

South San Francisco Parks and Recreation Department ACTIVITY GUIDE FALL 2025

LIVE PERFORMANCES



VENDORS

FAMILY ACTIVITIES

FOOD & DRINKS



*Resident Registration begins
August 11, 2025*

Register at www.ssf.net/rec-catalog
Recreation Scholarship opportunity available!
See page 49 for details.

Concert in the Park

SATURDAY, SEPTEMBER 20, 2025
11:30 AM – 5:00 PM
ORANGE MEMORIAL PARK PICNIC MEADOW
WWW.SSF.NET/CONCERT

STAY CONNECTED!

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the latest updates and announcements at
<https://bit.ly/SSFParkRec>.

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Fall 2025

Dear Friends and Neighbors,

T **HIS FALL**, South San Francisco is bringing back a full season of exciting events—including the return of the very popular Concert in the Park on Saturday, September 20! This year's Concert in the Park promises to be a memorable experience, featuring a dynamic performance stage, an array of activities for kids, and a variety of vendor booths. Attendees can look forward to a wide selection of food trucks offering delicious local treats, for all ages to enjoy. Admission is free! Visit www.ssf.net/concert for full event details and updates.



New Aquatic Center

Also on the horizon is the much-anticipated New Aquatic Center at Orange Memorial Park. This project reflects the community's shared vision for a versatile aquatic center, and we are thrilled to provide an update on its development. You may have noticed the center taking shape as you drive along Orange Avenue—the rising structure is a striking sight and a sign of exciting progress!



Construction is well underway for the new 24,000 square foot building that will feature a 25-yard lap pool and a warm-water teaching and recreation pool. Key inspections for the pools were passed with approvals from the Health Department for each inspectable milestone allowing us to continue working on both pools in tandem.

To ensure continued access to aquatic programs, the existing Orange Pool remains open during construction. The new facility is expected to open in early 2026, with final site work—including the demolition of the old pool, enhancements to the surrounding park area, and updates to the Veterans Memorial to follow.



We are incredibly proud of what's to come and grateful for the community's continued support, participation, and patience as we bring this vision to life. The New Aquatic Center at Orange Memorial Park will soon serve as a hub for learning, fitness, play, and connection.

Thanks,

Greg Mediati

DIRECTOR,
SOUTH SAN FRANCISCO PARKS AND RECREATION DEPARTMENT

City Council

Eddie Flores, *Mayor*
Mark N. Addiego, *Vice Mayor*
James Coleman, *Councilmember*
Mark Nagales, *Councilmember*
Flor Nicolas, *Councilmember*

City Manager

Sharon Ranals, *City Manager*
Rich Lee, *Assistant City Manager*

Parks & Recreation Commission

Brittany Burgo, Kristy Camacho,
Betty Battaglia, Ruth DeNardi,
Bill Lock, Jamie Rey, Robert Uy
Meets the third Tuesday of each
month at 7:00pm. The public
is invited to attend. Visit
www.ssf.net 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.ssf.net 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, *Acting 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

Brooke Bayangos, *Sports*
Thomas Boitano, *YES*

Aleni Capaz, *Preschool Early
Learning Program*
Gabiella Firpo, *Classes*
Cynthia Lin, *Aquatics*
Ashly Michelson, *Preschool Early
Learning Program*
Austin Navarro, *Facilities*
Cristina Rodriguez, *YES*
Marianna Roman, *Adult Day Care*
Alexis Rogers, *YES*
Ercie Santos, *Cultural Arts*
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. Fernekas 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

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Programs September–December 2025

Brochure Printed July 2025

Little Steps (LIC #414004145)
520 Tamarack Lane
(650) 877-8545

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>

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.

No class: 11/26, 11/27

Classes: 13 Fee: \$65.00(R)/\$80.75(N)

COURSE #	DAY	DATE	TIME
FA1-203	Wed	Sep 10-Dec 10	2:45PM-3:45PM
FA1-204	Thu	Sep 11-Dec 11	2:45PM-3:45PM



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

Age: 2Y – 5Y

Instructor: Vanessa Neri

Location: Terrabay – Gym

When was the last time you played like you did when you were a kid? When was the last time you actually played with your toddler or kindergartner? Remember what it was like to move freely and have fun during this p.e.-style class where the only serious component is the workout. Run, jump, play tag, throw balls and be as loud and crazy as you want with your kids or the kids in your life. We encourage all of it! Play more and live better at Moms' Gym and Gym Daddy fitness classes. Bring a mat and water for you and each of your kids. Up to two registered children allowed per adult.

No class: 11/1, 11/29

Classes: 11 Fee: \$77.00(R)/\$92.75(N)

COURSE #	DAY	DATE	TIME
FA2-300	Sat	Sep 13-Dec 06	10:00AM-10:50AM



Hindi Kinder Class

Age: 4Y – 5Y

Instructor: Monita Sharma

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

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

Students will be engaged through interactive fun activities:

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

No class: 10/19, 11/2, 11/9, 11/30

Classes: 10 Fee: \$65.00(R)/\$80.75(N)

COURSE #	DAY	DATE	TIME
FA3-333	Sun	Sep 14-Dec 14	9:00AM-10:00AM

Kinder Class

Age: 3Y – 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center – Small Room

Young children will participate in a variety of fun and engaging activities that will help prepare them for kindergarten. Activities will include skill building in number and letter recognition, arts and crafts and circle time.

Children must be 3 years old, and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. Children can only be enrolled for one class session. Joanne has been teaching Early Childhood Education for over 20 years. Not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 10/13

Classes: 27 Fee: \$243.00(R)/\$258.75(N)

COURSE #	DAY	DATE	TIME
FA2-100	M/W	Sep 08-Dec 10	9:00AM-10:30AM
FA2-101	M/W	Sep 08-Dec 10	11:00AM-12:30PM

PRESCHOOL AGE CLASSES



Kinder Tots

Age: 3Y – 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center – Small Room

This is a great class for first time preschoolers! Children will participate in fun and engaging activities including letters, numbers, colors and shape recognition, as well as arts & crafts and games & movement. **Children must be 3 years old, and potty trained by start date.** A \$15.00 supply fee is payable to the instructor at the first class. This is not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

No class: 11/11, 11/27

Classes: 26 Fee: \$234.00(R)/\$249.75(N)

COURSE #	DAY	DATE	TIME
FA2-102	Tu/Th	Sep 09–Dec 11	9:00AM–10:30AM
FA2-103	Tu/Th	Sep 09–Dec 11	11:00AM–12:30PM

Pre-Kinder Learners

Age: 4Y – 5Y

Instructor: 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. \$20.00 supply fee to be paid to the instructor on the first day of class.

Classes: 25 Fee: \$450.00(R)/\$465.75(N) *No class: 10/13, 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA2-104	M/W	Sep 08–Dec 10	9:00AM–12:00PM

Classes: 25 Fee: \$450.00(R)/\$465.75(N) *No class: 11/11, 11/25, 11/27*

COURSE #	DAY	DATE	TIME
FA2-105	Tu/Th	Sep 09–Dec 11	9:00AM–12:00PM

Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y – 8Y

Instructor: Sue Miller & Alex Moreno

*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 required but may be purchased from instructors. Parents are advised to stay for first and last class only. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt.

No class: 11/8, 11/22

Classes: 12 Fee: \$58.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
FA2-301	Sat	Sep 13–Dec 13	8:30AM–9:15AM
Level I Beginners: Session A			
FA2-302	Sat	Sep 13–Dec 13	9:30AM–10:15AM
Level I Beginners: Session B			

**Class will be held at the Fernekes Recreation Building on 10/4, and at Terrabay Gymnasium on 11/1.*

Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y – 8Y

Instructor: Sue Miller

*Location: L | PR – Banquet Hall #130**

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

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

No class: 11/8, 11/11, 11/22

Classes: 24 Fee: \$81.00(R)/\$96.75(N)

COURSE #	DAY	DATE	TIME
FA2-303	Sa/Tu	Sep 13–Dec 13	10:30AM–11:15AM (Sa) 6:00PM–6:45PM (Tu)
Level II: White Belt/Beginners			

Classes: 24 Fee: \$148.00(R)/\$163.75(N)

COURSE #	DAY	DATE	TIME
FA3-304	Sa/Tu	Sep 13–Dec 13	10:30AM–12:00PM (Sa) 6:00PM–7:15PM (Tu)
Level II: Color Belt Yellow & Up			

**Class will be held at the Fernekes Recreation Building on 10/4, and at Terrabay Gymnasium on 11/1.*

YOUTH CLASSES

Children's Writing Workshop

Age: 8Y – 12Y

Instructor: Griselda Huete

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

Students will start with a mindfulness activity to improve their concentration and focus. Through discussion and themed writing exercises to improve sentence structure, students will work at their own level to strengthen their writing skills. Students will write, revise, and edit their writing and receive both peer and teacher feedback. As class time is limited, students must be able to follow class instructions, work independently and with peers. Not a parent participation class. A separate \$5.00 supply fee is payable to the instructor at the first class.

Classes: 4 Fee: \$26.00(R)/\$41.75(N)

COURSE #	DAY	DATE	TIME
FA2-225	Mon	Oct 13–Nov 03	5:00PM–6:00PM

Fun Math Games!

Age: 8Y – 12Y

Instructor: Griselda Huete

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

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

Classes: 4 Fee: \$19.00(R)/\$34.75(N)

COURSE #	DAY	DATE	TIME
FA3-230	Tue	Oct 14–Nov 04	5:15PM–6:00PM

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: 10/19, 11/2, 11/9, 11/30

Classes: 10 Fee: \$65.00(R)/\$80.75(N)

COURSE #	DAY	DATE	TIME
FA3-229	Sun	Sep 14–Dec 14	10:00AM–11:00AM

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: 10/19, 11/2, 11/9, 11/30

Classes: 10 Fee: \$65.00(R)/\$80.75(N)

COURSE #	DAY	DATE	TIME
FA3-330	Sun	Sep 14–Dec 14	11:00AM–12:00PM

Kenpo-Eskrima for Children

Age: 6Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center – Multi-Use Room

Created by Grandmaster Romeo Agloro, Kenpo-Eskrima is a mixed martial art from the Chinese and Filipino fighting styles using combat-proven techniques. This complete personal defense system uses empty hands, cane, knife or any available item as an improvised weapon in a simple, effective system applicable in today's situations. The children's class emphasizes meditation, cardio, strengthening warm-ups, and instruction on forms and techniques. Class uniform and training supplies are required and may be purchased from the instructor on the first day of class.

No class: 10/13, 11/26

Classes: 26 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
FA2-306	M/W	Sep 08–Dec 10	5:00PM–5:45PM

Beginners (Age 6Y – 12Y)

Classes: 26 Fee: \$91.00(R)/\$106.75(N)

COURSE #	DAY	DATE	TIME
FA2-307	M/W	Sep 08–Dec 10	5:45PM–6:45PM

Intermediates (Age 6Y – 15Y)

Classes: 26 Fee: \$130.00(R)/\$145.75(N)

COURSE #	DAY	DATE	TIME
FA1-217	M/W	Sep 08–Dec 10	6:45PM–7:45PM

Teens & Adults (Age 10Y and up)

Let's Paint!

Age: (see below)

Instructor: Bella Leggero

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

In this painting class, artists will use their creativity to paint masterpieces inspired by our daily themes! Artists will learn 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.

No class: 11/26, 11/27

Classes: 13 Fee: \$84.00(R)/\$96.75(N)

COURSE #	DAY	DATE	TIME
FA3-303	Wed	Sep 10-Dec 10	5:30PM-6:30PM
Age 5Y – 9Y			
FA3-304	Thu	Sep 11-Dec 11	5:30PM-6:30PM
Age 9Y – 13Y			

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.

No class: 11/26, 11/27

Classes: 13 Fee: \$84.00(R)/\$96.75(N)

COURSE #	DAY	DATE	TIME
FA3-203	Wed	Sep 10-Dec 10	4:00PM-5:00PM
FA3-204	Thu	Sep 11-Dec 11	4:00PM-5:00PM

Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

Instructor: Sue Miller

Location: Fernekes Building – Multi-Purpose Hall

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). Karate Gi (uniform) is required and may be purchased from instructors. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt.

