

South San Francisco Parks and Recreation Department ACTIVITY GUIDE **SPRING 2026**



*Resident registration begins on
February 23 at 6:00am online!*

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

 **JOIN THE** 
SIGN HILL STEWARDS

See page 43 for more information.

We're Hiring!

SSF Parks and Recreation Department is looking for dedicated and talented individuals to join our team. Check out our job openings (*page 2*).

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Spring 2026

Dear Friends, Neighbors, and Community Members,

A **S WE STEP INTO 2026**, I'm excited to share continued progress in parks and recreation in South San Francisco. Each year brings new momentum, and this season we're building on years of planning and partnerships to bring meaningful improvements to our community.

PARKS AND PLAY SPACES TAKING SHAPE

We're thrilled to see design and forthcoming construction at the **new Park at Linden Avenue and Pine Avenue** moving forward. What began as a community-driven vision will become a vibrant gathering space in Old Town, with new play features, seating, and welcoming open space. We look forward to opening this park and celebrating with the families and neighbors who helped shape it.

At **Dundee Park**, enhancements continue with new accessible pathways, updated courts, and refreshed play equipment supporting safety and active play. At **Cypress and Pine Park**, the new ADA-accessible ramp is complete, and we look forward to beginning design for the park renovation project. **Dedicated pickleball courts** are coming to Orange Memorial Park. In Sunshine Gardens, we're improving the landscaping around the **Willow Gardens playgrounds** and launching design for the new **Centennial Way Park North**. Additional projects are planned in the year ahead thanks to our City Council.

PARKS AND RECREATION MASTER PLAN

This year marks a major milestone as we advance the **Parks and Recreation Master Plan**, beginning extensive community engagement and an assessment of our facilities, parks, and programs. This plan will guide how we grow, enhance, and sustain services over the next decade.

ORANGE MEMORIAL PARK AQUATIC CENTER

The Orange Memorial Park Aquatic Center reached several major milestones in 2025, and work is accelerating in 2026 as the facility takes shape. We're getting closer to offering a state-of-the-art aquatic experience for all ages and abilities.

WESTBOROUGH PRESCHOOL

Design for the new Westborough Preschool is advancing, and will be bid for construction this spring. We look forward to another exciting ribbon cutting soon!

As always, we invite you to stay connected and visit www.ssfcg.gov/parkprojects for updates and opportunities to get involved.

BUILDING PARTNERSHIPS

We are appreciative of our co-sponsored partner organizations who provide accessible and affordable services to residents, including the South San Francisco Aquatics Club, Youth Baseball Managers Association, Historical Society of South San Francisco, South San Francisco United Soccer League, San Mateo County Athletic Club, Italian American Citizen's Club, and the South San Francisco Friends of Parks and Recreation. To learn more, visit their mission statements on page 45.

Thank you for your continued support. It is our honor to serve you, and we look forward to another year of connection, play, and community in South San Francisco.

Thanks,

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*
 Buenafior Nicolas, *Councilmember*

City Manager

Laura Snideman, *City Manager*
 Rich Lee, *Assistant City Manager*

Parks & Recreation Commission

Kristy Camacho, Robert Uy,
 Betty Battaglia, Ruth DeNardi,
 Bill Lock, 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

Frances Luster, Peter Foley,
 Hazelle Fernandez, Lydia Pomposo,
 Alexia Huerta, Zubin Maharaj,
 Bryan Palomino, 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

Anthony Ballinger, *Facility Maintenance*
 Brandon Cutajar, *Parks*
 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*

Gabriella 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*
 Ernie 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 March-May 2026

Brochure Printed February 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,
 Betty Battaglia, Judy Bush,
 Eddie Flores, Sean Garrone,
 Jeannette Holt

We're on social media!

Follow us for the latest news and announcements:



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

Cover Guide Image:

Sign Hill Steward volunteers working together to restore the park's native grasslands.

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
- Van Drivers



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



SSF Parks & Recreation Department

EASTER BUNNY PHOTO-HOP



**SATURDAY
MARCH 21, 2026**

**8:00 AM to 12:00 PM
ORANGE MEMORIAL PARK - EUCALYPTUS SHELTER
ALONG MEMORIAL DRIVE, SSF**

Hop on over and join us at the Easter Bunny photo-hop!
Pre-registered participants will have the opportunity to take photos with the Easter Bunny and participate in a small-scale Easter egg hunt.

Pre-registration required!
Pre-register for a specified time to take pictures and search for eggs!

Pre-registration opens:
SSF residents: Friday, March 6, 2026 at 6:00 a.m. online
Non-residents: Friday, March 13, 2026 at 6:00 a.m. online

Pre-register | www.ssfca.gov/rec-catalog

SSF RECREATION | (650) 829-3800 | WEB-REC@SSFCA.GOV

Special Thanks!
Hatch Realty Group



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 for 3 years at the Parks and Rec and also works as a freelance Graphic Designer. 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.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-203	Wed	Mar 25-May 13	2:45PM-3:45PM
SP1-204	Thu	Mar 26-May 14	2:45PM-3:45PM



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: 4/5, 5/10

Classes: 6 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
SP3-333	Sun	Mar 29-May 17	9:00AM-10:00AM

Kinder Class

Age: 3Y - 5Y

Instructors: 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.

Classes: 16 Fee: \$144.00(R)/\$160.50(N)

COURSE #	DAY	DATE	TIME
SP2-100	M/W	Mar 23-May 13	9:00AM-10:30AM
SP2-101	M/W	Mar 23-May 13	11:00AM-12:30PM

Kinder Tots

Age: 3Y - 5Y

Instructors: 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 in order 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.

Classes: 16 Fee: \$144.00(R)/\$160.50(N)

COURSE #	DAY	DATE	TIME
SP2-102	Tu/Th	Mar 24-May 14	9:00AM-10:30AM
SP2-103	Tu/Th	Mar 24-May 14	11:00AM-12:30PM

PRESCHOOL AGE CLASSES

Pre-Kinder Learners

Age: 4Y - 5Y

Instructors: Noreen Cronin-Flynn

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

Students enrolled should be attending Kindergarten Fall 2026 and be of age by the first day of class. There is an introduction to shapes, colors, alphabet, patterns, and numbers. Materials provided support the development of fine motor skills with scissors, writing, and art projects. Social and emotional development are promoted at circle time, free style dance, games, and mindfulness activities. In addition, supportive health care measures such as hand washing and self-care. Snack time occurs daily. This class is a nut tree free environment. Please send healthy snacks daily in lunchbox. **Please send healthy snack daily in lunchbox.** \$20.00 supply fee to be paid to the instructor on the first day of class.

Classes: 16 Fee: \$288.00(R)/\$304.50(N)

COURSE #	DAY	DATE	TIME
SP2-104	M/W	Mar 23-May 13	9:00AM-12:00PM

Classes: 16 Fee: \$288.00(R)/\$304.50(N)

COURSE #	DAY	DATE	TIME
SP2-105	Tu/Th	Mar 24-May 14	9:00AM-12:00PM

Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y - 8Y

Instructor: Isaul 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. Sempai Isaul Beltran studied under Sensei Sue Miller for more than 20 years and has been an elementary school teacher for 6 years.

Classes: 8 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
SP2-301	Sat	Mar 28-May 16	9:00AM-9:45AM
Level I Beginners: Session A			
SP2-302	Sat	Mar 28-May 16	10:00AM-10:45AM
Level I Beginners: Session B			

*Class will be held at the Terrabay Gymnasium on 3/28, 4/4, and 5/16.

Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y - 8Y

Instructor: Isaul 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.**

Classes: 8 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SP2-303	Sat	Mar 28-May 16	11:00AM-12:00PM
Level II: White Belt & Color Belts			

Classes: 8 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
SP2-304	Sat	Mar 28-May 16	11:00AM-12:30PM
Level II: Color Belts Yellow & Up			

*Class will be held at the Terrabay Gymnasium on 3/28, 4/4, and 5/16.

YOUTH CLASSES

Children's Writing Workshop

Age: 8Y - 12Y

Instructor: Griselda Huete

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

Through discussion, peer and teacher feedback students will work on themed writing exercises at their own level to improve sentence structure, writing, and editing skills. **A separate \$5.00 supply fee is payable to the instructor at the first class.** As class time is limited, students must be able to follow class instructions, work independently, and with peers. Not a parent participation class.

Classes: 4 Fee: \$19.00(R)/\$35.50(N)

COURSE #	DAY	DATE	TIME
SP2-225	Tue	Apr 21-May 12	4:00PM-4:45PM

Introduction to Hindi Language & Writing

Age: 5Y - 12Y

Instructor: Monita Sharma

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

Join this class as a beginner level to learn greetings, daily conversations, Hindi vowels, and consonants (Devanagari), numbers, and simple vocabulary through fun learning activities. Students will feel comfortable understanding basic Hindi Language and use it to communicate with their family and friends. 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: 4/5, 5/10

Classes: 6 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
SP3-229	Sun	Mar 29-May 17	10:00AM-11:00AM



YOUTH CLASSES

Introduction to Indian Culture

Age: 5Y - 12Y

Instructor: Monita Sharma

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

In this class you will learn Hindi rhymes, hymns, and verses (shlokas). Learn about different festivals, share moral stories and learnings for character building and a variety of fun learning activities will be included (themed art & craft, dance, etc.) Students will gain basic understanding of Indian culture and values. They will feel connected with others. Allow students to learn principle of moral values and important lessons about being respectful and sincere.

No class: 4/5, 5/10

Classes: 6 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
SP3-330	Sun	Mar 29-May 17	11:00AM-12:00PM

Kenpo-Eskrima for Children

Age: 6Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center - Large 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.

Classes: 16 Fee: \$41.00(R)/\$57.50(N)

COURSE #	DAY	DATE	TIME
SP2-306	M/W	Mar 23-May 13	5:00PM-5:45PM

Beginners (6Y - 12Y)

Classes: 16 Fee: \$56.00(R)/\$72.50(N)

COURSE #	DAY	DATE	TIME
SP2-307	M/W	Mar 23-May 13	5:45PM-6:45PM

Beginners/Intermediates (6Y - 15Y)

Classes: 16 Fee: \$80.00(R)/\$96.50(N)

COURSE #	DAY	DATE	TIME
SP1-217	M/W	Mar 23-May 13	6:45PM-7:45PM

Teens & Adults (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 about the basics of how to paint and explore different styles of the art. While painting on theme is encouraged, it is not mandatory. Ms. Bella has been instructing for 3 years at the Parks and Rec and also works as a freelance Graphic Designer. 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.

Classes: 8 Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
SP3-303	Wed	Mar 25-May 13	5:30PM-6:30PM

Age 5Y - 9Y

SP3-304	Thu	Mar 26-May 14	5:30PM-6:30PM
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Age 9Y - 13Y

Math Fun!

Age: 8Y - 12Y

Instructor: Griselda Huete

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

Learning through play and hands-on math games and activities will help students learn math concepts. Students will work on increasing number sense and counting strategies. **A separate \$5.00 supply fee is payable to the instructor at the first class.** As class time is limited, students must be able to follow class instructions, work independently, and with peers. Not a parent participation class.

Classes: 4 Fee: \$19.00(R)/\$35.50(N)

COURSE #	DAY	DATE	TIME
SP3-230	Tue	Apr 21-May 12	6:00PM-6:45PM

Seasonal Crafts!

Age: 5Y - 9Y

Instructor: Bella Leggero

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

In this seasonal class, your little 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 at the Parks and Rec for 3 years and also works as a freelance Graphic Designer. 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.

Classes: 8 Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
SP3-203	Wed	Mar 25-May 13	4:00PM-5:00PM
SP3-204	Thu	Mar 26-May 14	4:00PM-5:00PM

YOUTH CLASSES

Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

Instructor: Amanda Lee & Austin Lee

Location: Joseph A. Fernekes Recreation Building

Although self-defense may be the primary reason for taking up karate, this training has much more to offer. A young child can develop self-confidence, concentration, perseverance, good sportsmanship, a respectful attitude, good health along with techniques of self-defense. Parents can stay for first and last classes only. Students will learn commands in Japanese, become familiar with exercises, blocks, kicks and more. Students will be promoted to Level II when ready and promoted by instructor (often it takes 3 – 4 sessions). Austin Lee and Amanda Lee have studied Shotokan Karate since 2002 and hold the degree of 1st Dan Degree black belt.

Classes: 16 Fee: \$56.00(R)/\$72.50(N)

COURSE #	DAY	DATE	TIME
SP3-308	M/W	Mar 23-May 13	5:00PM-6:00PM

Level I Beginners Yellow & Blue 1

Classes: 16 Fee: \$56.00(R)/\$72.50(N)

COURSE #	DAY	DATE	TIME
SP3-309	M/W	Mar 23-May 13	6:00PM-7:00PM

Lev II Blue 2 & Green 1

Classes: 16 Fee: \$83.00(R)/\$99.50(N)

COURSE #	DAY	DATE	TIME
SP3-310	M/W	Mar 23-May 13	6:00PM-7:30PM

Lev II Green 2, Purple, Brown & Up

Spanish Fun

Age: 8Y – 12Y

Instructor: Griselda Huete

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

Through oral practice, poems, and themed activities supporting language arts and writing, students will learn Spanish language foundational skills. **A separate \$5.00 supply fee is payable to the instructor at the first class.** As class time is limited, students must be able to follow class instructions, work independently, and with peers. Not a parent participation class.

