

South San Francisco Parks and Recreation Department

ACTIVITY GUIDE WINTER 2025



WE'RE HIRING!

Join our team of dedicated individuals with the South San Francisco Parks & Recreation Department! Check out our job openings (pg. 5).

2024 Year in Review pg. 1

Resident Registration begins December 2nd!

Register at www.ssf.net/rec-catalog

WELCOME

TABLE OF CONTENTS

Preschool Classes	06
(Art, School Readiness, Karate, Enrichment, etc.)	
Youth Classes	07
(Art, Dance, Martial Arts, Enrichment, etc.)	
Music Classes	12
(Clarinet, Piano, Ukulele, etc.)	
Teen/Adult Classes	14
(Dance, Arts and Special Interest, Exercise and Fitness, etc.)	
Tennis Classes	27
Youth & Adult Sports	28
Aquatics: Classes & Programs	30
Preschool & Youth Enrichment Services	36
Senior Services: Classes & Programs	38
Parks and Recreation Facilities	42
Parks Information	43
Community Information	44
Facility and Park Guide & Map	46
Registration Form	48
Registration Information	49
Special Events	back cover

Programs January–March 2025

Brochure Printed November 2024

City Council

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

City Manager

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

Parks & Recreation Commission

Ruth DeNardi, Brittany Burgo,
Kristy Camacho, Betty Battaglia,
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

Lydia Pomposo, Frances Luster,
Hazelle Fernandez, Peter Foley,
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*
Brian Crume, *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*
Prax Duarte, *Facility Maintenance*
Diana Gonzalez, *Preschool Early
Learning Program*

Kasey Jo Kelly, *Seniors*
Zachary Kust, *Parks*
Kimberly Morrison, *Youth
Enrichment Services (YES)*
Mike Mulkerrins, *Facilities & Sports*
Brian Noce, *Aquatics*
Veronica Ortiz, *Classes*
Bill Stridbeck, *Childcare Assistant
Supervisor*

Coordinators

Brooke Bayangos, *Sports*
Romina Benedict, *YES*
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*
Francisco Rodriguez, *YES*
Marianna Roman, *Adult Day Care*
Alexis Rogers, *YES*
Ercie Santos, *Cultural Arts*
Kerry West, *YES*
Lisa Wilson, *Seniors*

Administrative Support

Cristina Simmons
Keren Solano
Jeanette Yoshida

Administrative Office

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

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
(650) 829-4680

Alice Peña Bulos Community Center

2380 Galway Drive
(650) 875-6981

Joseph A. Fernekes Recreation Building

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

Orange Pool

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

Gene Mullin Community Learning Center

520 Tamarack Lane
(650) 877-8540

Senior Center

Roberta Cerri Teglia Center
601 Grand Avenue
(650) 829-3820
Adult Day Care
(650) 829-3824

Preschools

Siebecker (LIC #410509769)
510 Elm Court
(650) 875-6979
Westborough (LIC #410517397)
2380 Galway Drive
(650) 875-6980 and
(650) 875-6998
Little Steps (LIC #414004145)
520 Tamarack Lane
(650) 877-8545

After School Recreation Programs

Monte Verde Elementary School
(LIC #410518963)
2551 St. Cloud Drive, San Bruno
(650) 742-0613
Ponderosa Elementary School
(LIC #410519011)
295 Ponderosa Road
(650) 873-1096
Spruce Elementary School
(LIC #410519010)
501 Spruce Avenue
(650) 873-0924
Buri Buri Elementary School
(LIC #414002856)
325 Del Monte Avenue
(650) 827-8448
REAL Program - Los Cerritos
Elementary School
201 W. Orange Avenue
(650) 875-6906
REAL Program - Martin
Elementary School
35 School Street
(650) 875-6905

Parks and Facilities Administration

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

South San Francisco Friends of Parks and Recreation

Marie Patea, John Sanna,
Betty Battaglia, Judy Bush,
Eddie Flores, Sean Garrone,
Jeannette Holt

We're on social media!

Follow us for the latest news and
announcements:



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

Cover Photo:

Santa Comes to Town 2023

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2024

Dear neighbors and community members,

As we wrap up another year, the Parks and Recreation Department is proud to share a reflection on the highlights, projects, and activities of 2024 in this winter issue of the Activity Guide. This annual summary not only celebrates our achievements but also underscores our ongoing commitment to serving the community in alignment with our core mission: *To provide opportunities for physical, cultural, and social well-being; ensure effective development, scheduling, use and maintenance of public facilities, parks, and open space; and deliver services in a timely, efficient, and cost-effective manner.*

Advisory Bodies

The Parks and Recreation Department is advised by several legislative and volunteer review boards, including the City Council, Parks and Recreation Commission, and Cultural Arts Commission. We are accountable to the community and welcome your feedback.

Co-Sponsored Groups/Non-Profit Support

The Department has a longstanding commitment to co-sponsor community non-profit organizations that provide thousands of hours of volunteer service to support recreational and enrichment opportunities for residents. Co-sponsored groups include the South San Francisco Aquatics Club, Historical Society of South San Francisco, Italian American Citizens Club of South San Francisco, South San Francisco United Youth Soccer League, South San Francisco Youth Baseball Managers Association, and San Mateo County Athletic Club. The Friends of Parks and Recreation is a non-profit group that undertakes membership drives and fundraising efforts to support City programs and volunteers at numerous Parks and Recreation events throughout the year. The Friends of Parks and Recreation group has sponsored program scholarships for children, enhancements to community events such as the July is Parks and Recreation Month celebration and Concert in the Park, and collaborated on grant applications to support health and wellness in the local community. We hope this inspires you to become a Friend!

Recreation Events and Programming

The Department offers and supports a wide range of inclusive programs and special events each year, catering to community members of all ages. In 2024, some of the highlights included:

- Arbor Day Tree Planting
- Centennial Way Park South Grand Opening
- Civic Ballet Nutcracker Performance
- Civic Ballet Spring Showcase
- Coastal Clean Up
- Concert in the Park
- Cultural Arts Commission Exhibits
- Earth Day
- Easter Bunny Photo-Hop



- Free Seniors Tax Assistance
- Halloween Extravaganza
- Holiday Boutique and Makers Fair
- Improving Public Places Volunteer Events
- Improving Public Places Wreath Workshop
- July is Parks and Recreation Month and Field Day
- Junior Giants
- Karate Tournaments and Promotions
- Lunar New Year Celebrations
- Movie Nights in the Park
- Preschool Graduation Ceremonies
- Santa Comes to Town
- Senior Health Fair
- Seniors Valentines Day
- Summer and Seasonal Camps
- Thanksgiving Fun Run
- Youth Baseball Opening Day Celebration

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2024

Department Highlights

NEW HIRES

- Romina Benedict, Recreation Coordinator
- Oscar Calvo, Building Maintenance Custodian
- David Cerna, Building Maintenance Custodian
- Jason Teer, Building Maintenance Custodian
- Lino Valadez, Parks Maintenance Worker

PROMOTIONS

- Brooke Bayangos, Recreation Community Services Coordinator
- Gabriella Firpo, Recreation Community Services Coordinator
- Alexis Rogers, Recreation Community Services Coordinator
- Victor Lara Sanchez, Building Maintenance Custodian
- Lisa Wilson, Recreation Community Services Coordinator
- Han-Ching Wong, Community Resource Analyst

CENTENNIAL WAY PARK SOUTH OPENS

This fall, the Department opened a new community park located along Centennial Way Trail between Spruce Avenue and Huntington Avenue. This new community park caters to all ages, and is a vibrant hub for recreation, relaxation, and community engagement. Featured at this new park is an outdoor classroom, a pollinator themed garden and playground, nature play area, green spaces and picnic tables, a skate park, a bike park, new lighting, and improvements to the paved trail. Featured at this park is the newly relocated Evohelix sculpture by Roger White Stoller.



TREE PLANTING AT BRENTWOOD PARK

The almost constant storm systems that California experienced in the winter of 2022-2023 took a heavy toll on Brentwood Park, which saw multiple tree failures that impacted homes, power lines, and the baseball field causing parts of the park to be temporarily closed. Much work has been completed since then to assess the condition of the remaining trees, repair damaged areas of the park, conduct public outreach events to keep neighbors informed of the process, and removal of at-risk trees. After tree removals were completed a new irrigation system was installed on the hill to irrigate new trees. The project culminated in a tree planting event and neighborhood celebration in October to bring in a new crop of trees for future generations to enjoy.

CONCERT IN THE PARK

The largest annual event produced by the Parks and Recreation Department took place on Saturday, September 21. Due to the construction of the new Aquatic Center, this event took place at the Orange Memorial Park Picnic Meadow and Orange Memorial Park Sports Field. Headlining entertainment featured Grammy Award winning band Dazz Band and musical group Blessid Union of Souls. Community performances featured the El Camino High School Jazz Band and the South San Francisco High School Ballet Folklorico dance group. Additionally, the family-friendly event featured free activities such as a skate rink, carnival games, and exhibitor booths including local community groups and resource organizations as well as local artists selling their wares. Approximately 4,000 guests enjoyed this festive event.



CULTURAL ART EXHIBITS

The Cultural Arts Program enjoyed its new home for exhibit spaces at the Library | Parks and Recreation Center (LPR) as the facility reached its one year anniversary in October 2024. In this new space, the Department has been able to host a rotation of three long-term exhibits on the first floor thanks to a grant from the San Mateo County Office of Arts and Culture. In addition, the Department now offers extended exhibit time in and around the LPR's Gallery Room for its quarterly art shows. This year's quarterly art shows featured a diversity of themes. In February, "By the Light of the Moon" celebrated the Lunar New Year and the Year of the Dragon. June's exhibit, "PEAK: What is the height of your Love, Joy, and Freedom?" celebrated the human experience and Pride Month, Juneteenth, and the boundless spirit of summer. October's "Explore Your ROOTS" art show invited participants to reflect on heritage and identity. Additionally, the 2024 Youth Art Show, held in partnership with the South San Francisco Unified School District, showcased the creativity of young artists. Five graduating seniors from local high schools received the Jack Drago Cultural Arts Commission Youth Art Scholarship.

PUBLIC ART

In 2024, the City welcomed three new public art installations. INSPIRE, a landmark sculpture by Jonathan Russell and Saori Ide of Ride Art Studio, was unveiled in September coinciding with the dedication of the Karyl Matsumoto Plaza and celebrated the launch of the newly electrified Caltrain fleet. The City also partnered with

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2024

the Skyline College Mural Project class to beautify a retaining wall at Willow Ave and Nora Way in South San Francisco. The mural reflects the past, present, and future of the city. Lastly, art bench "Composition 4" by Mike Gustavson, was acquired in memory of the late Cultural Arts Commissioner Charlene (Shane) Looper for her 13 years of service to the Culture Arts Commission and many more years of volunteerism to the South San Francisco community. The bench is located at the third floor lobby of the Library | Parks and Recreation Center.



JULY IS NATIONAL PARKS AND RECREATION MONTH

The Department celebrated National Parks and Recreation Month throughout the month of July. For the last 39 years, Parks and Recreation Departments nationwide observed this month by highlighting the essential role our spaces play as well as inviting community members to enjoy local parks, recreation centers, and programs. It was also a time to recognize the staff and volunteers who maintain and activate recreation facilities and parks. This year's Parks and Recreation Month theme, "Where You Belong," celebrated the many ways parks and recreation professionals contribute to the community. The featured event for Parks and Recreation Month, Movie Night in the Park and Field Day, was held at on Friday, July 19 at the Orange Memorial Park Picnic Meadow. Additionally, a variety of free classes and programs were offered throughout the month.



PRESCHOOL AND KINDERGARTEN READINESS FAIR

The Department in partnership with the South San Francisco Unified School District, Renaissance Entrepreneurship Center, and County of San Mateo hosted an engaging resource fair for families interested in information and resources in preparation for preschool, TK, and kindergarten. Agencies and childcare/education partners provided family resources and a speaker series for attendees. Representatives from the City's Joint Advisory Committee to the Child Care Master Plan were present as additional outreach to residents.