No class: 10/13, 11/17, 11/19

Classes: 25 Fee: \$87.00(R)/\$102.75(N)

COURSE #	DAY	DATE	TIME
FA3-308	M/W	Sep 08-Dec 10	5:30PM-6:30PM
Level I Beginners, Yellow & Blue 1			

Classes: 25 Fee: \$87.00(R)/\$102.75(N)

COURSE #	DAY	DATE	TIME
FA3-309	M/W	Sep 08-Dec 10	6:00PM-7:00PM
Level II Blue 2 & Green 1			

Classes: 25 Fee: \$131.00(R)/\$146.75(N)

COURSE #	DAY	DATE	TIME
FA3-310	M/W	Sep 08-Dec 10	6:00PM-7:30PM
Level 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, songs, and themed activities supporting language arts and writing, students will learn Spanish language basics. Students are expected to do their best with class activities and follow along in class. As class time is limited, students must be able to follow class instructions, work independently and with peers. Not a parent participation class. A separate \$5.00 supply fee is payable to the instructor at the first class.

Classes: 4 Fee: \$19.00(R)/\$34.75(N)

COURSE #	DAY	DATE	TIME
FA3-228	Tue	Oct 14-Nov 04	4:15PM-5:00PM

YOUTH CLASSES

Story Writing

Age: 8Y - 12Y

Instructor: Griselda Huete

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

Through class exercises and discussions, students will build and develop story ideas to create and write their own story. Students will work at their own level and receive both peer and teacher feedback to help revise their writing. Students are expected to do their best with class activities and follow class instructions. As class time is limited, students must be able to follow class instructions, work independently and with peers. Not a parent participation class. A \$5.00 materials fee will be due to instructor on the first day of class.

Classes: 4 Fee: \$26.00(R)/\$41.75(N)

COURSE #	DAY	DATE	TIME
FA3-226	M/Tu	Dec 01-Dec 09	5:00PM-6:00PM



Storytellers on Stage

Age: 9Y - 12Y

Instructor: Ameen Safi

Location: L / PR - Exercise Studio #235

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. Please note: class location subject to change during session.

Classes: 5 Fee: \$27.00(R)/\$42.75(N)

COURSE #	DAY	DATE	TIME
FA2-200	Thu	Sep 11-Oct 09	3:30PM-4:30PM
FA2-201	Wed	Sep 10-Oct 08	4:45PM-5:45PM

DANCE CLASSES

Creative Movement

Age: 3.5Y - 5Y

Instructors: 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: 10/14, 11/11

Classes: 9 Fee: \$36.00(R)/\$51.75(N)

COURSE #	DAY	DATE	TIME
FA1-500	Tue	Sep 09-Nov 18	9:45AM-10:15AM

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 Fall 2025 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: 12-13 Fee: \$25.00(R)/\$40.75(N) *No class: 10/13, 10/31, 11/28*

COURSE #	DAY	DATE	TIME
FA3-460	Mon	Sep 08-Dec 08	5:45PM-6:15PM
Level IA - New Students (Ages 4Y - 18Y)			
FA3-461	Fri	Sep 12-Dec 12	5:30PM-6:15PM
Level IB - Returning Students Only (Ages 4Y - 18Y)			
FA3-462	Fri	Sep 12-Dec 12	6:30PM-7:20PM
Level II			
FA3-463	Mon	Sep 08-Dec 08	6:30PM-7:30PM
Level III			

Location: Terrabay - Poppy Room

Classes: 13 Fee: \$25.00(R)/\$40.75(N) *No class: 10/13, 11/28*

COURSE #	DAY	DATE	TIME
FA3-464	Thu	Sep 11-Dec 11	6:25PM-7:15PM
Level IV			
FA3-465	Mon	Sep 08-Dec 08	5:30PM-6:20PM
Level V			
FA3-466	Mon	Sep 08-Dec 08	6:25PM-7:15PM
Level VI			
FA3-467	Thu	Sep 11-Dec 11	5:30PM-6:20PM
Level VII			

YOUTH CLASSES



South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich

Instructors: Cara Shpizner and Maria Spremich

Please note: No new beginners (no experience) accepted this session. Pre-Ballet B and Introduction 2 must have previous ballet training and/or instructor approval. Students with previous training but new to the SSF Civic Ballet program, please contact Maria Spremich: mbspointe@aol.com for appropriate level placement.

See here for SSF Civic Ballet Dress Code (<https://bit.ly/3vvdclj>) or contact Maria Spremich: mbspointe@aol.com.

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. Cara Shpizner has been dancing since she was 10 years old, starting at the San Mateo Recreation Center, followed by Dance Arts Center in San Carlos and at Scripps College as a performing member of the Claremont Colleges Ballet Company.

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/B Instructor: S. Perreras
Classes: 12 Fee: \$72.00(R)/\$87.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-400	Wed	Sep 10-Nov 26	3:30PM-4:15PM
L PR - Small Dance & Fitness Studio #221			

Pre-Ballet C Instructor: K. Lujan
Classes: 12 Fee: \$72.00(R)/\$87.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-401	Sat	Sep 13-Dec 06	11:00AM-11:45AM
L PR - Small Dance & Fitness Studio #221			

Pre-Ballet D Instructor: S. Perreras
Classes: 12 Fee: \$72.00(R)/\$87.75(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
FA2-402	Wed	Sep 10-Nov 26	5:30PM-6:15PM
L PR - Small Dance & Fitness Studio #221			

Ballet (Girls and Boys)

Introduction 1/2 through Level 10 must have previous experience and instructor approval. Classical ballet technique from beginning (Basic) to advanced (9/10) levels. Please note: Age and skill level prerequisite can be found in the online listing of classes. Parents may observe first and last class of session only.

Introduction 1/2 Instructor: S. Perreras
Classes: 12 Fee: \$72.00(R)/\$87.75(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-403	Wed	Sep 10-Nov 26	4:30PM-5:15PM
L PR - Small Dance & Fitness Studio #221			

Basic 1 Instructor: K. Lujan
Classes: 12 Fee: \$72.00(R)/\$87.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-404	Sat	Sep 13-Dec 06	12:15PM-1:00PM
L PR - Small Dance & Fitness Studio #221			
No class: 11/29			

Basic 2 Instructor: C. Shpizner
Classes: 11 Fee: \$66.00(R)/\$81.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-405	Mon	Sep 08-Dec 08	4:15PM-5:00PM
L PR - Small Dance & Fitness Studio #221			
No class: 9/15, 9/22, 10/13			

Basic 3 Instructor: M. Spremich
Classes: 13 Fee: \$78.00(R)/\$93.75(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
FA2-406	Tue	Sep 09-Dec 09	3:30PM-4:15PM
L PR - Large Dance & Fitness Studio #222			
No class: 11/11			

Level 1B Instructor: M. Spremich
Classes: 13 Fee: \$95.00(R)/\$110.75(N) Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
FA2-407	Thu	Sep 11-Dec 11	4:30PM-5:25PM
L PR - Large Dance & Fitness Studio #222			
No class: 11/27			

Level 1C Instructor: M. Spremich
Classes: 13 Fee: \$95.00(R)/\$110.75(N) Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
FA2-408	Thu	Sep 11-Dec 11	3:30PM-4:25PM
L PR - Large Dance & Fitness Studio #222			
No class: 11/27			

Level 2 Instructor: M. Spremich
Classes: 13 Fee: \$104.00(R)/\$119.75(N) Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
FA2-409	Tue	Sep 09-Dec 09	4:30PM-5:30PM
L PR - Large Dance & Fitness Studio #222			

Level 3A Instructor: C. Shpizner
Classes: 12 Fee: \$96.00(R)/\$111.75(N) Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
FA2-410	Sat	Sep 13-Dec 13	9:30AM-10:30AM
L PR - Small Dance & Fitness Studio #221			
No class: 9/20, 11/29			

Level 4/5 Instructor: M. Spremich
Classes: 12 Fee: \$120.00(R)/\$135.75(N) Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
FA2-411	Sat	Sep 13-Nov 29	10:45AM-12:00PM
L PR - Large Dance & Fitness Studio #222			

YOUTH CLASSES

Ballet (cont.)

Level 5
Classes: 13 Fee: \$130.00(R)/\$145.75(N) **Instructor: M. Spremich**
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
FA2-412	Mon	Sep 08-Dec 08	4:00PM-5:15PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 10/13			

Level 6B
Classes: 13 Fee: \$130.00(R)/\$145.75(N) **Instructor: M. Spremich**
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-413	Tue	Sep 09-Dec 09	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 11/11			

Level 6A/6B
Classes: 12 Fee: \$120.00(R)/\$135.75(N) **Instructor: M. Spremich**
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-414	Sat	Sep 13-Nov 29	9:15AM-10:30AM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 7 - Wednesday
Classes: 14 Fee: \$140.00(R)/\$155.75(N) **Instructor: M. Spremich**
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-415	Wed	Sep 10-Dec 10	5:45PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 7 - Friday
Classes: 13 Fee: \$130.00(R)/\$145.75(N) **Instructor: M. Spremich**
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-416	Fri	Sep 12-Dec 12	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 11/28			

Level 7 - Pointe 1
Classes: 12 Fee: \$120.00(R)/\$135.75(N) **Instructor: M. Spremich**
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-417	Sat	Sep 13-Nov 29	12:00PM-1:15PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 7 Combo
Classes: 39 Fee: \$316.00(R)/\$331.75(N) **Instructor: M. Spremich**
Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
FA2-418	W/F/Sa	Sep 10-Dec 12	5:45PM-7:00PM (W) 4:15PM-5:30PM (F) 12:00PM-1:15PM (Sa)
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 11/28, 12/6			

Level 8 - Monday
Classes: 13 Fee: \$156.00(R)/\$171.75(N) **Instructor: M. Spremich**
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
FA2-419	Mon	Sep 08-Dec 08	5:30PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 10/13			

Level 8 - Wednesday
Classes: 14 Fee: \$168.00(R)/\$183.75(N) **Instructor: M. Spremich**
Age: 10Y - 20Y

COURSE #	DAY	DATE	TIME
FA2-420	Wed	Sep 10-Dec 10	4:15PM-5:45PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 8 - Pointe 2
Classes: 13 Fee: \$156.00(R)/\$171.75(N) **Instructor: M. Spremich**
Age: 11Y - 20Y

COURSE #	DAY	DATE	TIME
FA2-421	Fri	Sep 12-Dec 12	5:30PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 11/28			

Level 8 Combo
Classes: 40 Fee: \$390.00(R)/\$405.75(N) **Instructor: M. Spremich**
Age: 11Y - 20Y

COURSE #	DAY	DATE	TIME
FA2-422	M/W/F	Sep 08-Dec 12	5:30PM-7:00PM (M) 4:15PM-5:45PM (W) 5:30PM-7:00PM (F)
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 10/13, 11/28			

Level 10 - Monday
Classes: 13 Fee: \$156.00(R)/\$171.75(N) **Instructor: M. Spremich**
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-423	Mon	Sep 08-Dec 08	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 10/13			

Level 10 - Wednesday
Classes: 14 Fee: \$168.00(R)/\$183.75(N) **Instructor: M. Spremich**
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-424	Wed	Sep 10-Dec 10	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 10 - Pointe 3
Classes: 13 Fee: \$156.00(R)/\$171.75(N) **Instructor: M. Spremich**
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-425	Fri	Sep 12-Dec 12	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 11/28			

Level 10 Combo
Classes: 40 Fee: \$390.00(R)/\$405.75(N) **Instructor: M. Spremich**
Age: 13Y and up

COURSE #	DAY	DATE	TIME
FA2-426	M/W/F	Sep 09-Dec 12	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i> No class: 10/13, 11/28			

MUSIC CLASSES

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: 12 Fee: \$111.00(R)/\$126.75(N) *No class: 9/15, 10/13*

COURSE #	DAY	DATE	TIME
FA5-500	Mon	Sep 08-Dec 08	6:00PM-6:30PM
FA5-501	Mon	Sep 08-Dec 08	6:30PM-7:00PM
FA5-502	Mon	Sep 08-Dec 08	7:00PM-7:30PM
FA5-503	Mon	Sep 08-Dec 08	7:30PM-8:00PM

Classes: 13 Fee: \$120.00(R)/\$135.75(N) *No class: 11/27*

COURSE #	DAY	DATE	TIME
FA5-504	Thu	Sep 11-Dec 11	6:00PM-6:30PM
FA5-505	Thu	Sep 11-Dec 11	6:30PM-7:00PM
FA5-506	Thu	Sep 11-Dec 11	7:00PM-7:30PM
FA5-507	Thu	Sep 11-Dec 11	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 kids on the Peninsula for over 10 years! It is strongly advised that students have access to the following instruments outside of class.