Classes: 4 Fee: \$19.00(R)/\$35.50(N)

COURSE #	DAY	DATE	TIME
SP3-228	Tue	Apr 21-May 12	5:00PM-5:45PM

Storytellers on Stage

Age: 9Y – 12Y

Instructor: Ameen Safi

Location: (see below)

Unleash your creativity and step into the world of acting! This fun and interactive class introduces young performers to the basics of acting through improv games, character exploration, and short scenes. Students will build confidence, enhance teamwork skills, and discover the joy of storytelling on stage. Perfect for beginners or those looking to expand their creative horizons, this class encourages playfulness, public speaking, and imagination in a supportive environment.

L | PR – Exercise Studio #235

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP2-200	Wed	Mar 25-May 13	4:00PM-5:00PM
SP2-201	Wed	Mar 25-May 13	5:00PM-6:00PM

L | PR – Small Dance & Fitness Studio #221

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP2-202	Thu	Mar 26-May 14	4:00PM-5:00PM
SP2-203	Thu	Mar 26-May 14	5:00PM-6:00PM



DANCE CLASSES

Creative Movement

Age: 3.5Y – 5Y

Instructor: Rachel Wong

Location: L | PR – Large Dance Studio #222

A basic introduction to dance for Preschoolers, with an emphasis on music discovery & appreciation, body coordination, and expressiveness. This is a drop off class. Student must be potty trained. No previous dance experience required. Class uniform is light pink leotard with light pink tights, canvas ballet slippers in light pink color. Hair in ballet bun. No tutus.

No class: 3/31, 4/7

Classes: 6 Fee: \$24.00(R)/\$40.50(N)

COURSE #	DAY	DATE	TIME
SP1-500	Tue	Mar 24-May 12	9:45AM-10:15AM

YOUTH CLASSES

Mexican Folk Dance

Age: 4Y - 18Y

Instructors: Martin Cruz & Marianna Roman

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from Ballet Folklórico of SSF. Students may wear any leather soled shoes. See instructor for costume requirements. 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 from Level 1A - Level VII. Levels VIII and IX will not be offered during the Winter 2026 session. Martin Cruz, who is the folklórico dance teacher at South San Francisco High School in the Performing Arts Department, is the Co-Founder and Artistic Director of Ballet Folklórico 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' experience in multi-cultural dance. She will be teaching Level IA-Level III.

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

Classes: 8 Fee: \$25.00(R)/\$41.50(N)

COURSE #	DAY	DATE	TIME
SP3-460	Mon	Mar 23-May 11	5:45PM-6:15PM
Level IA - New Students (Ages 4Y - 18Y)			
SP3-461	Fri	Mar 27-May 15	5:30PM-6:15PM
Level IB - Returning Students Only (Ages 4Y - 18Y)			
SP3-462	Fri	Mar 27-May 15	6:30PM-7:20PM
Level II (Ages 5Y - 18Y)			
SP3-463	Mon	Mar 23-May 11	6:30PM-7:30PM
Level III (Ages 6Y - 18Y)			

Location: Terrabay - Poppy Room

Classes: 8 Fee: \$25.00(R)/\$41.50(N)

COURSE #	DAY	DATE	TIME
SP3-464	Thu	Mar 26-May 14	6:25PM-7:15PM
Level IV (Ages 8Y - 10Y)			
SP3-465	Mon	Mar 23-May 11	5:30PM-6:20PM
Level V (Ages 9Y - 12Y)			
SP3-466	Mon	Mar 23-May 11	6:25PM-7:15PM
Level VI (Ages 10Y - 14Y)			
SP3-467	Thu	Mar 26-May 14	5:30PM-6:20PM
Level VII (Ages 12Y - 17Y)			



South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich

Instructors: Karina Cortes, Savannah Perreras, Cara Shpizner, Maria Spremich, & Rachel Wong

Absolute beginners (no previous training) should register in Pre-Ballet A (5-7 yrs. old) or Introduction (7-12 yrs. old). Students with previous training but new to the SSF Civic Ballet program, please contact Maria Spremich: mbspoinete@aol.com for appropriate level placement.

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

Maria Spremich 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 for over 35 years. Additional instructor bios can be found at www.ssfcg.gov/rec-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: 8 Fee: \$48.00(R)/\$64.50(N)

Instructor: S. Perreras

Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SP2-400	Wed	Mar 25-May 13	3:30PM-4:15PM
<i>L PR - Small Dance & Fitness Studio #221</i>			

Pre-Ballet C

Classes: 8 Fee: \$48.00(R)/\$64.50(N)

Instructor: S. Perreras

Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SP2-401	Wed	Mar 25-May 13	4:30PM-5:15PM
<i>L PR - Small Dance & Fitness Studio #221</i>			

Pre-Ballet D

Classes: 7 Fee: \$42.00(R)/\$58.50(N)

Instructor: K. Cortes

Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SP2-402	Sat	Mar 28-May 16	11:00AM-11:45AM
<i>L PR - Small Dance & Fitness Studio #221</i>			
<i>No class: 4/4</i>			

YOUTH CLASSES

Ballet (Girls and Boys)

Basic 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		Instructor: K. Cortes	
Classes: 7	Fee: \$42.00(R)/\$58.50(N)	Age: 7Y - 12Y	
COURSE #	DAY	DATE	TIME
SP2-403	Fri	Mar 27-May 15	5:00PM-5:45PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/3</i>			
Basic 1		Instructor: R. Wong	
Classes: 6	Fee: \$36.00(R)/\$52.50(N)	Age: 6Y - 12Y	
COURSE #	DAY	DATE	TIME
SP2-404	Wed	Mar 25-May 13	5:30PM-6:15PM
<i>L PR - Small Dance & Fitness Studio #221 No class: 4/1, 4/8</i>			
Basic 2		Instructor: K. Cortes	
Classes: 7	Fee: \$42.00(R)/\$58.50(N)	Age: 6Y - 12Y	
COURSE #	DAY	DATE	TIME
SP2-405	Sat	Mar 28-May 16	12:15PM-1:00PM
<i>L PR - Small Dance & Fitness Studio #221 No class: 4/4</i>			
Basic 3		Instructor: C. Shpizner	
Classes: 7	Fee: \$42.00(R)/\$58.50(N)	Age: 6Y - 12Y	
COURSE #	DAY	DATE	TIME
SP2-406	Mon	Mar 23-May 11	4:15PM-5:00PM
<i>L PR - Small Dance & Fitness Studio #221 No class: 3/30</i>			
Basic 4		Instructor: M. Spremich	
Classes: 8	Fee: \$48.00(R)/\$64.50(N)	Age: 6Y - 12Y	
COURSE #	DAY	DATE	TIME
SP2-407	Tue	Mar 24-May 12	3:30PM-4:15PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 1B		Instructor: M. Spremich	
Classes: 8	Fee: \$58.00(R)/\$74.50(N)	Age: 7Y - 13Y	
COURSE #	DAY	DATE	TIME
SP2-408	Thu	Mar 26-May 14	4:30PM-5:25PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 1C		Instructor: M. Spremich	
Classes: 8	Fee: \$58.00(R)/\$74.50(N)	Age: 7Y - 13Y	
COURSE #	DAY	DATE	TIME
SP2-409	Thu	Mar 26-May 14	3:30PM-4:25PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 2		Instructor: M. Spremich	
Classes: 8	Fee: \$64.00(R)/\$80.50(N)	Age: 7Y - 14Y	
COURSE #	DAY	DATE	TIME
SP2-410	Tue	Mar 24-May 12	4:30PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 3A		Instructor: C. Shpizner	
Classes: 7	Fee: \$56.00(R)/\$72.50(N)	Age: 7Y - 14Y	
COURSE #	DAY	DATE	TIME
SP2-411	Sat	Mar 28-May 16	9:30AM-10:30AM
<i>L PR - Small Dance & Fitness Studio #221 No class: 4/4</i>			

Level 3B		Instructor: M. Spremich	
Classes: 8	Fee: \$64.00(R)/\$80.50(N)	Age: 7Y - 14Y	
COURSE #	DAY	DATE	TIME
SP2-412	Thu	Mar 26-May 14	5:30PM-6:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 4/5		Instructor: M. Spremich	
Classes: 7	Fee: \$70.00(R)/\$86.50(N)	Age: 7Y - 16Y	
COURSE #	DAY	DATE	TIME
SP2-413	Sat	Mar 28-May 16	10:45AM-12:00PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/4</i>			
Level 5		Instructor: M. Spremich	
Classes: 7	Fee: \$70.00(R)/\$86.50(N)	Age: 7Y - 16Y	
COURSE #	DAY	DATE	TIME
SP2-414	Mon	Mar 23-May 11	4:15PM-5:00PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/6</i>			
Level 6A/6B		Instructor: M. Spremich	
Classes: 7	Fee: \$70.00(R)/\$86.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-415	Sat	Mar 28-May 16	9:15AM-10:30AM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/4</i>			
Level 6B		Instructor: M. Spremich	
Classes: 8	Fee: \$80.00(R)/\$96.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-416	Tue	Mar 24-May 12	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 7 - Wednesday		Instructor: M. Spremich	
Classes: 8	Fee: \$80.00(R)/\$96.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-417	Wed	Mar 25-May 13	5:45PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
Level 7 - Friday		Instructor: M. Spremich	
Classes: 7	Fee: \$70.00(R)/\$86.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-418	Fri	Mar 27-May 15	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/3</i>			
Level 7 - Pointe 1		Instructor: M. Spremich	
Classes: 7	Fee: \$70.00(R)/\$86.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-419	Sat	Mar 28-May 16	12:00PM-1:15PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/4</i>			
Level 7 Combo		Instructor: M. Spremich	
Classes: 22	Fee: \$178.00(R)/\$194.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-420	W/F/Sa	Mar 25-May 16	5:45PM-7:00PM (W) 4:15PM-5:30PM (F) 12:00PM-1:15PM (Sa)
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/3, 4/4</i>			
Level 8 - Monday		Instructor: M. Spremich	
Classes: 7	Fee: \$83.00(R)/\$99.50(N)	Age: 11Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-421	Mon	Mar 23-May 11	5:30PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222 No class: 4/6</i>			

YOUTH CLASSES

Ballet (cont.)

Level 8 – Wednesday
 Classes: 8 Fee: \$95.00(R)/\$111.50(N) Instructor: M. Spremich
 Age: 11Y – 18Y

COURSE #	DAY	DATE	TIME
SP2-422	Wed	Mar 25–May 13	4:15PM–5:45PM

L | PR – Large Dance & Fitness Studio #222

Level 8 – Pointe 2
 Classes: 7 Fee: \$83.00(R)/\$99.50(N) Instructor: M. Spremich
 Age: 11Y – 18Y

COURSE #	DAY	DATE	TIME
SP2-423	Fri	Mar 27–May 15	5:30PM–7:00PM

L | PR – Large Dance & Fitness Studio #222
 No class: 4/3

Level 8 Combo
 Classes: 22 Fee: \$214.00(R)/\$230.50(N) Instructor: M. Spremich
 Age: 11Y – 20Y

COURSE #	DAY	DATE	TIME
SP2-424	M/W/F	Mar 23–May 15	5:30PM–7:00PM (M) 4:15PM–5:45PM (W) 5:30PM–7:00PM (F)

L | PR – Large Dance & Fitness Studio #222
 No class: 4/3, 4/6

Level 10 – Monday
 Classes: 7 Fee: \$83.00(R)/\$99.50(N) Instructor: M. Spremich
 Age: 12Y and up

COURSE #	DAY	DATE	TIME
SP2-425	Mon	Mar 23–May 11	7:00PM–8:30PM

L | PR – Large Dance & Fitness Studio #222
 No class: 4/6

Level 10 – Wednesday
 Classes: 8 Fee: \$95.00(R)/\$111.50(N) Instructor: M. Spremich
 Age: 12Y and up

COURSE #	DAY	DATE	TIME
SP2-426	Wed	Mar 25–May 13	7:00PM–8:30PM

L | PR – Large Dance & Fitness Studio #222

Level 10 – Pointe 3
 Classes: 7 Fee: \$83.00(R)/\$99.50(N) Instructor: M. Spremich
 Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-427	Fri	Mar 27–May 15	7:00PM–8:30PM

L | PR – Large Dance & Fitness Studio #222
 No class: 4/3

Level 10 Combo
 Classes: 22 Fee: \$214.00(R)/\$230.50(N) Instructor: M. Spremich
 Age: 13Y and up

COURSE #	DAY	DATE	TIME
SP2-428	M/W/F	Mar 23–May 15	7:00PM–8:30PM

L | PR – Large Dance & Fitness Studio #222
 No class: 4/3, 4/6

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 gathering of musicians of all skill levels who meet twice a month to have fun playing traditional and contemporary folk music together. So if you play any type of folk instrument such as (acoustic guitar, ukulele, banjo, mandolin, etc.)—or if you like to sing—come out and join the band! Songbooks will be provided that include a wide range of songs from old-timey folk music (think *O’ Brother Where Art Thou*), to more contemporary folk, rock, and country songs from 60’s through the 2000’s. All songs are fairly easy to play and as long as you know your basic chords (G, C, D, E, em, A, am, F, B7, bm) you’ll do great. So, whether you’ve only been playing a few months or for several decades, there is a place for you in the band. You can check out the website for more info and updates about the time and place for our next folk jam gathering at www.southcityfolkjam.com. Mark Cox has been teaching guitar and leading group singing for over 25 years and believes in the power of music to bring people together. **Capacity limited to 25. Cash only.**

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

COURSE #	DAY	DATE	TIME
---	Fri	Mar 20, Apr 17, May 15	11:00AM–1:00PM
---	Sat	Mar 14, Apr 11, May 9	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.