A FOCUS ON SENIORS

In 2023, the City of South San Francisco earned AARP's Age-Friendly City designation. To support the City's ongoing commitment to older adults, Parks and Recreation Department staff has once again partnered with the Center for Age Friendly Excellence and reconvened South San Francisco's Age-Friendly Task Force to develop a five-year Age-Friendly Action Plan. The process included community engagement sessions and a robust survey from AARP to inform the plan. The final Age-Friendly Action Plan is scheduled to be published in early 2025.

Simultaneously, the Department has expanded services to seniors through expanded hours at the Roberta Cerri Teglia Center and implemented new senior programs at the Roberta Cerri Teglia Center, Library | Parks and Recreation Center, and the Joseph A. Fernekas Recreation Building. The Department was also excited to bring the Daily Journal's Senior Showcase to South San Francisco in the fall in which the community was able to access resources from a variety of service providers and receive free health screenings. The Senior Showcase was a welcome addition to the Department's event roster, which also included a Senior Health Fair co-sponsored by Kaiser Permanente in the spring.



ORANGE MEMORIAL PARK AQUATIC CENTER GROUNDBREAKING

In the spring, the Department hosted a groundbreaking ceremony for the new Aquatic Center at Orange Memorial Park with approximately 150 people in attendance. The new Aquatic Center spans over 24,000 square feet and has a wide range of amenities for visitors. The center will include two pools, one for competitive and lap swimming, and a second warmer water pool designed for seniors, families, and classes. Visitors will be able to enjoy clean locker rooms, comfortable lounging spaces, and a multi-use room

PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2024

for classes, training, and parties. The facility is also a model of sustainability, with solar panels and one of the first all-electric pools in the state. Construction of this new facility was made possible by the South San Francisco voters who approved Measure W.



51ST ANNUAL THANKSGIVING FUN RUN & OYSTER POINT PARK PHASE 2C RIBBON CUTTING

For a second year in a row, attendees at the Thanksgiving Fun Run were treated to a ribbon cutting ceremony highlighting more improvements to the Oyster Point Marina, this time celebrating the completion of Phase 2C located on the eastern half of the Oyster Point peninsula. Improvements in this phase includes a new dog park, upgraded pathways, site lighting, fitness equipment, upgraded picnic areas, seating and improved landscaping and pathways. Fun Run runners, walkers, and strollers enjoyed a beautiful 3.1-mile course along the newly renovated Oyster Point Marina Park and traversing along the scenic San Francisco Bay Trail. Thank you to our major donors Genentech, Basque Cultural Center, and Kaiser Permanente for supporting this community Thanksgiving tradition.

Refresh, Replace, Repair

The Parks and Facility Maintenance Divisions care for City buildings, parks, and open spaces, and have completed numerous projects around the city. The divisions work throughout the year to refresh the appearance of parks and facilities and repair or replace items as needed to keep public spaces clean and safe. Below are a few examples of work accomplished this year:

CLAY PARK BASKETBALL REPAVING

The basketball court at Clay Park was resurfaced and restriped in early summer. The project overlaid the old asphalt with a geotextile fabric and a two-inch layer of fresh asphalt. After curing, a blue slurry was applied, and the keys were colored red. Parks staff also worked to address water run-off from the nearby property to prevent damage to the asphalt overtime.

AVALON PARK SCOREBOARD REPLACEMENT

Winter storms caused a large pine tree to fall onto the scoreboard at Avalon Park, crushing it beyond repair. Parks staff replaced it with a new scoreboard during the baseball season.

ORANGE MEMORIAL PARK SITE 5 PICNIC SITE REPAIRS COMPLETED

During the winter storms of 2023-2024, Orange Memorial Park Picnic Site 5 was closed off due to a fallen eucalyptus tree, which crushed multiple tables and barbecues. Parks staff installed the new replacement pieces and completed the installation prior to the end of the picnic season. Additional tree work was performed to mitigate future tree failure.

Planning for the Future

The Parks and Recreation Department has several exciting construction projects underway for all ages. This includes a new aquatic center at Orange Memorial Park, refreshing of Dundee Park, a new park in the Old Town neighborhood at Linden Avenue and Pine Avenue, and expanded facilities at Westborough Preschool. Visit www.ssf.net/parkprojects for more information about these projects.

Awards and Recognitions

CALIFORNIA PARKS AND RECREATION SOCIETY (CPRS) STATEWIDE AWARDS

- Excellence in Design, Park Planning: Orange Memorial Park Sports Field
- Excellence in Design, Facility Design: Library | Parks and Recreation Center

CALIFORNIA PARKS AND RECREATION SOCIETY (CPRS) DISTRICT IV AWARDS

- Award of Excellence (Facility Design): Library | Parks and Recreation Center
- Award of Excellence (Facility Design): Orange Memorial Parks Sports Field
- Professional Merit Awards: Ernie Santos, Cultural Arts Specialist and Jim Reidy, Recreation Leader IV
- Volunteer Award: Evangelina Portillo

Stay Up to Date On Upcoming Programs and Projects!

Opt in to receive our email newsletter to stay up to date on new programs and offerings. To be added to the recipient list, email your request to: web-rec@ssf.net.

Greg Mediate

DIRECTOR, SOUTH SAN FRANCISCO PARKS AND
RECREATION DEPARTMENT

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
- Preschool Leaders
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders



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



PRESCHOOL AGE CLASSES



Art Adventures in Nature!

Age: 3Y – 5Y

Instructor: Bella Leggero

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

In this fun-filled class your little artist will use their creativity to turn recyclable items into pieces of art! Children will learn about the beautiful plants and animals we have in our world, incorporating that into their creations. Ms. Bella has been instructing for 3 years at the Parks and Rec and also works as a freelance Graphic Designer. **Children must be potty trained by start date. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.**

Classes: 9 Fee: \$49.00(R)/\$64.75(N)

COURSE #	DAY	DATE	TIME
WI1-203	Wed	Jan 08-Mar 05	2:45PM-3:45PM
WI1-204	Thu	Jan 09-Mar 06	2:45PM-3:45PM

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

Age: 2.5Y – 6Y

Instructor: Vanessa Nerri

Location: Terrabay – Gym

Let's get our wiggles out at the gym! Parents, caregivers and toddlers can come together to run, skip, dance, and play in a space where it is encouraged to be LOUD! The goal is to practice dynamic motor movements to our favorite kid-tunes. At the helm is Vanessa Neri, a parent and peer who will lead kids and adults alike through a soundtrack that can bring up the energy and similarly cool it down for some guided breathing. Each registered child should be accompanied by at least one adult caregiver. Bring a mat and water for you and each of your kids. Up to two children allowed per adult. *No class: 1/25, 2/15*

Classes: 7 Fee: \$49.00(R)/\$64.75(N)

COURSE #	DAY	DATE	TIME
WI2-300	Sat	Jan 11-Mar 08	10:00AM-10:50AM

Kinder Class

Age: 3Y – 5Y

Instructors: Joanne Desmond

Location: Alice Peña Bulos Community Center – Small Room

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

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

No class: 1/20, 2/17

Classes: 16 Fee: \$148.00(R)/\$163.75(N)

COURSE #	DAY	DATE	TIME
WI2-100	M/W	Jan 06-Mar 05	9:00AM-10:30AM
WI2-101	M/W	Jan 06-Mar 05	11:00AM-12:30PM

Kinder Tots

Age: 3Y – 5Y

Instructors: Joanne Desmond

Location: Alice Peña Bulos Community Center – Small Room

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

Classes: 18 Fee: \$167.00(R)/\$182.75(N)

COURSE #	DAY	DATE	TIME
WI2-102	Tu/Th	Jan 07-Mar 06	9:00AM-10:30AM
WI2-103	Tu/Th	Jan 07-Mar 06	11:00AM-12:30PM



PRESCHOOL AGE CLASSES

Pre-Kinder Learners

Age: 4Y – 5Y

Instructors: Noreen Cronin-Flynn

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

Students enrolled should be attending Kindergarten Fall 2025.

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 is a continuation class from the Fall 2024 session and open to new and returning students. This class is a nut tree free environment. Please send healthy snacks daily in lunchbox. **Please send healthy snack daily in lunchbox.** \$20.00 supply fee required. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 16 Fee: \$297.00(R)/\$312.75(N) *No class: 1/20, 2/17*

COURSE #	DAY	DATE	TIME
WI2-104	M/W	Jan 06-Mar 05	9:00AM-12:00PM

Classes: 18 Fee: \$334.00(R)/\$349.75(N)

COURSE #	DAY	DATE	TIME
WI2-105	Tu/Th	Jan 07-Mar 06	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.

Classes: 9 Fee: \$44.00(R)/\$59.75(N)

COURSE #	DAY	DATE	TIME
WI2-301	Sat	Jan 11-Mar 08	8:30AM-9:15AM
Level I Beginners: Session A			
WI2-302	Sat	Jan 11-Mar 08	9:30AM-10:15AM
Level I Beginners: Session B			

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.

Classes: 17 Fee: \$59.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
WI2-303	Sa/Tu	Jan 11-Mar 08	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)
Level II: White Belt/Beginners			

Classes: 17 Fee: \$90.00(R)/\$105.75(N)

COURSE #	DAY	DATE	TIME
WI2-304	Sa/Tu	Jan 11-Mar 08	10:30AM-12:00PM (Sa) 6:00PM-7:15PM (Tu)
Level II: Color Belt Yellow & Up			

YOUTH CLASSES

Children's Writing Workshop

Age: 7Y – 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. A separate \$10.00 supply fee is payable to the instructor at the first class.

No class: 2/17

Classes: 5 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
WI2-225	Mon	Jan 27-Feb 24	5:00PM-6:00PM

YOUTH CLASSES

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: 2/16

Classes: 6 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
WI3-229	Sun	Jan 26-Mar 09	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: 2/16

Classes: 6 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
WI3-330	Sun	Jan 26-Mar 09	11:00AM-12:00PM

Kenpo-Eskrima for Children

Age: 6Y - 12Y

Instructor: Tina Chau

Location: Alice Peña Bulos Center - Large Multi-Use Room

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

No class: 1/20, 2/17

Classes: 16 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
WI2-306	M/W	Jan 06-Mar 05	5:00PM-5:45PM

Beginners (6Y - 12Y)

Classes: 16 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
WI2-307	M/W	Jan 06-Mar 05	5:45PM-6:45PM

Beginners/Intermediates (6Y - 15Y)

WI2-217	M/W	Jan 06-Mar 05	6:45PM-7:45PM
---------	-----	---------------	---------------

Teens & Adults (10Y and up)

Let's Paint!

Age: 10Y - 13Y

Instructor: Bella Leggero

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

In this painting class, artists will use their creativity to paint masterpieces inspired by our daily themes! Artists will learn about the basics of how to paint and explore different styles of the art. While painting on theme is encouraged, it is not mandatory. Ms. Bella has been instructing for 3 years at the Parks and Rec and also works as a freelance Graphic Designer. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 9 Fee: \$81.00(R)/\$96.75(N)

COURSE #	DAY	DATE	TIME
WI3-303	Wed	Jan 08-Mar 05	5:30PM-6:30PM
WI3-304	Thu	Jan 09-Mar 06	5:30PM-6:30PM

Math & Counting Fun!

Age: 7Y – 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. A separate \$10.00 supply fee is payable to the instructor at the first class.

Classes: 5 Fee: \$52.00(R)/\$77.75(N)

COURSE #	DAY	DATE	TIME
WI2-218	Tue	Jan 28-Feb 25	5:15PM-6:15PM

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! Ms. Bella has been instructing at the Parks and Rec for 3 years and also works as a freelance Graphic Designer. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 9 Fee: \$58.00(R)/\$73.75(N)

COURSE #	DAY	DATE	TIME
WI3-203	Wed	Jan 08-Mar 05	4:00PM-5:00PM
WI3-204	Thu	Jan 09-Mar 06	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: 1/20, 2/17

Classes: 16 Fee: \$61.00(R)/\$76.75(N)

COURSE #	DAY	DATE	TIME
WI3-308	M/W	Jan 06-Mar 05	5:30PM-6:30PM
Level I Beginners White, Yellow & Blue 1			

Classes: 16 Fee: \$61.00(R)/\$76.75(N)

COURSE #	DAY	DATE	TIME
WI3-309	M/W	Jan 06-Mar 05	6:00PM-7:00PM
Lev II Blue 2 & Green 1			

Classes: 16 Fee: \$92.00(R)/\$107.75(N)

COURSE #	DAY	DATE	TIME
WI3-310	M/W	Jan 06-Mar 05	6:00PM-7:30PM
Lev II Green 2, Purple, Brown & Up			

Spanish Fun

Age: 7Y – 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. A separate \$5.00 supply fee is payable to the instructor at the first class.

