 player max)

Middle School Sports Program

www.ssfca.gov/rec-catalog

Students who attend one of our three middle schools can participate in our sports program. Students from all three schools will be joined together to form teams that will represent the City of South San Francisco in the North County Recreation League (NCRL). Flag football practices and home games will be held at the Orange Memorial Park Sports Field and volleyball practices and home games at the Terrabay Gymnasium. The Evaluation Day will have anyone who registers (30 max per grade) placed on a team which could include students from all three schools playing together. There will be no cuts, but anyone who signs up after the evaluation day will only be placed on a team if a team is not already full. Please call (650) 829-4680 for further information on the Middle School Sports program. Registration forms will be made available at each school. We will not accept any registrations after our deadline for each season, please read the new registration format below.

YOUTH AND ADULT SPORTS

Middle School Sports Registration: All middle school sports participants **MUST PRE-REGISTER ONLINE OR IN PERSON BEFORE AUGUST 21** to play Flag Football or Volleyball. For a registration flyer, please call (650) 829-3800. Registration forms are also located at the Terrabay Gymnasium, 1121 South San Francisco Drive. Parents must sign the registration form and submit fees prior to participation.

FALL MIDDLE SCHOOL SPORTS

6th, 7th, 8th Grade Football (7 on 7 Passing League)

WHERE: Orange Memorial Park
EVALUATION DAY: Thursday, August 27 at 5:30PM
PRACTICES: Weekdays (Tue/Thu) practice schedule will be arranged after the evaluation day.
GAMES: Game schedules begin in September and will be announced.
COST: \$85.00
Team Jersey fee per participant: \$15-\$25

COURSE #	GRADE LEVEL
FA6-200	6th Grade Boys
FA6-201	7th Grade Boys
FA6-202	8th Grade Boys
FA6-203	6th, 7th, and 8th Grade Girls

6th, 7th, 8th Grade Volleyball

WHERE: Terrabay Gymnasium and Recreation Center (1121 South San Francisco Drive)
EVALUATION DAYS:
6th Grade Girls: Tuesday, August 25 at 5:00PM
7th Grade Girls: Wednesday, August 26 at 5:00PM
8th Grade Girls: Wednesday, August 26 at 6:45PM
PRACTICES: Weekdays practice schedule will be arranged after the evaluation day.
GAMES: Game schedules begin in September and will be announced.
COST: \$85.00
Team Jersey fee per participant: \$15-\$25

COURSE #	GRADE LEVEL
FA6-400	6th Grade Girls
FA6-401	7th Grade Girls
FA6-402	8th Grade Girls
FA6-403	6th, 7th, and 8th Grade Boys

7th/8th Grade Boys/Girls Basketball

(STARTS IN NOVEMBER)

WHERE: Terrabay Gymnasium and Recreation Center (1121 South San Francisco Drive)
EVALUATION DAYS:
November 3 and 4 (tentative)
PRACTICES: Weekday practice schedule will be arranged after the evaluation day.
GAMES: Games will begin in December and will be announced.
COST: \$83.00 per participant and includes a team shirt

COURSE #	GRADE LEVEL
FA6-100	7th Grade Boys
FA6-101	7th Grade Girls
FA6-102	8th Grade Boys
FA6-103	8th Grade Girls

SOUTH CITY SKILLS

Parks and Recreation South City Skills is a coed basketball league offered for children 3rd – 5th grades. The children will learn the basic fundamentals of basketball as well as teamwork and good sportsmanship. A five-game season will be played. Each team will carry a maximum of 10 players.

Coed 3rd – 5th Basketball League

DAYS: Fridays
PRACTICE DATES: September 18 – November 13
TIMES: 3:30PM-4:30PM, 4:30PM-5:30PM, 5:30PM-6:30PM, or 6:30PM-7:30PM
Practice location: Terrabay Gymnasium
GAME DATES: Games begin October 9, 2026 (Fridays)*
Game location: Terrabay Gymnasium
COST: \$85.00
Team Jersey fee per participant: \$15-\$25
For more information call (650) 829-3800.

COURSE #	DAY	TIME
FA6-300	Fri	3:30PM
FA6-301	Fri	4:30PM
FA6-302	Fri	5:30PM
FA6-303	Fri	6:30PM

*Dates subject to change

FREE CAMPS!

MIDDLE SCHOOL VOLLEYBALL AND FLAG FOOTBALL
Volleyball: Aug 18 & 19, 4:30PM – 6:00PM
Flag Football: Aug 20, 4:30PM – 6:15PM

MIDDLE SCHOOL 7TH/8TH GRADE BASKETBALL
Girls: Nov 2, 4:30PM – 6:00PM
Boys: Nov 2, 6:15PM – 7:45PM

AQUATICS CLASSES

Orange Pool

1 West Orange Ave | South San Francisco, CA 94080
(650) 875-6973 | www.ssfca.gov/aquatics
Indoor, six lanes, 25 yards | Approximately 83 degrees

Aquatics classes and the drop-in schedule for the Fall 2026 season are tentatively scheduled due to the opening of the new Orange Memorial Park Aquatics Center. Please check the main Aquatics website, www.ssfca.gov/aquatics, for the most up-to-date information regarding program offerings. Scan the QR code to join the New Pool email list for project updates.



Aquatics Registration

All classes are subject to cancellation based on instructor availability. Please check the online catalog for the most up-to-date course offerings.

FALL 2026

All registrations open at 6:00am online and in-person at Orange Pool unless noted otherwise.

Session #1 (All classes, including weekend classes)

Resident Registration – Wednesday, September 9, 2026
Non-Resident Registration – Wednesday, September 16, 2026

Session #2 (Mon/Wed and Tues/Thu evening classes only)

Resident Registration – Wednesday, October 21, 2026
Non-Resident Registration – Friday, October 23, 2026

Registration Procedures

Registration can be done online or in person. It is highly recommended to register online through CivicRec at www.ssfca.gov/rec-catalog. If you have not already, you will need to create a family account in advance. If you register in person, the registration form is located on page 48. Completed forms can be brought to Orange Pool or the Recreation Administrative Office.

We reserve the right to cancel or relocate classes due to low enrollment or instructor unavailability.

OMP Pool will be closed on the following dates:

- Monday, September 7, 2026
- Saturday, September 12, 2026, Pool Closed for Concert in the Park
- Saturday, September 27, 2026, Pool Closes at 12:45 PM (No Open Rec Swim)
- Monday, October 12, 2026
- Saturday, October 17, 2026, Pool Closed for Halloween Extravaganza
- Sunday, October 25, 2026, Pool Closes at 1:00 PM (No Open Rec Swim)
- Wednesday, November 11, 2026
- Sunday, November 22, 2026, Pool Closes at 1:00 PM (No Open Rec Swim)
- Thursday, November 26 – Sunday, November 29, 2026

- Saturday, December 5, 2026, Pool Closed for Santa Comes to Town
- Saturday, December 19, 2026, Pool Closes at 8:45 AM (No Open Rec Swim)
- Thursday, December 24, 2026 – Sunday, January 3, 2026

The schedule listed below is subject to change. Please check the aquatics website www.ssfca.gov/aquatics for the most up-to-date schedule for our drop-in programs.

All participants under the age of 18 must be accompanied by an adult at all times.

Adult Lap Swimming (16 Years and up)

Mon-Fri 5:30AM – 9:30AM
Saturday 7:15AM – 8:45AM

Adult Recreation Swim (18 Years and up)

Mon-Fri 10:00AM – 1:45PM
Tue/Thu 7:45PM – 9:30PM
Sunday 7:15AM – 9:15AM

Open Recreation (All Ages)

Saturday 12:45PM – 2:30PM
Sunday 1:00PM – 3:00PM

Drop-in Baby and Parent Recreation Swim (4 months to 4 years)

For \$6.50(R)/\$9.00(N), bring your child for playtime in the pool! This particular recreation time is for caregivers and children to play in the pool together and a time for expecting mothers to get in for some aquatic exercise. A lifeguard will be on duty and this is strictly for recreation (not a class). Buy a membership card or pay the drop-in fee. **All babies and children 4 years and younger must wear a swim diaper and swimsuit. All children 4 years and younger are required to have an adult accompany them in the water. Please, no outside toys or floatation devices. Only U.S. Coast Guard-approved life jackets/puddle jumpers are allowed.**

Mon/Fri 2:00PM – 3:00PM

Fees

All class fees are listed in the class schedule. There are two sets of fees (residents and non-residents). Prices are subject to change. Class payment can be made online with a credit card anytime, or in-person by check or credit card (Visa, MasterCard, American Express, or Discover) Monday through Friday, 8:00am – 5:00pm.

Admission Fees

Children	\$4.50(R)/\$6.00(N)
Adults	\$6.50(R)/\$9.00(N)
Senior/Veteran	\$4.50(R)/\$6.00(N)

Script Card (10 use passes) and Monthly Passes
(Adult and Senior (62+) 10 use and monthly passes can be used for lap, adult rec, and open rec)

Child Script	\$36.75(R)/\$49.60(N)
Adult Script	\$53.50(R)/\$73.50(N)
Senior/Veterans	\$36.75(R)/\$49.50(N)
Monthly Adult	\$76.75(R)/\$97.25(N)
Monthly Senior/Veterans	\$55.25(R)/\$75.75(N)

Rentals

Orange Pool is available for rentals on Saturdays from 2:45pm – 4:15pm and from 4:30pm – 6:00pm. Please note the 2:45pm start time must be reserved before booking the 4:30pm start time. Both time slots can be reserved by one party if available. For parties reserving both time slots, the rental time will be from 2:45pm – 5:45pm. Rentals are done on a first-come, first-served basis. **Please email Aquatics@ssfca.gov to book.** Rentals may be canceled due to staff unavailability, and full refunds will be issued in this case.

Rental Rates (1.5 hours):

\$203.50 for 30 participants or less

\$229.50 for 31-60 participants

\$255.50 for 61-100 participants

Rental Rates (3 hours):

\$407.00 for 30 participants or less

\$459.00 for 31-60 participants

\$511.00 for 61-100 participants

Non-residents pay an additional \$22.50 per 1.5 hours.

Rental payments are due upon completion of the permit.

For further information and date availability, please email

Aquatics@ssfca.gov.