Classes: 8 Fee: \$74.00(R)/\$90.50(N)

COURSE #	DAY	DATE	TIME
SP5-500	Mon	Mar 23–May 11	6:00PM–6:30PM
SP5-501	Mon	Mar 23–May 11	6:30PM–7:00PM
SP5-502	Mon	Mar 23–May 11	7:00PM–7:30PM
SP5-503	Mon	Mar 23–May 11	7:30PM–8:00PM

Classes: 8 Fee: \$74.00(R)/\$90.50(N)

COURSE #	DAY	DATE	TIME
SP5-504	Thu	Mar 26–May 14	6:00PM–6:30PM
SP5-505	Thu	Mar 26–May 14	6:30PM–7:00PM
SP5-506	Thu	Mar 26–May 14	7:00PM–7:30PM
SP5-507	Thu	Mar 26–May 14	7:30PM–8:00PM

MUSIC CLASSES

Private Music Lessons – Carl Nickolas

Age: 10Y and up

Instructor: Carl Nickolas

Location: L | PR – Music Room #227

Instructor Carl Nickolas has been teaching music to community members on the Peninsula for over 10 years. It is strongly advised that students have access to the following instruments outside of class: piano, guitar, drums.

Piano: Piano beginner piano class learning the basics reading music finger placement on Piano chords and scales for at home practicing. Classes: 8 Fee: \$168.00(R)/\$184.50(N)

COURSE #	DAY	DATE	TIME
SP5-100	Tue	Mar 24-May 12	10:00AM-10:30AM
SP5-101	Tue	Mar 24-May 12	10:30AM-11:00AM
SP5-102	Tue	Mar 24-May 12	11:00AM-11:30AM
SP5-103	Tue	Mar 24-May 12	11:30AM-12:00PM
SP5-104	Tue	Mar 24-May 12	12:00PM-12:30PM
SP5-105	Tue	Mar 24-May 12	1:00PM-1:30PM
SP5-106	Tue	Mar 24-May 12	1:30PM-2:00PM
SP5-107	Tue	Mar 24-May 12	2:00PM-2:30PM
SP5-108	Tue	Mar 24-May 12	2:30PM-3:00PM

Guitar: Learn how to play the guitar! This class is designed for children, teens and adults alike with little to no experience playing guitar. Learn all the basics from proper care of the guitar to open position cords. It is strongly advised that students have access to a guitar outside of the class for practice purposes. The instructor will be able to provide you with suggestions of what to purchase if necessary. Classes: 8 Fee: \$74.00(R)/\$90.50(N)

COURSE #	DAY	DATE	TIME
SP5-109	Wed	Mar 25-May 13	10:00AM-10:30AM
SP5-110	Wed	Mar 25-May 13	10:30AM-11:00AM
SP5-111	Wed	Mar 25-May 13	11:00AM-11:30AM
SP5-112	Wed	Mar 25-May 13	11:30AM-12:00PM
SP5-113	Wed	Mar 25-May 13	12:00PM-12:30PM
SP5-114	Wed	Mar 25-May 13	1:00PM-1:30PM
SP5-115	Wed	Mar 25-May 13	1:30PM-2:00PM
SP5-116	Wed	Mar 25-May 13	2:00PM-2:30PM
SP5-117	Wed	Mar 25-May 13	2:30PM-3:00PM

Drum: Drums class learning rhythm pattern. For at home practicing Quarter notes half notes 16th and 32nd how to hold a steady rhythm with hands and feet.

Classes: 8 Fee: \$74.00(R)/\$90.50(N)

COURSE #	DAY	DATE	TIME
SP5-118	Thu	Mar 26-May 14	10:00AM-10:30AM
SP5-119	Thu	Mar 26-May 14	10:30AM-11:00AM
SP5-120	Thu	Mar 26-May 14	11:00AM-11:30AM
SP5-121	Thu	Mar 26-May 14	11:30AM-12:00PM
SP5-122	Thu	Mar 26-May 14	12:00PM-12:30PM
SP5-123	Thu	Mar 26-May 14	1:00PM-1:30PM
SP5-124	Thu	Mar 26-May 14	1:30PM-2:00PM
SP5-125	Thu	Mar 26-May 14	2:00PM-2:30PM
SP5-126	Thu	Mar 26-May 14	2:30PM-3:00PM

Private Piano Lessons – Hannah Wang

Age: 6Y and up

Instructor: Hannah Wang

Location: L | PR – Music Room #226

Discover the joy of playing the piano or violin with personalized, one on-one instruction tailored to your skill level and musical goals. With a focus on building a strong foundation in both technique and music theory, each lesson is customized to help you progress at your own pace. Ms. Hannah is a dedicated and experienced piano and violin instructor with a passion for nurturing musical talent in students of all ages. She holds a Bachelor of Music in Piano Performance and minor in Violin with over 20 years of experience teaching.

Piano

Classes: 7 Fee: \$147.00(R)/\$163.50(N) No class: 3/31

COURSE #	DAY	DATE	TIME
SP5-650	Tue	Mar 24-May 12	9:30AM-10:00AM
SP5-651	Tue	Mar 24-May 12	10:00AM-10:30AM
SP5-652	Tue	Mar 24-May 12	10:30AM-11:00AM
SP5-653	Tue	Mar 24-May 12	11:00AM-11:30AM
SP5-654	Tue	Mar 24-May 12	11:30AM-12:00PM
SP5-655	Tue	Mar 24-May 12	12:00PM-12:30PM
SP5-666	Tue	Mar 24-May 12	12:30PM-1:00PM
SP5-667	Tue	Mar 24-May 12	1:00PM-1:30PM
SP5-668	Tue	Mar 24-May 12	1:30PM-2:00PM
SP5-669	Tue	Mar 24-May 12	2:00PM-2:30PM
SP5-670	Tue	Mar 24-May 12	2:30PM-3:00PM

Classes: 6 Fee: \$126.00(R)/\$142.50(N)

COURSE #	DAY	DATE	TIME
SP5-701	Thu	Apr 09-May 14	10:00AM-10:30AM
SP5-702	Thu	Apr 09-May 14	10:30AM-11:00AM
SP5-703	Thu	Apr 09-May 14	11:00AM-11:30AM
SP5-704	Thu	Apr 09-May 14	11:30AM-12:00PM
SP5-705	Thu	Apr 09-May 14	12:00PM-12:30PM
SP5-706	Thu	Apr 09-May 14	12:30PM-1:00PM
SP5-707	Thu	Apr 09-May 14	1:00PM-1:30PM
SP5-708	Thu	Apr 09-May 14	1:30PM-2:00PM



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.

Classes: 8 Fee: \$168.00(R)/\$184.50(N)

COURSE #	DAY	DATE	TIME
SP5-400	Mon	Mar 23-May 11	3:30PM-4:00PM
SP5-401	Mon	Mar 23-May 11	4:00PM-4:30PM
SP5-402	Mon	Mar 23-May 11	4:45PM-5:15PM
SP5-403	Mon	Mar 23-May 11	5:15PM-5:45PM
SP5-404	Mon	Mar 23-May 11	6:00PM-6:30PM
SP5-405	Mon	Mar 23-May 11	6:30PM-7:00PM
SP5-406	Mon	Mar 23-May 11	7:00PM-7:30PM

Classes: 8 Fee: \$168.00(R)/\$184.50(N)

COURSE #	DAY	DATE	TIME
SP5-407	Tue	Mar 24-May 12	3:30PM-4:00PM
SP5-408	Tue	Mar 24-May 12	4:00PM-4:30PM
SP5-409	Tue	Mar 24-May 12	4:45PM-5:15PM
SP5-410	Tue	Mar 24-May 12	5:15PM-5:45PM
SP5-411	Tue	Mar 24-May 12	6:00PM-6:30PM
SP5-412	Tue	Mar 24-May 12	6:30PM-7:00PM
SP5-413	Tue	Mar 24-May 12	7:00PM-7:30PM

Classes: 8 Fee: \$168.00(R)/\$184.50(N)

COURSE #	DAY	DATE	TIME
SP5-414	Wed	Mar 25-May 13	5:00PM-5:30PM
SP5-415	Wed	Mar 25-May 13	5:30PM-6:00PM
SP5-416	Wed	Mar 25-May 13	6:00PM-6:30PM
SP5-417	Wed	Mar 25-May 13	6:30PM-7:00PM
SP5-418	Wed	Mar 25-May 13	7:00PM-7:30PM

Classes: 8 Fee: \$168.00(R)/\$184.50(N)

COURSE #	DAY	DATE	TIME
SP5-421	Sat	Mar 28-May 16	9:00AM-9:30AM
SP5-422	Sat	Mar 28-May 16	9:30AM-10:00AM
SP5-423	Sat	Mar 28-May 16	10:00AM-10:30AM
SP5-424	Sat	Mar 28-May 16	10:30AM-11:00AM
SP5-425	Sat	Mar 28-May 16	11:00AM-11:30AM
SP5-426	Sat	Mar 28-May 16	11:30AM-12:00PM

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

Age: 6Y - 14Y

Instructor: Nerinna Valera

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

This new cultural program invites children to experience the rhythms, melodies, and movement of the Philippines. Children will sing Filipino folk songs, play matching melodies on xylophones, accompany their tunes with rhythmic beats on drums, along with moving and grooving to their own tunes using folk dance steps and modern movements. Through guided instruction, students will work collaboratively to form a kid-powered musical marching and dancing ensemble. Children will build rhythmic skills through foundational drumming techniques, including finger control, wrist technique, and beginner drum patterns. Students will learn basic Tagalog vocabulary through song and develop early music-reading skills by playing Filipino folk melodies on xylophones. All instruments (xylophones and drums) are provided during class.

Classes: 8 Fee: \$168.00(R)/\$184.50(N)

COURSE #	DAY	DATE	TIME
SP1-150	Mon	Mar 23-May 11	4:00PM-6:00PM
SP1-151	Mon	Mar 23-May 11	6:00PM-8:00PM

Uke & Me – Basic Ukulele Instruction

Age: 15Y and up

Instructor: Liane Barbadillo-Paiso

Location: L | PR – Creator Studio #320

Liane Barbadillo-Paiso is an enthusiastic instructor who will have you wanting to play more than just BASIC ukulele after this course. As a previous student with past SSF Rec uke instructor, Sil Castillo, Liane has the knowledge and patience to show you the very BASIC chords, enough for you to entertain your family, friends, at any small party event. Liane is a member of the San Francisco Ukulele Rebellion MeetUp Group and Peninsula Ukulele Group and has performed at the San Mateo Aloha Festival; as well as, participated in-person with instruction by Ukulenny and Cynthia Lin; respectively. Are you excited? Let's play together! Students must have their own (concert/soprano) ukulele instrument. A supply fee of \$10.00 payable to the instructor (cash only) to purchase the music packet, which consists of 40 songs plus ukulele chords (basic and advanced). Student must bring their own ukulele, either concert or soprano, to class.

Classes: 8 Fee: \$68.00(R)/\$84.50(N)

COURSE #	DAY	DATE	TIME
SP5-519	Tue	Mar 24-May 12	6:00PM-7:00PM

TEEN AND ADULT CLASSES

DANCE CLASSES

Drop-In: All Abilities Music & Movement with Yulissa!

Age: 16Y and up

Instructor: Yulissa Arescurenaga

Location: L | PR – Small Dance Studio #221

You're invited to express yourself through music and movement by learning various dance steps in a fun environment. You'll forget your in an exercise class! This class style is not only for fun, but designed to work on memorization, coordination, learn different dance patterns, and rhythms. This class will feel like a dance party in a non-judgmental environment. Everyone is welcomed to drop-in. Bring a water bottle, comfortable shoes, sweat towel, great energy and positive attitude. Instructor Yulissa Arescurenaga is a certified Zumba instructor. One of her dreams is to share her passion of dancing in her community with people of all background and abilities. She has been featured in the National Zumba Convention in Orlando and is one of the first Zumba instructors with down syndrome in the world. Yulissa hopes to pave the way to inspire community members of all abilities. **Cash only.**

Classes: 8 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Wed	Mar 25–May 13	11:00AM–12:00PM

Ballet for Teens and Adults

Age: 13Y and up

Instructor: C.Shpizner, M.Spremich, & R.Wong

Location: (see below)

Classical Ballet technique taught in the Beginner through High Intermediate Levels. Level I (Beginners) is taught by Rachel Wong. Rachel was trained in classical ballet from the age of 6 at the Shan Yee Poon Ballet School and danced in their youth performance group. She continued dancing while at Cal Poly SLO, the Academy of Ballet, and SSF Civic Ballet. Level I-II (Advanced Beginner–Low Intermediate) is taught by Cara Shpizner who has been dancing since she was 10, starting at the San Mateo Recreation Center continuing at the Dance Arts Center, and as a performing member of the Claremont Colleges Ballet Company. Level III (Intermediate–High Intermediate) is taught by Maria Spremich. Maria was a professional ballet dancer with the Theater Ballet of San Francisco, Lines Ballet, and served as a staff instructor for the San Francisco Conservatory of Ballet. She has been teaching ballet with the SSF Recreation Department for over 35 years. She has developed the department's comprehensive Children's Ballet program that eventually became the SSF Civic Ballet of which she is the 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 I: Beginner Classical Ballet Techniques

Experience preferred but not required. Basic ballet technique with emphasis on foot and arm positions, simple barre work and center exercises to include beginning turning and jumping movements across the floor. Ballet vocabulary will be emphasized.