Classes: 4 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
WI3-228	Tue	Jan 28-Feb 25	4:15PM-5:00PM

DANCE CLASSES

Creative Movement

Age: 3.5Y – 5Y

Instructor: Rachel Wong

Location: L / PR – Small Dance Studio #221

A basic introduction to dance for Preschoolers, with an emphasis on music discovery & appreciation, body coordination, and expressiveness. This is a drop off class.

Students must be 3.5 years old AND 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. Rachel Wong trained in classical ballet from the age of six at the Shan Yee Poon Ballet School and danced in their youth performance group. Rachel continued to dance through Cal Poly SLO, the Academy of Ballet and SSF Civic Ballet.

No class: 2/11

Classes: 8 Fee: \$25.00(R)/\$40.75(N)

COURSE #	DAY	DATE	TIME
WI1-500	Tue	Jan 07-Mar 04	9:45AM-10:15AM

YOUTH CLASSES

Mexican Folk Dance

Age: 4Y – 18Y

Instructors: Martin Cruz & Marianna Roman

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from experienced Ballet Folklórico instructors. 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 IX.** 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: 7–9 Fee: \$25.00(R)/\$40.75(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
FA3-460	Mon	Jan 06–Mar 03	5:45PM–6:15PM
Level IA – New Students			
FA3-461	Fri	Jan 10–Mar 07	5:30PM–6:15PM
Level IB – Returning Students Only			
FA3-462	Fri	Jan 10–Mar 07	6:30PM–7:20PM
Level II			
FA3-463	Mon	Jan 06–Mar 03	6:30PM–7:30PM
Level III			

Location: Terrabay – Poppy Room

Classes: 7–9 Fee: \$25.00(R)/\$40.75(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
FA3-464	Thu	Jan 09–Mar 06	6:25PM–7:15PM
Level IV			
FA3-465	Mon	Jan 06–Mar 03	5:30PM–6:20PM
Level V			
FA3-466	Mon	Jan 06–Mar 03	6:25PM–7:15PM
Level VI			
FA3-467	Thu	Jan 09–Mar 06	5:30PM–6:20PM
Level VII			

South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spemich

Instructors: Cara Shpizner, Kayla Lujan, Rachel Wong, and Maria Spemich

New Beginners 5–7 years old with no experience, please register into Pre-Ballet A only. New Beginners 7–12 years old with no experience, please register in Introduction 1. 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 Spemich: mbspointe@aol.com for appropriate level placement.

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

Maria Spemich was a professional dancer with the Lines Ballet and a staff instructor for San Francisco Conservatory of Ballet. She has been teaching for the SSF Recreation Department 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. Kayla Lujan has been dancing with the SSF Civic Ballet Program since she was 5 years old and has been a Teaching Assistant for the program since 2019. Rachel Wong trained in classical ballet from the age of six at the Shan Yee Poon Ballet School and danced in their youth performance group. Rachel continued to dance through Cal Poly SLO, the Academy of Ballet and SSF Civic Ballet.

Pre-Ballet (Girls and Boys)

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

Pre-Ballet A
Classes: 7 Fee: \$42.00(R)/\$57.75(N) **Instructor: R. Wong**
Age: 5Y – 7Y

COURSE #	DAY	DATE	TIME
WI2-400	Fri	Jan 10–Mar 07	5:15PM–6:00PM
<i>L / PR – Small Dance & Fitness Studio #221</i>			
<i>No class: 1/17, 2/21</i>			

Pre-Ballet A
Classes: 8 Fee: \$48.00(R)/\$63.75(N) **Instructor: K. Luyan**
Age: 5Y – 7Y

COURSE #	DAY	DATE	TIME
WI2-401	Sat	Jan 11–Mar 08	11:00AM–11:45AM
<i>L / PR – Small Dance & Fitness Studio #221</i>			
<i>No class: 2/15</i>			

Pre-Ballet B/C
Classes: 7 Fee: \$42.00(R)/\$57.75(N) **Instructor: C. Shpizner**
Age: 5Y – 7Y

COURSE #	DAY	DATE	TIME
WI2-402	Mon	Jan 06–Mar 03	4:15PM–5:00PM
<i>L / PR – Small Dance & Fitness Studio #221</i>			
<i>No class: 1/20, 2/17</i>			

Pre-Ballet D
Classes: 9 Fee: \$55.00(R)/\$70.75(N) **Instructor: M. Spemich**
Age: 5Y – 7Y

COURSE #	DAY	DATE	TIME
WI2-403	Tue	Jan 07–Mar 04	3:30PM–4:15PM
<i>L / PR – Large Dance & Fitness Studio #222</i>			

Ballet (Girls and Boys)

Introduction 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
Classes: 8 Fee: \$48.00(R)/\$63.75(N) **Instructor: K. Luyan**
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-404	Sat	Jan 11-Mar 08	12:15PM-1:00PM
L PR - Small Dance & Fitness Studio #221 No class: 2/15			

Basic 1
Classes: 7 Fee: \$57.00(R)/\$72.75(N) **Instructor: C. Shpizner**
Age: 6Y - 8Y

COURSE #	DAY	DATE	TIME
WI2-405	Mon	Jan 06-Mar 03	5:15PM-6:15PM
L PR - Small Dance & Fitness Studio #221 No class: 1/20, 2/17			

Basic 2
Classes: 9 Fee: \$55.00(R)/\$70.75(N) **Instructor: M. Spremich**
Age: 6Y - 8Y

COURSE #	DAY	DATE	TIME
WI2-406	Thu	Jan 09-Mar 06	4:30PM-5:15PM
L PR - Large Dance & Fitness Studio #222			

Basic 3
Classes: 9 Fee: \$55.00(R)/\$70.75(N) **Instructor: M. Spremich**
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-407	Thu	Jan 09-Mar 06	3:30PM-4:15PM
L PR - Large Dance & Fitness Studio #222			

Level 1B/1C
Classes: 9 Fee: \$55.00(R)/\$70.75(N) **Instructor: M. Spremich**
Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-408	Tue	Jan 07-Mar 04	4:30PM-5:15PM
L PR - Large Dance & Fitness Studio #222			

Level 2A/2B
Classes: 8 Fee: \$65.00(R)/\$80.75(N) **Instructor: C. Shpizner**
Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-409	Sat	Jan 11-Mar 01	9:30AM-10:30AM
L PR - Small Dance & Fitness Studio #221			

Level 2C/3A
Classes: 9 Fee: \$73.00(R)/\$88.75(N) **Instructor: M. Spremich**
Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-410	Thu	Jan 09-Mar 06	5:30PM-6:30PM
L PR - Large Dance & Fitness Studio #222			

Level 3B/4A
Classes: 8 Fee: \$65.00(R)/\$80.75(N) **Instructor: M. Spremich**
Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-411	Sat	Jan 11-Mar 08	10:45AM-11:45AM
L PR - Large Dance & Fitness Studio #222 No class: 2/15			

Level 4B
Classes: 7 Fee: \$71.00(R)/\$86.75(N) **Instructor: M. Spremich**
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-412	Mon	Jan 06-Mar 03	4:00PM-5:15PM
L PR - Large Dance & Fitness Studio #222 No class: 1/20, 2/17			

Level 5A/5B
Classes: 8 Fee: \$81.00(R)/\$96.75(N) **Instructor: M. Spremich**
Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-413	Sat	Jan 11-Mar 08	9:15AM-10:30AM
L PR - Large Dance & Fitness Studio #222 No class: 2/15			

Level 5B
Classes: 9 Fee: \$91.00(R)/\$106.75(N) **Instructor: M. Spremich**
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-414	Tue	Jan 07-Mar 04	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222			

Level 6A
Classes: 9 Fee: \$91.00(R)/\$106.75(N) **Instructor: M. Spremich**
Age: 8Y - 12Y

COURSE #	DAY	DATE	TIME
WI2-415	Wed	Jan 08-Mar 05	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222			

Level 6A/6B
Classes: 8 Fee: \$81.00(R)/\$96.75(N) **Instructor: M. Spremich**
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
WI2-416	Sat	Jan 11-Mar 08	11:45AM-1:00PM
L PR - Large Dance & Fitness Studio #222 No class: 2/15			

Level 6B Pointe 1
Classes: 8 Fee: \$81.00(R)/\$96.75(N) **Instructor: M. Spremich**
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
WI2-417	Fri	Jan 10-Mar 07	4:15PM-5:30PM
L PR - Large Dance & Fitness Studio #222 No class: 2/14			

Level 6 Combo
Classes: 25 Fee: \$204.00(R)/\$219.75(N) **Instructor: M. Spremich**
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
WI2-418	W/F/Sa	Jan 08-Mar 08	5:30PM-6:45PM (W)
L PR - Large Dance & Fitness Studio #222* No class: 1/20, 2/14, 2/15			
			4:15PM-5:30PM (F)
			11:45AM-1:00PM (Sa)

Level 7/8 Monday
Classes: 7 Fee: \$71.00(R)/\$86.75(N) **Instructor: M. Spremich**
Age: 8Y - 14Y

COURSE #	DAY	DATE	TIME
WI2-419	Mon	Jan 06-Mar 03	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222 No class: 1/20, 2/17			

Level 7/8 Wednesday
Classes: 9 Fee: \$91.00(R)/\$106.75(N) **Instructor: M. Spremich**
Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
WI2-420	Wed	Jan 08-Mar 05	4:15PM-5:30PM
L PR - Large Dance & Fitness Studio #222			

Level 7/8 Pointe 2
Classes: 8 Fee: \$81.00(R)/\$96.75(N) **Instructor: M. Spremich**
Age: 9Y - 18Y

COURSE #	DAY	DATE	TIME
WI2-421	Fri	Jan 10-Mar 07	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222 No class: 2/14			

Level 7/8 Combo
Classes: 24 Fee: \$195.00(R)/\$210.75(N) **Instructor: M. Spremich**
Age: 11Y - 20Y

COURSE #	DAY	DATE	TIME
WI2-422	M/W/F	Jan 06-Mar 07	5:30PM-6:45PM (M)
L PR - Large Dance & Fitness Studio #222* No class: 1/20, 2/14, 2/17			
			4:15PM-5:30PM (W)
			5:30PM-6:45PM (F)

YOUTH CLASSES

Ballet (cont.)

Level 9/10 Monday Instructor: M. Spremich
Classes: 7 Fee: \$85.00(R)/\$100.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-423	Mon	Jan 06-Mar 03	7:00PM-8:30PM
L / PR - Large Dance & Fitness Studio #222 No class: 1/20, 2/17			

Level 9/10 Wednesday Instructor: M. Spremich
Classes: 9 Fee: \$110.00(R)/\$125.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-424	Wed	Jan 08-Mar 05	7:00PM-8:30PM
L / PR - Large Dance & Fitness Studio #222			

Level 9/10 Pointe 3 Instructor: M. Spremich
Classes: 8 Fee: \$97.00(R)/\$112.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-425	Fri	Jan 10-Mar 07	7:00PM-8:30PM
L / PR - Large Dance & Fitness Studio #222 No class: 2/14			

Level 10 Combo Instructor: M. Spremich
Classes: 24 Fee: \$235.00(R)/\$250.75(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
WI2-426	M/W/F	Jan 06-Mar 07	7:00PM-8:30PM
L / PR - Large Dance & Fitness Studio #222 No class: 1/20, 2/14, 2/15			

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: 7 Fee: \$45.00(R)/\$60.75(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
WI5-500	Mon	Jan 06-Mar 03	6:00PM-6:30PM
WI5-501	Mon	Jan 06-Mar 03	6:30PM-7:00PM
WI5-502	Mon	Jan 06-Mar 03	7:00PM-7:30PM
WI5-503	Mon	Jan 06-Mar 03	7:30PM-8:00PM

Classes: 9 Fee: \$53.00(R)/\$68.75(N)

COURSE #	DAY	DATE	TIME
WI5-504	Thu	Jan 09-Mar 06	6:00PM-6:30PM
WI5-505	Thu	Jan 09-Mar 06	6:30PM-7:00PM
WI5-506	Thu	Jan 09-Mar 06	7:00PM-7:30PM
WI5-507	Thu	Jan 09-Mar 06	7:30PM-8:00PM

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

This course is perfect for anyone who has always wanted to learn the piano. You'll learn the basics of piano playing, including proper finger placement on piano chords, reading sheet music, and scales for at home practicing. No prior experience is necessary.