INFANT/PRESCHOOL

Infants

Age: 6M – 1Y 5M

This level is designed to orient infants to the water and the various skills involved in swimming. **An adult must accompany the infant in the water, and infants are required to wear a swim diaper. Please do not eat or drink 30 minutes before the start of class.** Infant, Toddler, and Preschool classes may be combined.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-1103	Tu/Th	Sep 22-Oct 15	6:30PM-7:00PM
FA8-1104	Tu/Th	Sep 22-Oct 15	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$63.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-1105	Tu/Th	Oct 27-Nov 19	6:30PM-7:00PM
FA8-1106	Tu/Th	Oct 27-Nov 19	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-1107	Sat	Sep 26-Nov 21	9:00AM-9:30AM
FA8-1108	Sat	Sep 26-Nov 21	9:35AM-10:05AM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-1109	Sun	Sep 27-Nov 22	10:25AM-10:55AM
FA8-1110	Sun	Sep 27-Nov 22	11:00AM-11:30AM

AQUATICS CLASSES

Toddler

Age: 1Y 6M – 2Y 11M

This level works with the toddler on orientation to the water and teaches the various skills involved in beginning swimming. **An adult must accompany the toddler in the water, and all toddlers are required to wear a swim diaper. Please do not eat or drink 30 minutes before the start of class.** Infant, Toddler, and Preschool classes may be combined.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-2203	Tu/Th	Sep 22-Oct 15	6:30PM-7:00PM
FA8-2204	Tu/Th	Sep 22-Oct 15	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$63.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-2205	Tu/Th	Oct 27-Nov 19	6:30PM-7:00PM
FA8-2206	Tu/Th	Oct 27-Nov 19	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-2207	Sat	Sep 26-Nov 21	9:00AM-9:30AM
FA8-2208	Sat	Sep 26-Nov 21	9:35AM-10:05AM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-2209	Sun	Sep 27-Nov 22	10:25AM-10:55AM
FA8-2210	Sun	Sep 27-Nov 22	11:00AM-11:30AM

Pre-School

Age: 3Y – 4Y 11M

This course aims to teach preschoolers floating and swimming skills. **An adult must accompany the preschooler in the water, and all preschoolers are required to wear a swim diaper. Please do not eat or drink 30 minutes before the start of class.** Infant, Toddler, and Preschool classes may be combined.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-3303	Tu/Th	Sep 22-Oct 15	6:30PM-7:00PM
FA8-3304	Tu/Th	Sep 22-Oct 15	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$63.50(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
FA8-3305	Tu/Th	Oct 27-Nov 19	6:30PM-7:00PM
FA8-3306	Tu/Th	Oct 27-Nov 19	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-3307	Sat	Sep 26-Nov 21	9:00AM-9:30AM
FA8-3308	Sat	Sep 26-Nov 21	9:35AM-10:05AM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-3309	Sun	Sep 27-Nov 22	10:25AM-10:55AM
FA8-3310	Sun	Sep 27-Nov 22	11:00AM-11:30AM

Starfish (Formerly Pre-Basic Beginners)

Age: 3Y 6M – 5Y

The purpose of this course is to begin teaching floating and swimming skills to preschoolers without their parents in the water with them. The children will enter the water themselves and stand on a Tot-Dock to keep them safely above water during class. **Children 4 and under are required to wear a swim diaper without exception.** Class size will be limited to 4 children. **Please do not eat or drink 30 minutes before the start of class.**

Saturday Session #1

Classes: 8 Fee: \$73.75(R)/\$90.75(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-4423	Sat	Sep 26-Nov 21	10:15AM-10:45AM
FA8-4424	Sat	Sep 26-Nov 21	10:50AM-11:20AM
FA8-4425	Sat	Sep 26-Nov 21	11:25AM-11:55AM
FA8-4426	Sat	Sep 26-Nov 21	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$82.75(R)/\$99.75(N)

COURSE #	DAY	DATE	TIME
FA8-4429	Sun	Sep 27-Nov 22	11:40AM-12:10PM
FA8-4430	Sun	Sep 27-Nov 22	12:15PM-12:45PM

CHILD

Level 1: Pollywogs

Age: 5Y – 13Y or at least 4'0" tall

This class is intended for first-time students. We will primarily focus on going underwater unassisted, unassisted front and back floats, and assisted front and back flutter kicks. We will introduce streamlines and forward and backward arm circles.

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-110	M/W	Sep 21-Oct 14	6:30PM-7:00PM
FA8-111	M/W	Sep 21-Oct 14	7:05PM-7:35PM
FA8-112	M/W	Sep 21-Oct 14	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-113	M/W	Oct 26-Nov 18	6:30PM-7:00PM
FA8-114	M/W	Oct 26-Nov 18	7:05PM-7:35PM
FA8-115	M/W	Oct 26-Nov 18	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-123	Sat	Sep 26-Nov 21	10:15AM-10:45AM
FA8-124	Sat	Sep 26-Nov 21	10:50AM-11:20AM
FA8-125	Sat	Sep 26-Nov 21	11:25AM-11:55AM
FA8-126	Sat	Sep 26-Nov 21	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-129	Sun	Sep 27-Nov 22	11:40AM-12:10PM
FA8-130	Sun	Sep 27-Nov 22	12:15PM-12:45PM

Level 2: Guppies

Age: 5Y – 13Y

Prerequisites: Introduction to forward and backward arm circles, floating on both stomach and back unassisted for 5 seconds, assisted front and back flutter kick for 5 yards, blow bubbles with submersion, and jump into three feet of water unassisted and return to the wall. Students will mainly focus on front and back floats with standing recovery, forward and backward arm circles with a board for 5 yards, front and back flutter kick with a board for 10 yards, and combining arm circles with kicks for freestyle and backstroke. We will introduce side breathing, elementary backstroke kick, elementary backstroke arms, and front-to-back float (turnovers).

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-210	M/W	Sep 21-Oct 14	6:30PM-7:00PM
FA8-211	M/W	Sep 21-Oct 14	7:05PM-7:35PM
FA8-212	M/W	Sep 21-Oct 14	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-213	M/W	Oct 26-Nov 18	6:30PM-7:00PM
FA8-214	M/W	Oct 26-Nov 18	7:05PM-7:35PM
FA8-215	M/W	Oct 26-Nov 18	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-223	Sat	Sep 26-Nov 21	10:15AM-10:45AM
FA8-224	Sat	Sep 26-Nov 21	10:50AM-11:20AM
FA8-225	Sat	Sep 26-Nov 21	11:25AM-11:55AM
FA8-226	Sat	Sep 26-Nov 21	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-229	Sun	Sep 27-Nov 22	11:40AM-12:10PM
FA8-230	Sun	Sep 27-Nov 22	12:15PM-12:45PM

Aquatics classes are subject to change during the Fall session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at www.ssfca.gov/newpool.

AQUATICS CLASSES

Level 3: Goldfish

Age: 5Y – 13Y

Prerequisites: Forward and backward arm circles with a board for 5 yards, front and back flutter kick with a board for 10 yards, assisted forward and backward arm circles with kick for 5 yards, front and back streamline unassisted for 5 yards, front and back float with standing recovery unassisted. Students will mainly focus on their side breathing, independently swimming short distances of freestyle and backstroke, and unassisted front-to-back floats (turnovers). We will introduce students to breaststroke kick, treading water, and kneeling dives.

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-310	M/W	Sep 21-Oct 14	6:30PM-7:00PM
FA8-311	M/W	Sep 21-Oct 14	7:05PM-7:35PM
FA8-312	M/W	Sep 21-Oct 14	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-313	M/W	Oct 26-Nov 18	6:30PM-7:00PM
FA8-314	M/W	Oct 26-Nov 18	7:05PM-7:35PM
FA8-315	M/W	Oct 26-Nov 18	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-323	Sat	Sep 26-Nov 21	10:15AM-10:45AM
FA8-324	Sat	Sep 26-Nov 21	10:50AM-11:20AM
FA8-325	Sat	Sep 26-Nov 21	11:25AM-11:55AM
FA8-326	Sat	Sep 26-Nov 21	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-329	Sun	Sep 27-Nov 22	11:40AM-12:10PM
FA8-330	Sun	Sep 27-Nov 22	12:15PM-12:45PM

Level 4: Sea Turtles

Age: 5Y – 13Y

Prerequisites: The ability to swim 5 yards of freestyle and backstroke unassisted, 10 yards freestyle and backstroke with a board, 10 yards of assisted elementary backstroke, front-to-back float (turnovers) independently, and introduction to treading, kneeling dives, and breaststroke kick. We will be focusing on endurance for freestyle, backstroke and, treading. We will introduce, breaststroke arms, open turns, and forward somersaults for flip turns.

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-410	M/W	Sep 21-Oct 14	6:30PM-7:00PM
FA8-412	M/W	Sep 21-Oct 14	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-413	M/W	Oct 26-Nov 18	6:30PM-7:00PM
FA8-415	M/W	Oct 26-Nov 18	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-421	Sat	Sep 26-Nov 21	9:00AM-9:30AM
FA8-423	Sat	Sep 26-Nov 21	10:15AM-10:45AM
FA8-424	Sat	Sep 26-Nov 21	10:50AM-11:20AM
FA8-425	Sat	Sep 26-Nov 21	11:25AM-11:55AM
FA8-426	Sat	Sep 26-Nov 21	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-429	Sun	Sep 27-Nov 22	11:40AM-12:10PM
FA8-430	Sun	Sep 27-Nov 22	12:15PM-12:45PM

Aquatics classes are subject to change during the Fall session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at www.ssfcg.gov/newpool.

AQUATICS CLASSES

Level 5: Marlins

Age: 5Y – 13Y

Prerequisites: The ability to swim 25 yards of freestyle and backstroke with a board, 15 yards of freestyle and backstroke unassisted, 10 yards of breaststroke kick with a board, unassisted elementary backstroke for 15 yards, tread water for 30 seconds unassisted, and kneel dive unassisted. We will be focusing on endurance and technique for freestyle and backstroke. We will introduce standing dives, side-stroke kick, and flip turns.