Classes: 6 Fee: \$71.00(R)/\$87.50(N) **Instructor: R. Wong**

COURSE #	DAY	DATE	TIME
SP1-401	Tue	Mar 24–May 12	10:30AM–12:00PM
<i>L PR – Large Dance & Fitness Studio #222</i>			<i>No class: 3/31, 4/7</i>

Level I/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: 7 Fee: \$69.00(R)/\$85.50(N) **Instructor: C.Shpizner**

COURSE #	DAY	DATE	TIME
SP1-402	Tue	Mar 24–May 12	7:00PM–8:15PM
<i>L PR – Small Dance & Fitness Studio #221</i>			<i>No class: 3/31</i>

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: 8 Fee: \$95.00(R)/\$111.50(N) **Instructor: M. Spremich**

COURSE #	DAY	DATE	TIME
SP1-403	Tue	Mar 24–May 12	7:00PM–8:30PM
SP1-404	Thu	Mar 26–May 14	7:00PM–8:30PM
<i>L PR – Large Dance & Fitness Studio #222</i>			

Belly Dancing – Beginners

Age: 18Y and up

Instructor: Alisa Greer

Location: L | PR – Small Dance Studio #221

Have you always wanted to try belly dancing? In this course, we will learn some basic belly dance movements that will have you dancing in no time. The feminine art of belly dance will add fun, fitness and friendship to your life and women of any age or body type can become beautiful dancers. No previous dance experience is required. We'd love to have you join us. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alysagreer.com. She would love to see you in class.

Classes: 8 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SP1-460	Wed	Mar 25–May 13	7:00PM–8:00PM

TEEN AND ADULT CLASSES

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!

Classes: 8 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SP1-461	Wed	Mar 25-May 13	8:00PM-9:00PM

Hawaiian Hula – New Level Added!

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: 4 Fee: \$26.00(R)/\$42.50(N)

COURSE #	DAY	DATE	TIME
SP1-465	Tue	Mar 31-Apr 21	6:00PM-7:00PM

Beginners – NEW!

Classes: 7 Fee: \$68.00(R)/\$84.50(N)

COURSE #	DAY	DATE	TIME
SP1-466	Tue	Mar 31-May 12	7:30PM-9:00PM

Level I

Classes: 7 Fee: \$68.00(R)/\$84.50(N)

COURSE #	DAY	DATE	TIME
SP1-467	Mon	Mar 30-May 11	7:30PM-9:00PM

Level II

Mexican Folk Dance – Transitional Class

Age: 15Y and up

Instructor: Juan Fuentes

Location: South San Francisco High School – Dance Studio

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. Instructor approval required.

Classes: 8 Fee: \$104.00(R)/\$120.50(N)

COURSE #	DAY	DATE	TIME
SP3-471	Tue	Mar 24-May 12	8:00PM-10:00PM

Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

Instructor: Martin Cruz

Location: South San Francisco High School – Cafeteria

This class is a joint project with the Folklórico Dance Program of SSF High School and the SSF Recreation Dept. The class is designed for advanced students having successfully completed three years of Mexican Folklórico dance and with the consent of the instructors. Students enrolled at this level will be able to participate in various school and community events of Ballet Folklórico Alma de México. Instructors: Martin Cruz is currently the Folklórico Dance teacher at SSFHS and is the Artistic Director of Ballet Folklórico Alma de México of SSFHS and Community. Mr. Cruz is also Artistic Director of various Bay Area folklórico groups and has extensive experience in choreography and in staging performances. Mrs. Patricia Martinelli is the Co-Founder and General Director of the award winning Ballet Folklórico Alma de México of SSFHS and Community. Along with Mr. Cruz, she developed and established the Folklórico Dance Program and Curriculum at SSFHS, which fulfills the A thru G requirements for all UC campuses. As a retired teacher, she volunteers her time to support the goals of the folklórico program.

Classes: 16 Fee: \$144.00(R)/\$160.50(N)

COURSE #	DAY	DATE	TIME
SP3-470	M/Th	Mar 23-May 14	8:00PM-10:00PM

TEEN AND ADULT CLASSES

Mexican Folklorico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

Location: L | PR – Small Dance Studio #221

Come join us for a positive and uplifting experience in dance! Learn basic Mexican Folklorico dance steps, sequences and authentic dances from various states in Mexico. This course is for the beginning adult and teen student, as well as returning folklorico dancers, and will focus on low impact steps and cultural Mexican dances. The class will be instructed by Mrs. Patricia Martinelli, who has over 30 years of experience in Mexican Folklorico Dance and is the Co-Founder and General Director of Ballet Folklorico Alma de Mexico of S.S.F.H.S. and Community. She has also studied and performed with dedicated and talented Hawaiian instructors in our Bay Area for over a decade. She has a deep appreciation for the artistic expression developed through cultural dances and the powerful insight these dances can provide for a deeper understanding of our multicultural communities. *Attire:* Students will need comfortable clothing for maximum stretching and mobility, and secure hard sole shoes or light-weight tennis shoes. Information for purchase of Folklorico shoes and practice/performance skirt will be provided in class.

Classes: 8 Fee: \$88.00(R)/\$104.50(N)

COURSE #	DAY	DATE	TIME
SP1-464	Tue	Mar 24-May 12	4:30PM-6:30PM

Salsa & Bachata Dance

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Social Hall #130

Come enjoy learning two vibrant Latin dances—Salsa and Bachata—that are fun and full of festive energy. This class is open to both beginner and intermediate dancers and is designed to build confidence and rhythm on the dance floor. Instruction begins with foundational steps and gradually progresses to more intricate moves and patterns. Please wear comfortable shoes with smooth soles (no rubber soles).

Classes: 8 Fee: \$64.00(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
SP1-415	Wed	Mar 25-May 13	7:15PM-8:15PM

Argentine Tango and Swing

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Banquet Hall #130

Discover the passion and connection of Argentine Tango, a soulful partner dance rooted in musicality, elegance, and communication. This class introduces the foundations of tango while building confidence and connection with your partner. You'll also learn East Coast Swing, the most accessible and energetic form of swing dancing. This style serves as a gateway to more advanced steps, patterns, and turns, making it perfect 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. We hope to see you there!

Classes: 8 Fee: \$64.00(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
SP1-416	Wed	Mar 25-May 13	8:30PM-9:30PM

ARTS AND SPECIAL INTEREST

Conversational Spanish

Age: 18Y and up

Instructor: Bob Bachecki

Location: Terrabay Gym – Poppy Room

Students will hear the language before they read and write it as they did with their native language. They will experience an "immersion" in the language. By constantly hearing it, they will understand what is being said without listening to every single word. In other words, hopefully they will be "visualizing" what is being said. Hand gestures can also help this process. It can be helpful in office environments as well as in various professions. Conversational Spanish has helped doctors, nurses, firemen, police officers, teachers, and just ordinary town residents. Bob Bachecki is a former high school and community college instructor in all levels of Spanish. He has worked with several different nationalities in his years of teaching English as a Second Language and has worked overseas for two years in both Kuwait and Kazakhstan. Students enrolling should expect class to be quite dynamic, each class is packed with information and moves quickly. Bob can be reached at bob_bachecki@hotmail.com.

Classes: 7 Fee: \$105.00(R)/\$121.50(N)

COURSE #	DAY	DATE	TIME
SP1-595	Wed	Apr 01-May 13	5:00PM-7:00PM

TEEN AND ADULT CLASSES

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 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 some white wool fleece or yarn and cotton yardage to dye.

Classes: 7 Fee: \$112.00(R)/\$128.50(N)

COURSE #	DAY	DATE	TIME
SP1-501	Thu	Apr 02-May 14	10:00AM-2:00PM

Introduction to Hindi Literature

Age: 12Y and up

Instructor: Monita Sharma

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

In this class, you will learn the brief history of Hindi literature. Interactive class of reading a combination of Hindi novel, one-act play, poems or short stories. Share ideas, thoughts, and themes. Students will gain understanding of cultural heritage and expand horizons through learning and asking questions, and build critical thinking skills through making connections, finding theme, and learning characters. 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: 4/4

Classes: 7 Fee: \$45.00(R)/\$61.50(N)

COURSE #	DAY	DATE	TIME
SP3-331	Sat	Mar 28-May 16	11:00AM-12:00PM

Japanese Flower Arrangement for Beginners

Age: 18Y and up

Instructor: Lee Okumoto

Location: L | PR - Creator Studio #320

Enrich your life with the Japanese art of arranging flowers. Explore the Ikebana value of discipline, knowledge of rules and forms and idealized approach to nature using fresh seasonal flowers and greenery. You will learn to create distinctive, elegant designs that exudes a sense of harmony, balance and well-being from a teacher who was trained of Ikenobo school of Ikebana, Kyoto Japan. Items to bring to classes:

1. Pin Frog (minimum 3 inches in diameter)
2. Flower Vase which can hold pin flog
3. Plant Scissors

The teacher will supply other materials. A \$100.00 materials fee is payable to the instructor at the first class.

Classes: 5 Fee: \$45.00(R)/\$61.50(N)

COURSE #	DAY	DATE	TIME
SP1-503	Mon	Mar 23-Apr 20	6:00PM-8:00PM



TEEN AND ADULT CLASSES

Knitting for Beginners & Intermediates

Age: 16Y and up

Instructor: Victoria Gavidia

Location: L | PR - Creator Studio #320

Knitting is a rewarding lifetime skill. You can knit almost anywhere, anytime, all you need is yarn and needles. Learning to knit is challenging and you must practice to improve. This class is a mix of beginning and intermediate students. Beginners learn the basics: long-tail cast on, knit, purl, bind off, how to weave in ends, yarn selection and more. Beginners knit a mug rug/coaster while learning the garter stitch. A washcloth teaches the stockinette and seed stitch. A drink cozy project shows how to do ribbing. And if time permits, knit a hat as you learn how to shape your knitting with decreases on double-pointed needles. Beginners must bring US6 and US8, 16" circular needles. Intermediate students are taught and guided into learning more complicated knitting tips and techniques. Projects are seasonal and inspiring. You can make class project(s), select from hundreds of patterns, or bring your own pattern, the choices are yours. Please bring your own needles. Join me and make new friends or see former classmates for some fun as you enhance and heighten your skills. **There is a \$10.00 fee payable to the instructor on the first day of class for patterns and supplies.**

Classes: 8 Fee: \$64.00(R)/\$80.50(N)

COURSE #	DAY	DATE	TIME
SP1-480	Thu	Mar 26-May 14	7:00PM-9:00PM

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. All these processes and techniques will be explained and mastered in this 8-week session. Quilt making is easier than garment sewing so even if you are new to these techniques or have never sewed anything before, you'll be a quilter by the end of the session! 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.**

Classes: 8 Fee: \$96.00(R)/\$112.50(N)

COURSE #	DAY	DATE	TIME
SP1-502	Tue	Mar 24-May 12	10:00AM-1:00PM

LEGO Printmaking

Age: (see below)

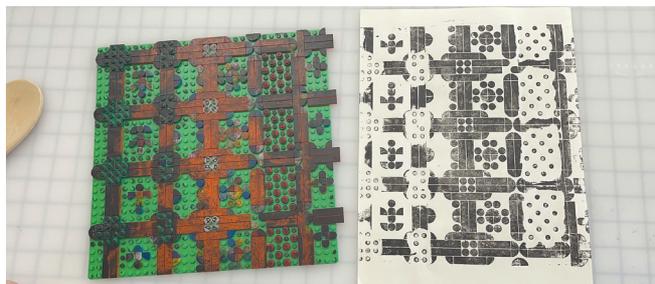
Instructor: Jessica Chavez

Location: L | PR - Creator Studio #320

LEGO Printmaking is a playful introduction to relief printmaking using LEGO bricks as printing plates. Students will design images by arranging LEGO pieces, apply ink, and create unique prints while learning basic printmaking concepts like pattern, texture, and repetition. No prior experience needed—just curiosity and creativity. Rooted in the SF Bay Area, artist and printmaker Jessica Chavez explores themes of memory, emotion, and generational connection through the lens of her faith and multicultural heritage.