Classes: 8 Fee: \$165.00(R)/\$180.75(N)

COURSE #	DAY	DATE	TIME
WI5-300	Tue	Jan 14-Mar 04	10:00AM-10:30AM
WI5-301	Tue	Jan 14-Mar 04	10:30AM-11:00AM
WI5-302	Tue	Jan 14-Mar 04	11:00AM-11:30AM
WI5-303	Tue	Jan 14-Mar 04	11:30AM-12:00PM
WI5-304	Tue	Jan 14-Mar 04	12:00PM-12:30PM
WI5-305	Tue	Jan 14-Mar 04	1:00PM-1:30PM
WI5-306	Tue	Jan 14-Mar 04	1:30PM-2:00PM
WI5-307	Tue	Jan 14-Mar 04	2:00PM-2:30PM
WI5-308	Tue	Jan 14-Mar 04	2:30PM-3:00PM

Guitar

Learn how to play the guitar! This class is designed for children, teens and adults alike with little to no experience playing the guitar. Learn all the basis from proper care of the guitar to open position cords. It is strongly advised that students have access to a guitar outside of the class for practice purposes.

Classes: 8 Fee: \$72.00(R)/\$87.75(N)

COURSE #	DAY	DATE	TIME
WI5-100	Wed	Jan 15-Mar 05	10:00AM-10:30AM
WI5-101	Wed	Jan 15-Mar 05	10:30AM-11:00AM
WI5-102	Wed	Jan 15-Mar 05	11:00AM-11:30AM
WI5-103	Wed	Jan 15-Mar 05	11:30AM-12:00PM
WI5-104	Wed	Jan 15-Mar 05	12:00PM-12:30PM
WI5-105	Wed	Jan 15-Mar 05	1:00PM-1:30PM
WI5-106	Wed	Jan 15-Mar 05	1:30PM-2:00PM
WI5-107	Wed	Jan 15-Mar 05	2:00PM-2:30PM
WI5-108	Wed	Jan 15-Mar 05	2:30PM-3:00PM

Drum

This course is perfect for beginners who want to learn the fundamentals of drumming. With the guidance of a skilled instructor, you'll explore essential drumming techniques, notes, and how to hold a steady rhythm with hands and feet. No prior experience is needed.

Classes: 8 Fee: \$165.00(R)/\$180.75(N)

COURSE #	DAY	DATE	TIME
WI5-600	Thu	Jan 16-Mar 06	10:00AM-10:30AM
WI5-601	Thu	Jan 16-Mar 06	10:30AM-11:00AM
WI5-602	Thu	Jan 16-Mar 06	11:00AM-11:30AM
WI5-603	Thu	Jan 16-Mar 06	11:30AM-12:00PM
WI5-604	Thu	Jan 16-Mar 06	12:00PM-12:30PM
WI5-605	Thu	Jan 16-Mar 06	1:00PM-1:30PM
WI5-606	Thu	Jan 16-Mar 06	1:30PM-2:00PM
WI5-607	Thu	Jan 16-Mar 06	2:00PM-2:30PM
WI5-608	Thu	Jan 16-Mar 06	2:30PM-3:00PM

MUSIC CLASSES

Private Piano Lessons – Sandra Pobe

Age: 7Y and up

Instructor: Sandra Pobe

Location: L / PR – Music Room #226

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

Classes: 7 Fee: \$144.00(R)/\$159.75(N) *No class: 1/20, 2/17*

COURSE #	DAY	DATE	TIME
WI5-400	Mon	Jan 06-Mar 03	3:30PM-4:00PM
WI5-401	Mon	Jan 06-Mar 03	4:00PM-4:30PM
WI5-402	Mon	Jan 06-Mar 03	4:45PM-5:15PM
WI5-403	Mon	Jan 06-Mar 03	5:15PM-5:45PM
WI5-404	Mon	Jan 06-Mar 03	6:00PM-6:30PM
WI5-405	Mon	Jan 06-Mar 03	6:30PM-7:00PM
WI5-406	Mon	Jan 06-Mar 03	7:00PM-7:30PM

Classes: 9 Fee: \$185.00(R)/\$200.75(N)

COURSE #	DAY	DATE	TIME
WI5-407	Tue	Jan 07-Mar 04	3:30PM-4:00PM
WI5-408	Tue	Jan 07-Mar 04	4:00PM-4:30PM
WI5-409	Tue	Jan 07-Mar 04	4:45PM-5:15PM
WI5-410	Tue	Jan 07-Mar 04	5:15PM-5:45PM
WI5-411	Tue	Jan 07-Mar 04	6:00PM-6:30PM
WI5-412	Tue	Jan 07-Mar 04	6:30PM-7:00PM
WI5-413	Tue	Jan 07-Mar 04	7:00PM-7:30PM

Classes: 8 Fee: \$165.00(R)/\$180.75(N)

COURSE #	DAY	DATE	TIME
WI5-414	Wed	Jan 08-Mar 05	5:00PM-5:30PM
WI5-415	Wed	Jan 08-Mar 05	5:30PM-6:00PM
WI5-416	Wed	Jan 08-Mar 05	6:00PM-6:30PM
WI5-417	Wed	Jan 08-Mar 05	6:30PM-7:00PM
WI5-418	Wed	Jan 08-Mar 05	7:00PM-7:30PM

Classes: 9 Fee: \$185.00(R)/\$200.75(N)

COURSE #	DAY	DATE	TIME
WI5-419	Sat	Jan 11-Mar 08	9:00AM-9:30AM
WI5-420	Sat	Jan 11-Mar 08	9:30AM-10:00AM
WI5-421	Sat	Jan 11-Mar 08	10:00AM-10:30AM
WI5-422	Sat	Jan 11-Mar 08	10:30AM-11:00AM
WI5-423	Sat	Jan 11-Mar 08	11:00AM-11:30AM
WI5-424	Sat	Jan 11-Mar 08	11:30AM-12:00PM

Private Piano Lessons – Theresa Ames

Age: 7Y and up

Instructor: Theresa Ames

Location: Terrabay – Music Room

Through the piano, we will work on songs and understanding the connections with making music. This holistic approach encompasses: theory, chords, harmony, technique, memory, listening, focus, and making music in a way that works best for the student. Students must have access to a keyboard or piano to practice with. Please bring any personal piano books and materials you may already own, Theresa will determine from there if a piano lesson book or other materials will be needed. Theresa has a B.A. in music, and over 35 years of experience playing, teaching, and directing musical theater in the Bay Area.

No class: 1/20, 2/17

Classes: 7 Fee: \$144.00(R)/\$159.75(N)

COURSE #	DAY	DATE	TIME
WI5-200	Mon	Jan 06-Mar 03	3:30PM-4:00PM
WI5-201	Mon	Jan 06-Mar 03	4:00PM-4:30PM
WI5-202	Mon	Jan 06-Mar 03	4:30PM-5:00PM
WI5-203	Mon	Jan 06-Mar 03	5:00PM-5:30PM
WI5-204	Mon	Jan 06-Mar 03	5:30PM-6:00PM
WI5-205	Mon	Jan 06-Mar 03	6:00PM-6:30PM
WI5-206	Mon	Jan 06-Mar 03	6:30PM-7:00PM
WI5-207	Mon	Jan 06-Mar 03	7:00PM-7:30PM
WI5-208	Mon	Jan 06-Mar 03	7:30PM-8:00PM
WI5-209	Mon	Jan 06-Mar 03	8:00PM-8:30PM

Uke & Me – Basic Ukulele Instruction

Age: 14Y 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. 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. 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: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
WI5-519	Tue	Jan 14-Mar 04	6:30PM-7:30PM

South City Folk Jam: Drop-In!

Age: 16Y and up

Instructor: Mark Cox

Location: L / PR –

Children's Classroom #236

The South City Folk Jam welcomes musicians and singers of all levels to play folk music together monthly. Bring your folk instrument and enjoy songs from classic to contemporary folk, rock, and more. Basic chord

knowledge is all you need—visit www.southcityfolkjam.com for details.

Capacity limited to 25. Cash Only.

Dates: Saturdays on Jan 11, Feb 8, March 8

Times: 3:00pm-5:00pm

TEEN AND ADULT CLASSES

DANCE CLASSES

Ballet for Teens and Adults

Age: 14Y and up

Instructor: (see below)

Location: (see below)

Maria Spremich 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. Spremich: mbspointe@aol.com. Class Attire: <https://bit.ly/3vvdclj>.

Level I: Beginners Classical Ballet Technique

L / PR - Small Dance & Fitness Studio #221

Classes: 9 Fee: \$92.00(R)/\$107.75(N) **Instructor: C. Shpizner**

COURSE #	DAY	DATE	TIME
WI1-400	Tue	Jan 07-Mar 04	7:00PM-8:15PM

Classes: 8 Fee: \$81.00(R)/\$96.75(N) **Instructor: R. Wong**

COURSE #	DAY	DATE	TIME
WI1-510	Tue	Jan 07-Mar 04	10:30AM-11:45AM No class: 2/11

Level II/III: Intermediate Classical Ballet Techniques

L / PR - Large Dance & Fitness Studio #222

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 Spremich: mbspointe@aol.com.

Classes: 9 Fee: \$92.00(R)/\$107.75(N) **Instructor: M. Spremich**

COURSE #	DAY	DATE	TIME
WI1-401	Tue	Jan 07-Mar 04	7:00PM-8:15PM

Classes: 9 Fee: \$92.00(R)/\$107.75(N) **Instructor: M. Spremich**

COURSE #	DAY	DATE	TIME
WI1-402	Thu	Jan 09-Mar 06	7:00PM-8:15PM

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.

Classes: 7 Fee: \$47.00(R)/\$62.75(N)

COURSE #	DAY	DATE	TIME
WI1-460	Wed	Jan 22-Mar 05	7:00PM-8:00PM

Belly Dance – Intermediate/Advanced

Age: 18Y and up

Instructor: Alisa Greer

Location: L / PR - Small Dance Studio #221

This class is for students with previous knowledge of the basic steps of belly dance. We will continue refining the basics as we progress onto more complex movements. We will explore different kinds of music and props (veil, finger cymbals, sword, etc.) and we can work on a group dance too—the world is our oyster in this class! Students can expect a welcoming, fun and supportive learning environment with other lovers of belly dance. Alisa Greer is a lifelong belly dancer who loves passing the art on to others. For more information, please contact Alisa at alisa@alisagreer.com. Come join the fun!

Classes: 7 Fee: \$47.00(R)/\$62.75(N)

COURSE #	DAY	DATE	TIME
WI1-461	Wed	Jan 22-Mar 05	8:00PM-9:00PM

East Coast Swing & Foxtrot

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 classic and contemporary 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. Please note that you can sign up with a partner or one can be assigned to you on the first day of class. We hope to see you there!

Classes: 9 Fee: \$73.00(R)/\$88.75(N)

COURSE #	DAY	DATE	TIME
WI1-416	Wed	Jan 08-Mar 05	8:30PM-9:30PM

TEEN AND ADULT CLASSES



Mexican Folk Dance – Transitional Class

Age: 16Y and up

Instructor: Martin Cruz

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. 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.