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-510	M/W	Sep 21-Oct 14	6:30PM-7:00PM
FA8-511	M/W	Sep 21-Oct 14	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-513	M/W	Oct 26-Nov 18	6:30PM-7:00PM
FA8-514	M/W	Oct 26-Nov 18	7:05PM-7:35PM

Thursday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-519	Thu	Sep 24-Nov 19	6:30PM-7:00PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-522	Sat	Sep 26-Nov 21	9:35AM-10:05AM
FA8-523	Sat	Sep 26-Nov 21	10:15AM-10:45AM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-529	Sun	Sep 27-Nov 22	11:40AM-12:10PM

Level 6: Dolphins

Age: 5Y – 13Y

Prerequisites: The ability to swim 25 yards of freestyle and backstroke, 25 yards of elementary backstroke, 15 yards of breaststroke, tread water for 1 minute unassisted, and an introduction to side stroke kick, flip turns, and standing dive. We will be focusing on combining competitive techniques for freestyle and backstroke, and endurance for breaststroke. We will introduce breaststroke pull-downs, butterfly kicks, and backstroke flag counts.

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-612	M/W	Sep 21-Oct 14	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-615	M/W	Oct 26-Nov 18	7:40PM-8:10PM

Thursday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-620	Thu	Sep 24-Nov 19	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-624	Sat	Sep 26-Nov 21	10:50AM-11:20AM
FA8-626	Sat	Sep 26-Nov 21	12:00PM-12:30PM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-628	Sun	Sep 27-Nov 22	11:00AM-11:30AM
FA8-630	Sun	Sep 27-Nov 22	12:15PM-12:45PM

Aquatics classes are subject to change during the Fall session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at www.ssfca.gov/newpool.

AQUATICS CLASSES

Level 7: Sharks

Age: 5Y – 13Y

Prerequisites: The ability to swim 50 yards of freestyle and backstroke with open turns, 25 yards of breaststroke, 25 yards of sidestroke kick with a board, and an introduction to breaststroke pull-downs, sidestroke, butterfly kick, and backstroke turns. We will focus on refining competitive techniques for freestyle and backstroke, and on combining competitive techniques for breaststroke while increasing endurance for all strokes, including butterfly kick. We will introduce the butterfly pull, competition dives, and feet-first surface dives.

Monday/Wednesday Session #1

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 10/12

COURSE #	DAY	DATE	TIME
FA8-711	M/W	Sep 21-Oct 14	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$55.50(R)/\$72.50(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA8-714	M/W	Oct 26-Nov 18	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$63.50(R)/\$80.50(N) No class: 10/17

COURSE #	DAY	DATE	TIME
FA8-725	Sat	Sep 26-Nov 21	11:25AM-11:55AM

Sunday Session #1

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-727	Sun	Sep 27-Nov 22	10:25AM-10:55AM

TEENS AND ADULTS

Teen/Adult Level 1

Age: 13Y and up

This class is for first time student. No swimming experience is required. We will help you learn and improve your floating skills, basic arm movements, and kicks.

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-100	Fri	Sep 25-Nov 20	6:30PM-7:00PM
FA8-101	Fri	Sep 25-Nov 20	7:05PM-7:35PM

Teen/Adult Level 2

Age: 13Y and up

This course will help you learn the crawl stroke, backstroke, coordinate your breathing, and introduce you to deep water.

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-200	Fri	Sep 25-Nov 20	6:30PM-7:00PM
FA8-201	Fri	Sep 25-Nov 20	7:05PM-7:35PM

Teen/Adult Level 3

Age: 13Y and up

In this class, you will work on your existing skills. Also, introduce the sidestroke and breaststroke.

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-300	Fri	Sep 25-Nov 20	6:30PM-7:00PM
FA8-301	Fri	Sep 25-Nov 20	7:05PM-7:35PM

Teen/Adult Level 4

Age: 13Y and up

In this class, you will work on your existing skills and endurance swimming.

Classes: 9 Fee: \$71.25(R)/\$88.25(N)

COURSE #	DAY	DATE	TIME
FA8-400	Tue	Sep 22-Nov 17	6:30PM-7:00PM
FA8-401	Tue	Sep 22-Nov 17	7:05PM-7:35PM

EXERCISE AND FITNESS

Adult Aquatic Exercise

Age: 18Y and up

This program is a low-intensity water aerobics class designed for those persons in need of therapeutic exercise. It is not necessary to have swimming ability. Participation is subject to the instructor's approval.

Subject to cancellation based on instructor availability.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$53.25(R)/\$70.25(N)

COURSE #	DAY	DATE	TIME
FA8-AX01	Tu/Th	Sep 22-Oct 15	2:00PM-3:00PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$53.25(R)/\$70.25(N)

COURSE #	DAY	DATE	TIME
FA8-AX02	Tu/Th	Oct 27-Nov 19	2:00PM-3:00PM

Aquatics classes are subject to change during the Fall session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at www.ssfca.gov/newpool.

AQUATICS CLASSES

Adult Aquatic Fitness

Age: 16Y and up

This class is a medium-intensity, shallow water exercise class. It is not necessary to have swimming ability.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$53.25(R)/\$70.25(N)

COURSE #	DAY	DATE	TIME
FA8-AFO1	Tu/Th	Sep 22-Oct 15	7:45PM-8:30PM
FA8-AFO2	Tu/Th	Sep 22-Oct 15	8:30PM-9:15PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$53.25(R)/\$70.25(N)

COURSE #	DAY	DATE	TIME
FA8-AFO3	Tu/Th	Oct 27-Nov 19	7:45PM-8:30PM
FA8-AFO4	Tu/Th	Oct 27-Nov 19	8:30PM-9:15PM

Aqua Zumba

Age: 16Y and up

Perfect For: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance; for one pool party you shouldn't miss! Benefits: There is less impact on your joints during an Aqua Zumba® class so that you can let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Wednesday Session #1

Classes: 9 Fee: \$59.75(R)/\$76.75(N)

COURSE #	DAY	DATE	TIME
FA8-AZO1	Wed	Sep 23-Nov 19	2:00PM-3:00PM

Sunday Session #1

Classes: 9 Fee: \$59.75(R)/\$76.75(N)

COURSE #	DAY	DATE	TIME
FA8-AZO2	Sun	Sep 27-Nov 22	9:25AM-10:10AM



Join our emailing list!

Stay connected so you never miss a class, event, or registration deadline! This fall is packed with exciting community events, including Concert in the Park, Halloween Extravaganza, the Thanksgiving Fun Run, Santa Comes to Town, the Nutcracker, and much more. Be the first to hear about new programs, registration dates, schedule updates, and special announcements by joining our Parks and Recreation email list.

Sign up for our email newsletter today at conta.cc/36SAjZt and stay connected with everything happening in your community.



We look forward to seeing you this fall and beyond!



Aquatics classes are subject to change during the Fall session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at www.ssfca.gov/newpool.

PRESCHOOL

LICENSED PRESCHOOLS:

Little Steps Preschool,
Siebecker Preschool, and
Westborough Preschool

The South San Francisco Preschool curriculum provides a learning environment and experiences that help young children develop socially, intellectually, physically and emotionally. Our program is play-based and is characterized by a predictable structure, providing children with a dependable routine. We believe that children learn through play. What may seem like simple child's play to us is actually a laboratory of work to a child. Through play, children act out life. They experiment with relationships, learn the difference between imagination and real life, practice communication skills, and begin to build social structures. Play is an integral part of a child's life. Play based learning does not mean that the children just do what they like all day. There will be times when the children come together as a group where they will learn to listen to each other, share information, follow rules and partake in group activities. Play based activities don't replace intentional teaching, rather complement and enhance it! Open ended play based learning focuses on the process not the product. It is the learning that is taking place that is the all important factor.

To be eligible for Westborough and Siebecker Preschool, children must be between 2 ½ and 5 years old and be fully toilet trained. To be eligible for Little Steps Preschool children must be between 3 and 5 years old and be fully toilet trained. Preschool is a year-round licensed program that runs Monday-Friday 7:30am to 6pm. There are three preschools, Siebecker Preschool is located at 510 Elm Court, (650) 875-6979, Facility #410509769 and Westborough Preschool is located at 2380 Galway, (650)875-6980, Facility #410517397. Little Steps is located at 520 Tamarack Lane, (650) 877-8545, Facility #414004145. Little Steps is a Big Lift grant funded preschool. Enrollment is full time only and based on family size and gross monthly income. The goal of our teachers is to provide a safe, nurturing environment with many developmentally appropriate activities and opportunities for children to creatively explore and learn through play. We are experienced and trained in the areas of Early Childhood Education, First Aid and CPR.

For more information please email **Diana Gonzalez**, Preschool Supervisor, at diana.gonzalez@ssfca.gov or call (650) 829-3756.

To schedule a tour you may call the school directly for an appointment. A waiting list/brochure is available to print online at www.ssfca.gov/childcare. Currently there is a wait list for our schools. Being on the waiting list does not guarantee a spot in the program.

REGISTRATION FEE:

A \$76.50 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$36.50 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. There is currently a wait list.

BILLING POLICIES:

Siblings with a full time schedule receive a 15% discount on combined monthly fees.

FULL DAY FEE: (Over 4 hrs. per day)*

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$752.50/month	\$841.50/month
3 DAYS	\$466.50/month	\$520.50/month
2 DAYS	\$322.00/month	\$362.00/month

PART-TIME FEE: (Under 4 hrs. per day; half day 8:30am-12:30pm)*

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$664.50/month	\$741.50/month
3 DAYS	\$411.50/month	\$457.50/month
2 DAYS	\$285.00/month	\$316.00/month

*Fees subject to change.

Little Steps Preschool fees are a sliding scale based on family size and gross monthly income.

For more information, please visit our website at www.ssfca.gov/childcare.

Winter Camp 2026

DATES

December 21st, 22nd, 23rd, 28th, 29th, and 30th

FEES

\$48.50 per day for Residents and
\$53.50 per day for Non-residents

Public Registration will open at 9:00am on Monday,
November 16th. For more information, visit the
Childcare site at www.ssfca.gov/childcare.

YOUTH ENRICHMENT SERVICES

LICENSED AFTER SCHOOL RECREATION PROGRAM

The South San Francisco Licensed After School Recreation Program is designed for children actively enrolled in TK through 5th Grade at the SSFUSD school site where the licensed program operates. The After School Recreation Programs are licensed through the Department of Social Services, Community Care Licensing. Our Programs operate in accordance with the South San Francisco Unified School District days of operation calendar. The program is offered Monday through Friday from 7:30am – start of school and school dismissal – 6:00pm.