Piano

Classes: 13 Fee: \$273.00(R)/\$288.75(N) *No class: 11/11*

COURSE #	DAY	DATE	TIME
FA5-300	Tue	Sep 09-Dec 09	10:00AM-10:30AM
FA5-301	Tue	Sep 09-Dec 09	10:30AM-11:00AM
FA5-302	Tue	Sep 09-Dec 09	11:00AM-11:30AM
FA5-303	Tue	Sep 09-Dec 09	11:30AM-12:00PM
FA5-303	Tue	Sep 09-Dec 09	12:00PM-12:30PM
FA5-304	Tue	Sep 09-Dec 09	1:00PM-1:30PM
FA5-306	Tue	Sep 09-Dec 09	1:30PM-2:00PM
FA5-307	Tue	Sep 09-Dec 09	2:00PM-2:30PM
FA5-308	Tue	Sep 09-Dec 09	2:30PM-3:00PM

Guitar

Classes: 14 Fee: \$129.00(R)/\$144.75(N)

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

Drum

Classes: 13 Fee: \$120.00(R)/\$135.75(N) *No class: 11/27*

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

Private Music Lessons – Hannah Wang

Age: 6Y and up

Instructor: Hannah Wang

Location: L / PR – Music Room #228

Discover the joy of playing the piano 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 teacher 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: 12 Fee: \$252.00(R)/\$267.75(N) *No class: 10/13, 11/24*

COURSE #	DAY	DATE	TIME
FA5-650	Mon	Sep 08-Dec 08	10:00AM-10:30AM
FA5-651	Mon	Sep 08-Dec 08	10:30AM-11:00AM
FA5-652	Mon	Sep 08-Dec 08	11:00AM-11:30AM
FA5-653	Mon	Sep 08-Dec 08	11:30AM-12:00PM
FA5-654	Mon	Sep 08-Dec 08	12:00PM-12:30PM
FA5-655	Mon	Sep 08-Dec 08	12:30PM-1:00PM
FA5-656	Mon	Sep 08-Dec 08	1:00PM-1:30PM

Classes: 12 Fee: \$252.00(R)/\$267.75(N) *No class: 11/11, 11/25*

COURSE #	DAY	DATE	TIME
FA5-657	Tue	Sep 09-Dec 09	5:30PM-6:00PM
FA5-658	Tue	Sep 09-Dec 09	6:00PM-6:30PM
FA5-659	Tue	Sep 09-Dec 09	6:30PM-7:00PM
FA5-660	Tue	Sep 09-Dec 09	7:00PM-7:30PM
FA5-661	Tue	Sep 09-Dec 09	7:30PM-8:00PM
FA5-662	Tue	Sep 09-Dec 09	8:00PM-8:30PM

Violin

Classes: 12 Fee: \$111.00(R)/\$126.75(N) *No class: 10/13, 11/24*

COURSE #	DAY	DATE	TIME
FA5-670	Mon	Sep 08-Dec 08	1:30PM-2:00PM
FA5-671	Mon	Sep 08-Dec 08	2:00PM-2:30PM
FA5-672	Mon	Sep 08-Dec 08	2:30PM-3:00PM

Classes: 12 Fee: \$111.00(R)/\$126.75(N) *No class: 11/11, 11/25*

COURSE #	DAY	DATE	TIME
FA5-673	Tue	Sep 09-Dec 09	4:30PM-5:00PM
FA5-674	Tue	Sep 09-Dec 09	5:00PM-5:30PM

ADDITIONAL MUSIC CLASSES

and more can be found at www.ssf.net/rec-catalog.



MUSIC CLASSES

Private Piano Lessons – Sandra Pobe

Age: 7Y and up

Instructor: Sandra Pobe

Location: L / PR – Music Room #226

Students must have access to keyboard or a piano for practice outside of class. A piano lesson book will be required and the instructor will determine the proper level of instruction. Sandra Pobe has a degree in music.

Classes: 13 Fee: \$273.00(R)/\$288.75(N) No class: 10/13

COURSE #	DAY	DATE	TIME
FA5-400	Mon	Sep 08-Dec 08	3:30PM-4:00PM
FA5-401	Mon	Sep 08-Dec 08	4:00PM-4:30PM
FA5-402	Mon	Sep 08-Dec 08	4:45PM-5:15PM
FA5-403	Mon	Sep 08-Dec 08	5:15PM-5:45PM
FA5-404	Mon	Sep 08-Dec 08	6:00PM-6:30PM
FA5-405	Mon	Sep 08-Dec 08	6:30PM-7:00PM
FA5-406	Mon	Sep 08-Dec 08	7:00PM-7:30PM

Classes: 13 Fee: \$273.00(R)/\$288.75(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA5-407	Tue	Sep 09-Dec 09	3:30PM-4:00PM
FA5-408	Tue	Sep 09-Dec 09	4:00PM-4:30PM
FA5-409	Tue	Sep 09-Dec 09	4:45PM-5:15PM
FA5-410	Tue	Sep 09-Dec 09	5:15PM-5:45PM
FA5-411	Tue	Sep 09-Dec 09	6:00PM-6:30PM
FA5-412	Tue	Sep 09-Dec 09	6:30PM-7:00PM
FA5-413	Tue	Sep 09-Dec 09	7:00PM-7:30PM

Classes: 14 Fee: \$294.00(R)/\$309.75(N)

COURSE #	DAY	DATE	TIME
FA5-414	Wed	Sep 10-Dec 10	5:00PM-5:30PM
FA5-415	Wed	Sep 10-Dec 10	5:30PM-6:00PM
FA5-416	Wed	Sep 10-Dec 10	6:00PM-6:30PM
FA5-417	Wed	Sep 10-Dec 10	6:30PM-7:00PM
FA5-418	Wed	Sep 10-Dec 10	7:00PM-7:30PM

Classes: 14 Fee: \$294.00(R)/\$309.75(N)

COURSE #	DAY	DATE	TIME
FA5-421	Sat	Sep 13-Dec 13	9:00AM-9:30AM
FA5-422	Sat	Sep 13-Dec 13	9:30AM-10:00AM
FA5-423	Sat	Sep 13-Dec 13	10:00AM-10:30AM
FA5-424	Sat	Sep 13-Dec 13	10:30AM-11:00AM
FA5-425	Sat	Sep 13-Dec 13	11:00AM-11:30AM
FA5-426	Sat	Sep 13-Dec 13	11:30AM-12:00PM

South City Folk Jam: Drop-In!

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	Sep 19, Oct 17 Nov 14	11:00AM-1:00PM
---	Sat	Sep 13, Oct 11 Nov 08	3:00PM-5:00PM

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 and 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).

Classes: 8 Fee: \$48.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
FA5-519	Tue	Sep 09-Oct 28	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 - Large Dance Studio #222

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: 14 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
FA1-150	Wed	Sep 10-Dec 10	11:00AM-12:00PM

Ballet for Teens and Adults

Age: 13Y and up

Instructor: (see below)

Location: (see below)

Classical Ballet technique will be taught in the beginner and Intermediate levels for the summer session. Classical Ballet is taught in the Level I Beginners course by Rachel Wong, who was trained in classical ballet from the age of six at the Shan Yee Poon Ballet School and danced in the youth performance group. Rachel continued through Cal Polu SLO, the Academy of Ballet and the SSF Civic Ballet. Classical Ballet is taught in the Level II: Intermediate Level by Cara Shpizner, who has been dancing since she was 10 years old, starting at the San Mateo Recreation Center, followed by Dance Arts Center in San Carlos and at Scripps College as a performing member of the Claremont Colleges Ballet Company. Maria Spemich was a professional ballet dancer with the Theater Ballet of San Francisco and Lines Ballet. She was formerly a staff instructor for the San Francisco Conservatory of Ballet and has been teaching ballet classes for the SSF Rec Department for over 35 years. She is currently the Artistic Director and one of the instructors of the SSF Civic Ballet.

For more specific information on the Intermediate Ballet Level please contact M. Spemich: mbspointe@aol.com.

Class Attire: <https://bit.ly/3vvdccj>

Level I: Beginners Classical Ballet Techniques

Classical Ballet Technique taught in beginner level. Experience preferred, but not required.

Classes: 11 Fee: \$132.00(R)/\$147.75(N) **Instructor:** R. Wong

COURSE #	DAY	DATE	TIME
FA1-401	Tue	Sep 09-Dec 09	10:30AM-12:00PM
L / PR - Small Dance & Fitness Studio #221 No class: 10/14, 11/11, 11/25			

Level I/II: Advanced Beginner - Low Intermediate Classical Ballet Techniques

Classical Ballet Technique taught in Advanced Beginner - Low Intermediate. Experience in complete barre work and center exercises including adagio, pirouettes, and allegros. For more specific details regarding intermediate ballet content, please contact instructor Maria Spemich: mbspointe@aol.com.

Classes: 8 Fee: \$80.00(R)/\$95.75(N) **Instructor:** C.Shpizner

COURSE #	DAY	DATE	TIME
FA1-402	Tue	Sep 09-Nov 18	7:00PM-8:15PM
L / PR - Small Dance & Fitness Studio #221 No class: 9/16, 9/23, 11/11			

Level III: Intermediate Classical Ballet Techniques

Classical Ballet Technique taught in Intermediate Level. Experience in complete barre work and center exercises including adagio, pirouettes, and allegros. For more specific details regarding intermediate ballet content, please contact instructor Maria Spemich: mbspointe@aol.com.

Classes: 13 Fee: \$129.00(R)/\$144.75(N) **Instructor:** M. Spemich

COURSE #	DAY	DATE	TIME
FA1-403	Thu	Sep 11-Dec 11	7:00PM-8:30PM
L / PR - Large Dance & Fitness Studio #222 No class: 11/27			

Classes: 13 Fee: \$156.00(R)/\$171.75(N) **Instructor:** M. Spemich

COURSE #	DAY	DATE	TIME
FA1-404	Tue	Sep 09-Dec 09	7:00PM-8:30PM
L / PR - Large Dance & Fitness Studio #222 No class: 11/11			

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@alisagreer.com. She would love to see you in class. **No class: 11/5, 11/26**

Classes: 12 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-460	Wed	Sep 10-Dec 10	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!

No class: 11/5, 11/26

Classes: 12 Fee: \$78.00(R)/\$93.75(N)

COURSE #	DAY	DATE	TIME
FA1-461	Wed	Sep 10–Dec 10	8:00PM–9:00PM

East Coast Swing & Waltz

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L / PR – Banquet Hall #130

Come learn and enjoy the most basic swing. It's easy, fun, and danced to great swing music. You will learn steps, patterns, and several turns. Shoes: please wear comfortable shoes to have flexible movements such as pivoting. Light tennis shoes are okay. We hope to see you there!

Classes: 14 Fee: \$112.00(R)/\$127.75(N)

COURSE #	DAY	DATE	TIME
FA1-416	Wed	Sep 10–Dec 10	8:30PM–9:30PM

**Class will be held at the Roberta Cerri Teglia Center 3rd Floor on 11/5.*

Hawaiian Hula – Level I & II

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! You will learn the basic hula footwork, hand gestures and a hula to a familiar Hawaiian song. No handout materials will be available in this course. Please bring your own pa'u skirt (T-Shirt & leggings are ok too). Level II requires at least 3 years of Hawaiian Hula dancing experience.

Classes: 12 Fee: \$78.00(R)/\$93.75(N) *No class: 11/11*

COURSE #	DAY	DATE	TIME
FA1-465	Tue	Sep 09–Dec 02	7:30PM–8:30PM

Level I

Classes: 12 Fee: \$117.00(R)/\$132.75(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA1-466	Mon	Sep 08–Dec 01	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.

Classes: 14 Fee: \$154.00(R)/\$169.75(N)

COURSE #	DAY	DATE	TIME
FA3-471	Tue	Sep 09–Dec 09	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.

No class: 10/13, 11/27

Classes: 26 Fee: \$269.00(R)/\$284.75(N)

COURSE #	DAY	DATE	TIME
FA3-470	M/Th	Sep 09–Dec 12	8:00PM–10:00PM

TEEN AND ADULT CLASSES

Mexican Folklórico Dance & Cultural Awareness for Adult & 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 Folklórico 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 folklórico 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 Folklórico Dance and is the Co-Founder and General Director of Ballet Folklórico 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 Folklórico shoes and practice/performance skirt will be provided in class.