Classes: 9 Fee: \$98.00(R)/\$113.75(N)

COURSE #	DAY	DATE	TIME
W13-471	Tue	Jan 07-Mar 04	8:00PM-10:00PM

Mexican Folklórico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

Location: L / PR – Small Dance Studio #221

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: 2/18

Classes: 8 Fee: \$87.00(R)/\$102.75(N)

COURSE #	DAY	DATE	TIME
W11-464	Tue	Jan 07-Mar 04	4:30PM-6:30PM

Hawaiian Hula – Level I & II

Age: 17Y and up

Instructor: Mary Ann Narvaez

Location: (see below)

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.*

Alice Peña Bulos Center – Large Multi-Use Room

Classes: 9 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
W11-465	Tue	Jan 07-Mar 04	7:30PM-8:30PM

L / PR – Banquet Hall #130

Classes: 9 Fee: \$91.00(R)/\$106.75(N)

COURSE #	DAY	DATE	TIME
W11-466	Thu	Jan 09-Mar 06	7:30PM-9:00PM

**Class will be held at the Roberta Cerri Teglia Center on 1/16.*

Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

Instructor: Martin Cruz

Location: South San Francisco High School – Dance Studio

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 Artist in Residence 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: 1/20, 2/17

Classes: 16 Fee: \$175.00(R)/\$190.75(N)

COURSE #	DAY	DATE	TIME
W13-470	M/Th	Jan 06-Mar 03	8:00PM-10:00PM

TEEN AND ADULT CLASSES

Salsa & Bachata

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Social 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. Wear comfortable shoes (no rubber soles). Please note that you can sign up with a partner or one can be assigned to you on the first day of class. Hope to see you there!

Classes: 9 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
WI1-415	Wed	Jan 08-Mar 05	7:15PM-8:15PM

ARTS AND SPECIAL INTEREST

Basic Pencil Sketching

Age: 18Y and up

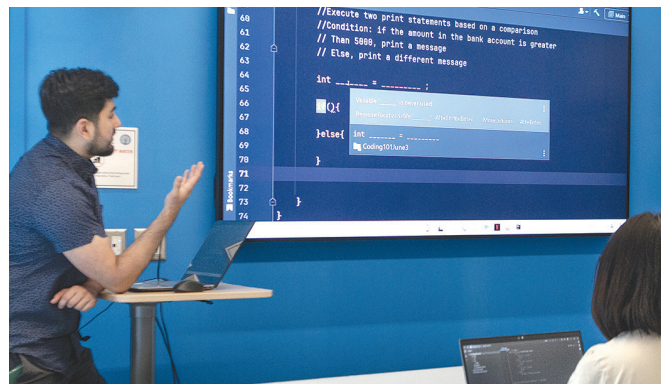
Instructor: Nobu Kaji

Location: L | PR – Creator Studio #320

Develop your basic drawing skills! Whether you want to learn the fundamentals of pencil drawing, or the basics of Pencil Sketch, this is a class to get you started. Nobuyuki Kaji has worked as an Art Director, was an in-house graphic artist at Fisher Friedman Associates for over 15 years and has done work throughout the Bay Area in the art industry. Nobu has a Bachelor of Fine Arts Degree from Academy of Art University in San Francisco, a recipient of the Merit Award, The Society of Illustrators of Los Angeles, 1988. Please bring a 9 x 12 sketchbook and pencil (4B, 5B, and 6B) or drawing pencil extra soft.

Classes: 6 Fee: \$108.00(R)/\$123.75(N)

COURSE #	DAY	DATE	TIME
WI1-535	Thu	Jan 09-Feb 13	3:00PM-5:00PM



Coding 101

Age: 15Y and up

Instructor: Ameen Safi

Location: L | PR – Gallery Room #321*

Participants will learn the fundamentals of coding with Java, as well as create their very own interactive computer programs. This course not only helps prepare students for a career in the tech industry, but also enables them to increase critical thinking skills while getting to be creative! Java is widely considered to be one of the “founding-fathers” of many modern programming languages. Ameen Safi studied multiple programming languages at San Francisco State University and has a passion for introducing curious minds to the vast wonders of computers and what they can do.

Classes: 9 Fee: \$105.00(R)/\$120.75(N)

COURSE #	DAY	DATE	TIME
WI1-604	Tue	Jan 07-Mar 04	5:00PM-6:30PM

*Class will be held at the LPR | Exercise Room on 2/4, 2/11, 2/18, 2/15.

Classes: 9 Fee: \$105.00(R)/\$120.75(N)

COURSE #	DAY	DATE	TIME
WI1-606	Thu	Jan 09-Mar 06	5:00PM-6:30PM

*Class will be held at the Terrabay Gym on 2/6, 2/13, 2/20, 2/27.

Dyeing for Crafters with Shibori

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR – Creator Studio, 3rd Floor

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

Classes: 9 Fee: \$143.00(R)/\$158.75(N)

COURSE #	DAY	DATE	TIME
WI1-501	Thu	Jan 09-Mar 06	10:00AM-2:00PM

TEEN AND ADULT CLASSES

Greeting Card Illustration

Age: 18Y and up

Instructor: Nick Stern

Location: L / PR - Creator Studio #320

It's always a pleasure to receive a personalized, unique greeting card, whether for a holiday, a birthday or special event. As a professional artist, I have enjoyed making my own cards for friends and family. In this class we will focus on designing cards using a variety of techniques, including pen and ink, watercolor, and cut paper. Simple hand lettering will be covered, but this is not a calligraphy class. A suggested supply list will be available for the first class, but students are encouraged to develop their own style, using mediums they are comfortable with. Nick Stern trained as a traditional animator; his credits include Who Framed Roger Rabbit. Before retiring, he worked as an Art Director for Disney Interactive. Nick has taught art classes for South San Francisco Parks and Recreation since 2019.

Classes: 9 Fee: \$162.00(R)/\$177.75(N)

COURSE #	DAY	DATE	TIME
WI1-530	Tue	Jan 07-Mar 04	1:00PM-3:00PM

Introduction to Hindi Literature

Age: 12Y and up

Instructor: Monita Sharma

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

In this class, you will learn the brief history of Hindi literature. Interactive class of reading a combination of Hindi novel, one-act play, poems or short stories. Share ideas, thoughts, and themes. Students will gain understanding of cultural heritage and expand horizons through learning and asking questions, and build critical thinking skills through making connections, finding theme, and learning characters. Monita is a resident of South San Francisco. As Hindi is her passion, she previously volunteered to teach Hindi Language and Culture to students. She further advanced studying Hindi at a university.

No class: 2/15

Classes: 6 Fee: \$46.00(R)/\$61.75(N)

COURSE #	DAY	DATE	TIME
WI3-331	Sat	Jan 25-Mar 08	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 frog
3. plant scissors

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

No class: 1/20, 1/27

Classes: 5 Fee: \$48.00(R)/\$63.75(N)

COURSE #	DAY	DATE	TIME
WI1-503	Mon	Jan 06-Feb 17	5:00PM-7:00PM

Knitting for Beginners & Intermediates

Age: 15Y 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 needle. Join me and make new friends or see former classmates for some fun as you enhance and heighten your skills. There is a \$10.00 fee payable to the instructor on the first day of class for patterns and supplies.

Classes: 9 Fee: \$71.00(R)/\$86.75(N)

COURSE #	DAY	DATE	TIME
WI1-480	Thu	Jan 09-Mar 06	7:00PM-9:00PM

TEEN AND ADULT CLASSES

Learn to Quilt

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR - Creator Studio #320

Discover all the basic steps to making a quilt; choosing fabric and a pattern, sewing patchwork blocks, making a "quilt sandwich", topstitching and binding. All these processes and techniques will be explained and mastered in this 8 week session. Quilt making is easier than garment sewing so even if you are new to these techniques or have never sewed anything before you'll be a quilter by the end of the session! It is recommended that you bring your portable sewing machine to class if possible. There is a cash supply fee of \$5.00 due to your instructor at the beginning of the first class.

Classes: 8 Fee: \$95.00(R)/\$110.75(N)

COURSE #	DAY	DATE	TIME
WI1-502	Tue	Jan 14-Mar 04	10:00AM-1:00PM

Personal Perfume Workshop

Age: 15Y and up

Instructor: Mauricio Garcia

Location: L | PR - Creator Studio #320

This introductory workshop is for students interested in creating a personal custom scent of their own design. After learning about the essences fragrances are made of and the basics of fragrance structure, students will blend their own scent under the guidance of the instructor using a bar of essential oils and other fragrant extracts. Juicy, sunny citrus notes and a lush garden of jasmine, gardenia, rose, violet flowers; crisp herbs and delicious woods, decadent sweet notes like chocolate and cotton candy, dreamy amber and soft musks are some of the dozens of notes that will be available to fragrant artists for their creations. The perfume will be bottled in glass with a roller ball to take home. A \$10.00 supply fee is payable to the instructor. Mauricio Garcia is a perfumer and aromatherapist who is passionate about helping people connect with the world around them by engaging their senses, memories and emotions. His inspiration is born from the fragrant ecology of the Pacific west coast.

Classes: 1 Fee: \$26.00(R)/\$41.75(N)

COURSE #	DAY	DATE	TIME
WI1-611	Sun	Jan 26	12:00PM-3:00PM
WI1-612	Sun	Feb 23	3:00PM-6:00PM



Watercolor for Beginners

Age: 18Y and up

Instructor: Nobu Kaji

Location: L | PR - Creator Studio #320

Learn the art of watercolor painting! Nobu Kaji is an illustrator and graphic artist with an expertise in pencil, pen and ink, watercolor and acrylic paints. Over the past 35 years, Nobu worked as an Art Director, creating brochures, direct mails and product design for various food companies. For over 15 years, Nobu was an in-house graphic artist at Fisher Friedman Associates, Design Architects, managing all project digital images data files including location photos, construction and finished project images. Nobu taught advanced figure drawing classes at Academy of Art University in San Francisco, and basic drawing class and watercolor class at College of San Mateo. Nobu has a Bachelor of Fine Arts Degree from Academy of Art University in San Francisco and was presented with the Merit Award at the annual Spring Show in 1984, and Merit Award, The Society of Illustrators of Los Angeles, 1988. The supply list will be shared on the first day of class.

Classes: 6 Fee: \$108.00(R)/\$123.75(N)

COURSE #	DAY	DATE	TIME
WI1-534	Fri	Jan 10-Feb 14	1:00PM-3:00PM

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

Age: 14Y and up

Instructor: John Erve

Location: L | PR - Gallery Room #321

Explore the heart's function, from birth to death, and its role as the leading cause of mortality worldwide. These include understanding the importance of a (2) healthy diet, (3) exercise and (4) 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
WI1-601	Tue	Jan 14-Feb 11	2:00PM-4:00PM

TEEN AND ADULT CLASSES

EXERCISE AND FITNESS

Circuit Body Workout

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR – Banquet Hall #130

A total body workout that safely moves your body at a moderate tempo (your level of comfort) to strengthen and improve balance. The format is to sequentially work each part of your body in order to rest one part while working another part. Bring an exercise towel and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

No class: 1/20, 2/17

Classes: 7 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
W11-116	Mon	Jan 06–Mar 03	1:00PM–2:00PM

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

Location: L / PR – Banquet Hall #130

Circuit training is an efficient and challenging form of conditioning. It is a great way to develop strength, endurance, flexibility and coordination. Participants will perform various exercises for set periods of time at different stations. Aerobic activity (and easy choreography) is included in the class. Bring an exercise mat and weights.

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-103	Thu	Jan 09–Mar 06	5:30PM–6:30PM

**Class will be held at the Roberta Cerri Teglia Center on 1/16.*

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: 1/20, 2/17

Classes: 7 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
W11-104	Mon	Jan 06–Mar 03	5:30PM–6:30PM

Full Moon Celebration

Age: 16Y and up

Instructor: Monica Gutierrez

Location: L / PR – Exercise Studio #235

Let's harness the full moon's energy with a breathwork and meditation class. Followed by a vision board party, to create a visualization reminder of what you want to attract into your life! The full Moon is a great time for Transformation and Renewal: a time for renewal and personal growth.

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.

Classes: 1 Fee: \$6.00(R)/\$21.75(N)

COURSE #	DAY	DATE	TIME
W11-180	Wed	Feb 12	6:30PM–7:30PM



Functional Fitness

Age: 16Y and up

Instructor: Lisa Forslund

Location: L / PR – Banquet Hall #130

This is a non-stop workout using compound body movements to increase aerobic stamina, strength, core fitness and balance. Bring an exercise mat and 3 to 8-pound weights.