Classes: 8 Fee: \$144.00(R)/\$160.50(N)

COURSE #	DAY	DATE	TIME
SP1-540 Teen	Fri	Mar 25-May 13	4:00PM-6:00PM
SP1-541 Adult	Fri	Mar 25-May 13	6:15PM-8:15PM



Photographic Composition: Taking Better Photos

Age: 18Y and up

Instructor: John Erve

Location: L | PR - Gallery Room #321

This class will help you to become a better photographer through a combination of lectures and viewing images including this that you and your classmates take. Photographing with intent means finding an interesting subject and presenting it in a way that creates impact in your viewers. The primary emphasis will not be on technicalities but rather compositional techniques. John Erve was a member of the Millbrae Camera Club reaching Masters Level in each category (Pictorial, Monochrome, Nature, Travel, Journalism and Creative) and served as its president from 2020-2021. He has also been an instructor for the Photographic Society of America (PSA) teaching classes on Image Evaluation and Image Critique. He has taken courses from PSA on History of Photography and Portraiture in Available Light through PSA. *No class: 4/15, 4/22*

Classes: 5 Fee: \$55.00(R)/\$71.50(N)

COURSE #	DAY	DATE	TIME
SP1-602	Wed	Mar 25-May 06	2:00PM-4:00PM

**Class will be held at the Terrabay Gymnasium on 4/29 and 5/6.*

TEEN AND ADULT CLASSES

Sewing 1

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

A perfect class for women and men with little or no sewing experience. You will be introduced to various basic sewing techniques and simple projects, and learn what your sewing machine can do. Included in class by popular demand is basic alteration, blind hem, mending rips, saving original hems, appliquéing, free motion sewing, and traditional quilting. It is important that your sewing machine must be able to set stitch length and width at the same time using the utility/decorative patterns, including the common presser feet needed for sewing. Returning students will be able to continue with past projects and to advance into more sewing techniques. Students must bring their own sewing machine to class. A partial supply fee of \$30.00 is payable to the instructor on the first day of class. Judy, an expert in years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts.

Classes: 8 Fee: \$156.00(R)/\$172.50(N)

COURSE #	DAY	DATE	TIME
SP1-507	Wed	Mar 25-May 13	9:30AM-12:30PM

Sewing 2

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

You have attended Sewing 1 Class numerous times, or familiar with the necessary functions on your sewing machine and sewing techniques by completing various projects. You can do what Sewing Level 1 can do. Now, you are ready for the next level in sewing. In this class, you will start with body measurement to determine the perfect pattern to work on. Learn alterations with proper equipment to produce professional looking garments faster. You will learn endless sewing techniques and short cuts. From here, various types of fabrics will be introduced and best suitable for your projects. Another fun project is to redesign a pattern you already have, or make another quilt. Attend this class and learn a wealth of working with patterns and short cut tips. You will also learn how to determine the face side of fabrics if both sides look the same, nap fabrics, woven, knits, and more. Students must bring their own sewing machines to class. A partial supply fee of \$30.00 is payable to the instructor on the first day of class. Judy, an expert in years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts.

No class: 4/18

Classes: 7 Fee: \$136.00(R)/\$152.50(N)

COURSE #	DAY	DATE	TIME
SP1-508	Sat	Mar 28-May 16	9:30AM-12:30PM

Sewing 3

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

Take your sewing skills to the next level by incorporating the serger (optional) a part of your sewing lifestyle! Designed for the advanced sewer who is ready for greater challenges, in clothing modification, and tailoring. Not only that you have completed major pattern alteration and mastering the techniques in sewing with professional finishes, but you will be remaking your favorite clothing by utilizing more functions available on your sewing machine and serger. This class will focus on creating slopers to design your own clothing. Prerequisite: Extensive experience with sewing machines, commercial patterns, and major alterations. A partial supply fee of \$30.00 is payable to the instructor on the first day of class. Judy, an expert in years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts.

No class: 4/5

Classes: 7 Fee: \$136.00(R)/\$152.50(N)

COURSE #	DAY	DATE	TIME
SP1-509	Sun	Mar 29-May 17	9:30AM-12:30PM

Telescope Tune-up Clinic

Age: 14Y and up

Instructor: Josh Roberts

Location: L | PR – Creator Studio #320

Do you have a telescope or binoculars in need of some TLC? Or maybe hiding in a garage or closet in your house? Come and join us to learn to clean, maintain and use those telescopes and find out what is happening in our Autumn and Winter skies so that you can take them out and use them in the coming months. Josh Roberts is a local astronomer who loves helping people connect with their skies in new and meaningful ways. Cleaning materials provided, but please bring your own telescopes. Attendees will be able to bring home their tuned up telescope, a star wheel for night sky navigation, and an urban sky guide.

Classes: 1 Fee: \$18.00(R)/\$34.50(N)

COURSE #	DAY	DATE	TIME
SP1-603	Fri	Apr 10	5:00PM-7:00PM



TEEN AND ADULT CLASSES

New Your Heart Matters: How it Works and How to Keep it Healthy

Age: 18Y and up

Instructor: John Erve

*Location: L | PR - Gallery Room #321**

Explore the heart's function, from birth to death, and its role as the leading cause of mortality worldwide. These include understanding the importance of a healthy diet, exercise and managing stress. The final class will address lesser-known factors important for heart health. After each lecture, there will be time for discussion, with optional hands-on practice encouraged. No scientific background is required, though an interest in science will enhance your experience. Your instructor, John Erve, earned his MS in Chemistry, PhD in Toxicology and has worked in several pharmaceutical firms doing drug discovery/development for various diseases. He also obtained a certificate in Whole Foods Plant Based Nutrition from Cornell University. He has given seminars on whole food plant-based diet and health at the South San Francisco and Millbrae Libraries since 2019.

No class: 4/14, 4/21

Classes: 5 Fee: \$55.00(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
SP1-601	Tue	Mar 24-May 05	2:00PM-4:00PM

**Class will be held at the Terrabay Gymnasium on 4/28 and 5/5.*



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.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-103	Thu	Mar 26-May 14	5:30PM-6:30PM

**Class will be held in the Social Hall #125 on 4/2.*

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.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-104	Mon	Mar 23-May 11	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.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-108	Wed	Mar 25-May 13	5:30PM-6:30PM

EXERCISE AND FITNESS

Circuit Body Workout

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Banquet 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 an exercise towel and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-116	Mon	Mar 23-May 11	1:00PM-2:00PM

TEEN AND ADULT CLASSES

Kenpo-Eskrima for Teens & Adults

Age: 13Y 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.

Classes: 16 Fee: \$80.00(R)/\$96.50(N)

COURSE #	DAY	DATE	TIME
SP1-217	M/W	Mar 23-May 13	6:45PM-7:45PM

Introduction to Vinyasa Yoga & Kundalini Breathwork

Age: 16Y and up

Instructor: Monica Gutierrez

Location: (see below)

Embark on a transformative journey into Vinyasa Yoga and Kundalini Breath-work. This beginner-friendly class for ages 16 and up introduces the fundamentals of Vinyasa yoga, where breath and movement flow together in a continuous sequence to energize the body and calm the mind. Participants will also explore the transformative power of Kundalini breathwork, designed to awaken inner energy, promote balance, and deepen awareness. The class covers basic Vinyasa poses (asanas), breath awareness techniques (pranayama), Sun Salutations (Surya Namaskar A), introductory Kundalini breathwork to balance the chakras, and guided meditation to cultivate mindfulness and inner stillness. This class offers a welcoming and supportive environment for beginners and those new to yoga and breathwork. Instructor Monica Gutierrez is a dedicated yoga teacher with a background in Massage Therapy and former wellness space owner, passionate about holistic health and helping students find balance, relaxation, and inner peace. Let's get on the mat! Namaste.

L | PR – Small Dance & Fitness Studio #221

Classes: 8 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
SP1-160	Thu	Mar 26-May 14	12:00PM-12:45PM
SP1-161	Fri	Mar 27-May 15	9:30AM-10:15AM
SP1-162	Fri	Mar 27-May 15	10:30AM-11:15AM

L | PR – Exercise Studio #235

Classes: 8 Fee: \$39.00(R)/\$55.50(N)

COURSE #	DAY	DATE	TIME
SP1-163	Sat	Mar 28-May 16	9:00AM-9:45AM

Mat Pilates: The Contrology Method

Age: 15Y and up

Instructor: Helena Rodas

Location: L | PR – Exercise Studio #235

Join us for a fun and engaging Mat Pilates class that focuses on the Contrology method, the original Pilates approach created by Joseph Pilates! This class is all about reconnecting with our bodies while building strength, flexibility, and balance in a relaxed environment. Suitable for all levels, it's a perfect way to gain better mobility and enhance your overall wellness through effective breathing techniques. Grab your mat, a water bottle, Pilates socks (bare feet highly recommended) for optimal grip and comfort.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-232	Wed	Mar 25-May 13	7:00PM-8:00PM

Pilates

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Pilates works the entire body in addition to the mind. The focus is on the core of the body so the rest can freely move. This makes your body stronger both on the inside and out. The balance is meant to be present between flexibility and strength, resulting in stronger and leaner muscles. Pilates movements are slow, precise, and controlled. Breathing is full breath as well as gentle and natural, not forceful. Slowly stretching, moving, and elongating your total body will help improve joint movement. Learn to first mobilize in order to prepare for movement. Build more strength, improve balance, and strengthen core muscles to protect your back and spine (back problem, number one injury). 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).

Alice Peña Bulos Center – Multi-Use Room

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-142	Tue	Mar 24-May 12	5:00PM-6:00PM

L | PR – Social Hall #125

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-143	Wed	Mar 25-May 13	7:15PM-8:15PM

L | PR – Exercise Studio #235

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-144	Thu	Mar 26-May 14	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 works the entire body. The focus is on the core of the body so the rest of the body can move with ease, strengthen, elongate, improve flexibility, while increasing the range of motion and mobilizing the joint areas (shoulder, hip, knee, ankle). This makes your body stronger both on the inside and out. Pilates movements are slow, precise, and controlled. Breathing is full breath as well as gentle and natural, not forceful. Slowly stretching, moving, and elongating your total body will help improve joint movement. Learn to first mobilize in order to prepare for movement. Getting the total body stronger improves balance and strengthens core muscles to protect your back and spine (back problem, number one injury). Bring a mat, towel, 2 water bottles, or a set of weights (1 lb, 2lb, 3lb, 4lb, or 5lb).

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-145	Tue	Mar 24-May 12	1:45PM-2:45PM

Pilates 2 – Advanced Beginners & Up

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

The format of this class will consist of a warmup (10 to 15 minutes). Floorwork will entail Pilates moves performed in a mobility fashion, transitioning from one set of moves to another on the floor, in a standing position, and on the barre. This class will apply all the moves in Pilates 1 (and more) in a flowing fashion. **If you are new to Pilates, it is recommended to complete Pilates 1.** Bring a mat, towel, 2 water bottles, or a set of weights (1 lb, 2lb, 3lb, 4lb, or 5lb). We will also incorporate the Tabata formula to include cardio and further strengthen the core, upper and lower body. Previous experience is recommended.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-146	Tue	Mar 24-May 12	12:30PM-1:30PM

Shinkyu Shotokan Karate

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

Instructors: Nobu Kaji & Juan Carlos Barajas

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. Her legacy continues under the instruction of Sensei Nobu Kaji, also an 8th degree black belt, with the same dedication and spirit that Sue inspired in her students for decades.

Classes: 16 Fee: \$56.00(R)/\$72.50(N)

COURSE #	DAY	DATE	TIME
SP1-215	Tu/Th	Mar 26-May 14	6:00PM-7:00PM

Teens

Classes: 16 Fee: \$120.00(R)/\$136.50(N)

COURSE #	DAY	DATE	TIME
SP1-216	Tu/Th	Mar 26-May 14	7:00PM-8:30PM

Adults

Strength, Stability, Stretch

Age: 18Y and up

Instructor: Lisa Forslund

Location: L | PR – Social Hall #125

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.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-109	Tue	Mar 24-May 12	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: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-117	Sat	Mar 28-May 16	9:00AM-10:00AM

TEEN AND ADULT CLASSES

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.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-129	Fri	Mar 27-May 15	1:00PM-2:00PM

Tabata LiiT (Low Intensity Interval Training)

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

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).

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-118	Thu	Mar 26-May 14	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: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-119	Mon	Mar 23-May 11	7:00PM-8:00PM

L | PR - Exercise Studio #235

Classes: 7 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-120	Thu	Mar 26-May 14	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, often known as moving meditation, yields many health benefits such as stress reduction, improved balance, and more efficient breathing. Muscles and joints are always relaxed as the movements are slow, low-impact and safe. The beginner class focuses on fundamental principles and introduces the graceful movements of the beginners form. Basic qigong and I-Chuan standing meditation will be taught. Guang Ping Yang Tai Chi Chuan was taught in South San Francisco Parks and Recreation for the past 40 years under Grandmaster Henry Look and eventually by his students over the decades continuing his legacy of the art.