No class: 10/7, 10/14, 11/11

Classes: 10 Fee: \$130.00(R)/\$145.75(N)

COURSE #	DAY	DATE	TIME
FA1-464	Tue	Sep 16-Dec 09	4:30PM-6:30PM

Salsa & Bachata Dance

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L / PR - Banquet Hall #130

Come and enjoy learning two Latin dances that are fun, exciting, and festive. Beginner and intermediate levels are welcome. Class starts with basic steps and moves to more complex steps and patterns. Please wear comfortable shoes (no rubber soles).

Classes: 14 Fee: \$112.00(R)/\$127.75(N)

COURSE #	DAY	DATE	TIME
FA1-415	Wed	Sep 10-Dec 10	7:15PM-8:15PM

**Class will be held at the Roberta Cerri Teglia Center 3rd Floor on 11/5.*

ARTS AND SPECIAL INTEREST

Conversational Spanish

Age: 18Y and up

Instructor: Bob Bachecki

Location: L / PR - Gallery Room #321

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. 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. Students enrolling in the class should expect it to be quite dynamic. Each two-hour session is packed with information and moves quickly. Bob can be reached at bob_bachecki@hotmail.com.

Classes: 7 Fee: \$105.00(R)/\$120.75(N)

COURSE #	DAY	DATE	TIME
FA1-595	Wed	Sep 10-Oct 22	5:00PM-7:00PM

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.

No class: 11/27

Classes: 10 Fee: \$160.00(R)/\$175.75(N)

COURSE #	DAY	DATE	TIME
FA1-501	Thu	Sep 25-Dec 04	10:00AM-2:00PM

TEEN AND ADULT CLASSES

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: 10/18, 11/1, 11/8, 11/29

Classes: 10 Fee: \$55.00(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
FA3-331	Sat	Sep 13-Dec 13	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)/\$60.75(N)

COURSE #	DAY	DATE	TIME
FA1-503	Mon	Sep 08-Nov 03 (every other)	6:00PM-8:00PM



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.**

No class: 10/2, 10/30, 11/27

Classes: 10 Fee: \$80.00(R)/\$95.75(N)

COURSE #	DAY	DATE	TIME
FA1-480	Thu	Sep 18-Dec 11	7:00PM-9:00PM

Quilting Your Holiday Gifts

Age: 18Y and up

Instructor: Joy Lily

Location: L / PR – Creator Studio #320

Put your love into your gifts this year by making them yourself! Discover how to quickly sew up stylish tote bags, placemats, potholders, bag savers, aprons and more with easy piecing and quilting methods. Each week another project will be instructed. **Materials fee of \$5.00 due to the instructor on the first day of class.** Joy Lily has taught quilting in South San Francisco for over 20 years.

No class: 11/11

Classes: 10 Fee: \$120.00(R)/\$135.75(N)

COURSE #	DAY	DATE	TIME
FA1-502	Tue	Sep 23-Nov 25	10:00AM-1:00PM

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 is an expert with years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts.

Classes: 13 Fee: \$253.00(R)/\$268.75(N)

COURSE #	DAY	DATE	TIME
FA1-507	Wed	Sep 10-Dec 03	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 are 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 is an expert with years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts.

No class: 10/4

Classes: 12 Fee: \$234.00(R)/\$249.75(N)

COURSE #	DAY	DATE	TIME
FA1-508	Sat	Sep 13-Dec 06	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) into 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 is an expert with years of experience in sewing, appliquéing, traditional and Hawaiian quilting, plus endless handcrafts.

Classes: 13 Fee: \$253.00(R)/\$268.75(N)

COURSE #	DAY	DATE	TIME
FA1-509	Sun	Sep 14-Dec 07	11:00AM-2:00PM

Urban Sketching

Age: 18Y and up

Instructor: Nick Stern

Location: L | PR - Creator Studio #325

(first two meeting's location)

Take your sketching experience on the road, literally. After two indoor classes covering perspective drawing, simplified figure drawing, and composition we will go out on location to draw street scenes and architecture using your chosen mediums. Students can use pencils, pen and ink, watercolors or a combination of techniques. Students will provide their own art supplies. It is highly recommended that students bring a drawing board to support their artwork and a folding chair. Classes will meet at different locations in San Francisco and the Peninsula each week. Students must provide their own transportation. Nick Stern is a retired Disney Online Art Director. He has taught art classes for the South San Francisco Parks and Recreation Dept. since 2019. *No class: 11/11*

Classes: 13 Fee: \$234.00(R)/\$249.75(N)

COURSE #	DAY	DATE	TIME
FA1-532	Tue	Sep 09-Dec 09	1:30PM-3:30PM

TEEN AND ADULT CLASSES

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

Age: 18Y and up

Instructor: John Erve

Location: L / PR – Creator Studio #320

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.

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

COURSE #	DAY	DATE	TIME
FA1-601	Tue	Sep 23–Oct 21	2:00PM–4:00PM

Wreath Making Workshop Fundraiser

Age: All ages (morning session)

18Y and up (afternoon session)

Location: Joseph Fernekes Recreation Building – Orange Park

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

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

COURSE #	DAY	DATE	TIME
FA1-620	Sat	Dec 13	9:30AM–12:00PM
Morning Session (Family-Friendly)			
FA1-621	Sat	Dec 13	1:00PM–3:30PM
Afternoon Session (Adults 18Y and up only)			

Fresh Holiday Wreath "Take Home" Kits

Age: 18Y and up

Instructor: Sharon Ranals

Location: Joseph Fernekes Recreation Building – Orange Park

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

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

COURSE #	DAY	DATE	TIME
FA25-1000	Sat	Dec 13	10:00AM–10:15AM
FA25-1015	Sat	Dec 13	10:15AM–10:30AM
FA25-1030	Sat	Dec 13	10:30AM–10:45AM
FA25-1045	Sat	Dec 13	10:45AM–11:00AM
FA25-1100	Sat	Dec 13	11:00AM–11:15AM
FA25-1115	Sat	Dec 13	11:15AM–11:30AM
FA25-130	Sat	Dec 13	1:30PM–1:45PM
FA25-145	Sat	Dec 13	1:45PM–2:00PM
FA25-200	Sat	Dec 13	2:00PM–2:15PM
FA25-215	Sat	Dec 13	2:15PM–2:30PM
FA25-230	Sat	Dec 13	2:30PM–2:45PM
FA25-245	Sat	Dec 13	2:45PM–3:00PM

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 a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).
No class: 10/13

Classes: 12 Fee: \$66.00(R)/\$81.75(N)

COURSE #	DAY	DATE	TIME
FA1-116	Mon	Sep 08–Dec 01	1:00PM–2:00PM

TEEN AND ADULT CLASSES

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

*Location: L / PR - Banquet Hall #130**

Circuit training is an efficient and challenging form of conditioning. It is a great way to develop strength, endurance, flexibility and coordination. Participants will perform various exercises for set periods of time at different stations. Aerobic activity (and easy choreography) is included in the class. Bring an exercise mat and weights. *No class: 10/23, 11/27*

Classes: 11 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
FA1-103	Thu	Sep 11-Dec 04	5:30PM-6:30PM

**Class will be held at the Roberta Cerri Teglia Center, 3rd Floor Multi-Use Room on 11/6.*

Complete Body Workout

Age: 16Y and up

Instructor: Lisa Forslund

Location: L / PR - Banquet Hall #130

This class is dedicated to all aspects of fitness including cardiovascular activity, strength and endurance training, balance and flexibility. Bring an exercise mat and weights. Simple and complex choreography is included in the class. 25 to 40 minutes of aerobic activity. *No class: 10/13, 10/20*

Classes: 11 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
FA1-104	Mon	Sep 08-Dec 01	5:30PM-6:30PM

Functional Fitness

Age: 16Y and up

Instructor: Lisa Forslund

*Location: L / PR - Banquet Hall #130**

This is a non-stop workout using compound body movements to increase aerobic stamina, strength, core fitness and balance. Bring an exercise mat and 3 to 8-pound weights. *No class: 10/22, 11/26*

Classes: 11 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
FA1-108	Wed	Sep 10-Dec 03	5:30PM-6:30PM

**Class will be held at the Roberta Cerri Teglia Center, 3rd Floor Multi-Use Room on 11/5.*

Introduction to Vinyasa Yoga & Kundalini Breathwork

Age: 16Y and up

Instructor: Monica Gutierrez

Location: (see below)

Embark on a transformative journey into the world of Vinyasa Yoga and Kundalini Breath-work. This class is tailored for beginners between the ages of 16 and up who are eager to explore the fundamentals of Vinyasa yoga practice and delve into the transformative power of Kundalini breath-work. Vinyasa yoga synchronizes breath with Ted movement, creating a seamless sequence of poses that energize the body and calm the mind, while Kundalini breath-work activates the dormant energy within, leading to profound states of consciousness and inner transformation. In this class, you will learn basic Vinyasa yoga poses (asanas) breath awareness techniques (pranayama), Sun Salutations (Surya Namaskar A), Introduction to Kundalini breathwork practices to awaken and balance your energy centers (chakras), and guided meditation to cultivate mindfulness and inner stillness. Whether you're completely new to yoga or eager to explore the transformative potential of Kundalini breath-work, this class offers a welcoming and supportive environment for all levels within the specified age range. Monica Gutierrez has a background in Massage Therapy and is a dedicated yoga instructor and former wellness space owner whose passionate about holistic health and helping clients achieve balance and inner peace. Let's get on the mat! Namaste.

L / PR - Small Dance & Fitness Studio #221

Classes: 27 Fee: \$131.00(R)/\$146.75(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA1-160	M/W	Sep 08-Dec 10	11:00AM-11:45PM
FA1-161	M/W	Sep 08-Dec 10	11:50AM-12:35PM

L / PR - Small Dance & Fitness Studio #221

Classes: 13 Fee: \$63.00(R)/\$78.75(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA1-162	Mon	Sep 08-Dec 08	12:40PM-1:25PM

L / PR - Exercise Studio #235

Classes: 13 Fee: \$63.00(R)/\$78.75(N) *No class: 11/11*

COURSE #	DAY	DATE	TIME
FA1-163	Tue	Sep 09-Dec 09	11:00AM-11:45PM

L / PR - Small Dance & Fitness Studio #221

Classes: 13 Fee: \$63.00(R)/\$78.75(N) *No class: 11/28*

COURSE #	DAY	DATE	TIME
FA1-164	Fri	Sep 12-Dec 12	11:50AM-12:30PM

L / PR - Exercise Studio #235

Classes: 26 Fee: \$126.00(R)/\$141.75(N) *No class: 11/11, 11/27*

COURSE #	DAY	DATE	TIME
FA1-165	Tu/Th	Sep 08-Dec 10	11:50AM-12:35PM
FA1-166	Tu/Th	Sep 08-Dec 10	12:40PM-1:25PM

TEEN AND ADULT CLASSES

Kenpo-Eskrima for Teens & Adults

Age: 10Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center – Multi-Use Room

Created by Grandmaster Romeo Agloro, Kenpo-Eskrima is a mixed martial art from the Chinese and Filipino fighting styles using combat-proven techniques. This complete personal defense system uses empty hands, a cane, a knife, or any available item as an improvised weapon in a simple, effective system applicable in today's situations. The children's class emphasizes meditation, cardio, strengthening warm-ups, and instruction on forms and techniques. Class uniform and training supplies may be purchased from the instructor on the first day of class.

No class: 10/13, 11/26

Classes: 26 Fee: \$156.00(R)/\$171.75(N)

COURSE #	DAY	DATE	TIME
FA1-217	M/W	Sep 08-Dec 10	6:45PM-7:45PM

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 stabilize your center and hips in order to prepare for movement and lengthening. 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: 13 Fee: \$71.00(R)/\$86.75(N) *No class: 11/11*

COURSE #	DAY	DATE	TIME
FA1-142	Tue	Sep 09-Dec 09	5:00PM-6:00PM

L / PR – Social Hall #125

Classes: 13 Fee: \$71.00(R)/\$86.75(N) *No class: 11/5*

COURSE #	DAY	DATE	TIME
FA1-143	Wed	Sep 10-Dec 10	7:15PM-8:15PM

L / PR – Exercise Studio #235

Classes: 13 Fee: \$71.00(R)/\$86.75(N) *No class: 11/27*

COURSE #	DAY	DATE	TIME
FA1-144	Thu	Sep 11-Dec 11	5:00PM-6:00PM

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). *No class: 11/11*

Classes: 13 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
FA1-145	Tue	Sep 09-Dec 09	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.