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-108	Wed	Jan 08–Mar 05	5:30PM–6:30PM

Introduction to TRX: Foundations of Suspension Training

Age: 14Y and up

Instructor: Helena Rodas

Location: L / PR – Exercise Studio #235

TRX is a form of suspension training that uses your own body weight and gravity to build strength, balance, coordination flexibility, core and joint stability. This Full-Body workout will help you achieve core stability which is essential for overall strength and injury prevention. In addition, it will leave you feeling good, strong and empowered.

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-230	Thu	Jan 09–Mar 06	9:00AM–10:00AM

TEEN AND ADULT CLASSES

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. 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: 7 Fee: \$47.00(R)/\$62.75(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
WI1-160	Mon	Jan 06-Mar 03	9:30AM-10:30AM

L / PR - Small Dance & Fitness Studio #221

Classes: 7 Fee: \$47.00(R)/\$62.75(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
WI1-161	Mon	Jan 06-Mar 03	11:00AM-12:00PM

L / PR - Joseph A. Fernekes Building

Classes: 9 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
WI1-162	Wed	Jan 08-Mar 05	9:30AM-10:30AM



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: 1/20, 2/17

Classes: 16 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
WI1-217	M/W	Jan 06-Mar 05	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 mobilize in order to prepare for movement. Build more strength, improve balance, and strengthen core muscles to protect your back and spine (back problem, number one injury). Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

Alice Peña Bulos Center – Multi-Use Room

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
WI1-143	Tue	Jan 07-Mar 04	5:00PM-6:00PM

L / PR - Exercise Studio #235

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
WI1-144	Thu	Jan 09-Mar 06	5:00PM-6:00PM

TEEN AND ADULT CLASSES

Pilates 1 – Beginners

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

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

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-145	Tue	Jan 07-Mar 04	1:45PM-2:45PM

Pilates 2 – Advanced Beginners & Up

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

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

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-146	Tue	Jan 07-Mar 04	12:30PM-1:30PM

Seated Pilates

Age: 45Y and up

Instructor: Monica Gutierrez

Location: L | PR – Exercise Studio #235

Enhance your strength, flexibility, and balance with our Seated Pilates and Balance class, specially designed for people age 45 and above, and those with limited mobility. This gentle, chair-based class combines the core strengthening benefits of Pilates with targeted balance exercises to support your overall well-being. You will work on seated exercises, balance-enhancing movements and gentle stretches in supportive inclusive environment. The benefits of the class include improving core strength, muscle tone, enhances and so much more. Whether you are new to exercise or looking for a more accessible fitness option, this class offers a safe and effective way to stay active and healthy. Join us to experience the positive impact of Pilates and balance training on your daily life!

No class: 1/20, 2/17

Classes: 7 Fee: \$30.00(R)/\$45.75(N)

COURSE #	DAY	DATE	TIME
W11-174	Mon	Jan 06-Mar 03	3:00PM-3:45PM

Senior Chair Yoga

Age: 50Y and up

Instructor: Monica Gutierrez

Location: Joseph A. Fernekes Building

Chair yoga offers a safe and accessible way for seniors to experience the benefits of yoga, even with limited mobility or physical challenges. In this class, participants will learn gentle stretches, movements, and relaxation techniques to alleviate discomfort and tension in the neck and back. The focus will be on improving flexibility, reducing stiffness, and enhancing relaxation through mindful movement and breath awareness. The class will focus on gentle stretches and movements, Kundalini breathwork techniques, seated poses and gentle twists, simple neck stretches and exercises to reduce stiffness and increase flexibility. Benefits from chair yoga include tension and discomfort relief, flexibility and movement improvement, and overall sense of well-being and vitality.

Classes: 9 Fee: \$60.00(R)/\$75.75(N)

COURSE #	DAY	DATE	TIME
W11-170	Tue	Jan 07-Mar 04	9:30AM-10:30AM

Drop-In: Senior Chair Yoga

Age: 50Y and up

Instructor: Monica Gutierrez

Location: Joseph A. Fernekes Building

\$6.00 per class payable to the instructor at each class meeting (cash only and exact bills please).

Classes: 9 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Thu	Jan 09-Mar 06	9:30AM-10:30AM

TEEN AND ADULT CLASSES

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.

Classes: 12 Fee: \$59.00(R)/\$74.75(N)

COURSE #	DAY	DATE	TIME
WI1-215	Tu/Th	Jan 07-Feb 13	6:00PM-7:00PM

Teens

Classes: 12 Fee: \$89.00(R)/\$104.75(N)

COURSE #	DAY	DATE	TIME
WI1-216	Tu/Th	Jan 07-Feb 13	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).

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
WI1-117	Sat	Jan 11-Mar 08	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.

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
WI1-129	Fri	Jan 10-Mar 07	1:00PM-2:00PM

Tabata Liit

(Low Intensity Interval Training)

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

Tabata Liit is a mix of low-impact generous intervals and generous rest intervals. It is a safe and very effective way to build long term muscle and burn fat. The repetitions and burst of low impact exercise strengthen targeted muscles and enhance your overall cardiovascular fitness. Deconditioned individuals due to lack of exercise. Bring a mat and two water bottles (if you do not have weights).

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
WI1-118	Thu	Jan 09-Mar 06	1:00PM-2:00PM

Tabata Strength

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

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

L | PR - Social Hall #125

Classes: 7 Fee: \$40.00(R)/\$55.75(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
WI1-119	Mon	Jan 06-Mar 03	7:00PM-8:00PM

L | PR - Exercise Studio #235

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
WI1-120	Thu	Jan 09-Mar 06	7:00PM-8:00PM

TEEN AND ADULT CLASSES

Tai Chi Chuan: Guang Ping Yang – Beginners

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

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

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

COURSE #	DAY	DATE	TIME
WI1-209	Thu	Jan 09-Mar 06	5:30PM-6:30PM

Tai Chi Chuan: Guang Ping Yang – Intermediates

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

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

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

COURSE #	DAY	DATE	TIME
WI1-210	Thu	Jan 09-Mar 06	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.

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

COURSE #	DAY	DATE	TIME
WI1-211	Thu	Jan 09-Mar 06	7:30PM-8:30PM

(Tai Chi) Chen Style Taiji for Beginners and Intermediates

Age: 18Y and up

Instructor: Niki Ulehla

Location: L | PR – Exercise Studio #235

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

No class: 1/20, 2/17

Classes: 7 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
WI1-240	Mon	Jan 06-Mar 03	10:30AM-12:00PM

TEEN AND ADULT CLASSES

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: 1/20, 2/17

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

COURSE #	DAY	DATE	TIME
---	Mon	Jan 06-Mar 03	12:15PM-1:15PM



Tai Chi Wellness

Age: 18Y and up

Instructor: Elliotte Mao

Location: L / PR - Exercise Studio #235

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

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

COURSE #	DAY	DATE	TIME
WI1-121	Wed	Jan 08-Mar 05	9:00AM-10:00AM
Level I			
WI1-122	Wed	Jan 08-Mar 05	10:00AM-11:00AM
Level II			
WI1-123	Wed	Jan 08-Mar 05	11:00AM-12:00PM
Level III			

TRX Power: Intermediate to Advanced Suspension Training

Age: 14Y and up

Instructor: Helena Rodas

Location: L / PR - Exercise Studio #235

TRX is a form of suspension training that uses your own body weight and gravity to build strength, balance, coordination flexibility, core and joint stability. This Full-Body workout will help you achieve core stability which is essential for overall strength and injury prevention. In addition, it will leave you feeling good, strong and empowered.

No class: 1/20, 2/17

Classes: 7 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
WI1-231	Mon	Jan 06-Mar 03	9:00AM-10:00AM

Women's Self Defense

Age: 13Y and up

Instructor: Sue Miller

Location: L / PR - Exercise Studio #235

Learn techniques to keep yourself safe! This class will help you become more aware of your environment and give you the techniques to react against a single assailant. No prior martial arts experience is needed. Everyone is welcome; students, parents, working individuals and anyone at any level of fitness. Students should wear loose clothing. Instructor Sue Miller has 46 years' experience in Karate and holds the rank of 8th Dan degree black belt.

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

COURSE #	DAY	DATE	TIME
WI1-219	Fri	Jan 10-Mar 07	5:30PM-6:30PM
WI1-220	Fri	Jan 10-Mar 07	6:30PM-7:30PM

Yoga – Stretching Beginning & Intermediate

Age: 15Y and up

Instructor: Don Amini

Location: L / PR - Large Dance Studio #222

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

No class: 1/20, 2/17

Classes: 7 Fee: \$70.00(R)/\$85.75(N)

COURSE #	DAY	DATE	TIME
WI1-303	Mon	Jan 06-Mar 03	10:15AM-11:45AM
WI1-304	Mon	Jan 06-Mar 03	12:00PM-1:30PM

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: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-124	Tue	Jan 07-Mar 04	6:00PM-7:00PM

L / PR - Banquet Hall #130

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-125	Wed	Jan 08-Mar 05	6:00PM-7:00PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 9 Fee: \$51.00(R)/\$66.75(N)

COURSE #	DAY	DATE	TIME
W11-126	Sat	Jan 11-Mar 08	10:15AM-11:15AM

Drop-In: Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: Joseph A. Fernekas 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: 1/20, 2/17

Classes: 7-9 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Jan 06-Mar 03	11:30AM-12:30PM
---	Tue	Jan 07-Mar 04	11:00AM-12:00PM
---	Fri	Jan 10-Mar 07	11:00AM-12:00PM

Drop-In: Zumba® Gold & Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR - Large Dance Studio #222

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

Classes: 9 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Thu	Jan 09-Mar 06	11:00AM-12:00PM

Recreation Scholarship Program

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

SOUTH SAN FRANCISCO
PARKS & RECREATION

Santa Comes to Town

SATURDAY

DECEMBER

7

2024

10:00 A.M.

2:00 P.M.

Free Admission

Santa is scheduled to arrive by fire truck at 10:00 a.m.

The line for photos with Santa will close at 1:00 p.m.

CITY HALL

400 Grand Ave., SSF

For more information, please visit www.ssf.net/PandREvents or call (650) 829-3800

Presented by:



With support from:





Tennis: Information and Requirements

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

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

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, January 25, 2025 at 9:00am
Saturday, March 29, 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, Mar 08, 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: 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: 9 Fee: \$191.00(R)/\$206.75(N)

COURSE #	DAY	DATE	TIME
WI4-400	Sat	Jan 11-Mar 08	8:30AM-9:00AM
WI4-401	Sat	Jan 11-Mar 08	9:00AM-9:30AM
WI4-402	Sat	Jan 11-Mar 08	9:30AM-10:00AM
WI4-403	Sat	Jan 11-Mar 08	10:00AM-10:30AM
WI4-404	Sun	Jan 12-Mar 09	8:30AM-9:00AM
WI4-405	Sun	Jan 12-Mar 09	9:00AM-9:30AM
WI4-406	Sun	Jan 12-Mar 09	9:30AM-10:00AM
WI4-407	Sun	Jan 12-Mar 09	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: 9 Fee: \$191.00(R)/\$206.75(N)

COURSE #	DAY	DATE	TIME
WI4-200	Sat	Jan 11-Mar 08	8:00AM-8:30AM
WI4-201	Sat	Jan 11-Mar 08	8:30AM-9:00AM
WI4-202	Sat	Jan 11-Mar 08	9:00AM-9:30AM
WI4-203	Sat	Jan 11-Mar 08	9:30AM-10:00AM
WI4-204	Sat	Jan 11-Mar 08	10:00AM-10:30AM
WI4-205	Sat	Jan 11-Mar 08	10:30AM-11:00AM
WI4-206	Sun	Jan 12-Mar 09	8:00AM-8:30AM
WI4-207	Sun	Jan 12-Mar 09	8:30AM-9:00AM
WI4-208	Sun	Jan 12-Mar 09	9:00AM-9:30AM
WI4-209	Sun	Jan 12-Mar 09	9:30AM-10:00AM
WI4-210	Sun	Jan 12-Mar 09	10:00AM-10:30AM
WI4-211	Sun	Jan 12-Mar 09	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
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 62 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
Seniors*	\$2.00	\$18.00

*Senior discount applies to ages 62 years and up.