Classes: 8 Fee: \$48.00(R)/\$64.50(N)

COURSE #	DAY	DATE	TIME
SP1-209	Thu	Mar 26-May 14	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

Students in the intermediate class will learn additional movements and refinement of forms going deeper into applications and understanding of concepts. Additional Qigong and I-Chuan meditation exercises will also be taught. Qualified students will progressively learn the saber, sword and spear. We will also introduce Hsing-I and Bagua to advanced students. Guang Ping Yang Tai Chi Chuan was taught in South San Francisco Parks and Recreation for the past 40 years under Grandmaster Henry Look and eventually by his students over the decades continuing his legacy of the art.

Classes: 8 Fee: \$48.00(R)/\$64.50(N)

COURSE #	DAY	DATE	TIME
SP1-210	Thu	Mar 26-May 14	6:30PM-7:30PM

TEEN AND ADULT CLASSES

Tai Chi Chuan: Guang Ping Yang – Advanced

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room
Tai Chi, often known as moving meditation, yields many health benefits such as stress reduction, improved balance, and more efficient breathing. Muscles and joints are always relaxed as the movements are slow, low-impact and safe. Guang Ping Yang Tai Chi has been taught in the South San Francisco Parks and Recreation program under Grandmaster Henry Look and his students over the past 40 years and his continuing legacy of the art. Advanced students will move to the next level of refinement in the Tai Chi form. Qigong and I-Chuan moving meditation exercises will be taught. Qualified students with knowledge of weapons like saber, sword, and spear will be refined. Hsing-I and Bagua will also be taught to qualified students.

Classes: 8 Fee: \$48.00(R)/\$64.50(N)

COURSE #	DAY	DATE	TIME
SP1-211	Thu	Mar 26-May 14	7:30PM-8:30PM

(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: 3/30

Classes: 7 Fee: \$63.00(R)/\$79.50(N)

COURSE #	DAY	DATE	TIME
SP1-240	Mon	Mar 23-May 11	10:30AM-12:00PM



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

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: 3/30

Classes: 7 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Mar 23-May 11	12:15PM-1:15PM

Tai Chi Wellness

Age: 18Y and up

Instructor: Elliotte Mao

Location: L | PR – Exercise Studio #235

The Qi energy harnessed for centuries for its life enhancing force has been underutilized by today’s modern world! Come learn this gentle exercise to fortify us against issues such as stress, fatigue, depression, imbalance, brain fog. Classes are fun and learner friendly. Elliotte Mao is a wellness educator with over 20 years’ experience in teaching Tai Chi and other health modalities. No athletic skills or prior experience needed for Level 1. Students will enjoy graduating to Levels 2 and 3 with more moves and complexity. Let’s discover wellness together.

Classes: 8 Fee: \$48.00(R)/\$64.50(N)

COURSE #	DAY	DATE	TIME
SP1-121 Level I	Wed	Mar 11-May 13	9:00AM-10:00AM
SP1-122 Level II	Wed	Mar 11-May 13	10:00AM-11:00AM
SP1-123 Level III	Wed	Mar 11-May 13	11:00AM-12:00PM

TEEN AND ADULT CLASSES

TEEN AND ADULT CLASSES

TRX: Total Body Fusion

Age: 14Y and up

Instructor: Helena Rodas

Location: L | PR - Exercise Studio #235

Get ready to transform your fitness routine with our TRX Total Body Fusion class! This energizing workout combines the power of suspension training with dynamic movements designed to enhance strength, flexibility, and balance. Perfect for all fitness levels, this class will challenge your body and elevate your workout game. Bring your energy, a water bottle, and a towel as we connect with our bodies and achieve our fitness goals together.

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-233	Thu	Mar 26-May 14	9:00AM-10:00AM

Yoga – Stretching Beginning & Intermediate

Age: 15Y 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.

Classes: 8 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
SP1-303	Mon	Mar 23-May 11	10:15AM-11:45AM
SP1-304	Mon	Mar 23-May 11	12:00PM-1:30PM

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: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-124	Tue	Mar 24-May 12	6:00PM-7:00PM

L | PR - Social Hall #125

Classes: 8 Fee: \$44.00(R)/\$60.50(N)

COURSE #	DAY	DATE	TIME
SP1-125	Wed	Mar 25-May 13	6:00PM-7:00PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 8 Fee: \$54.00(R)/\$70.50(N)

COURSE #	DAY	DATE	TIME
SP1-126	Sat	Mar 28-May 16	10:15AM-11:15AM

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.

Classes: 8 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Mar 23-May 11	11:30AM-12:30PM
---	Tue	Mar 24-May 12	11:00AM-12:00PM
---	Fri	Mar 27-May 15	11:00AM-12:00PM

*Class will be held in the L|PR Social Hall #125 on 5/8.

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 and slower version of the typical Zumba® class. It is designed for senior and older adults young at heart, those who want to begin exercising, and anyone who wants to burn calories and strengthen their muscles while enjoying a bit of a "boogie". The dance and fitness movements will improve your mental health and increase your self-esteem as you follow simple to more complicated dance movements. Following simple movements, you will condition and tone your body while benefiting from learning choreography and engaging in dance routines that will stimulate brain activity and memory recall. Come together to have fun as you enjoy an exhilarating workout. Drop-in class (no advance registration needed). \$6.00 per class payable to the instructor at each class meeting (cash only and exact bills please. No senior discount available.

Classes: 8 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Thu	Mar 26-May 14	11:00AM-12:00PM

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 cancellations 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: 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.

Classes: 8 Fee: \$174.00(R)/\$190.50(N)

COURSE #	DAY	DATE	TIME
SP4-200	Sat	Mar 28-May 16	8:00AM-8:30AM
SP4-201	Sat	Mar 28-May 16	8:30AM-9:00AM
SP4-202	Sat	Mar 28-May 16	9:00AM-9:30AM
SP4-203	Sat	Mar 28-May 16	9:30AM-10:00AM
SP4-204	Sat	Mar 28-May 16	10:00AM-10:30AM
SP4-205	Sat	Mar 28-May 16	10:30AM-11:00AM

Classes: 8 Fee: \$174.00(R)/\$190.50(N)

COURSE #	DAY	DATE	TIME
SP4-206	Sun	Mar 29-May 17	8:00AM-8:30AM
SP4-207	Sun	Mar 29-May 17	8:30AM-9:00AM
SP4-208	Sun	Mar 29-May 17	9:00AM-9:30AM
SP4-209	Sun	Mar 29-May 17	9:30AM-10:00AM
SP4-210	Sun	Mar 29-May 17	10:00AM-10:30AM
SP4-211	Sun	Mar 29-May 17	10:30AM-11:00AM

TENNIS CLASSES

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.

Classes: 8 Fee: \$174.00(R)/\$190.50(N)

COURSE #	DAY	DATE	TIME
SP4-404	Mon	Mar 23-May 11	3:00PM-3:30PM
SP4-405	Mon	Mar 23-May 11	3:30PM-4:00PM

Classes: 8 Fee: \$174.00(R)/\$190.50(N)

COURSE #	DAY	DATE	TIME
SP4-406	Thu	Mar 26-May 14	3:00PM-3:30PM
SP4-407	Thu	Mar 26-May 14	3:30PM-4:00PM

Classes: 8 Fee: \$174.00(R)/\$190.50(N)

COURSE #	DAY	DATE	TIME
SP4-400	Sat	Mar 28-May 16	8:30AM-9:00AM
SP4-401	Sat	Mar 28-May 16	9:00AM-9:30AM
SP4-402	Sat	Mar 28-May 16	9:30AM-10:00AM
SP4-403	Sat	Mar 28-May 16	10:00AM-10:30AM

***DID YOU KNOW** that we offer free Bocce lessons through the SSF Italian American Citizens Club (IACC)?*

The Club provides FREE Bocce Lessons on Thursdays in April from 10am to 11:30am and Thursdays in September from 6:30pm to 8:00pm. 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.

For more information regarding our Bocce Leagues, visit page 27.

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.ssfcg.gov/rec-catalog. The schedule is as follows:

Basketball

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

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$3.00	\$27.00
Adults	\$4.00	\$36.00
Seniors*	\$3.00	\$27.00

*Senior discount applies to ages 55 years and up.

Pickleball

Tue/Thu 12:00PM - 3:00PM

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$2.00	\$18.00
Adults	\$4.00	\$36.00
Seniors*	\$2.00	\$18.00

*Senior discount applies to ages 55 years and up.

Badminton

Sunday 9:15AM - 12:00PM (All ages)

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$4.00	\$36.00
Adults	\$6.00	\$54.00
Seniors*	\$4.00	\$46.00

*Senior discount applies to ages 55 years and up.

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 thru Friday 9:30AM - 8:00PM
 Saturday/Sunday 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	\$2.50	\$22.50

YOUTH SPORTS

R.A.P.P. Sports

R.A.P.P. coed basketball league is offered for children 3rd - 5th grades. The children will learn the 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. List of sports offered during the school year include K-2nd grade basketball league (April), 3rd-5th grade basketball (Sept.).

R.A.P.P. Coed K-2nd Grade Basketball League

The R.A.P.P. Basketball League is offered to children kindergarten-second grade at the Terrabay Gymnasium. Participants choose one practice day/one time (listed below). Participants will play one game per week and games will be played on Fridays. Each team will play a minimum of five games. For more information, call (650) 829-4683.

*Practice day/time you pick is your team. Ten players per team.

Practice Days*: (choose one)

COURSE #	DAY	TIME
SPO3-111	Mon	3:30PM-4:30PM
SPO3-112	Mon	4:30PM-5:30PM
SPO3-113	Tue	3:30PM-4:30PM
SPO3-114	Tue	4:30PM-5:30PM
SPO3-115	Wed	3:30PM-4:30PM
SPO3-116	Wed	4:30PM-5:30PM

Practices begin week of April 6, 2026

Game Days: Fridays starting on April 24, 2026 (Tentatively)
 (Teams play one game per week)

Game Times: 4:00PM/4:30PM/5:00PM

Cost: \$83.00, includes team t-shirt

YOUTH AND ADULT SPORTS

Middle School Sports Program

Spring Sports will be offered in March. SSF residents or students who attend one of the three middle schools in the South San Francisco Unified School District (Alta Loma, Parkway, and Westborough) can participate in our sports program. May take part in the following activities: Track and Field, Golf, and Badminton. All sport teams will be a combination of all three schools to represent South San Francisco. For more information about our Middle School sports program, call (650) 829-4683. Season begins in April. Dates and times for all programs to be announced.

Track & Field

COURSE #	GRADE LEVEL
SP6-500	Middle School (Boys)
SP6-501	Middle School (Girls)

Golf

COURSE #	GRADE LEVEL
SP6-700	Middle School (Coed)

Badminton

COURSE #	GRADE LEVEL
SP6-600	Middle School (Coed)

ADULT SPORTS

The City of South San Francisco offers adult basketball and coed softball during the spring and summer months. For league packets and information, please visit our adult sports website at www.quickscores.com/ssf.

Spring Adult Men's Basketball League

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in one division: "D1" on Wednesdays. Season begins in March; roster packets and information are now available. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 for more information.

Registration: Deadline is February 27, 2026

Fee \$675.00 per team for a six-game season plus playoffs*

Spring Adult Coed Softball League

Team slow pitch softball will begin league play in April 2026. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650)829-4680.

Registration Dates: TBA

Fee: \$594.00 per team for a six-game season plus playoffs*

**Fees subject to change.*

Spring 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 Spring for all levels. Registration begins on Monday, February 23, 2026, beginning at 6:00am online: www.ssfca.gov/rec-catalog. In-person registration at the Recreation Office opens at 8:00am (901 Civic Campus Way, SSF).

Teams Only

Dates: Wednesday, April 1 – Wednesday, May 27

BOCCE-101 Team Only Wed 5:00PM – 6:00PM

BOCCE-101A Team Only Wed 6:00PM – 7:00PM

Dates: Thursday, April 2 – Thursday, May 28

BOCCE-102 Team Only Thu 4:45PM – 6:00PM

BOCCE-102A Team Only Thu 6:00PM – 7:00PM

BOCCE-102B Team Only Thu 7:00PM – 8:00PM

Dates: Friday, April 3 – Friday, May 29

BOCCE-103 Team Only Fri 9:00AM – 10:00AM

BOCCE-103A Team Only Fri 10:00AM – 11:00AM

Individual Only

BOCCE-104 Individual

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

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

Fee: \$30.00/individual*

Junior Giants 2026

Junior Giants is a great opportunity for boys and girls 5-13 years old to learn the skills of baseball and softball in a non-competitive and fun format. Participants attend one practice per week and play games on Fridays/Saturdays. The Junior Giants program runs from June 8 – August 2. Best of all, the program is free, but space is limited. More coaches equals more children can participate.

The South San Francisco Junior Giants is also looking for volunteers to help run the program. Volunteer positions available include Head Coaches (18 years and older) and Assistant Coaches and Umpires (15 years and older). The time commitment is about 1.5 hours for one weekly practice and another 1.5 for games on Saturdays. For those interested in volunteering or more information about the Junior Giants program, please call your league commissioner, Bill Stridbeck at (650) 829-4680. Sign up as a volunteer at www.jrgiants.org

We will once again offer Girls/Boys Softball Minor (7-9 years) and Major (10-13 years) Divisions.