No class: 11/11

Classes: 13 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
FA1-146	Tue	Sep 09-Dec 09	12:30PM-1:30PM

TEEN AND ADULT CLASSES

Relax and Heal with Meditation, Breathing, & Reiki

Age: 18Y and up

Instructor: Jeannette Peralta

Location: L / PR - Exercise Studio #235

Prioritizing self-care is critical for your overall health and well-being (physically, mentally, emotionally, and spiritually). Gift yourself time where the focus is on you. I will guide you through meditation to bring you to a relaxed state of being while also focusing on breathing awareness. Upon completing the guided portion of the meditation, you will receive Reiki. These techniques offer many benefits for overall well-being, for example, reducing anxiety and stress, improved sleep, emotional awareness, improved focus and memory, and self-awareness. Wear comfortable clothing and bring water. You will be sitting in a chair during the meditation. Jeannette M. Peralta holds a Ph.D. in Transpersonal Counseling, Reiki Master, Certified Clinical Hypnotherapist, Quantum Conscience Facilitator, and Self-Care Coach.

Classes: 14 Fee: \$84.00(R)/\$99.75(N)

COURSE #	DAY	DATE	TIME
FA1-200	Wed	Sep 10-Dec 10	3:00PM-4:00PM

Shinkyu Shotokan Karate

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

Instructors: Sue Miller & Nobu Kaji

Location: Joseph A. Fernekes Building

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self-defense in a spiritual, mental and physical way. Develop confidence; build up your endurance, focus and self-awareness. This is a great way to keep in shape, in a friendly atmosphere. Students should wear loose clothing. Sensei Leroy Rodriques started this program in 1965. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt. She will be assisted by Nobu Kaji, 8th degree black belt.

No class: 11/11, 11/27

Classes: 26 Fee: \$130.00(R)/\$145.75(N)

COURSE #	DAY	DATE	TIME
FA1-215	Tu/Th	Sep 09-Dec 11	6:00PM-7:00PM

Teens

Classes: 26 Fee: \$195.00(R)/\$210.75(N)

COURSE #	DAY	DATE	TIME
FA1-216	Tu/Th	Sep 09-Dec 11	7:00PM-8:30PM

Adults

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).

No class: 10/11

Classes: 13 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
FA1-117	Sat	Sep 13-Dec 13	9:00AM-10:00AM

Stretch & Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR - Large Dance Studio #222

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

No class: 11/28

Classes: 12 Fee: \$66.00(R)/\$81.75(N)

COURSE #	DAY	DATE	TIME
FA1-129	Fri	Sep 12-Dec 05	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).

No class: 11/27

Classes: 13 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
FA1-118	Thu	Sep 11-Dec 11	1:00PM-2:00PM

TEEN AND ADULT CLASSES

Tabata Strength

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Each class includes 15 minutes of moderate cardio (with warm-up), 20 minutes of no-to-low impact rebound exercises, 20 minutes of Tabata-style weight training, and a 5-minute cool-down. This well-rounded workout builds strength, core stability, coordination, endurance, and flexibility. Participants should bring a mat (or large towel) and two water bottles or a pair of 2–3 lb weights.

L / PR – Social Hall #125

Classes: 13 Fee: \$71.00(R)/\$86.75(N) No class: 10/13

COURSE #	DAY	DATE	TIME
FA1-119	Mon	Sep 08-Dec 08	7:00PM–8:00PM

L / PR – Exercise Studio #235

Classes: 13 Fee: \$71.00(R)/\$86.75(N) No class: 11/27

COURSE #	DAY	DATE	TIME
FA1-120	Thu	Sep 11-Dec 11	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.

No class: 10/2

Classes: 9 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
FA1-209	Thu	Sep 11-Nov 13	5:30PM–6:30PM

Strength, Stability, Stretch

Age: 16Y and up

Instructor: Lisa Forslund

Location: L / PR – Exercise Studio #235

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

No class: 10/21, 11/11

Classes: 11 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
FA1-109	Tue	Sep 09-Dec 02	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.

No class: 10/2

Classes: 9 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
FA1-210	Thu	Sep 11-Nov 13	6:30PM–7:30PM

Tai Chi Chuan: Guang Ping Yang Advanced

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

Tai Chi, 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.

No class: 10/2

Classes: 9 Fee: \$54.00(R)/\$69.75(N)

COURSE #	DAY	DATE	TIME
FA1-211	Thu	Sep 11-Nov 13	7:30PM–8:30PM

TEEN AND ADULT CLASSES

Tai Chi Wellness

Age: 18Y and up

Instructor: Elliotte Mao

Location: L / PR - Exercise Studio #235

The Qi energy harnessed for 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 I. Students will enjoy graduating to higher levels with more moves and complexity. Let's discover wellness together.

Classes: 14 Fee: \$84.00(R)/\$99.75(N)

COURSE #	DAY	DATE	TIME
FA1-121 Level I	Wed	Sep 10-Dec 10	9:00AM-10:00AM
FA1-122 Level II	Wed	Sep 10-Dec 10	10:00AM-11:00AM
FA1-123 Level III	Wed	Sep 10-Dec 10	11:00AM-12:00PM

(Tai Chi) Chen Style Taiji for Beginners and Intermediates

Age: 18Y and up

Instructor: Niki Ulehla

Location: L / PR - Exercise Studio #235

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

No class: 10/13, 11/24

Classes: 12 Fee: \$108.00(R)/\$123.75(N)

COURSE #	DAY	DATE	TIME
FA1-240	Mon	Sep 08-Dec 08	10:30AM-12:00PM



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

Age: 50Y and up

Instructor: Niki Ulehla

Location: L / PR - Exercise Studio #235

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

No class: 10/13, 11/24

Classes: 12 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 08-Dec 08	12:15PM-1:15PM

Yoga – Stretching Beginning & Intermediate

Age: 18Y and up

Instructor: Don Amini

Location: L / PR - Large Dance Studio #222

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

No class: 10/13

Classes: 13 Fee: \$126.00(R)/\$141.75(N)

COURSE #	DAY	DATE	TIME
FA1-303	Mon	Sep 08-Dec 08	10:15AM-11:45AM
FA1-304	Mon	Sep 08-Dec 08	12:00PM-1:30PM

Drop-In: Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: Joseph A. Fernekes Building

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

No class: 10/13, 11/11

Classes: 10-14 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Sep 08-Dec 08	11:30AM-12:30PM
---	Tue	Sep 09-Dec 09	11:00AM-12:00PM
---	Fri	Sep 19-Nov 21	11:00AM-12:00PM

**Class will be held in the Social Hall on 9/19.*

TEEN AND ADULT CLASSES

Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

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

Alice Peña Bulos Center - Multi-Use Room

Classes: 13 Fee: \$71.00(R)/\$86.75(N) No class: 11/11

COURSE #	DAY	DATE	TIME
FA1-124	Tue	Sep 09-Dec 09	6:00PM-7:00PM

L / PR - Social Hall #125

Classes: 13 Fee: \$71.00(R)/\$86.75(N) No class: 11/5

COURSE #	DAY	DATE	TIME
FA1-125	Wed	Sep 10-Dec 10	6:00PM-7:00PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 12 Fee: \$66.00(R)/\$81.75(N) No class: 10/11

COURSE #	DAY	DATE	TIME
FA1-126	Sat	Sep 13-Dec 06	10:15AM-11:15AM

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.

No class: 11/27

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

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

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

CPR AND FIRST AID CLASSES

Adult Heartsaver CPR AED

The Heartsaver CPR AED course trains participants to give CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). The AHA Heartsaver CPR AED course is designed for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

Saturday, Oct 25, 2025 at 9:00am

Pediatric Heartsaver First Aid CPR AED

Heartsaver Pediatric First Aid CPR AED is geared towards anyone involved in childcare who have a duty to respond to illnesses and injuries in a child or infant in the first few minutes until professional help arrives. Including: childcare workers, teachers, camp counselors, etc. Upon successful completion of the course, students receive a course completion card, valid for two years. Please contact your employer to ensure that you are selecting the correct course.

Saturday, Sep 13, 2025 at 9:00am

Saturday, Dec 06, 2025 at 9:00am

Basic Life Support (BLS) Provider

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). The AHA's BLS Course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

Saturday, Oct 04, 2025 at 9:00am

**All classes will be on Saturday starting at 9:00am in the EOC at Station 61, 480 N. Canal St. Please contact the fire department at cpr@ssf.net for registration information.*



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: 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: 14 Fee: \$304.00(R)/\$319.75(N)

COURSE #	DAY	DATE	TIME
FA4-400	Sat	Sep 14-Dec 14	8:30AM-9:00AM
FA4-401	Sat	Sep 14-Dec 14	9:00AM-9:30AM
FA4-402	Sat	Sep 14-Dec 14	9:30AM-10:00AM
FA4-403	Sat	Sep 14-Dec 14	10:00AM-10:30AM

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: 14 Fee: \$304.00(R)/\$319.75(N)

COURSE #	DAY	DATE	TIME
FA4-200	Sat	Sep 14-Dec 14	8:00AM-8:30AM
FA4-201	Sat	Sep 14-Dec 14	8:30AM-9:00AM
FA4-202	Sat	Sep 14-Dec 14	9:00AM-9:30AM
FA4-203	Sat	Sep 14-Dec 14	9:30AM-10:00AM
FA4-204	Sat	Sep 14-Dec 14	10:00AM-10:30AM
FA4-205	Sat	Sep 14-Dec 14	10:30AM-11:00AM
FA4-206	Sun	Sep 15-Dec 15	8:00AM-8:30AM
FA4-207	Sun	Sep 15-Dec 15	8:30AM-9:00AM
FA4-208	Sun	Sep 15-Dec 15	9:00AM-9:30AM
FA4-209	Sun	Sep 15-Dec 15	9:30AM-10:00AM
FA4-210	Sun	Sep 15-Dec 15	10:00AM-10:30AM
FA4-211	Sun	Sep 15-Dec 15	10:30AM-11:00AM



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.ssf.net/rec-catalog. The schedule is as follows:

Basketball

Mon/Wed/Fri 12:00PM – 3:00PM (Starts 9/8/25)
Saturday 12:00PM – 3:00PM (Juniors only)
Sunday 12:30PM – 3:00PM (All ages)

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Juniors	\$3.00	\$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)
Per person	\$4.00	\$36.00

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	\$20.00

Fall Adult Bocce League

Known as Italian lawn bowling, it is one of the most widely played games in the world and is one of the oldest lawn or yard games. A Wednesday night, Thursday night, and Friday morning league will be offered in the Fall for all levels. Registration begins on Monday, August 11, 2025, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

We're excited to announce that the Fall bocce league will be complimentary this season! While the bocce courts will be closed for a few weeks and the season will be shortened due to construction to expand the courtyard near the courts, we want to keep the league's spirit alive and well, ensuring everyone can continue to enjoy the game.

Individual

BOCCE-104 Individual

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

Teams Only

Dates: Wednesday, August 20 – TBD

BOCCE-101 Team Only

Wed 6:15PM – 7:30PM

Dates: Thursday, August 21 – TBD

BOCCE-102 Team Only

Thu 5:00PM – 6:15PM

Thu 6:15PM – 7:30PM

Dates: Friday, August 22 – TBD

BOCCE-103 Team Only

Fri 9:30AM – 11:30AM

Middle School Sports Program

www.ssf.net/rec-catalog

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

YOUTH AND ADULT SPORTS

Middle School Sports Registration: All middle school sports participants **MUST PRE-REGISTER ONLINE OR IN PERSON BEFORE AUGUST 22** to play Flag Football or Volleyball. Registration forms are also located at the Terrabay Gymnasium, 1121 South San Francisco Drive. Parents must sign the registration form and submit fees prior to participation.