Each program is designed as an expanded learning program to meet the academic, emotional, physical, and social needs and interests of the children enrolled. The program provides some academic support, recreation activities, and cultural enrichment through a play-based curriculum. Many of the activities planned for the children enrolled meet curriculum standards as we actively partner with the schools to ensure the children are on a pathway to a successful academic career.

We provide a safe, nurturing environment with plenty of academic challenges as children explore and learn through play. Our goal is to encourage and develop each child's self-esteem, social skills and academic skills so they can continue to grow and meet the challenges of today's world. The site coordinators, teachers and recreation leaders are experienced and trained in the areas of recreation, education, child development, supervision, first aid and CPR, as well as meet the State qualifications for their positions.

REGISTRATION PROCESS:

Families can register for the waitlist at www.ssfca.gov/rec-catalog. For more information, please visit our website at www.ssfca.gov/childcare or contact the Childcare Administrative Office at (650) 875-6900 or **Kimberly Morrison**, Recreation and Community Services Supervisor at (650) 875-6950 or kimberly.morrison@ssfca.gov.

LOCATIONS:

Buri Buri Elementary School (827-8448)
325 Del Monte Avenue
License #414002856

Monte Verde Elementary School (742-0613)
2551 St. Cloud Drive
License #410518963

Ponderosa Elementary School (873-1096)
295 Ponderosa Road
License #410519011

Spruce Elementary School (873-0924)
501 Spruce Avenue
License #410519010

AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

Days: Monday through Friday
Time: 7:30am – Morning Bell
Release Bell – 6:00pm
Ages: TK-5th grade

REGISTRATION FEE:

A \$76.50 non-refundable fee per family is due upon registration/orientation each year.

WAITLIST FEE:

The waitlist for the after school recreation programs is only valid for one school year. A non-refundable fee of \$36.50 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

Tuition is based on days of operation divided into ten tuition payments. The first and last tuition payment is due the first month of program each year. The last tuition installment is non-refundable, nor can it be used for your last month of attendance if you leave the program before the end of the school year.

# DAYS PER WEEK	BEFORE SCHOOL & AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM ONLY
5 DAYS	\$498.00/month	\$430.00/month
3 DAYS	\$339.50/month	\$294.00/month
2 DAYS	\$226.00/month	\$198.00/month

*Before school care only \$158/month.

For information, visit our website at www.ssfca.gov/childcare.

REAL PROGRAM:

Los Cerritos and Martin Elementary Schools

The Recreation, Education, and Learning (REAL) Program is an After School Education and Safety (ASES) expanded learning program that is grant funded through the California Department of Education and operates in partnership with the City of South San Francisco and the South San Francisco Unified School District. The program provides academic support and enrichment for students Kindergarten through 5th grade. Priority enrollment is given to students who are referred by the school principal or teachers.

ELOP PROGRAM

Youth Enrichment Services is an Expanded Learning Opportunity Program (ELOP) partner with the South San Francisco Unified School District. Families who qualify for the meal program are eligible for ELOP after-school programs. For more information, contact the South San Francisco Unified School District or YES Administration.

SENIOR SERVICES

Senior Program Administration: Roberta Cerri Teglia Center

601 Grand Avenue
(650) 829-3820
Monday, Wednesday, Friday, & Saturday: 9:00am – 3:00pm
EXTENDED HOURS Tuesday & Thursday: 9:00am – 5:00pm

Kasey Jo Kelly, Supervisor
(650) 829-3822
kaseyjo.kelly@ssfca.gov



TAKE THE FREE SOUTH CITY SHUTTLE!

The shuttle provides free service around South San Francisco Monday through Friday (except certain holidays), with trips to local stores, senior center, libraries, city hall, and parks. The shuttle provides transit connections with SamTrans and BART. This free shuttle is open to the general public.

To view the map, visit www.ssfca.gov/shuttle. For questions, or more information please contact the City of South San Francisco's Public Works Department via phone (650) 877-8550 or email shuttle@ssfca.gov.

Licensed Adult Day Care Program SECOND FLOOR

The South San Francisco Adult Day Care Center is located at 601 Grand Avenue, 2nd floor and is open Monday through Friday with program hours from 8:00am – 3:00pm. The fee for the ADC program is \$51.50 – \$69.00 per day. Financial assistance and sliding scale may be available for clients.

The program objectives are to maintain and enhance participant's physical, social and emotional functioning, while encouraging the highest level of independence and enhancing their quality of life, thus enabling frail or impaired older adults to remain in their community and to prevent premature or inappropriate institutionalization. It also provides on-going support, respite, and assistance with community resources for caregivers and clients. The activities are designed to provide mental and physical stimulation for participants. Structured recreation, education, and social programs include exercise, nutrition education, reality orientation, arts/crafts, music, games, walking and more. The program also provides a nutritionally balanced hot lunch and snack. Transportation assistance is available for clients.

Benefits for participants enrolled in the program are supervision, assistance and adaptive equipment for activities of daily living, structured activity programs to overcome isolation of physical and/or emotional disability and socialization with peers. Benefits for caregivers are respite, a safe and secure environment for their loved ones, community resource information, support group opportunities and information and referral. For information on the Adult Day Care Program please contact the ADC coordinator, Marianna Roman at (650) 829-3824.

Congregate Nutrition Program THIRD FLOOR

Tuesdays and Thursdays from 12:30pm – 2:30pm
SSF residents 60 years and up are provided a healthy lunch and taught the benefits of proper nutrition and health. A completed application and pre-registration are required. There is a \$3.00 voluntary contribution, but it does not impact the ability to participate. For more information: (650) 829-3820 or email lisa.wilson@ssfca.gov

SENIOR CONNECTION NEWSLETTER

Stay up to date on all the fun activities and programs at the Roberta Cerri Teglia Center.

For more information call (650) 829-3820
or visit www.ssfca.gov/seniors.

Older Adult and Senior Programs:
Roberta Cerri Teglia Center / Library | Parks and Recreation Center

A wide range of free programs are offered for adults 50 and older at the Roberta Cerri Teglia Center such as exercise classes, arts and special interest, wellness, and much more. Additionally, senior social dancing opportunities take place three days a week at the new Library | Parks and Recreation Center. Please find information on each program below to learn more. Participants visiting the Roberta Cerri Teglia Center: Please sign in at the front desk on the 3rd floor and complete an Emergency Form.

Activity Nook

Location: Roberta Cerri Teglia Center
Welcome to the Activity Nook, a delightful sanctuary designed for seniors seeking joy and engagement. Dive into an endless selection of puzzles that challenge and entertain, or immerse yourself in the soothing world of coloring, where every stroke brings vibrant art to life. For those who cherish a bit of friendly competition, our collection of classic board games promises countless hours of laughter and camaraderie. Whether you're seeking solitude or companionship, the Activity Nook is your haven for discovery, relaxation, and connection.

DAY	TIME
Mon/Fri/Sat	9:00AM-3:00PM
Tue/Thu	9:00AM-5:00PM
Wednesday	9:00AM-12:00PM

Ballroom Dancing with Sanka

Location: Roberta Cerri Teglia Center
Multi-Use Room – 3rd Floor
Discover the elegance and excitement of ballroom dancing in this engaging class. Whether you're a beginner or have some experience, our instructor will guide you through the graceful steps of classic dances. You'll learn to move with confidence and rhythm, enhancing your poise and partner connection. Join us to experience the joy of dancing and the vibrant social atmosphere that comes with it. Perfect for individuals and couples alike, our classes promise to be a fun and rewarding experience. Partner not required, but is encouraged.

DAY	TIME
Friday	1:00PM-2:30PM

Chair Yoga

Instructor: Aditi Sharma
Location: Library | Parks & Recreation Center
Social Hall #125
Join us for Friday Chair Yoga classes designed for seniors, but open to all ages 18+. Taught by Aditi Sharma, CYT500.

DAY	TIME
Friday	1:00PM-2:00PM
Sep 4, Sep 18, Nov 13, Dec 4, Dec 18	

Chess

Location: Roberta Cerri Teglia Center
Activity Room #1 – 3rd Floor
Join us for a game of chess and showcase your skills! Chess board and pieces will be provided.

DAY	TIME
Saturday	9:30AM-12:00PM

Exercise Room

Instructor: (self paced)
Location: Roberta Cerri Teglia Center
Exercise Room – 3rd Floor
Drop-by at our gym for open gym time where you will have access to a bike and treadmill to workout. First come, first serve.

DAY	TIME
Mon/Wed/Fri/Sat	9:00AM-3:00PM
Tuesday/Thursday	9:00AM-5:00PM

Fiber Arts

Location: Roberta Cerri Teglia Center
Activity Room #2 – 3rd Floor
Contribute to a cause: Bring your sewing machine and take part in creating quilts for our homeless charity projects. Pursue Your Passion: Work on personal projects of any size, from small keepsakes to larger creations. Connect & Collaborate: Share ideas, techniques, and inspiration with fellow quilting and textile enthusiasts.

DAY	TIME
Tuesday	10:00AM-1:00PM

Fine Arts Exploration

Instructor: Graham
Location: Roberta Cerri Teglia Center
Activity Room #2 – 3rd Floor
Fine Arts Exploration allows for beginner, intermediate, and experienced artists to come and work on their skills while creating beautiful works of art. While painting is the focus of the group, we encourage artists of all kinds to come and share their talents. Beginner supplies provided!

DAY	TIME
Monday	12:30PM-2:30PM
Thursday	9:30AM-12:30PM

SENIOR SERVICES

Hawaiian Plus

Instructor: Carolyn

Location: Roberta Cerri Teglia Center
Dance Studio – 1st Floor

Learn basic strumming, chords, and songs on the ukulele in a friendly environment. No ukulele? No problem! We are offering free ukuleles to loan. Simply fill out a check out form, and you can use one of our free ukuleles for class and even take it home to practice with!

DAY	TIME
Tuesday	11:00AM-12:00PM

Hula

Instructor: Ofelia

Location: Roberta Cerri Teglia Center
Dance Studio – 1st Floor

Whether you are a beginner or an expert, your hula journey will start here. This class focuses on learning all the skills of hula, such as steps, hand movements, coordination, and confidence.