Badminton

Sunday 9:15AM – 12:00PM (All ages)

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

*Senior discount applies to ages 62 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 11:00AM – 5:00PM
Saturday/Sunday 9:30AM – 3:00PM

Closing hours may vary depending on programming.

Ages: 16 years of age and over only

NEW script cards available Monday through Fridays

Fees:	One-Time Drop-in	Script Card (10 Drop-ins)
Per person	\$2.50	\$22.50

YOUTH SPORTS

R.A.P.P. Basketball Program

R.A.P.P. coed basketball league will be offered to all elementary school children. The children will learn fundamentals, teamwork and good sportsmanship of basketball. Flyers will be passed out to the local schools as each sport approaches through Peach Jar. Sports offered during the school year include K-2nd grade basketball league and 3rd-5th grade basketball league.

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

Registration begins on February 24. Practice begins the first week of April. Information flyers will be distributed to the local schools through Peach Jar.

Middle School Sports Program

Students who attend one of the three middle schools in the South San Francisco Unified School District 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). Basketball practices and home games will be held at the Terrabay Gymnasium. On Evaluation Day, players will be placed on a team which could include students from all three middle 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. Visit our website for more information on middle school sports at www.ssf.net/sports. Please read the new registration format below.

MIDDLE SCHOOL SPORTS REGISTRATION:

All middle school sports participants **MUST PRE-REGISTER ONLINE OR IN PERSON BEFORE February 20, 2025**, to play basketball. For a registration flyer, please call (650) 829-4683. 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.

YOUTH AND ADULT SPORTS

Sixth Grade Basketball – Boys/Girls

COURSE #	GRADE LEVEL
WI4-211	6 Grade Boys Basketball
WI4-212	6 Grade Girls Basketball

Evaluation Day: Thursday, February 20, 2025 (*tentative*)

Where: Terrabay Gymnasium and Recreation Center

Boys: 5:00pm

Girls: 6:30pm

Cost: \$80.00

Practices will begin in February and will be arranged after evaluations to determine the number of teams formed.

Sixth Grade Basketball Camp – Boys/Girls **FREE**

Day: February 18

Times: 4:15pm – 5:45pm (Boys)

6:00pm – 7:30pm (Girls)

Where: Terrabay Gymnasium and Recreation Center

Registration begins Monday, December 2, 2025 at 6:00am online at www.ssf.net/rec-catalog.

ADULT SPORTS

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

Spring Adult Men's Basketball League (5X5)

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in 2 different classifications. ("D3" on Wednesdays, and "D2" on Thursdays). Season begins in March. Roster packets and information are available in January. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 for more information.

Registration: Deadline is February 28, 2025

Fee \$660.00 per team. *Fees subject to change.*

Spring Adult Coed Softball League

Team slow pitch softball will begin league play in April 2025. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650)829-4680.

Registration Dates: March 10th – 14th

Fee: \$510.00 per team, 6 game seasons. *Fees subject to change.*



Winter 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 Winter for all levels. Game times will be between 4:00pm and 6:00pm on Thursdays. Registration begins on Monday, December 2, 2024, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

Teams or Individual

Dates: Wednesday, January 15 – Wednesday, March 5

BOCCE-101 Beginners (New League)

Wed 6:00PM – 8:00PM

*(2 games at 6:00 pm and 2 games at 7:00 pm)

Teams Only

Dates: Thursday, January 16 – Thursday, March 6

BOCCE-102 Team Only

Thu 4:00PM – 6:00PM

*(2 games at 4:00 pm and 2 games at 5:00 pm)

BOCCE-102A Team Only

Thu 6:00PM – 8:00PM

*(2 games at 6:00 pm and 2 games at 7:00 pm)

BOCCE-103 Team Only

Fri 9:30AM – 11:30AM

*(2 games at 9:30 am and 2 games at 10:30 am)

Dates: Friday, January 17, 2025 – Friday, March 7, 2025

Individual

BOCCE-104 Individual*

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

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

Fee: \$30.00/individual*

**Fees subject to change.*

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.

WINTER 2025

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

Session #1 (All classes, including weekend classes)

Resident Registration – Monday, December 2, 2024

Non-Resident Registration – Monday, December 16, 2024

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

Resident Registration – Wednesday, February 5, 2025

Non-Resident Registration – Friday, February 7, 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. **You will need to create a family account in advance if you have not already.** If registering 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.

Schedule: Winter 2025

OMP Pool will be closed on the following dates:

- Wednesday, December 11, 2024 – Wednesday, January 1, 2025
- Monday, January 20, 2025
- Monday, February 17, 2025

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)

M/W/F 10:00AM – 1:45PM

Tue/Thu 10:00AM – 12:45PM

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, 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	\$5.25
Adults	\$6.50

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	\$26.25(R)/\$51.50(N)
Adult Script	\$39.50(R)/\$62.75(N)
Senior/Veterans	\$26.50(R)/\$38.50(N)
Monthly Adult	\$58.50(R)/\$66.50(N)
3-Month Adult	\$165.75(R)/\$189.25(N)
Monthly Senior/Veterans	\$47.75(R)/\$54.75(N)
3-Month Senior/Veterans	\$135.75(R)/\$155.75(N)

Rentals

Orange Pool is available for rentals on Saturdays from 2:45pm – 4:15pm and from 4:30pm – 6:00pm. Please note the 2:45pm start time must be reserved before booking the 4:30pm start time. Both time slots can be reserved by one party if available. For parties reserving both time slots, the rental time will be from 2:45pm – 5:45pm. Rentals are done on a first-come, first-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.

Rental Rates (1.5 hours):

\$193.50 for 30 participants or less

\$218.25 for 31-60 participants

\$243.00 for 61-100 participants

AQUATICS CLASSES

Rental Rates (3 hours):

\$387.00 for 30 participants or less

\$436.50 for 31-60 participants

\$486.00 for 61-100 participants

Non-residents pay an additional \$21.50 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.

South San Francisco Aquatics Club

South San Francisco Aquatics Club (SSFAC), co-sponsored by the Recreation Department, has been in operation since 1972. The SSFAC is a year round program which competes from novice level to national level. The team conducts workouts Monday through Friday and competes in at least one swim meet a month. Tryouts are held on Monday through Friday by appointment only. Candidates for swim team should be able to swim 25 yards freestyle and backstroke. For more information, check out the team website at www.teamunify.com/team/ssf/page/home.

INFANT/PRESCHOOL

Level 1: Infants

Age: 6M – 1Y 5M

This level is designed to orient infants to the water and the various skills involved in swimming. An adult accompanies 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 Pre-school classes may be combined.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-1103	Tu/Th	Jan 07-Jan 30	6:30PM-7:00PM
W18-1104	Tu/Th	Jan 07-Jan 30	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-1105	Tu/Th	Feb 11-Mar 06	6:30PM-7:00PM
W18-1106	Tu/Th	Feb 11-Mar 06	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-1107	Sat	Jan 11-Mar 01	11:25AM-11:55AM
W18-1108	Sat	Jan 11-Mar 01	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-1109	Sun	Jan 12-Mar 02	10:30AM-11:00AM
W18-1110	Sun	Jan 12-Mar 02	11:05AM-11:35AM

Level 2: 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 accompanies 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 Pre-school classes may be combined.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-2203	Tu/Th	Jan 07-Jan 30	6:30PM-7:00PM
W18-2204	Tu/Th	Jan 07-Jan 30	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-2205	Tu/Th	Feb 11-Mar 06	6:30PM-7:00PM
W18-2206	Tu/Th	Feb 11-Mar 06	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-2207	Sat	Jan 11-Mar 01	11:25AM-11:55AM
W18-2208	Sat	Jan 11-Mar 01	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-2209	Sun	Jan 12-Mar 02	10:30AM-11:00AM
W18-2210	Sun	Jan 12-Mar 02	11:05AM-11:35AM

AQUATICS CLASSES

Level 3: 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 Pre-school classes may be combined.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-3303	Tu/Th	Jan 07-Jan 30	6:30PM-7:00PM
WI8-3304	Tu/Th	Jan 07-Jan 30	7:05PM-7:35PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-3305	Tu/Th	Feb 11-Mar 06	6:30PM-7:00PM
WI8-3306	Tu/Th	Feb 11-Mar 06	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-3307	Sat	Jan 11-Mar 01	11:25AM-11:55AM
WI8-3308	Sat	Jan 11-Mar 01	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-3309	Sun	Jan 12-Mar 02	10:30AM-11:00AM
WI8-3310	Sun	Jan 12-Mar 02	11:05AM-11:35AM

Level 4: Pre-Basic Beginners

Age: 4Y – 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. 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: \$68.75(R)/\$73.00(N)

COURSE #	DAY	COURSE #	DAY	DATE	TIME
WI8-4402	Sat	Jan 11-Mar 01		9:00AM-9:30AM	
WI8-4403	Sat	Jan 11-Mar 01		9:35AM-10:05AM	
WI8-4404	Sat	Jan 11-Mar 01		10:10AM-10:40AM	
WI8-4405	Sat	Jan 11-Mar 01		10:45AM-11:15AM	

Sunday Session #1

Classes: 8 Fee: \$68.75(R)/\$73.00(N)

COURSE #	DAY	DATE	TIME
WI8-4406	Sun	Jan 12-Mar 02	11:40AM-12:10PM
WI8-4407	Sun	Jan 12-Mar 02	12:15PM-12:45PM

CHILD

Level 1: Basic Beginners

Age: 5Y – 13Y

This class is intended for first time students. We will primarily focus on going under water unassisted, supported front floats with the face in the water and supported back float with ears in the water. Participants in this class must be at least 5 years old.

Monday/Wednesday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 1/20

COURSE #	DAY	DATE	TIME
WI8-110	M/W	Jan 06-Feb 03	6:30PM-7:00PM
WI8-111	M/W	Jan 06-Feb 03	7:05PM-7:35PM
WI8-112	M/W	Jan 06-Feb 03	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 2/17

COURSE #	DAY	DATE	TIME
WI8-113	M/W	Feb 10-Mar 10	6:30PM-7:00PM
WI8-114	M/W	Feb 10-Mar 10	7:05PM-7:35PM
WI8-115	M/W	Feb 10-Mar 10	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-116	Sat	Jan 11-Mar 01	9:00AM-9:30AM
WI8-117	Sat	Jan 11-Mar 01	9:35AM-10:05AM
WI8-118	Sat	Jan 11-Mar 01	10:10AM-10:40AM
WI8-119	Sat	Jan 11-Mar 01	10:45AM-11:15AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-120	Sun	Jan 12-Mar 02	11:40AM-12:10PM
WI8-121	Sun	Jan 12-Mar 02	12:15PM-12:45PM



AQUATICS CLASSES



Level 2: Beginners

Age: 5Y – 13Y

Prerequisites: Floating on both stomach and back for 5 seconds, kicking, and crawl stroke on stomach and back 5 yards. This class will primarily focus on streamlines, front crawl, and back crawl.

Monday/Wednesday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 1/20

COURSE #	DAY	DATE	TIME
W18-210	M/W	Jan 06-Feb 03	6:30PM-7:00PM
W18-211	M/W	Jan 06-Feb 03	7:05PM-7:35PM
W18-212	M/W	Jan 06-Feb 03	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 2/17

COURSE #	DAY	DATE	TIME
W18-213	M/W	Feb 10-Mar 10	6:30PM-7:00PM
W18-214	M/W	Feb 10-Mar 10	7:05PM-7:35PM
W18-215	M/W	Feb 10-Mar 10	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-216	Sat	Jan 11-Mar 01	9:00AM-9:30AM
W18-217	Sat	Jan 11-Mar 01	9:35AM-10:05AM
W18-218	Sat	Jan 11-Mar 01	10:10AM-10:40AM
W18-219	Sat	Jan 11-Mar 01	10:45AM-11:15AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-220	Sun	Jan 12-Mar 02	11:40AM-12:10PM
W18-221	Sun	Jan 12-Mar 02	12:15PM-12:45PM

Level 3: Advanced Beginners

Age: 5Y – 13Y

Prerequisites: The ability to swim 15 yards crawl stroke with breathing, 15 yards of back stroke, and treading water for 30 seconds. Students will mainly be focusing on their breathing to the side during the front crawl. We will be introducing breaststroke kicks as well as breaststroke arms and butterfly arms. This class is held in the deep end of the pool.