FALL MIDDLE SCHOOL SPORTS

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

WHERE: Terrabay Field or Orange Memorial Park

EVALUATION DAYS:

6th Grade Boys: Thursday, September 4 at 4:30PM (*tentative*)

7th Grade Boys: Thursday, September 4 at 6:15PM (*tentative*)

6th, 7th, & 8th Grade Girls: Friday, September 5 at 4:30PM (*tentative*)

8th Grade Boys: Friday, September 5 at 6:15PM (*tentative*)

PRACTICES: Weekdays (Mon/Wed/Thurs) practice schedule will be arranged after the evaluation day.

GAMES: Game schedules begin in September and will be announced.

COST: \$83.00 per participant and includes a team shirt

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

6th, 7th, 8th Grade Volleyball

WHERE: Terrabay Gymnasium and Recreation Center (1121 South San Francisco Drive)

EVALUATION DAYS:

6th Grade Girls: Tuesday, September 2 at 5:00PM

6th, 7th, & 8th Grade Boys: Tuesday, September 2 at 7:00PM

7th Grade Girls: Wednesday, September 3 at 5:00PM

8th Grade Girls: Wednesday, September 3 at 7:00PM

PRACTICES: Weekdays practice schedule will be arranged after the evaluation day.

GAMES: Game schedules begin in September and will be announced.

COST: \$83.00 per participant and includes a team shirt

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

7th/8th Grade Boys/Girls Basketball

(STARTS IN NOVEMBER)

WHERE: Terrabay Gymnasium and Recreation Center (1121 South San Francisco Drive)

EVALUATION DAYS:

November 4 and 5 (*tentative*)

PRACTICES: Weekdays practice schedule will be arranged after the evaluation day.

GAMES: Games will begin in December and will be announced.

COST: \$83.00 per participant and includes a team shirt

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

RAPP SPORTS

R.A.P.P. coed basketball league is offered for children 3rd–5th grades. The children will learn the basic fundamentals of basketball as well as teamwork and good sportsmanship. A five-game season will be played. Each team will carry a maximum of 10 players. Flyers will be passed out to the schools and posted on Peach Jar.

Coed 3rd – 5th Basketball League

DAYS: Fridays

PRACTICE DATES: September 19 – November 14

TIMES: 3:30PM–4:30PM or 4:30PM–5:30PM

Practice location: Terrabay Gymnasium

GAME DATES: Games begin October 10, 2025 (Fridays)*

Game location: Terrabay Gymnasium and Recreation Center

COST: \$83.00

For more information call (650) 829-3800.

COURSE #	DAY	TIME
FA6-300	Fri	3:30PM
FA6-301	Fri	4:30PM

**Dates subject to change*

Free Camps!

MIDDLE SCHOOL VOLLEYBALL AND FLAG FOOTBALL

Volleyball: Aug 26 & 27, 4:30PM – 6:00PM

Flag Football: Aug 28, 4:30PM – 6:15PM

MIDDLE SCHOOL 7TH/8TH GRADE BASKETBALL

Girls: Nov 3, 4:30PM – 6:00PM

Boys: Nov 3, 6:30PM – 8:00PM

AQUATICS CLASSES

Orange Pool

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

Aquatics Registration

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

FALL 2025

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

Session #1 (All classes, including weekend classes)

Resident Registration – Wednesday, August 20, 2025
Non-Resident Registration – Wednesday, September 3, 2025

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

Resident Registration – Wednesday, October 8, 2025
Non-Resident Registration – Friday, October 10, 2025

Session #3 (Mon/Wed and Tues/Thur evening classes only)

Resident Registration – Wednesday, November 12, 2025
Non-Resident Registration – Friday, November 14, 2025

Registration Procedures

Registration can be done online or in person. It is highly recommended to register online through CivicRec at www.ssf.net/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:

Saturday, August 30, 2025 – Monday, September 1, 2025
Saturday, September 20, 2025

Monday, October 13, 2025

Saturday, October 18, 2025

Friday, October 31, 2025, Pool Closes at 3:00 pm

Tuesday, November 11, 2025

Thursday, November 27 – Sunday, November 30, 2025

Saturday, December 6, 2025

Sunday, December 21, 2025 – Sunday, January 4, 2026

The schedule listed below is subject to change. Please check the aquatics website www.ssf.net/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, the rental time will be from 2:45pm – 5:45pm. Rentals are done on a first-come, first-serve basis and must be booked in person. Rentals may be canceled due to staff unavailability, and full refunds will be issued in this case.

AQUATICS CLASSES

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.



New Aquatic Center Coming Soon!

For news and project information,
visit www.ssf.net/newpool.

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
FA8-1103	Tu/Th	Sep 09-Oct 02	6:30PM-7:00PM
FA8-1104	Tu/Th	Sep 09-Oct 02	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
FA8-1105	Tu/Th	Oct 14-Nov 06	6:30PM-7:00PM
FA8-1106	Tu/Th	Oct 14-Nov 06	7:05PM-7:35PM

Tuesday/Thursday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/25, 11/27*

COURSE #	DAY	DATE	TIME
FA8-1111	Tu/Th	Nov 18-Dec 11	6:30PM-7:00PM
FA8-1112	Tu/Th	Nov 18-Dec 11	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-1107	Sat	Sep 06-Nov 08	9:00AM-9:30AM
FA8-1108	Sat	Sep 06-Nov 08	9:35AM-10:05AM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-1109	Sun	Sep 07-Nov 09	10:25AM-10:55AM
FA8-1110	Sun	Sep 07-Nov 09	11:00AM-11:30AM

AQUATICS CLASSES

ATTN: New swim lesson curriculum! Please read the new class descriptions!

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
FA8-2203	Tu/Th	Sep 09-Oct 02	6:30PM-7:00PM
FA8-2204	Tu/Th	Sep 09-Oct 02	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
FA8-2205	Tu/Th	Oct 14-Nov 06	6:30PM-7:00PM
FA8-2206	Tu/Th	Oct 14-Nov 06	7:05PM-7:35PM

Tuesday/Thursday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) No class: 11/25, 11/27

COURSE #	DAY	DATE	TIME
FA8-2211	Tu/Th	Nov 18-Dec 11	6:30PM-7:00PM
FA8-2212	Tu/Th	Nov 18-Dec 11	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) No class: 9/20, 10/18

COURSE #	DAY	DATE	TIME
FA8-2207	Sat	Sep 06-Nov 08	9:00AM-9:30AM
FA8-2208	Sat	Sep 06-Nov 08	9:35AM-10:05AM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-2209	Sun	Sep 07-Nov 09	10:25AM-10:55AM
FA8-2210	Sun	Sep 07-Nov 09	11:00AM-11:30AM

Pre-School

Age: 3Y – 4Y 11M

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

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
FA8-3303	Tu/Th	Sep 09-Oct 02	6:30PM-7:00PM
FA8-3304	Tu/Th	Sep 09-Oct 02	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
FA8-3305	Tu/Th	Oct 14-Nov 06	6:30PM-7:00PM
FA8-3306	Tu/Th	Oct 14-Nov 06	7:05PM-7:35PM

Tuesday/Thursday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) No class: 11/25, 11/27

COURSE #	DAY	DATE	TIME
FA8-3311	Tu/Th	Nov 18-Dec 11	6:30PM-7:00PM
FA8-3312	Tu/Th	Nov 18-Dec 11	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) No class: 9/20, 10/18

COURSE #	DAY	DATE	TIME
FA8-3307	Sat	Sep 06-Nov 08	9:00AM-9:30AM
FA8-3308	Sat	Sep 06-Nov 08	9:35AM-10:05AM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-3309	Sun	Sep 07-Nov 09	10:25AM-10:55AM
FA8-3310	Sun	Sep 07-Nov 09	11:00AM-11:30AM

Starfish (Formerly Pre-Basic Beginners)

Age: 3Y 6M – 5Y

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

Saturday Session #1

Classes: 8 Fee: \$72.00(R)/\$88.50(N) No class: 9/20, 10/18

COURSE #	DAY	DATE	TIME
FA8-4402	Sat	Sep 06-Nov 08	10:15AM-10:45AM
FA8-4403	Sat	Sep 06-Nov 08	10:50AM-11:20AM
FA8-4404	Sat	Sep 06-Nov 08	11:25AM-11:55AM
FA8-4405	Sat	Sep 06-Nov 08	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$90.00(R)/\$106.50(N)

COURSE #	DAY	DATE	TIME
FA8-4406	Sun	Sep 07-Nov 09	11:40AM-12:10PM
FA8-4407	Sun	Sep 07-Nov 09	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
FA8-110	M/W	Sep 08-Oct 01	6:30PM-7:00PM
FA8-111	M/W	Sep 08-Oct 01	7:05PM-7:35PM
FA8-112	M/W	Sep 08-Oct 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA8-113	M/W	Oct 15-Nov 05	6:30PM-7:00PM
FA8-114	M/W	Oct 15-Nov 05	7:05PM-7:35PM
FA8-115	M/W	Oct 15-Nov 05	7:40PM-8:10PM

Monday/Wednesday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA8-122	M/W	Nov 17-Dec 10	6:30PM-7:00PM
FA8-123	M/W	Nov 17-Dec 10	7:05PM-7:35PM
FA8-124	M/W	Nov 17-Dec 10	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-116	Sat	Sep 06-Nov 08	10:15AM-10:45AM
FA8-117	Sat	Sep 06-Nov 08	10:50AM-11:20AM
FA8-118	Sat	Sep 06-Nov 08	11:25AM-11:55AM
FA8-119	Sat	Sep 06-Nov 08	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-120	Sun	Sep 07-Nov 09	11:40AM-12:10PM
FA8-121	Sun	Sep 07-Nov 09	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
FA8-210	M/W	Sep 08-Oct 01	6:30PM-7:00PM
FA8-211	M/W	Sep 08-Oct 01	7:05PM-7:35PM
FA8-212	M/W	Sep 08-Oct 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA8-213	M/W	Oct 15-Nov 05	6:30PM-7:00PM
FA8-214	M/W	Oct 15-Nov 05	7:05PM-7:35PM
FA8-215	M/W	Oct 15-Nov 05	7:40PM-8:10PM

Monday/Wednesday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA8-222	M/W	Nov 17-Dec 10	6:30PM-7:00PM
FA8-223	M/W	Nov 17-Dec 10	7:05PM-7:35PM
FA8-224	M/W	Nov 17-Dec 10	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-216	Sat	Sep 06-Nov 08	10:15AM-10:45AM
FA8-217	Sat	Sep 06-Nov 08	10:50AM-11:20AM
FA8-218	Sat	Sep 06-Nov 08	11:25AM-11:55AM
FA8-219	Sat	Sep 06-Nov 08	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-220	Sun	Sep 07-Nov 09	11:40AM-12:10PM
FA8-221	Sun	Sep 07-Nov 09	12:15PM-12:45PM

AQUATICS CLASSES

ATTN: New swim lesson curriculum! Please read the new class descriptions!