DAY	TIME
Tuesday	1:30PM-2:30PM

Karaoke

Instructor: Sandy

Location: Roberta Cerri Teglia Center
Activity Room #1 – 3rd Floor

We have microphones, sound systems, and a wonderful room with nice acoustics so you just bring your voice. Join us every Wednesday at 12:30 PM to sing some songs and make some friends! We hope to see you there!

DAY	TIME
Wednesday	12:30PM-2:30PM

Knitting and Crochet

Location: Roberta Cerri Teglia Center
Activity Room #2 – 3rd Floor

You don't have to be an expert to join, everyone is welcome! There is traditional knitting as well as single needle crocheting. There are people who can help you out and give you advice with projects.

DAY	TIME
Monday/Wednesday	10:00AM-12:00PM

Line Dancing with Alice

Location: Roberta Cerri Teglia Center
Multi-Use Room – 3rd Floor

Join us for a fun and energizing line dance class! This class features easy to follow steps set to a variety of music styles. No partner is needed, and all experience levels are welcome. Line dancing is a great way to improve balance, coordination, memory, and overall fitness while enjoying music and social connection. Comfortable shoes recommended.

DAY	TIME
Wednesday	10:00AM-11:15AM

Mahjong

Location: Roberta Cerri Teglia Center
Multi-Use Room – 3rd Floor

We have everything you need to play: tables, tiles, and friendly players. We now have 10 tables at once, so come on by and join us for a game or come learn how to play!

DAY	TIME
Friday	9:15AM-12:45PM

Movies

Location: Roberta Cerri Teglia Center
Multi-Use Room – 3rd Floor

Drop-by for a free screening of weekly movies handpicked by our Seniors Team.

DAY	TIME
Saturday	12:30PM-2:30PM

Open Billiards

Location: Roberta Cerri Teglia Center
Billiards Room – 3rd Floor

Drop-by the Billiards room for a game or two! The objective of the game is to clear your ball from the table before your opponents do. We are happy to announce that there are two newly renovated tables in the billiards room.

DAY	TIME
Mon/Wed/Fri/Sat	9:00AM-3:00PM
Tuesday/Thursday	9:00AM-5:00PM

Open Computer Lab

Location: Roberta Cerri Teglia Center
Lobby – 3rd Floor

Join the computer lab for free drop-in computer time and/or bring your laptop for free wi-fi access.

DAY	TIME
Mon/Wed/Fri/Sat	9:00AM-3:00PM
Tuesday/Thursday	9:00AM-5:00PM

Ping Pong

Location: Roberta Cerri Teglia Center
Multi-Use Room – 3rd Floor
Play a game of ping pong with other community members. All levels are welcome to play and enjoy several of our ping pong tables.

DAY	TIME
Monday	11:00AM-2:30PM

Senior Social Dance*

Location: Library | Parks and Recreation Center
Banquet Hall #130 – 1st Floor
Make new friends and get in shape with ballroom dancing. All levels are welcome!

DAY	TIME
Tuesday/Friday	10:00AM-1:00PM
Thursday	8:45AM-11:45AM

Tai Chi Chuan

Instructor: Kevin
Location: Roberta Cerri Teglia Center
Dance Studio – 1st Floor
Originally developed as a form of self-defense, tai chi has evolved to emphasize balance, harmony, and health. This class combines slow, graceful movements, deep breathing, and meditation to improve physical and mental well-being, balance, and cognitive function.

DAY	TIME
Mon/Wed/Fri	10:00AM-12:00PM

Video Seated Full Body

Location: Roberta Cerri Teglia Center
This class offers a safe and effective way to improve cardiovascular health, enhance circulation, and boost overall fitness. The movements are designed to increase heart rate, build strength, and improve flexibility without putting stress on the joints. This class will improve core strength and posture and include controlled movements to enhance muscle tone, balance, and overall well-being.

DAY	TIME
Mon/Wed	9:15AM-9:50AM

Video Seated Yoga

Location: Roberta Cerri Teglia Center
The Roberta Cerri Teglia Center invites you to join our Yoga class! Yoga is a wonderful way to improve balance, flexibility, and strength while promoting relaxation and overall well-being. Start your day feeling energized and refreshed by joining us every Tuesday and Thursday.

DAY	TIME
Tue/Thu	9:15AM-10:15AM

Vitality Pilates

Instructor: Stephanie King
Location: Alice Bulos Community Center
Discover a supportive and welcoming Pilates class designed for every body. Vitality Pilates offers accessible, low-impact instruction that improves core strength, mobility, posture, balance, and overall well-being. With seated and adaptive movement options, participants can progress at their own pace— whether beginning their fitness journey, returning to exercise, or maintaining an active lifestyle. Build confidence, improve functional movement, and support lifelong wellness through mindful exercise.

DAY	TIME
Friday	9:45AM-10:30AM

Zumba Gold

Instructor: Stephanie
Location: Roberta Cerri Teglia Center
Multi-Use Room – 3rd Floor
The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors and/or beginners. Come to this class and get ready to sweat, prepare to leave empowered and feeling strong.

DAY	TIME
Wednesday	11:30AM-12:30PM

Classes marked with an (*) are fee based. For all programs/classes/events that do not have a program/class fee, there is a suggested donation of \$5.00 – \$10.00 per participant per class. Class program dates, locations, and times are subject to change after publication of the guide. Visit our updated program information at www.ssfcg.gov/seniors. Please contact the senior program team for more information on fees and program offerings at (650) 829-3820.

PARKS AND RECREATION FACILITIES

Facility and Picnic Rentals

Community parks and facilities are operated and programmed by the Parks and Recreation Department for maximum benefit to the community. They are also available for private use for weddings, parties, meetings, exhibits, craft shows, and other rentals on an hourly basis, when available. For more information, visit www.ssfca.gov/rentals, email facilityrequests@ssfca.gov, or call (650) 829-3800.

Facilities:

ALICE PEÑA BULOS COMMUNITY CENTER is a contemporary multi-use facility ideal for gatherings of up to 150 for sitting. Features include an atrium style lobby with high beamed ceiling, skylights, pop art neon fixtures and exposed aggregate patio-type floor, two modern reception rooms, residential style kitchen that adjoins the two rooms and heavy wooden doors which can be shut to hide the kitchen or separate the two rooms.

LIBRARY | PARKS AND RECREATION CENTER is comprised of three levels totaling 80,000 square-footage and a new 1.3-acre park. The new Library | Parks and Recreation Center will be a highly adaptable facility that will house both Library and Parks and Recreation programming. This will include halls for receptions, new council chambers, and multi-purpose rooms.

THE JOSEPH A. FERNEKES RECREATION BUILDING at Orange Memorial Park is an architecturally distinctive, flexible and functional facility which can accommodate up to 150 for sitting. The simple 6,400 square foot building is an airy, light-filled multi-purpose room that is ideal for wedding receptions, birthdays, anniversaries and business meetings.

TERRABAY GYMNASIUM & RECREATION CENTER is available for parties, meetings and gymnasium rentals. Facilities include the gymnasium and two large meeting rooms (one with a commercial kitchen). For further information on fees and availability, please call (650) 829-3800.

ORANGE POOL is available for private parties on Saturday afternoon from 2:45pm – 4:15pm or 4:30pm – 6:00pm. For further information on fees and availability please call (650) 875-6973.

ATHLETIC FIELDS when not scheduled for Parks & Recreation Department activities or co-sponsored leagues, are available on a permit basis. For information on fees and availability, please call (650) 829-3800.

General information on picnic rentals:

Designated group picnic areas in specific parks may be reserved from March to the end of October. The Parks & Recreation office begins accepting reservations for picnic areas beginning in January each year. **You may reserve picnic areas for weekend dates online now at www.ssfca.gov/rec-catalog.**

PICNIC FACILITIES AVAILABLE BY RESERVATION:

(Picnic reservation cost beginning July 2026)

LOCATION	CAPACITY	TOTAL RESIDENT
Eucalyptus Shelter	150	\$465.50*
Orange Park #2	20	\$81.50
Orange Park #3	30	\$99.50
Orange Park #4	40	\$118.00
Orange Park #5	50	\$140.50
Westborough Shelter	120	\$488.00*
Westborough Small	40	\$140.50
Buri Buri Park #1	70	\$158.00
Buri Buri Park #2	20	\$81.50
Buri Buri Park #3	30	\$99.50
Buri Buri Park #4	30	\$99.50
Sellick Park (7 tables)	50	\$143.00
Alta Loma Park #1	60	\$161.50
Alta Loma Park #2	20	\$81.50
Alta Loma Park #3	20	\$81.50
Avalon Park (5 tables)	50	\$140.50
Oyster Point Marina	80	\$157.50

*plus \$225 refundable damage deposit

Added hours to either shelter: \$60.00 per hour / Added grill at Westborough Shelter: \$120.00

Non-Residents add \$17.00 per rental.

San Francisco Bay Trail

The San Francisco Bay Trail consists of six miles of continuous pathways along the San Francisco Bay shoreline in South San Francisco. The trail is a popular destination for runners, walkers, bicyclists, and due to its proximity to technology and research campuses, the trail provides a healthy and encouraging setting for regular lunch and break-time walkers. The Parks and Recreation Department also hosts its annual Thanksgiving 5K Fun Run along the scenic trail. Be sure to visit the Bay Trail and other South San Francisco parks, and open spaces. Visit www.ssfca.gov/parks for more information.

Bocce Courts at Orange Memorial Park

A total of six bocce courts are located at 783 Tennis Drive, near the award winning sculpture garden and tennis courts. The courts are owned by the city and operated by the SSF Italian American Citizen's Club (IACC), a co-sponsored group of the Parks and Recreation Department. The Club provides FREE Bocce Lessons in April and September.

Court Hours: The courts are open to the public Monday through Saturday from 1:00pm – 4:00pm unless otherwise reserved. For more information, you can contact the Recreation office at (650) 829-3800 or email web-rec@ssfca.gov or the IACC at iacc.ssf@yahoo.com. Calendar information is also available at www.ssfciacc.org. Please look for additional details regarding our Bocce Leagues on page 26.

City of South San Francisco Tree Preservation Ordinance

The City of South San Francisco is endowed and forested with a variety of healthy and valuable trees which must be protected and preserved. The preservation of trees is essential to the health, welfare and quality of life of the citizens of our City; these trees preserve the scenic beauty providing shade and color, maintain ecological balance, prevent erosion, counteract air pollution, oxygenate the air, absorb noise, maintain climactic and microclimatic balance, and help block wind. For these reasons, the City of South San Francisco has adopted a Tree Preservation Ordinance. Under this ordinance, essentially no "protected tree" shall be removed or pruned without a permit.