Registration: (players, coaches and team parents)
Online Registration begins April 15, 2026
www.gojrgiants.org

Parent Orientation: (To Be Announced in April)
Date: May 2026 Location: virtual

Volunteer Meeting: (To Be Announced in April)
Date: June 2026 Location: Library | Parks & Rec Center

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 Spring 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.

SPRING 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, March 4, 2026
Non-Resident Registration – Friday, March 6, 2026

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

Resident Registration – Friday, April 3, 2026
Non-Resident Registration – Saturday, April 4, 2026 at 8:00am

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:

- Sunday, March 22, 2026, Pool Closes at 12:45 p.m. (No Open Recreation Swim)
- Monday, March 30, 2026 – Friday, April 3, 2026 (Pool Closed from 8:30 a.m. – 3:30 p.m.)
- Sunday, April 5, 2026
- Saturday, April 25, 2026, Pool Closes at 12:30 p.m. (No Open Recreation Swim)

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, life vests, or other floatation devices.**

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	\$36.00(R)/\$48.00(N)
Adult Script	\$52.00(R)/\$72.00(N)
Senior/Veterans	\$36.00(R)/\$48.00(N)
Monthly Adult	\$75.00(R)/\$95.00(N)
Monthly Senior/Veterans	\$54.00(R)/\$74.00(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,

AQUATICS CLASSES

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):
 \$198.50 for 30 participants or less
 \$224.00 for 31-60 participants
 \$249.50 for 61-100 participants

Rental Rates (3 hours):
 \$397.00 for 30 participants or less
 \$448.00 for 31-60 participants
 \$499.00 for 61-100 participants

Non-residents pay an additional \$22.00 per 1.5 hours. Rental payments are due upon completion of the permit. For further information and date availability, please contact Orange Pool at (650) 875-6973.

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: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-1103	Tu/Th	Mar 10-Apr 02	6:30PM-7:00PM
SP8-1104	Tu/Th	Mar 10-Apr 02	7:05PM-7:35PM

Tuesday/Thursday Session #2
 Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/30

COURSE #	DAY	DATE	TIME
SP8-1105	Tu/Th	Apr 07-Apr 28	6:30PM-7:00PM
SP8-1106	Tu/Th	Apr 07-Apr 28	7:05PM-7:35PM

Saturday Session #1
 Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-1107	Sat	Mar 14-Apr 25	9:00AM-9:30AM
SP8-1108	Sat	Mar 14-Apr 25	9:35AM-10:05AM

Sunday Session #1
 Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-1109	Sun	Mar 15-May 03	10:25AM-10:55AM
SP8-1110	Sun	Mar 15-May 03	11:00AM-11:30AM

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: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-2203	Tu/Th	Mar 10-Apr 02	6:30PM-7:00PM
SP8-2204	Tu/Th	Mar 10-Apr 02	7:05PM-7:35PM

Tuesday/Thursday Session #2
 Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/30

COURSE #	DAY	DATE	TIME
SP8-2205	Tu/Th	Apr 07-Apr 28	6:30PM-7:00PM
SP8-2206	Tu/Th	Apr 07-Apr 28	7:05PM-7:35PM

Saturday Session #1
 Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-2207	Sat	Mar 14-Apr 25	9:00AM-9:30AM
SP8-2208	Sat	Mar 14-Apr 25	9:35AM-10:05AM

Sunday Session #1
 Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-2209	Sun	Mar 15-May 03	10:25AM-10:55AM
SP8-2210	Sun	Mar 15-May 03	11:00AM-11:30AM

Preschool

Age: 3Y - 4Y 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: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-3303	Tu/Th	Mar 10-Apr 02	6:30PM-7:00PM
SP8-3304	Tu/Th	Mar 10-Apr 02	7:05PM-7:35PM

Tuesday/Thursday Session #2
 Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/30

COURSE #	DAY	DATE	TIME
SP8-3305	Tu/Th	Apr 07-Apr 28	6:30PM-7:00PM
SP8-3306	Tu/Th	Apr 07-Apr 28	7:05PM-7:35PM

Aquatics classes are subject to change during the Spring 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

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-3307	Sat	Mar 14-Apr 25	9:00AM-9:30AM
SP8-3308	Sat	Mar 14-Apr 25	9:35AM-10:05AM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-3309	Sun	Mar 15-May 03	10:25AM-10:55AM
SP8-3310	Sun	Mar 15-May 03	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: 7 Fee: \$63.00(R)/\$79.50(N)

COURSE #	DAY	COURSE #	DAY	DATE	TIME
SP8-4423	Sat	Mar 14-Apr 25		10:15AM-10:45AM	
SP8-4424	Sat	Mar 14-Apr 25		10:50AM-11:20AM	
SP8-4425	Sat	Mar 14-Apr 25		11:25AM-11:55AM	
SP8-4426	Sat	Mar 14-Apr 25		12:00PM-12:30PM	

Sunday Session #1

Classes: 7 Fee: \$63.00(R)/\$79.50(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-4429	Sun	Mar 15-May 03	11:40AM-12:10PM
SP8-4430	Sun	Mar 15-May 03	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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-110	M/W	Mar 09-Apr 01	6:30PM-7:00PM
SP8-111	M/W	Mar 09-Apr 01	7:05PM-7:35PM
SP8-112	M/W	Mar 09-Apr 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-113	M/W	Apr 06-Apr 27	6:30PM-7:00PM
SP8-114	M/W	Apr 06-Apr 27	7:05PM-7:35PM
SP8-115	M/W	Apr 06-Apr 27	7:40PM-8:10PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-123	Sat	Mar 14-Apr 25	10:15AM-10:45AM
SP8-124	Sat	Mar 14-Apr 25	10:50AM-11:20AM
SP8-125	Sat	Mar 14-Apr 25	11:25AM-11:55AM
SP8-126	Sat	Mar 14-Apr 25	12:00PM-12:30PM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-129	Sun	Mar 15-May 03	11:40AM-12:10PM
SP8-130	Sun	Mar 15-May 03	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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-210	M/W	Mar 09-Apr 01	6:30PM-7:00PM
SP8-211	M/W	Mar 09-Apr 01	7:05PM-7:35PM
SP8-212	M/W	Mar 09-Apr 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-213	M/W	Apr 06-Apr 27	6:30PM-7:00PM
SP8-214	M/W	Apr 06-Apr 27	7:05PM-7:35PM
SP8-215	M/W	Apr 06-Apr 27	7:40PM-8:10PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-223	Sat	Mar 14-Apr 25	10:15AM-10:45AM
SP8-224	Sat	Mar 14-Apr 25	10:50AM-11:20AM
SP8-225	Sat	Mar 14-Apr 25	11:25AM-11:55AM
SP8-226	Sat	Mar 14-Apr 25	12:00PM-12:30PM

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AQUATICS CLASSES

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-229	Sun	Mar 15-May 03	11:40AM-12:10PM
SP8-230	Sun	Mar 15-May 03	12:15PM-12:45PM

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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-310	M/W	Mar 09-Apr 01	6:30PM-7:00PM
SP8-311	M/W	Mar 09-Apr 01	7:05PM-7:35PM
SP8-312	M/W	Mar 09-Apr 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-313	M/W	Apr 06-Apr 27	6:30PM-7:00PM
SP8-314	M/W	Apr 06-Apr 27	7:05PM-7:35PM
SP8-315	M/W	Apr 06-Apr 27	7:40PM-8:10PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-323	Sat	Mar 14-Apr 25	10:15AM-10:45AM
SP8-324	Sat	Mar 14-Apr 25	10:50AM-11:20AM
SP8-325	Sat	Mar 14-Apr 25	11:25AM-11:55AM
SP8-326	Sat	Mar 14-Apr 25	12:00PM-12:30PM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-329	Sun	Mar 15-May 03	11:40AM-12:10PM
SP8-330	Sun	Mar 15-May 03	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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-410	M/W	Mar 09-Apr 01	6:30PM-7:00PM
SP8-412	M/W	Mar 09-Apr 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-413	M/W	Apr 06-Apr 27	6:30PM-7:00PM
SP8-415	M/W	Apr 06-Apr 27	7:40PM-8:10PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-421	Sat	Mar 14-Apr 25	9:00AM-9:30AM
SP8-423	Sat	Mar 14-Apr 25	10:15AM-10:45AM
SP8-424	Sat	Mar 14-Apr 25	10:50AM-11:20AM
SP8-425	Sat	Mar 14-Apr 25	11:25AM-11:55AM
SP8-426	Sat	Mar 14-Apr 25	12:00PM-12:30PM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-429	Sun	Mar 15-May 03	11:40AM-12:10PM
SP8-430	Sun	Mar 15-May 03	12:15PM-12:45PM

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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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-510	M/W	Mar 09-Apr 01	6:30PM-7:00PM
SP8-511	M/W	Mar 09-Apr 01	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-513	M/W	Apr 06-Apr 27	6:30PM-7:00PM
SP8-514	M/W	Apr 06-Apr 27	7:05PM-7:35PM

Thursday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-519	Thu	Mar 12-Apr 23	6:30PM-7:00PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-522	Sat	Mar 14-Apr 25	9:35AM-10:05AM
SP8-523	Sat	Mar 14-Apr 25	10:15AM-10:45AM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-529	Sun	Mar 15-May 03	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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-612	M/W	Mar 09-Apr 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-615	M/W	Apr 06-Apr 27	7:40PM-8:10PM

Thursday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-620	Thu	Mar 12-Apr 23	7:05PM-7:35PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-624	Sat	Mar 14-Apr 25	10:50AM-11:20AM
SP8-626	Sat	Mar 14-Apr 25	12:00PM-12:30PM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-628	Sun	Mar 15-May 03	11:00AM-11:30AM
SP8-630	Sun	Mar 15-May 03	12:15PM-12:45PM

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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-711	M/W	Mar 09-Apr 01	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/29

COURSE #	DAY	DATE	TIME
SP8-714	M/W	Apr 06-Apr 27	7:05PM-7:35PM

Saturday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N)

COURSE #	DAY	DATE	TIME
SP8-725	Sat	Mar 14-Apr 25	11:25AM-11:55AM

Sunday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 4/5

COURSE #	DAY	DATE	TIME
SP8-727	Sun	Mar 15-May 03	10:25AM-10:55AM

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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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-100	Fri	Mar 13-May 01	6:30PM-7:00PM
SP8-101	Fri	Mar 13-May 01	7:05PM-7:35PM

Teen/Adult Level 2

Age: 13Y and up

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

Classes: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-200	Fri	Mar 13-May 01	6:30PM-7:00PM
SP8-201	Fri	Mar 13-May 01	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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-300	Fri	Mar 13-May 01	6:30PM-7:00PM
SP8-301	Fri	Mar 13-May 01	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: 8 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SP8-400	Tue	Mar 10-Apr 28	6:30PM-7:00PM
SP8-401	Tue	Mar 10-Apr 28	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: 6 Fee: \$39.00(R)/\$55.50(N) *No class: 3/31, 4/2*

COURSE #	DAY	DATE	TIME
SP8-602	Tu/Th	Mar 10-Mar 26	2:00PM-3:00PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SP8-604	Tu/Th	Apr 07-Apr 30	2:00PM-3:00PM

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: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SP8-606	Tu/Th	Mar 10-Apr 02	7:45PM-8:30PM
SP8-607	Tu/Th	Mar 10-Apr 02	8:30PM-9:15PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SP8-608	Tu/Th	Apr 07-Apr 30	7:45PM-8:30PM
SP8-609	Tu/Th	Apr 07-Apr 30	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: 7 Fee: \$45.50(R)/\$62.00(N) *No class: 4/1*

COURSE #	DAY	DATE	TIME
SP8-600	Wed	Mar 11-Apr 29	2:00PM-3:00PM

Sunday Session #1

Classes: 7 Fee: \$45.50(R)/\$62.00(N) *No class: 4/5*

COURSE #	DAY	DATE	TIME
SP8-601	Sun	Mar 15-May 03	9:25AM-10:10AM

Aquatics classes are subject to change during the Spring 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 \$74.50 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$35.50 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	\$734.00/month	\$821.00/month
3 DAYS	\$455.00/month	\$507.50/month
2 DAYS	\$314.00/month	\$353.00/month

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$648.50/month	\$723.50/month
3 DAYS	\$401.50/month	\$446.50/month
2 DAYS	\$278.50/month	\$309.00/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.

Sneak peek at:

2026 YOUTH ENRICHMENT SERVICES (YES) CAMPS

SPRING CAMP

March 31 – April 4

Public Registration begins February 9

SUMMER CAMP

June 2 – August 1

Online Registration begins March 11

For additional information,
please visit 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:

Waitlist applications are available at www.ssfca.gov/childcare. For more information, 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 \$74.50 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 \$35.50 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	\$485.00/month	\$419.00/month
3 DAYS	\$331.00/month	\$287.00/month
2 DAYS	\$220.00/month	\$193.00/month

**Before school care only \$154/month.*

For more information, please 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.

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 \$48 – \$64 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.

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

Coffee & Cards

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

Come form connections with other people, play card games, play board games, or just enjoy a cup of coffee in a relaxed setting.