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
FA8-310	M/W	Sep 08-Oct 01	6:30PM-7:00PM
FA8-311	M/W	Sep 08-Oct 01	7:05PM-7:35PM
FA8-312	M/W	Sep 08-Oct 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA8-313	M/W	Oct 15-Nov 05	6:30PM-7:00PM
FA8-314	M/W	Oct 15-Nov 05	7:05PM-7:35PM
FA8-315	M/W	Oct 15-Nov 05	7:40PM-8:10PM

Monday/Wednesday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA8-322	M/W	Nov 17-Dec 10	6:30PM-7:00PM
FA8-323	M/W	Nov 17-Dec 10	7:05PM-7:35PM
FA8-324	M/W	Nov 17-Dec 10	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-316	Sat	Sep 06-Nov 08	10:15AM-10:45AM
FA8-317	Sat	Sep 06-Nov 08	10:50AM-11:20AM
FA8-318	Sat	Sep 06-Nov 08	11:25AM-11:55AM
FA8-319	Sat	Sep 06-Nov 08	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-320	Sun	Sep 07-Nov 09	11:40AM-12:10PM
FA8-321	Sun	Sep 07-Nov 09	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
FA8-410	M/W	Sep 08-Oct 01	6:30PM-7:00PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA8-413	M/W	Oct 15-Nov 05	6:30PM-7:00PM

Monday/Wednesday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA8-424	M/W	Nov 17-Dec 10	6:30PM-7:00PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-422	Sat	Sep 06-Nov 08	9:00AM-9:30AM
FA8-416	Sat	Sep 06-Nov 08	10:15AM-10:45AM
FA8-417	Sat	Sep 06-Nov 08	10:50AM-11:20AM
FA8-418	Sat	Sep 06-Nov 08	11:25AM-11:55AM
FA8-419	Sat	Sep 06-Nov 08	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-423	Sun	Sep 07-Nov 09	10:25AM-10:55AM
FA8-420	Sun	Sep 07-Nov 09	11:40AM-12:10PM
FA8-421	Sun	Sep 07-Nov 09	12:15PM-12:45PM

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
FA8-511	M/W	Sep 08-Oct 01	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA8-513	M/W	Oct 15-Nov 05	7:05PM-7:35PM

Monday/Wednesday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA8-520	M/W	Nov 17-Dec 10	7:05PM-7:35PM

Thursday Session #1

Classes: 9 Fee: \$67.50(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
FA8-514	Thu	Sep 11-Nov 06	6:30PM-7:00PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-518	Sat	Sep 06-Nov 08	9:35AM-10:05AM
FA8-515	Sat	Sep 06-Nov 08	10:15AM-10:45AM
FA8-516	Sat	Sep 06-Nov 08	11:25AM-11:55AM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-517	Sun	Sep 07-Nov 09	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
FA8-610	M/W	Sep 08-Oct 01	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) *No class: 10/13*

COURSE #	DAY	DATE	TIME
FA8-611	M/W	Oct 15-Nov 05	7:40PM-8:10PM

Monday/Wednesday Session #3

Classes: 6 Fee: 45.00(R)/\$61.50(N) *No class: 11/24, 11/26*

COURSE #	DAY	DATE	TIME
FA8-617	M/W	Nov 17-Dec 10	7:40PM-8:10PM

Thursday Session #1

Classes: 9 Fee: \$67.50(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
FA8-612	Thu	Sep 11-Nov 06	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$60.00(R)/\$76.50(N) *No class: 9/20, 10/18*

COURSE #	DAY	DATE	TIME
FA8-613	Sat	Sep 06-Nov 08	10:50AM-11:20AM
FA8-614	Sat	Sep 06-Nov 08	12:00PM-12:30PM

Sunday Session #1

Classes: 10 Fee: \$75.00(R)/\$91.50(N)

COURSE #	DAY	DATE	TIME
FA8-616	Sun	Sep 07-Nov 09	11:00AM-11:30AM
FA8-615	Sun	Sep 07-Nov 09	12:15PM-12:45PM

AQUATICS CLASSES

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) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-100	Fri	Sep 12-Nov 07	6:30PM-7:00PM
FA8-101	Fri	Sep 12-Nov 07	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) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-200	Fri	Sep 12-Nov 07	6:30PM-7:00PM
FA8-201	Fri	Sep 12-Nov 07	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) No class: 10/31

COURSE #	DAY	DATE	TIME
FA8-300	Fri	Sep 12-Nov 07	6:30PM-7:00PM
FA8-301	Fri	Sep 12-Nov 07	7:05PM-7:35PM

Teen/Adult Level 4

Age: 13Y and up

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

Classes: 9 Fee: \$67.50(R)/\$84.00(N)

COURSE #	DAY	DATE	TIME
FA8-400	Tue	Sep 09-Nov 04	6:30PM-7:00PM
FA8-401	Tue	Sep 09-Nov 04	7:05PM-7:35PM

EXERCISE AND FITNESS

Adult Aquatic Exercise

Age: 18Y and up

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

Subject to cancellation based on instructor availability.

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
FA8-602	Tu/Th	Sep 09-Oct 02	2:00PM-3:00PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
FA8-604	Tu/Th	Oct 14-Nov 06	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
FA8-606	Tu/Th	Sep 09-Oct 02	7:45PM-8:30PM
FA8-607	Tu/Th	Sep 09-Oct 02	8:30PM-9:15PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
FA8-608	Tu/Th	Oct 14-Nov 06	7:45PM-8:30PM
FA8-609	Tu/Th	Oct 14-Nov 06	8:30PM-9:15PM

Aqua Zumba

Age: 16Y and up

Perfect For: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. How It Works: Aqua Zumba® blends the Zumba® philosophy with water resistance; for one pool party you shouldn't miss! Benefits: There is less impact on your joints during an Aqua Zumba® class so that you can let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Wednesday Session #1

Classes: 9 Fee: \$58.50(R)/\$75.00(N)

COURSE #	DAY	DATE	TIME
FA8-600	Wed	Sep 10-Nov 05	2:00PM-3:00PM

Sunday Session #1

Classes: 10 Fee: \$65.00(R)/\$81.50(N)

COURSE #	DAY	DATE	TIME
FA8-601	Sun	Sep 07-Nov 09	9:25AM-10:10AM

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
- Coaches (Basketball, Badminton, Track & Field, and Tennis)
- Lifeguards
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders
- Substitute Preschool Teachers
- Van Drivers



Check out our job postings page at www.ssf.net/rec for more information.



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@ssf.net 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.ssf.net/childcare. Currently there is a 3-4 year 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. The current waiting list is approximately 3-4 years.

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.ssf.net/childcare.

Winter Camp 2025

DATES

December 22nd, 23rd, 29th, 30th, and
January 5th and 6th

FEES

\$41.00 per day for Residents and
\$46.00 per day for Non-residents

Public Registration will open at 9:00am on
Wednesday, November 12. For more information, visit
the Childcare site at www.ssf.net/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.ssf.net/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@ssf.net

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.ssf.net/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@ssf.net



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.ssf.net/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@ssf.net.

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@ssf.net

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.ssf.net/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.

Anything Goes Music Class

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

A music class where the only limit is your imagination! This class invites musicians of all skill levels and backgrounds to explore a wide range of musical styles, instruments, and techniques. From classical to hip-hop, jazz to electronic, folk to experimental soundscapes—we dive into it all. Students will engage in jam sessions, improvisation, and remixing while learning about music theory, rhythm, and harmony in a relaxed, open-minded environment. Whether you are a seasoned performer or picking up an instrument for the first time, all are welcome! Instruments not included.

DAY	TIME
Every 2nd Wednesday	1:00PM-2:00PM*
*Beginning 8/13	

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/Fri/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

Fine Arts Exploration

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

Fine Arts Exploration allows for beginner, intermediate, and experienced artists to come and work on their skills while creating beautiful works of art. While painting is the focus of the group, we encourage artists of all kinds to come and share their talents. Beginner supplies provided!

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

SENIOR SERVICES

Hawaiian Plus

Instructor: Carolyn

Location: Roberta Cerri Teglia Center

Dance Studio – 1st Floor

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

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

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 1:00 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	9:30AM-1:00PM

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

Seated Full Body Workout

Instructor: Monica

Location: Alice Bulos Community 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 includes controlled movements to enhance muscle tone, balance, and overall well-being.

DAY	TIME
Wednesday	10:00AM-10:45AM*

*Beginning 8/27

Seated Pilates

Instructor: Monica

Location: Alice Bulos Community Center

This class is designed to improve core strength and posture and includes controlled movements to enhance muscle tone, balance, and overall well-being.

DAY	TIME
Tuesday	10:00AM-10:45AM*
*Beginning 8/26	

Seated Weight Training

Instructor: Monica

Location: Alice Bulos Community Center

Seated Weight Training class is designed to improve strength, flexibility, and overall health. The class incorporates light dumbbells and resistance bands to perform a variety of exercises that target major muscle groups, enhance joint mobility, and boost cardiovascular health. Perfect for those looking to maintain an active lifestyle, this class provides modifications to suit all fitness levels, ensuring everyone can participate and benefit.

DAY	TIME
Thursday	10:30AM-11:25AM*
*Beginning 8/28	

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

Stand Tall Yoga

Instructor: Monica

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

This class combines physical postures, breathing techniques, and meditation to promote overall well-being and spiritual growth.

DAY	TIME
Friday	9:30AM-10:15AM*
	10:30AM-11:15AM*

*Beginning 8/29

Chair Yoga/Vitality in Breath

Instructor: Monica

Locations: Alice Bulos Community Center (Tuesday) and

Roberta Cerri Teglia Center (Friday)

Immerse yourself in the transformative practice of Kundalini breath work with our seated sessions tailored for seniors. This class focuses on Kundalini techniques that combine breath control, meditation, and gentle movements to awaken energy, enhance vitality, and promote inner peace.

DAY	TIME
Tuesday	12:00PM-12:30PM
Friday	10:00AM-10:30AM

Yoga

Instructor: Kevin

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

Yoga is a great way to get in shape. It is a low impact activity that develops strength and balance. Our yoga classes are geared towards seniors so please come by and observe or join us and bring a mat! Mats are provided if you do not have one. Limited to the first 30 participants.

DAY	TIME
Mon/Tue/Wed	9:30AM-10:30AM
Saturday	9:30AM-10:45AM

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 in-spired 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

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

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



south san francisco



CONCERT
in the **PARK** 2025

SATURDAY, 20
SEPTEMBER
11:30 A.M. - 5:00 P.M.

FREE ENTRY | FUN FOR ALL AGES

MUSIC • KIDS ACTIVITIES • BEER & WINE
FOOD TRUCKS • VENDORS

AT ORANGE MEMORIAL PARK PICNIC MEADOW
MEMORIAL DRIVE AT WEST ORANGE AVE., SOUTH SAN FRANCISCO



WWW.SSF.NET/CONCERT



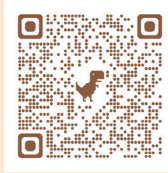
FOR MORE INFORMATION, VISIT WWW.SSF.NET/CONCERT.
BROUGHT TO YOU BY THE CITY OF SOUTH SAN FRANCISCO PARKS & RECREATION DEPARTMENT

www.ssf.net/culturalarts

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

Contact:

Ercie Santos, Cultural Arts Specialist
Ercie.Santos@ssf.net | (650) 829-3810



Current & Upcoming Opportunities for Artists

- 2025/2026 Adult Art Show Exhibits
- Public Art RFQ
- Rotating Solo Art Series RFQ
- Jack Drago Youth Art Fellowship

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

Cultural Arts 2025 Art Shows

We extend our heartfelt gratitude to the exceptional artists whose work brought our 2025 art shows to life. Your creativity and vision have not only enriched our exhibitions but also inspired our community through the power of visual storytelling. These showcases would not be possible without your passion and dedication. We also thank the many visitors who attended and supported the arts throughout the year. Looking ahead, the Cultural Arts Program is proud to present one final show in 2025: Past, Present, Future – Celebrating Indigenous Culture.

PAST, PRESENT, FUTURE – CELEBRATING INDIGENOUS CULTURE

Location: Library | Parks and Recreation Center

EXHIBIT DATES:

Opening Weekend:

Friday, October 3 | 6:00 p.m. – 8:00 p.m.
Saturday, October 4 | 10:00 a.m. – 3:00 p.m.

Gallery Hours (Monday – Friday)

Monday, October 6 – Friday, October 31 | 10:00 a.m. – 5:00 p.m.

Closed Monday, October 13

Special Evening Gallery Hours

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

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

Save the Dates – Cultural Arts 2026 Art Shows

- February 6th & 7th
- April 17th & 18th (Youth Art Show)
- Summer (Exact dates TBD)
- October 2nd & 3rd

Public Art Collection Highlight

ALTA LOMA PARK MURAL

Artist: Skyline College Community Mural Project Class, led by Professor Amir Saber Esfahani

Location: Alta Loma Park

Completed in Spring 2022 through a dynamic partnership with Skyline College, the Alta Loma Park Mural is a striking testament to community, creativity, and culture. Guided by Professor Amir Saber Esfahani, fifteen student artists transformed the park's walls into a powerful visual narrative. Each mural panel offers a distinct story—honoring Ohlone heritage, reflecting personal immigration journeys, and celebrating the rich, layered history of South San Francisco through vivid, symbolic imagery.



To learn more about the mural and the artists behind it, watch the project video created by Skyline College: <https://youtu.be/dvDUYTqRLqM>. For more information on this public art piece and more, visit www.ssf.net/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.ssf.net/rentals, email facilityrequests@ssf.net, 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.ssf.net/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.ssf.net/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 at Orange Memorial Park. The courts are owned by the city, and operated by the SSF Italian American Citizen's Club, 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. Please contact the Recreation office at (650) 829-3800 or email web-rec@ssf.net for more information or questions regarding bocce lessons. Please look for additional details regarding our Bocce League on page 24.

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.ssf.net/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.ssf.net/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.ssf.net/signhill> for more information. *Questions?* E-mail parks.volunteers@ssf.net or call (650) 829-3837.