What typically qualifies as a "protected tree"?

1. Any upright, single-trunked tree with a circumference of forty-eight inches or more when measured fifty-four inches above natural grade; or
2. Any upright, single-trunked tree of the following species: Blue Gum (*Eucalyptus globulus*), Black Acacia (*Acacia melanoxylon*), Myoporum (*Myoporum laetum*), Sweetgum (*Liquidambar styraciflua*), Glossy Privet (*Ligustrum lucidum*), or Lombardy Poplar (*Populus nigra*) with a circumference of seventy-five inches or more when measured fifty-four inches above natural grade; or
3. Any upright, single-trunked tree considered to be a heritage tree species, with a circumference of thirty inches or more when measured at fifty-four inches above natural grade. A heritage tree means any of the following: California Bay (*Umbellularia californica*), Oak (*Quercus* spp.), Cedar (*Cedrus* spp.), California Buckeye (*Aesculus californica*), Catalina Ironwood (*Lyonothamnus asplenifolium*), Strawberry Tree (*Arbutus* spp.), Mayten (*Maytenus boaria*), or Little Gem Dwarf Southern Magnolia (*Magnolia grandiflora* "Little Gem").

For definitions of additional terms including "upright," "single-trunked," and "heritage tree," or more information please refer to the Tree Preservation Ordinance of the SSF Municipal Code (Section 13.30). When in doubt, contact the Parks Division Office at (650) 829-3837.

What is the difference between pruning and trimming?

Pruning means the removal of more than one third of the crown or existing foliage of the tree or more than one third of the root system. Trimming means the removal of less than one third of the crown or existing foliage of the tree or less than one third of the root system. Minor trimming of a protected tree is allowed without a permit.

How much does a permit cost?

The fee for a tree permit is \$118.00 per tree.

Where do I get a permit or obtain more information on the Tree Preservation Ordinance?

A Protected Tree Pruning/Removal Permit Application or further information about the ordinance may be obtained by contacting the Parks Division at (650) 829-3837 or visiting our website at www.ssfca.gov/parks.

South San Francisco Improving Public Places



Do you enjoy gardening? Do you feel pride in your community? Would you like to give back to your community through volunteerism? The **Improving Public Places Committee** is a group of people sharing a common vision of beautifying various sites in South San Francisco. To fulfill

that vision, they need volunteers like you, whether you can donate your time for one day, for an entire project, or for upkeep of an area after completion of the project. Volunteers will assist with tasks such as: planting, adding mulch, raking, weeding, trimming, watering, and general maintenance of an established public area. For more information, visit www.ssfca.gov/IPP or call (650) 829-3837.

Sign Hill Stewards



Many unique plant and animal species call the slopes of Sign Hill home, including the endangered mission blue butterfly and callippe silverspot butterfly. Help us protect, restore, and expand critical habitat by removing invasive species, and helping plant native species focusing on improving pollinator habitat! Those who volunteer with **Sign Hill Stewards** will perform this critical work while also learning more about the wildlife they can find on the hill and even in their own backyard. Visit www.ssfca.gov/signhill for more information. Questions? E-mail parks.volunteers@ssfca.gov or call (650) 829-3837.



COMMUNITY INFORMATION

Community Services

Emergency Preparedness

Community Emergency Response Team (CERT)

cert@ssfca.gov | (650) 829-4337

The CERT program provides crucial disaster preparedness training. The annual basic course in spring includes five 3-hour sessions and two 8-hour sessions covering topics like disaster preparedness, fire safety and suppression, disaster medical operations, light search and rescue operations, CPR and first aid certification. After completing the program, participants can join the SSF CERT. Pre-registration is required and free for SSF residents.

Emergency Preparedness General Information

Learn how to better prepare your family for emergencies like earthquakes, power outages, floods, wildfires, and winter storms.

- SMC Alert
<https://www.smcgov.org/dem/smc-alert>
- Genasys Protect
<https://protect.genasys.com>
- Ready.gov
<https://www.ready.gov>
- American Red Cross
<https://www.redcross.org>
- Earthquake Warning California
<https://earthquake.ca.gov>

SMC Community Information Handbook

<https://www.smcgov.org/hsa/community-information-handbook>

A comprehensive resource guide for San Mateo County residents, hard copies are available at the Library | Parks and Recreation Center (901 Civic Campus Way, SSF). Visit www.smc-connect.org for more information on nonprofits, government programs, and community organizations.

Economic Advancement Center (EAC)

www.ssfca.gov/EAC | 366 Grand Ave, SSF
eac@ssfca.gov | (650) 829-4652

The EAC is a service hub of resources and support for those looking to enhance a career path, or start and grow a business or idea, open from 9 a.m. to 5 p.m., Monday-Friday. Resources include JobTrain and the Renaissance Entrepreneurship Center. Se ofrece ayuda y programas en español.

JobTrain specializes in preparing underserved individuals for successful, sustainable careers in high-demand and emerging fields. JobTrain provides career training, online classes, recruitment events, and serves as a career center connecting employers to potential candidates.

Renaissance Entrepreneurship Center helps individuals achieve personal, financial, and social transformation through the power of small business. Renaissance provides business readiness, business fundamentals, business planning, women's empowerment, financial management, technology, e-commerce, merchandising, and much more. Almost all workshops in English and Spanish.

Promotores, or Community Health Workers, are members of the community who are involved in championing health and social services in their own communities. They bridge communities to tangible services, provide support and peer education, and are fully vested in improving the overall health and well-being of their community. Need food assistance? Need help obtaining health insurance? Want to learn how to build a resume or get a job? We can help with all of that and more. All services are at no cost to SSF residents. Get connected today!

Free South City Shuttle

shuttle@ssfca.gov | (650) 877-8550

Open to the general public, the Free South City Shuttle offers free, safe transportation around SSF, Monday-Friday (except certain holidays). It connects parks, schools, libraries, senior centers, Kaiser Hospital, and more, including transit connections to SamTrans and BART. Download the Free South City Shuttle app for real-time shuttle locations, schedules, Estimated Time Arrival (ETA), customer service, and notifications.

Project Guardian

www.ssfca.gov/Departments/Police-Department/Community/Project-Guardian
(650) 877-8900

The SSF Police Department has implemented Project Guardian, which provides caregivers and family members with the opportunity to register vulnerable persons and those with special needs (including but not limited to Autism, Dementia, Alzheimer's, or mental health diagnoses) into a free, confidential database which is managed and maintained by the police department. Access to this

sensitive information can be extremely useful when interacting with those who are vulnerable or have special needs.

South San Francisco

Police Explorer Cadets

SLO@ssfca.gov | (650) 829-3924

Are you between the ages of 15-21 and live or attend school in SSF? Interested in police careers and leadership skills? Want to build a college resume and earn scholarship opportunities? Join the SSF Police Explorer Cadets! Some of the duties that the Police Explorers perform are working with the community in crime prevention, assisting with safety programs, assisting the Police Records and Services divisions, assisting in traffic control, riding with patrol officers on the street. All new Police Explorers are required to attend a nine-week (nine consecutive Sundays) Explorer Academy.

South San Francisco

Sister Cities Association

www.ssfca.gov/Our-City/Sister-Cities
The SSF Sister Cities Association works to develop relationships with the people of our five sister cities through educational, sports and cultural exchanges. Our Sister Cities are Lucca (Italy); Atotonilco el Alto (Mexico); Kishiwada (Japan); Pasig (Philippines); St Jean Pied de Port (France). We meet bi-monthly at the Basque Cultural Center and membership is open to all.

South San Francisco

PAL Boosters

<https://www.ssfpalboosters.org>

Mark.Kosta@ssfca.gov | (650) 829-3712

The SSFPAL Boosters has been sponsoring youth programs for over 40 years. In recent years, the PAL Boosters extended its reach beyond the confines of the ballpark, striving to create opportunities for all members of the community. The goal is to support various sports, arts, and youth initiatives while nurturing a robust relationship between the law enforcement and residents. The PAL Boosters donate hundreds of hours of their time to help bridge these concepts between the PD and youth and, are committed to helping youth activities prosper.

Co-Sponsored Groups

Affiliated with the South San Francisco Parks and Recreation Department. The following groups use City facilities and ball fields to conduct a variety of recreational activities:



Historical Society of South San Francisco
www.ssfhistory.org
info@ssfhistory.org
 (650) 829-3825

Organized in 1980, the Historical Society operates two museums. The South San Francisco Historical Society Museum, at 80 Chestnut Avenue, is open each Saturday from 1-4pm, or by appointment. The museum focuses on life in early South San Francisco and our industrial heritage with rotating special exhibits. For further information, call (650) 829-3825 email info@ssfhistory.org. The Plymire-Schwarz House, located at 519 Grand Avenue, is open each Saturday, 1-4 pm, or by appointment. This historic home reflects life in early SSF and is furnished with period pieces from the early 1900s. For more information, email info@plymirehouse.org.



Italian American Citizen's Club of South San Francisco
iacc.ssf@yahoo.com

The purpose of the Italian American Citizen's Club of South San Francisco, which was founded in 1916, is to maintain a high moral standard, foster general interest in our city, and to perpetuate the Italian heritage and culture.



San Mateo County Athletic Club
www.smcfootball.club
pgomez@smcfc.club
 (650) 797-9479

SMCAC promotes affordable, accessible and quality sports and recreational services for youth; specifically providing affordable competitive soccer opportunities for the youth of South San Francisco and its surrounding communities.



South San Francisco Aquatics Club
www.teamunify.com/Home.jsp?team=ssf
 SSFAC is a USS year

round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities.



S.S.F. United Youth Soccer League
www.ssfsoccer.net
ssfsoccer1@gmail.com
 (650) 797-9479

SSFUYSL is a non-profit organization that strives to make the game of soccer fun, affordable, and accessible to all children in South San Francisco and its surrounding communities.



South San Francisco Youth Baseball Managers Association
www.ssfbaseball.org
scitybaseball@gmail.com
 (650) 634-9444

SSF baseball is a non-profit organization co-ed baseball league in South San Francisco. They teach children the fundamentals of the game through good sportsmanship.