DAY	TIME
Mon/Tue/Wed/Thu/Sat	10:00AM-12:00PM

Coloring Club

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

Does your brain need a break? Want to reduce stress and anxiety all while sharpening your focus? Come and enjoy the soothing, calming effects of coloring and some great company to sit and chat with. You may bring your own crayons, pencils, water colors, and coloring sheets. If you do not have any, no worries! We have supplies you may use.

DAY	TIME
Friday	11:30AM-1:00PM

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
Monday	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

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

SENIOR SERVICES

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

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 pool 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

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.ssfcg.gov/rec-catalog.

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-10:00AM

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-10:00AM

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



SENIOR HEALTH FAIR

The City of South San Francisco Senior Services, in partnership with Kaiser Permanente, is proud to present our 26th Annual Senior Health Fair, taking place on **Friday, May 15, 2026**.

This **free event** is open to all community members. Kaiser Permanente membership is not required. Attendees can take advantage of complementary health screenings, including blood pressure, cholesterol, blood sugar, and glaucoma, along with expert guidance on skin care, hearing health, pharmacy services, allergy management, emotional well-being, physical therapy, and more.

For more information, call (650) 829-3820 or visit our events page at www.ssfca.gov/PandRevents.



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.ssfca.gov/seniors. Please contact the senior program team for more information on fees and program offerings at (650) 829-3820.

INTERESTED IN A FREE TREE?

WE'RE SERIOUS.

Help grow the urban forest of South San Francisco! The Parks and Recreation Department and Rise South City are giving away free trees to residents to plant in their front yards to help bolster the urban forest and combat climate change

Benefits of trees for residents:

- Property values are higher for homes with healthy trees
- Energy costs are reduced
- Trees have been proven to improve mental well-being
- Air quality is improved
- Trees reduce noise from vehicles and airplanes



please scan
this code to
sign up for our
interest list

Benefits of trees for the environment:

- Carbon sequestration
- Natural habitat
- Cooling effects by shading
- Reducing winds



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



THEME ANNOUNCEMENT COMING SOON!

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.*

Cultural Arts 2026 Art Show Exhibits

WHAT IS LOVE?

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

EXHIBIT DATES:

Gallery Hours (Monday – Friday)

Monday, February 9, 2026 – Friday, February 27, 2026 | 10:00 a.m. – 5:00 p.m.

Closed Monday, February 16, 2026

Special Evening Gallery Hours

Tuesday, February 24, 2026 | 10:00 a.m. – 8:00 p.m.

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

2026 YOUTH ART SHOW

In partnership with South San Francisco Unified School District

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

EXHIBIT DATES:

Opening Weekend:

Friday, April 17, 2026 | 4:00 p.m. – 7:30 p.m.
Saturday, April 18, 2026 | 10:00 a.m. – 4:00 p.m.

Gallery Hours (Monday – Friday)

TBD

A COMMUNITY ART SHOW

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

EXHIBIT DATES:

Opening Weekend:

Friday, July 10, 2026 | 6:00 p.m. – 8:00 p.m.
Saturday, July 11, 2026 | 10:00 a.m. – 3:00 p.m.

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.*

Current & Upcoming Opportunities for Artists

- 2026 Adult Art Show Exhibits
- Jack Drago Youth Art Internship 2026

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

Public Art Collection Highlight

Commemorating South San Francisco's 2008 Centennial Celebration, the sculpture, Evohelix, was originally installed at Centennial Way and South Spruce Avenue. In 2024, it was relocated to the newly created Centennial Way Park South.

The cylindrical, stainless-steel sculpture references the DNA helix in its spiral-shaped configuration. The ascending form is thick and solid, becoming light and open at the top. The wing-like, lacey pattern crowning the top serves as a metaphor for independence and aspiration.



The sculptor conceived his work as a Spiral of Growth, reflecting in his statement, "Growth is a key to what makes us human, and here the spiral is used as a symbol of the evolution of SSF, which has been expanding since the early 19th century. The change in the sculptural form is metaphorical of the change of SSF's transition of identity from the "Industrial City" to the "Birthplace of Biotechnology."

For more information on this public art piece and more, visit www.ssfca.gov/culturalarts.

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 2025)

LOCATION	CAPACITY	TOTAL RESIDENT
Eucalyptus Shelter	150	\$453.00*
Orange Park #2	20	\$79.00
Orange Park #3	30	\$97.00
Orange Park #4	40	\$116.00
Orange Park #5	50	\$137.00
Westborough Shelter	120	\$476.00*
Westborough Small	40	\$137.00
Buri Buri Park #1	70	\$154.00
Buri Buri Park #2	20	\$79.00
Buri Buri Park #3	30	\$97.00
Buri Buri Park #4	30	\$97.00
Sellick Park (7 tables)	50	\$135.00
Alta Loma Park #1	60	\$154.00
Alta Loma Park #2	20	\$79.00
Alta Loma Park #3	20	\$79.00
Avalon Park (5 tables)	50	\$110.00
Oyster Point Marina	80	\$154.00

*plus \$225 refundable damage deposit

Added hours to either shelter: \$56.00 per hour / Added grill at Westborough Shelter: \$117.00

Non-Residents add \$40 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.ssfiaacc.org. Please look for additional details regarding our Bocce Leagues on page 27.

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 <https://www.ssfca.gov/signhill> for more information. *Questions?* E-mail parcs.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.

COMMUNITY INFORMATION

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:    

Email: ssfpladm@plsinfo.org

FRIENDS OF THE LIBRARY

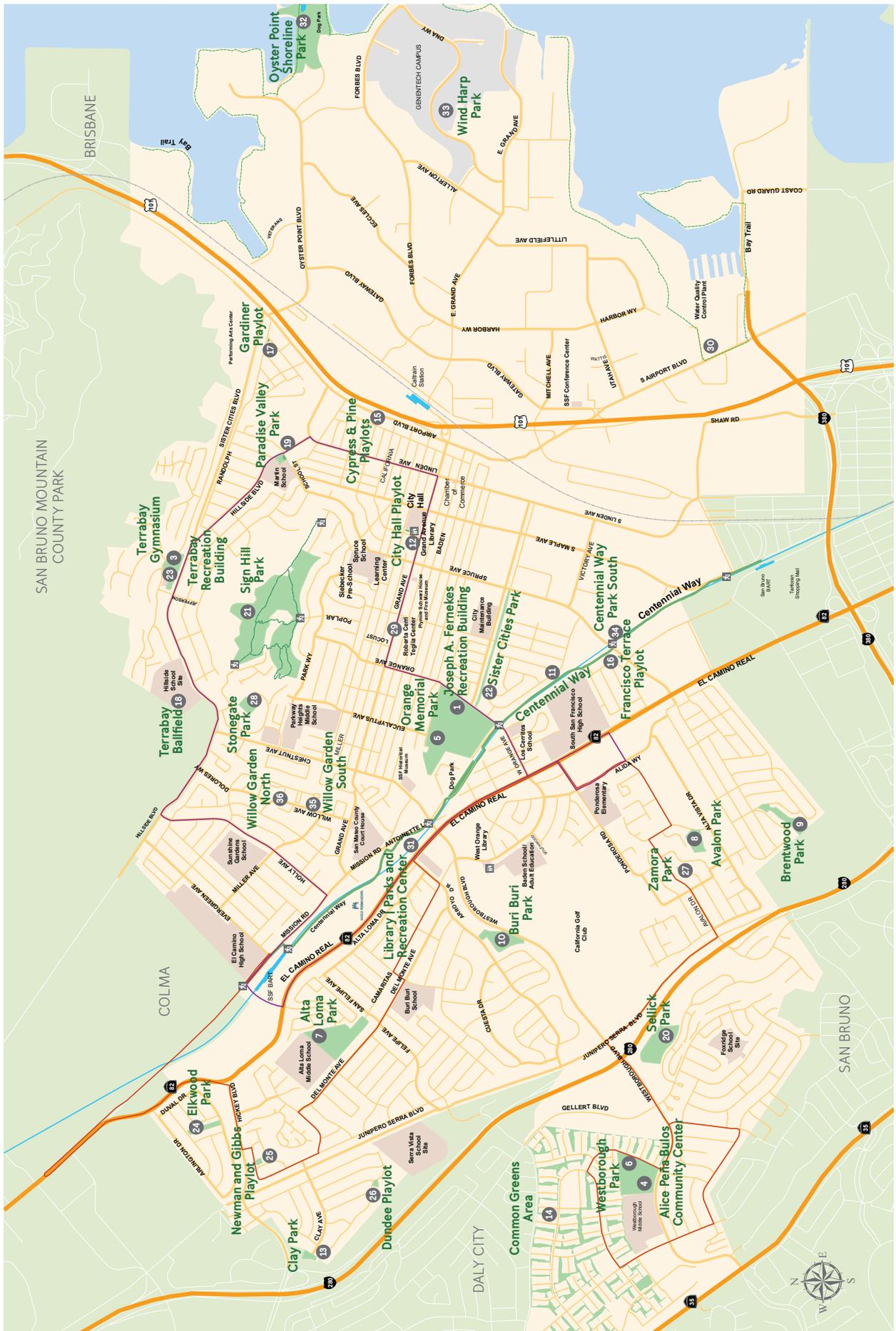
Meets quarterly at the Main Library on the second Tuesday of Jan, April, July & Oct, 6 pm. Membership \$10. Daily book sale in Main Library lobby. Special book sales scheduled during the year. For more information, contact the Main Library at (650) 829-3860.

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 <i>Indoor Swimming Pool Picnic Shelter and Areas Sculpture Garden Bocce Ball Courts</i>	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](http://www.ssfca.gov/parksmap): www.ssfca.gov/parksmap

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
<p>Recreation Scholarship Program opportunities available! Call (650)829-3800 for more information.</p>					<p><i>*Those 62 and over may deduct 20% off the resident rate</i></p> <p><i>\$5.00 Donation to Scholarship Fund</i></p>
					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, February 23, 2026 at 6:00am

Non-Residents: MONDAY, March 9, 2026 at 6:00am

Aquatics Registration: Spring 2026 Session 1

Aquatic registration dates differ from recreation class registration dates. Go to page 32 for complete session registration dates.

Residents: Begins WEDNESDAY, March 4, 2026 at 6:00am

Non-Residents: FRIDAY, March 6, 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, February 23, 2026

Non-Residents: MONDAY, March 9, 2026

*Payment can be made by check

*Please do not send cash

Parks & Recreation Administration Office
P.O. Box 711
South San Francisco, CA 94080



WALK-IN

Residents: MONDAY, February 23, 2026

Non-Residents: MONDAY, March 9, 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 inside front cover 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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PERMIT NO. 138

RESIDENTIAL CUSTOMER

2026 YOUTH BASEBALL CELEBRATION

Saturday, March 7, 2026 | 9:00am

Location: Orange Memorial Park Sports Field

Free Admission
(650) 829-3800

Join the 2026 Youth Baseball Celebration as we kick off the baseball season. The event will feature a parade of teams, guest speakers, and opening remarks from league and City leadership.



Easter Bunny Photo-Hop

Saturday, March 21, 2026 | 8:00am – 12:00pm

Location: Orange Memorial Park – Eucalyptus Shelter
Free Admission

(650) 829-3800 | www.ssfca.gov/rec-catalog

Hop on over and join the Easter Bunny for our annual Egg Hunt! **Pre-registration is required.** Resident registration opens Wednesday, March 6, with non-resident registration beginning Wednesday, March 13.

YOUTH ART SHOW

In partnership with the SSF Unified School District

OPENING WEEKEND

Friday, April 17 | 4:00pm – 7:30pm

Saturday, April 18 | 10:00am – 4:00pm

EXTENDED EXHIBIT PERIOD

3rd Floor Gallery:

Monday – Friday, April 20 – May 14 | 10:00am – 5:00pm

2nd & 3rd Floor Display Windows:

During open building hours

Library | Parks and Recreation Center
901 Civic Campus Way

Open to the Public | Free Admission

Information:

SSF Parks and Recreation Department – (650) 829-3800
www.ssfca.gov/CulturalArts or www.ssfca.gov/pandevents

Celebrate the remarkable artistry of SSFUSD students representing elementary through high school! Visitors will be treated to hundreds of amazing works in a variety of visual arts media displayed throughout the three floors of the Library | Parks and Recreation Center. Performing arts presentations and craft activities are also planned for the opening weekend of this exciting annual program.

SENIOR HEALTH FAIR

Friday, May 15, 2026 | 9:00am – 12:00pm

Location: Library | Parks & Recreation Center
Banquet & Social Hall, 901 Civic Campus Way
Free Admission

The City of South San Francisco Senior Services, in partnership with Kaiser Permanente, is proud to present our **26th Annual Senior Health Fair**, taking place on **Friday, May 15, 2026.**

This free event is open to all community members. Kaiser Permanente membership is not required. Attendees can take advantage of complementary health screenings, including blood pressure, cholesterol, blood sugar, and glaucoma, along with expert guidance on skin care, hearing health, pharmacy services, allergy management, emotional well-being, physical therapy, and more. In addition to Kaiser Permanente's services, a variety of community vendors will be on-site to share valuable information on Alzheimer's resources, life planning, housing options, exercise programs, local recreation activities, and much more. We are excited to see you all there!