COMMUNITY INFORMATION

Community Services

Emergency Preparedness

Community Emergency Response Team (CERT)

cert@ssf.net | (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>
- SMC Ready Emergency Preparedness
<https://smcready.org>
- 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.ssf.net/EAC | 366 Grand Ave, SSF
eac@ssf.net | (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@ssf.net | (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.ssf.net/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 Farmers Market

<https://www.wcfma.org/south-san-francisco>
Orange Memorial Park (781 Tennis Dr)
(650) 877-8502

Visit the SSF Farmers' Market for fresh produce, food trucks, baked goods, hummus, candles, plants, crafts, and more! Open to all every Saturday from 9:00 a.m. to 1:00 p.m.

South San Francisco Police Explorer Cadets

SLO@ssf.net | (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.ssf.net/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@ssf.net | (650) 829-3712

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

Co-Sponsored Groups

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



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

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



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

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



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

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



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

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



S.S.F. United Youth Soccer League
www.ssfsoccer.net
ssfsocket1@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.ssf.net/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@ssf.net

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

For holiday hours & class information including story times, book clubs, author visits, online classes and tutoring, etc. visit www.ssf.net/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:    

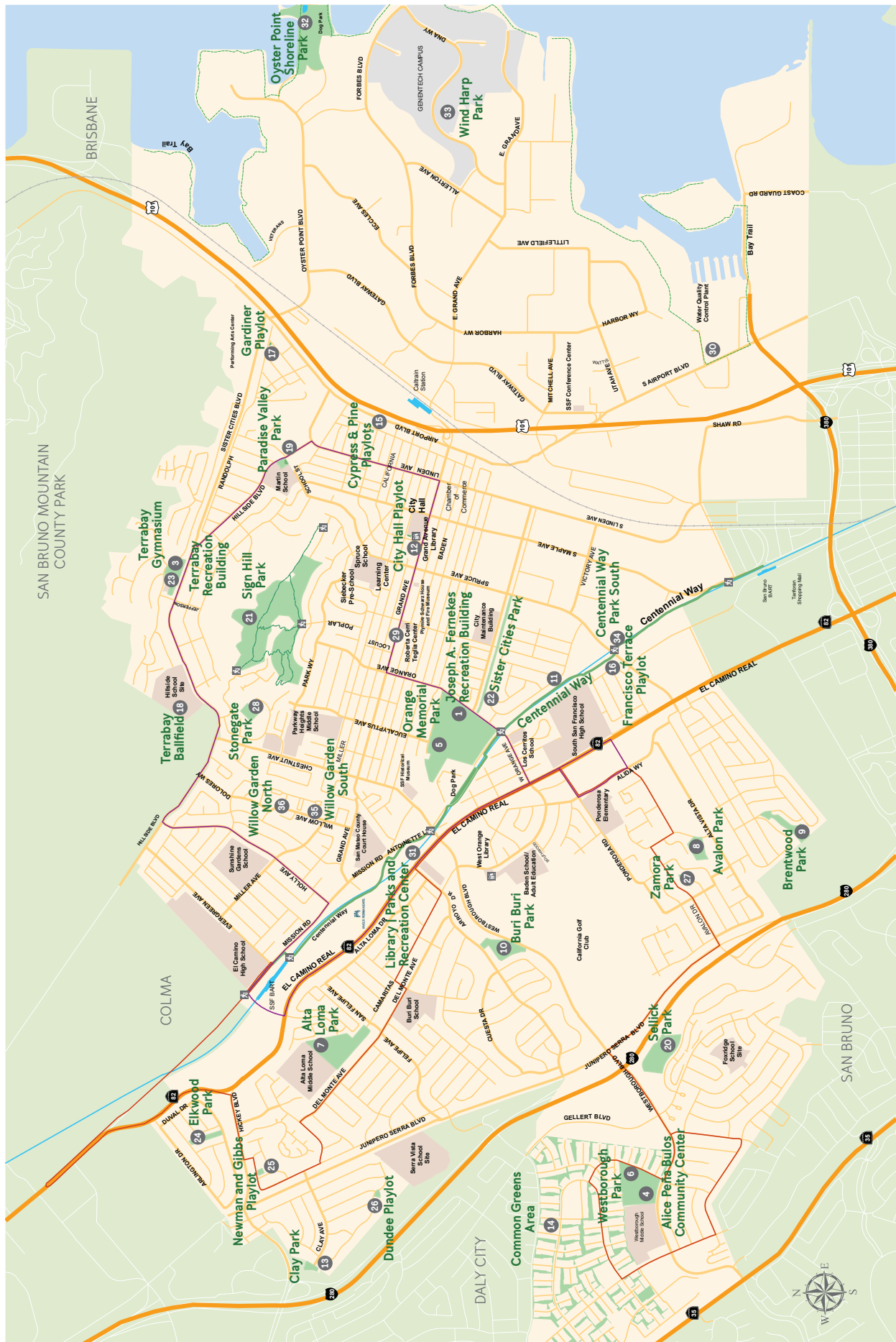
Email: ssfpladm@plsinfo.org

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.ssf.net/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@ssf.net 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**: www.ssf.net/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 + PROCESSING FEE
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25
					+\$2.25

Recreation Scholarship Program
opportunities available!
Call (650)829-3800 for more information.

*Those 62 and over may deduct 20% off the resident rate
\$5.00 Donation to Scholarship Fund

TOTAL

Waiver and Release of Liability – Please Read and Sign

DO NOT SIGN THIS DOCUMENT BEFORE YOU READ IT AS IT CONTAINS A WAIVER AND RELEASE OF LIABILITY TO WHICH YOU WILL BE BOUND. I agree that my participation in the City of South San Francisco Recreation Classes is voluntary and that I assume all risk of injury, illness, damage, or loss to me or to my property that might result from my participation. I further agree (on behalf of myself and my family members, personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the City of South San Francisco and its officers, employees, and agents, from any and all claims, liability, loss, penalties, expenses and costs (including attorney's fees), or causes of action (known or unknown) (collectively, "Liability") arising out of my participation, except to the extent that such Liability is caused by the gross negligence or willful misconduct of the City. Further, I give the City of South San Francisco permission to use any photos or videos of the participant taken during Program for promotional purposes. Finally, I understand that any and all activities, including but not limited to additional practices, performances, travel, private gatherings, etc., that take place outside of the class scope, days, times, and locations as set by the City are not a part of the City Recreation Class and are not affiliated with the City of South San Francisco and its Parks and Recreation Department. If I choose to participate in such outside activities not affiliated with the City, I do so at my own risk and fully assume all responsibilities and risks associated with such participation. I understand that refunds must be requested one week before the class start date, and no refunds will be given after the first class unless the class(es) are full or cancelled by the Recreation Department. A service charge of \$10.00 per class will be made for all refunds requested by the participant. **I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY ACKNOWLEDGING THIS WAIVER, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE CITY FOR NEGLIGENCE.**

Signature _____ Date _____

Do you have special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?
____ YES, please contact me about disabled services.

There are three ways to pay:

- 1) Make Check/Money Order Payable to **City of South San Francisco**
- 2) Charge to Visa, Mastercard, Discover, or card on file. List the following information:

Card ending (last 4 digits) _____

Cardholder's Name _____

Signature _____

- 3) Cash in the exact amount

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Classes & Sports Programming (excluding Aquatics)

Residents: Begins MONDAY, August 11, 2025 at 6:00am

Non-Residents: MONDAY, August 25, 2025 at 6:00am

Aquatics Registration: Fall 2025 Session 1

Aquatic registration dates differ from recreation class registration dates. Go to page 26 for complete session registration dates.

Residents: Begins WEDNESDAY, August 20, 2025 at 6:00am

Non-Residents: WEDNESDAY, September 3, 2025 at 6:00am

Please call the Parks & Recreation Department at (650) 829-3800 for assistance setting up your account, or visit our website: www.ssf.net/rec-catalog and click the "Welcome!" tab for step-by-step directions on creating your account.



MAIL-IN

Residents: MONDAY, August 11, 2025

Non-Residents: MONDAY, August 25, 2025

*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, August 11, 2025

Non-Residents: MONDAY, August 25, 2025

*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.ssf.net/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.ssf.net/rec-catalog.

REGISTRATION INFORMATION

- Pre-registration is required for all classes.
- Registration closes online before class starts.
- **Register early!** Many classes fill before their start dates.
- For registration information, call (650) 829-3800.
- Make checks payable to: **City of South San Francisco**
- There is a \$25.00 service charge on all returned checks.
- Class may be cancelled due to low enrollment—enroll early!
- All registrations are taken on a first come first serve basis.
- Register on-line and receive your receipt at the end of the registration process.
- Confirmation of registration: Mail In receipts will be emailed. We will not call you to confirm registrations.
- Waiting lists will be established if the program is full. If a space becomes available we will contact you via email. You will not be charged for the class unless you are enrolled.
- A 20% senior discount off the resident rate applies to most classes.
- No class dates (if any) are listed on the classes registration receipt.

CLASS LOCATIONS

See page 1.

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.

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.ssf.net/rec-catalog or at the Parks and Recreation office at 901 Civic Campus Way – 3rd Floor. Please call (650) 829-3800 for more information.



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER

Cultural Arts Program

OCTOBER 2025 ART SHOW

PAST, PRESENT, FUTURE Celebrating Indigenous Culture

Opening Weekend:

Friday, October 3 | 6:00pm-8:00pm
Saturday, October 4 | 10:00am-3:00pm

Additional Gallery Period (Monday-Friday):

October 6-31 | 10:00am-5:00pm
(Closed Monday, October 13)

Special Evening Gallery Hours:

Tuesday, October 28 | 10:00am-8:00pm

Library | Parks and Recreation Center
901 Civic Campus Way, 3rd Floor Gallery
Free Admission

Join us for the final 2025 art gallery show. The exhibit will explore unique artistic expressions of the past, present and future. Personal histories and experiences will be highlighted in meaningful 2d and 3d art creations. The exhibit will include a spotlight on the month's observation and celebration of Indigenous culture. Artist entry information will be available in August. Visit the "Current Opportunities for Artists" webpage. For the latest updates, visit www.ssf.net/culturalarts. For questions, contact the SSF Parks and Recreation Department (650) 829-3800.

Upcoming Events

MOVIE NIGHT IN THE PARK: INSIDE OUT 2

Friday, August 22, 2025

Location: Martin Elementary School Ballfield

This event is FREE! The movie will begin at sundown.

HALLOWEEN EXTRAVAGANZA

Saturday, October 18, 2025 | Time TBA

Location: Orange Park

Free Event

Join us for a spook-tacular community event celebrating Halloween! Enjoy games, delicious food, and more fun activities suitable for all ages.

SENIOR HOLIDAY BOUTIQUE & MAKER'S FAIRE

Saturday, November 1, 2025 | 10:00am - 4:00pm

Location: Library | Parks and Recreation Center

Free Admission

Join us for a day of shopping while supporting local vendors! This year's event will showcase a variety of handcrafted jewelry, ceramics, holiday crafts, and more. Enjoy complimentary beverages and candy canes as you browse and shop in the festive atmosphere. We look forward to seeing you there!

5K THANKSGIVING FUN RUN

Saturday, November 22, 2025 | 9:00am

Location: Oyster Point Marina

Runners and walkers of all ages are invited to participate in the 52nd annual 5K Thanksgiving Fun Run.

SANTA COMES TO TOWN

Sunday, December 6, 2025 | Time TBA

Location: City Hall

Free Event

IPP WREATH MAKING WORKSHOP

Saturday, December 13, 2025

Morning Session (Family-Friendly) | 9:30am - 12:00pm

Afternoon Session (Adult Only) | 1:00pm - 3:30pm

Location: Joseph A. Fernekes Building

Registration required. See page 16.

NUTCRACKER 2025

Saturday, December 20, 2025 | 1:00pm & 7:00pm

Sunday, December 21, 2025 | 1:00pm

Location: South San Francisco High School

Ticket sales information coming soon!

south san francisco
CONCERT in the PARK 2025
SATURDAY, SEPTEMBER 20
11:30 A.M. - 5:00 P.M.
DETAILS: WWW.SSF.NET/CONCERT

FREE ENTRY | FUN FOR ALL AGES

For more information on upcoming events, visit www.ssf.net/PandREvents or call the Recreation Office at (650) 829-3800.