SSF Friends of Parks & Recreation
 (650) 829-3800

The SSF Friends of Parks & Recreation is a non-profit volunteer citizens group organized to support parks, programs, and facilities. The Friends raise funds through memberships and programs to help develop the Parks and Recreation Department resources beyond what is provided through the City's budget. Friends also help with many of the activities sponsored by the Department and participate in fun and worthwhile projects. New friends are always welcome! For further information, please call (650) 829-3800.

South San Francisco Public Library

www.ssfca.gov/library

LIBRARY | PARKS AND RECREATION CENTER

901 Civic Campus Way; (650) 829-3860

Hours:

Monday, Tuesday: 10am – 8pm
 Wednesday: 10am – 6pm
 Thursday: 12noon – 8pm
 Friday: 10am – 6pm
 Saturday: 10am – 5pm
 Sunday: 2pm – 5pm

GRAND AVENUE BRANCH LIBRARY

306 Walnut Avenue; (650) 877-8530

Local History Collection

Hours:

Monday, Tuesday: 10am – 6pm
 Wednesday: 12noon – 8pm
 Thursday, Friday: 10am – 6pm
 Saturday: 10am – 5pm
 Sunday: closed

GENE MULLIN COMMUNITY LEARNING CENTER

520 Tamarack Lane; (650) 877-8540

clc@ssfca.gov

English classes, homework assistance, computer instruction (English and Spanish), and other educational programs. www.ssfca.gov/clc

For holiday hours & class information including story times, book clubs, author visits, online classes and tutoring, etc. visit www.ssfca.gov/library

Discover & Go: free tickets to local museums & more. Go to <https://ssf.discoverandgo.net/> to reserve and print out FREE tickets with your SSF library card.

Streaming Videos & E-Books: Download the Hoopla, Kanopy, and Libby apps for access to thousands of streaming movies and TV shows. The best part—it is all free with your library card. For more information, or to sign up for a library card, visit our website or email: ssfpladm@plsinfo.org

Connect with us: [f](#) [ig](#) [X](#) [v](#)

Email: ssfpladm@plsinfo.org

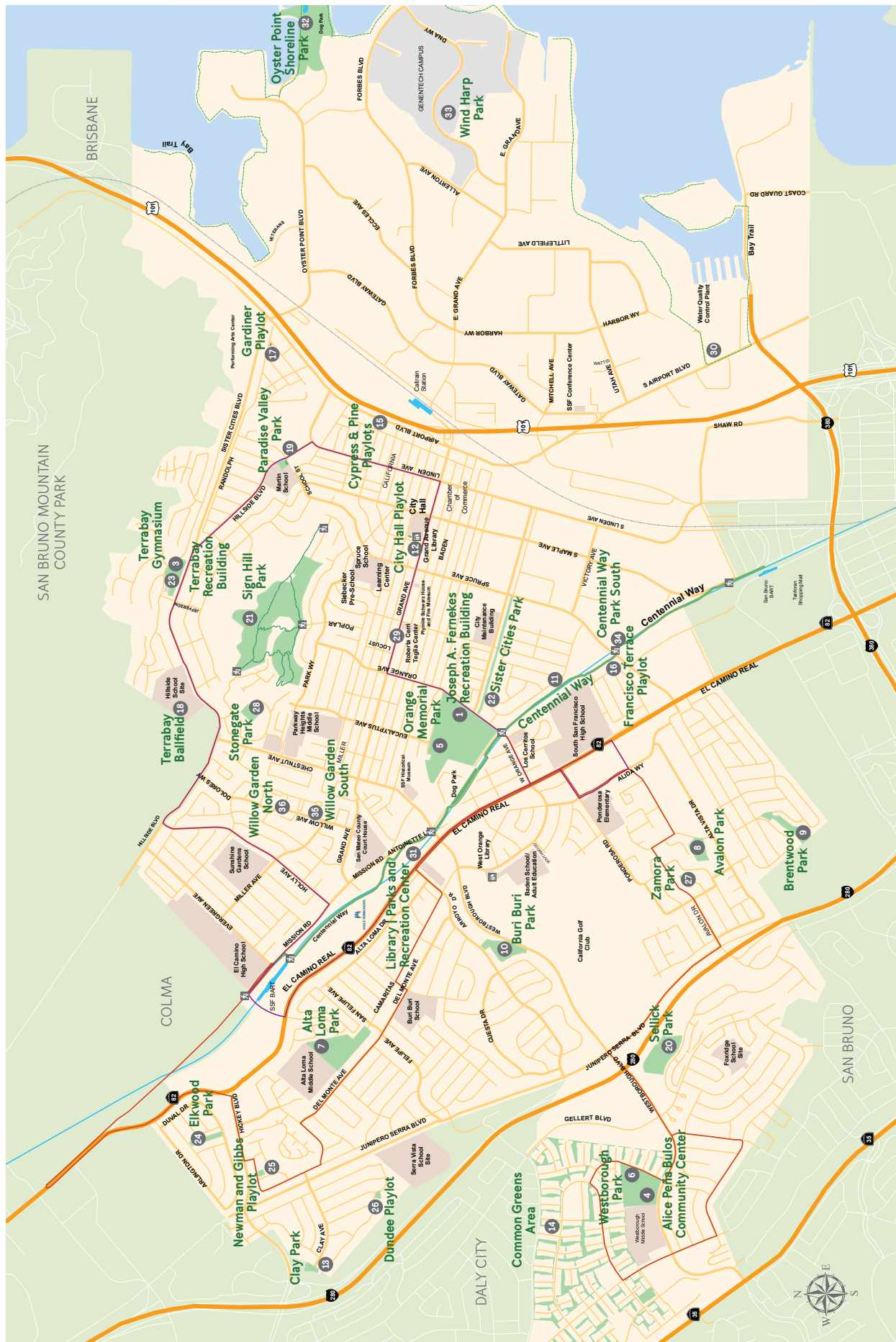
FRIENDS OF THE LIBRARY

Meets quarterly at the Main Library on the second Tuesday of Jan, April, July & Oct, 6 pm. Membership \$10. Daily book sale in Main Library lobby. Special book sales scheduled during the year. For more information, contact the Main Library at (650) 829-3860.

PROJECT READ, NORTH SAN MATEO COUNTY

901 Civic Campus Way, SSF; (650) 829-3871
 Services are offered to the communities of Daly City, San Bruno, South San Francisco, and Town of Colma. Give someone the precious gift of reading. Project Read offers free tutor training for volunteers who want to make a difference in someone's life. For more information, visit: www.ssfca.gov/projectread

Do you have a non-profit group that is recreational in nature and is designed to bring people of like-minded interests together? If so, you may be eligible to apply for co-sponsorship with the Parks and Recreation Department. Please contact Erin O'Brien at erin.obrien@ssfca.gov or (650) 829-3811 for more information.



PARK AND FACILITY GUIDE



MAP	LOCATION/PARK NAME	ADDRESS	ACRES	Children's Play Area	Community Building	Restrooms	Picnic Tables	Group Picnic Areas	Picnic Shelter	Tennis Courts	Ballfields	Basketball Courts	Walking Trail	Soccer Field	Pickleball Courts	Public Art	Skate Park	Dog Park
5	Orange Memorial Park Indoor Swimming Pool Picnic Shelter and Areas Sculpture Garden Bocce Ball Courts	Orange Ave & Tennis Dr	26.9	●	●	●	●	●	●	●	●	●	●	●		●	●	●
6	Westborough Park	Westborough & Galway	11.1	●	●	●	●	●	●	●	●	●	●					
7	Alta Loma Park	450 Camaritas	9.0	●		●	●	●		●	●	●	●			●		
8	Avalon Park	Dorado Way & Old Country Way	2.4	●		●	●	●			●					●		
9	Brentwood Park	Rosewood & Briarwood	3.0	●		●	●			●	●	●	●					
10	Buri Buri Park	200 Block of Arroyo	4.2	●		●	●	●		●	●	●	●		●			
12	City Hall Playlot	Miller & Walnut	0.1	●														
13	Clay Park	Clay & Dundee	0.8	●			●					●						
14	Common Green Areas	-	49.1	●									●					
15	Cypress & Pine Playlot	Cypress & Pine	0.3	●			●					●						
16	Francisco Terrace Playlot	Terrace & S. Spruce	0.3	●								●						
17	Gardiner Playlot	Gardiner & Randolph	0.1	●								●				●		
18	Terrabay Ballfield	Hillside School	4.1			●					●			●				
19	Paradise Valley Park	Hillside & Spruce	0.9	●		●	●					●						
20	Sellick Park	Appian Way	4.5	●		●	●	●		●		●	●		●			
21	Sign Hill Park	Access on Poplar Ave	41										●					
22	Sister Cities Park	Between Orange & Spruce	4.1										●					
23	Terrabay Gymnasium	1121 South San Francisco Dr	2.8	●	●	●	●			●		●						
24	Elkwood Park	Duval & Elkwood	1.8	●								●						
25	Newman and Gibbs Playlot	Newman & Gibbs	0.2	●			●					●						
26	Dundee Playlot	Dundee & Mansfield	0.2	●			●					●						
27	Zamora Park	Zamora Drive	0.7	●			●											
28	Stonegate Park	Ridgeview	2.2							●			●		●			
31	Civic Campus Park	901 Civic Campus	1.3	●	●	●										●		
32	Oyster Point Shoreline Park	623 Marina Boulevard	14.0			●	●	●					●					●
33	Wind Harp Park	500 Grand View Ave	0.5													●		
34	Centennial Way Park South	Spruce Ave & Huntington	6.0	●			●						●			●	●	
35	Willow Gardens South	Willow Ave & Nora Way	.25	●														
36	Willow Gardens North	Willow Ave & Brusco Way	.25	●														

LEGEND

Destinations

- City Parks
- Public Buildings and Schools
- Libraries

Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

Transportation

- Public Transit Stations
- Caltrain Route
- Free SSF Shuttle
- Free Western Shuttle
- Bart Route
- Freeways and Highways

Please visit the City's interactive **Parks and Public Art Map**: www.ssfca.gov/parksmmap

Recreation Facility Sites

- Joseph A. Fernekes Recreation Building** 781 Tennis Drive
- Terrabay Gym and Recreation Center** 1121 South San Francisco Drive
- Alice Peña Bulos Community Center** 2380 Galway Drive
- Roberta Cerri Teglia Center** 601 Grand Avenue
- Library | Parks and Recreation Center** 901 Civic Campus Way

Bicycle/Pedestrian Trails

- Centennial Way** SSF BART – San Bruno BART (3 miles)
- San Francisco Bay Trail** SSF Eastern Border (6 miles)

Specialty Parks

Dog Parks: Centennial Way Dog Park (Antoinette Lane & Chestnut Ave.), Oyster Point Shoreline Park (623 Marina Boulevard)

Skate Park: Centennial Way Park South (Huntington Ave. & Spruce Ave.)

Orange Memorial Park Sculpture Garden: Orange Park along Tennis Drive

CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Night Phone: _____ Emergency: _____

(Required: Best Contact Phone Number)

Opt-in to receive text messages alerts: ☐ Yes ☐ No

Email (required): _____

Please use separate registration forms for participants from different families and/or address.

FIRST CHOICE SESSION CODE	SECOND CHOICE SESSION CODE	ACTIVITY NAME	PARTICIPANT NAME LAST, FIRST	DATE OF BIRTH	FEE + NON-REFUNDABLE PROCESSING FEE	
						+\$2.50
						+\$2.50
						+\$2.50
						+\$2.50
						+\$2.50
Recreation Scholarship Program opportunities available! Call (650)829-3800 for more information.					*Those 62 and over may deduct 20% off the resident rate \$5.00 Donation to Scholarship Fund	
					TOTAL	

Waiver and Release of Liability – Please Read and Sign

DO NOT SIGN THIS DOCUMENT BEFORE YOU READ IT AS IT CONTAINS A WAIVER AND RELEASE OF LIABILITY TO WHICH YOU WILL BE BOUND.

I agree that my participation in the City of South San Francisco Recreation Classes is voluntary and that I assume all risk of injury, illness, damage, or loss to me or to my property that might result from my participation. I further agree (on behalf of myself and my family members, personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the City of South San Francisco and its officers, employees, and agents, from any and all claims, liability, loss, penalties, expenses and costs (including attorney's fees), or causes of action (known or unknown) (collectively, "Liability") arising out of my participation, except to the extent that such Liability is caused by the gross negligence or willful misconduct of the City. Further, I give the City of South San Francisco permission to use any photos or videos of the participant taken during Program for promotional purposes. Finally, I understand that any and all activities, including but not limited to additional practices, performances, travel, private gatherings, etc., that take place outside of the class scope, days, times, and locations as set by the City are not a part of the City Recreation Class and are not affiliated with the City of South San Francisco and its Parks and Recreation Department. If I choose to participate in such outside activities not affiliated with the City, I do so at my own risk and fully assume all responsibilities and risks associated with such participation. I understand that refunds must be requested one week before the class start date, and no refunds will be given after the first class unless the class(es) are full or cancelled by the Recreation Department. A service charge of \$10.00 per class will be made for all refunds requested by the participant. **I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY ACKNOWLEDGING THIS WAIVER, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE CITY FOR NEGLIGENCE.**

Signature _____ Date _____

Do you have special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?
___ YES, please contact me about disabled services.

There are three ways to pay:

1) Make Check/Money Order Payable to **City of South San Francisco**

2) Charge to Visa, Mastercard, Discover, or card on file. List the following information:

Card ending (last 4 digits) _____

Cardholder's Name _____

Signature _____

3) Cash in the exact amount

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Classes & Sports Programming (excluding Aquatics)

Residents: Begins MONDAY, August 10, 2026 at 6:00am

Non-Residents: MONDAY, August 24, 2026 at 6:00am

Aquatics Registration: Summer 2026 Session 1

Aquatic registration dates differ from recreation class registration dates. Go to page 28 for complete session registration dates.

Residents: Begins WEDNESDAY, September 9, 2026 at 6:00am

Non-Residents: WEDNESDAY, September 16, 2026 at 6:00am

Please call the Parks & Recreation Department at (650) 829-3800 for assistance setting up your account, or visit our website: www.ssfca.gov/rec-catalog and click the "Welcome!" tab for step-by-step directions on creating your account.



MAIL-IN

Residents: MONDAY, August 10, 2026

Non-Residents: MONDAY, August 24, 2026

*Payment can be made by check

*Please do not send cash

Parks & Recreation Administration Office

P.O. Box 711

South San Francisco, CA 94083



WALK-IN

Residents: MONDAY, August 10, 2026

Non-Residents: MONDAY, August 24, 2026

*Payment can be made by check or credit card
(Master Card, Visa, Amex or Discover)

*Cash in the exact amount

Library | Parks and Recreation Center

901 Civic Campus Way - 3rd Floor

*Registration hours: Monday - Friday 8:00am - 5:00pm

SAVE CARD ON FILE

To save your card on file, visit www.ssfca.gov/rec-catalog and login to your account. Click "account," to view your portal. From the list of menu options, click "Manage Payment Accounts." Select "Add Card on File." Please note, expired cards will not update automatically, and newly issued cards will need be added to the account portal by the participant.

Class information, dates, times, and locations listed in this issue of the activity guide are subject to change after publication. Visit our online registration page for the latest class information at www.ssfca.gov/rec-catalog.

REGISTRATION INFORMATION

- Pre-registration is required for all classes.
- Registration closes online before class starts.
- **Register early!** Many classes fill before their start dates.
- For registration information, call (650) 829-3800.
- Make checks payable to: **City of South San Francisco**
- There is a \$25.00 service charge on all returned checks.
- Class may be cancelled due to low enrollment—enroll early!
- All registrations are taken on a first come first serve basis.
- Register on-line and receive your receipt at the end of the registration process.
- Confirmation of registration: Mail In receipts will be emailed. We will not call you to confirm registrations.
- Waiting lists will be established if the program is full. If a space becomes available we will contact you via email. You will not be charged for the class unless you are enrolled.
- A 20% senior discount off the resident rate applies to most classes.
- No class dates (if any) are listed on the classes registration receipt.

CLASS LOCATIONS

See page 1 under the Welcome section.

REFUND AND CREDIT POLICY

- All refunds will be issued either as a check or account credit; note, refunds will not be processed back to credit cards. Please ensure your mailing address and account details are up to date to avoid delays.
- I understand that refunds must be requested one (1) week prior to the class start date and no refunds will be given after the first-class meeting, unless class(es) are full or canceled by the Recreation Department. A service charge of \$10.00 PER CLASS will be made for all refunds requested by the participant.
- Please allow 5 weeks for any refund to be processed.
- If a class is cancelled by the department due to low enrollment or instructor unavailability, a full refund will be issued.
- All cancellations must be made in writing.
- \$2.50 processing fee is non-refundable.

RESIDENT STATUS

Any person who lives within the South San Francisco Unified School District is considered a resident for our classes and programs. Please note on registration form. A business address will not be taken as proof of residency.

RECREATION SCHOLARSHIP PROGRAM

Income-eligible residents may apply for a Recreation Scholarship to receive a discount on fees to participate in recreation classes and programs. Applications are available at the Parks and Recreation office at 901 Civic Campus Way - 3rd Floor. Applications must be accompanied by documentation of enrollment in other subsidized programs such as school free or reduced meal programs, or utility discount programs. The Recreation Scholarship Program is made possible thanks to community donations. Donations are accepted online at www.ssfca.gov/rec-catalog or at the Parks and Recreation office at 901 Civic Campus Way - 3rd Floor. Please call (650) 829-3800 for more information.



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER

Cultural Arts Program

BLOOMING INTO BEING OCTOBER 2026 ART SHOW

Opening Weekend:

Friday, October 2 | 6:00pm-8:00pm
Saturday, October 3 | 10:00am-3:00pm

Gallery Hours (Monday-Friday):

October 5-30 | 10:00am-5:00pm
(Closed Monday, October 12)

Special Evening Gallery Hours:

Tuesday, October 27 | 10:00am-8:00pm

Library | Parks and Recreation Center
901 Civic Campus Way, 3rd Floor Gallery
Free Admission

SSF Parks and Recreation Department (650) 829-3800

This final 2026 art gallery exhibit explores transition – encompassing introspection, renewal and transformation, both personal and collective. Look for artist entry information approximately mid-August.

Visit the "Current Opportunities for Artists" webpage at www.ssfca.gov/CulturalArts for the latest updates.

Upcoming Events

MOVIE NIGHT IN THE PARK

Friday, August 21, 2026 | 7:00pm

Location: Terrabay Gymnasium & Recreation Center

This event is FREE! Join us for this event featuring Sony Pictures, Goat!

HALLOWEEN EXTRAVAGANZA

Saturday, October 17, 2026 | 10:00am - 2:00pm

Location: Orange Park

Free Event

Join us for a spook-tacular community event celebrating Halloween! Enjoy games, delicious food, and more fun activities suitable for all ages.

SENIOR HOLIDAY BOUTIQUE & MAKER'S FAIRE

Saturday, November 7, 2026 | 10:00am - 4:00pm

Location: Library | Parks and Recreation Center

Free Admission

Join us for a day of shopping while supporting local vendors! This year's event will showcase a variety of handcrafted jewelry, ceramics, holiday crafts, and more. Enjoy complimentary beverages and candy canes as you browse and shop in the festive atmosphere. We look forward to seeing you there!

5K THANKSGIVING FUN RUN

Saturday, November 21, 2026 | 9:00am

Location: Oyster Point Marina

Runners and walkers of all ages are invited to participate in the 53rd annual 5K Thanksgiving Fun Run.

SANTA COMES TO TOWN

Sunday, December 5, 2026 | 10:00am - 2:00pm

Location: South San Francisco City Hall

Free Event

IPP WREATH MAKING WORKSHOP

Saturday, December 12, 2026

Morning Session (Family-Friendly) | 9:30am - 12:00pm

Afternoon Session (Adult Only) | 1:00pm - 3:30pm

Location: Joseph A. Fernekes Building

See page 18 for details.

For more information on upcoming events, visit www.ssfca.gov/PandREvents or call the Recreation Office at (650) 829-3800.



CONCERT IN THE PARK

Saturday, September 12, 2026 | 11:30am - 5:00pm

Orange Memorial Park Picnic Meadow

Free Admission

Music, Food & Drinks, Family Activities

For more details, visit www.ssfca.gov/concert.