Monday/Wednesday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 1/20

COURSE #	DAY	DATE	TIME
W18-310	M/W	Jan 06-Feb 03	6:30PM-7:00PM
W18-311	M/W	Jan 06-Feb 03	7:05PM-7:35PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 2/17

COURSE #	DAY	DATE	TIME
W18-312	M/W	Feb 10-Mar 10	6:30PM-7:00PM
W18-313	M/W	Feb 10-Mar 10	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-314	Sat	Jan 11-Mar 01	9:00AM-9:30AM
W18-315	Sat	Jan 11-Mar 01	10:45AM-11:15AM
W18-316	Sat	Jan 11-Mar 01	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-317	Sun	Jan 12-Mar 02	12:15PM-12:45PM

Level 4: Intermediates

Age: 5Y – 13Y

Prerequisites: The ability to swim 25 yards of crawl stroke and back stroke, 10 yards of elementary back stroke, 10 yards of breaststroke and side stroke kick, tread water for 1 minute. In this class we will be focusing on bilateral breathing, endurance and technique. This class is held in the deep end of the pool.

Thursday Session #1

Classes: 9 Fee: \$66.50(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
W18-410	Thu	Jan 09-Mar 06	6:30PM-7:00PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-411	Sat	Jan 11-Mar 01	9:35AM-10:05AM
W18-412	Sat	Jan 11-Mar 01	11:25AM-11:55PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
W18-413	Sun	Jan 12-Mar 02	10:30AM-11:00AM
W18-414	Sun	Jan 12-Mar 02	11:40AM-12:10PM

AQUATICS CLASSES

Level 5: Swimmers

Age: 5Y - 13Y

Prerequisites: The ability to swim 50 yards of crawl stroke and back stroke, 15 yards of elementary back stroke, side stroke and breast stroke, and tread water for 2 minutes. This class is designed to prepare those whom are interested in joining a swim team and swimming competitively. Students will build their endurance through lap swimming. Stroke technique will be focused on as well as introducing the IM. This class is held in the deep end of the pool.

Monday/Wednesday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 1/20

COURSE #	DAY	DATE	TIME
WI8-510	M/W	Jan 06-Feb 03	7:40PM-8:10PM

Monday/Wednesday Session #2

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 2/17

COURSE #	DAY	DATE	TIME
WI8-511	M/W	Feb 10-Mar 10	7:40PM-8:10PM

Thursday Session #1

Classes: 9 Fee: \$66.50(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
WI8-512	Thu	Jan 09-Mar 06	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-513	Sat	Jan 11-Mar 01	10:10AM-10:40AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
WI8-514	Sun	Jan 12-Mar 02	11:05AM-11:35AM



TEENS AND ADULTS

Swim Aide Program

Age: 13Y - 15Y

The swim aide program is a volunteer position for those who wish to assist our lesson program as Instructor Aides. The candidate will be instructed in beginning Water Safety and how to teach beginning swimming. This program is ideal for those who wish to become future swimming instructors. Those interested in the swim aide program must sign up through the class registration. Requirements: Pass intermediates or the pre-test, be between 13 and 15 years old, participate in an interview, and attend mandatory training. Training dates will be determined after the interview. Interviews do not guarantee acceptance into the swim aide program.

Winter 2025

Classes: - Fee: \$0(R)/\$0(N)

COURSE #	DAY	DATE	TIME
WI8-001	M/W	-	6:15PM-8:15PM
	Tu/Th	-	6:15PM-7:45PM
	Sat	-	8:45AM-12:45PM
	Sun	-	10:15AM-1:00PM

Level 1: Adult Basic Beginners

Age: 13Y and up

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

Classes: 9 Fee: \$66.50(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
WI8-100	Fri	Jan 10-Mar 07	6:30PM-7:00PM
WI8-101	Fri	Jan 10-Mar 07	7:05PM-7:35PM

Level 2: Adult Beginners

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: 9 Fee: \$66.50(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
WI8-200	Fri	Jan 10-Mar 07	6:30PM-7:00PM
WI8-201	Fri	Jan 10-Mar 07	7:05PM-7:35PM

Level 3: Adult Advanced Beginners

Age: 13Y and up

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

Classes: 9 Fee: \$66.50(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
WI8-300	Fri	Jan 10-Mar 07	6:30PM-7:00PM
WI8-301	Fri	Jan 10-Mar 07	7:05PM-7:35PM

AQUATICS CLASSES

Level 4: Adult Swimmer

Age: 13Y and up

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

Classes: 9 Fee: \$66.50(R)/\$70.75(N)

COURSE #	DAY	DATE	TIME
W18-400	Tue	Jan 07-Mar 04	6:30PM-7:00PM
W18-401	Tue	Jan 07-Mar 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.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$51.50(R)/\$67.50(N)

COURSE #	DAY	DATE	TIME
W18-602	Tu/Th	Jan 07-Jan 30	1:00PM-2:00PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$51.50(R)/\$67.50(N)

COURSE #	DAY	DATE	TIME
W18-604	Tu/Th	Feb 11-Mar 06	1:00PM-2:00PM

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: \$51.50(R)/\$67.50(N)

COURSE #	DAY	DATE	TIME
W18-606	Tu/Th	Jan 07-Jan 30	7:45PM-8:30PM
W18-607	Tu/Th	Jan 07-Jan 30	8:30PM-9:15PM

Tuesday/Thursday Session #2

Classes: 8 Fee: \$51.50(R)/\$67.50(N)

COURSE #	DAY	DATE	TIME
W18-608	Tu/Th	Feb 11-Mar 06	7:45PM-8:30PM
W18-609	Tu/Th	Feb 11-Mar 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 you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Classes: 9 Fee: \$58.00(R)/\$74.00(N)

COURSE #	DAY	DATE	TIME
W18-600	Wed	Jan 08-Mar 05	2:00PM-3:00PM

Classes: 8 Fee: \$51.50(R)/\$67.50(N)

COURSE #	DAY	DATE	TIME
W18-601	Sun	Jan 12-Mar 02	9:30AM-10:15AM



Did you know we have a new park in South San Francisco?

Located along Centennial Way Trail between Spruce Avenue and Huntington Avenue, this new community park is hub for recreation, relaxation, and community engagement.

Centennial Way Park South boasts an array of features designed to cater to all ages and interests, including:

- an outdoor classroom
- a pollinator themed garden and playground
- nature play area
- green space and picnic tables
- skate park
- bike park
- new lighting
- improvements to the paved trail

For additional information about the new park, please visit www.ssf.net/parkprojects



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 \$72.00 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$34.50 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	\$714.00/month	\$799.00/month
3 DAYS	\$443.00/month	\$494.00/month
2 DAYS	\$306.00/month	\$344.00/month

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$631.00/month	\$704.00/month
3 DAYS	\$391.00/month	\$435.00/month
2 DAYS	\$271.00/month	\$301.00/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.

YOUTH ENRICHMENT SERVICES (YES) PROGRAMS

Winter Camp

DATES

December 23rd, 26th, 27th, 30th, and
January 2nd and 3rd

FEES

\$39.50 per day for Residents and
\$45.00 for Non-residents

For more information, visit www.ssf.net/childcare.
Public registration will begin November 18.

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 \$72.00 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 \$34.50 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	\$473.00/month	\$408.00/month
3 DAYS	\$322.00/month	\$279.00/month
2 DAYS	\$215.00/month	\$188.00/month

**Before school care only \$150/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
 Tuesday & Thursday: 9:00am – 5:00pm

Kasey Jo Kelly, Supervisor
(650) 829-3822
kaseyjo.cullinan@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 kaseyjo.cullinan@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.

Chess

Instructor: Colin

Location: 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: 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

Instructor: Sandy

Location: 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
Thursday	11:30AM-1:00PM

Exercise Room

Instructor: (self paced)

Location: 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

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.

Fine Arts Exploration

Instructor: Graham

Location: 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



Grand-Friends

Location: Activity Room #2 – 3rd Floor

Join our preschool friends to play games, read some books, dance, make snacks, and more! Pre-registration is required.

DAY	TIME
TBD	10:00AM-11:00AM

SENIOR SERVICES

Hawaiian Plus

Instructor: Carolyn

Location: 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: 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	1:00PM-2:30PM

Knitting and Crochet

Location: 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: 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: Multi-Use Room – 3rd Floor

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

DAY	TIME
Tuesday	3:00PM-5:00PM
Saturday	12:30PM-2:30PM

Open Billiards

Location: 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: 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: 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: Dance Studio – 1st Floor

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	12:15PM-1:15PM
Friday	1:00PM-2:00PM

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.

Seated Pilates

Instructor: Monica

Location: Dance Studio – 1st Floor

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
Monday	12:30PM-1:30PM
Wednesday	11:00AM-12:00PM

Seated Weight Training

Instructor: Monica

Location: Multi-Use Room – 3rd Floor

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
Tuesday/Thursday	10:45AM-11:45AM

Senior Social Dance*

Instructor: Lisa

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	9:00AM-12:00PM

Stand Tall Yoga

Instructor: Monica

Location: Dance Studio – 1st Floor

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

DAY	TIME
Friday	12:00PM-1:00PM



Vitality in Seated Yoga

Instructor: Monica

Location: Dance Studio – 1st Floor

Develop strength, balance, and flexibility, all while incorporating deep breathing. Decompress with some seated yoga and awaken your energy.

DAY	TIME
Thursday	12:30PM-1:30PM *beginning in January

Yoga

Instructor: Kevin

Location: 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
Monday/Wednesday	9:15AM-10:15AM
Thursday	3:30PM-4:30PM
Saturday	9:15AM-10:45AM

Zumba Gold

Instructor: Stephanie

Location: 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

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.

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 beginning Tuesday, January 7, 2025 online at www.ssf.net/rec-catalog.**

PICNIC FACILITIES AVAILABLE BY RESERVATION:

(Picnic reservation cost beginning July 2024)

LOCATION	CAPACITY	TOTAL RESIDENT
Orange Park #1	150	\$391.00*
Orange Park #2	20	\$77.00
Orange Park #3	30	\$94.00
Orange Park #4	40	\$113.00
Orange Park #5	50	\$133.00
Westborough Shelter	120	\$414.00*
Westborough Small	40	\$174.00
Buri Buri Park #1	70	\$150.00
Buri Buri Park #2	20	\$77.00
Buri Buri Park #3	30	\$94.00
Buri Buri Park #4	30	\$94.00
Sellick Park (7 tables)	50	\$133.00
Alta Loma Park #1	60	\$152.00
Alta Loma Park #2	20	\$77.00
Alta Loma Park #3	20	\$77.00
Avalon Park (5 tables)	50	\$107.00
Oyster Point Marina	80	\$150.00

*plus \$225 refundable damage deposit

Added hours to either shelter: \$56.00 per hour / Added grill at Westborough Shelter: \$113.00

Non-Residents add \$15 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 29.

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 \$115.05 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

Community Emergency Response Training (CERT)

The CERT program offers essential training to enhance your readiness, response, and recovery capabilities in the face of disasters. The annual CERT basic training course in spring spans five 3-hour sessions and two 8-hour sessions. Key topics include disaster preparedness, fire safety and suppression, disaster medical operations, light search and rescue operations, CPR and first aid certification. Upon completion of the CERT program, participants can join the SSF CERT Team, a dedicated group of volunteers. The next CERT Academy will take place in March 2025. For questions, email cert@ssf.net or call (650) 829-4337. Pre-registration required. Free to all SSF residents.

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. Visit <https://www.jobtrainworks.org/north-san-mateo-county-career-center/> for more info.

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. Visit www.rencenter.org/ for more info.

Help Me Grow

Help Me Grow offers free developmental screening for children 0-5 and their families to promote the health and well-being of children in these important early learning years. Through screening you can learn about your child's individual strengths and needs, talk about your child's development with a child development specialist, and learn about services or resources in the community for your child and family. Free

Online Developmental Screening (<https://helpmegrowsmc.org/screenings/>) is available in English or Spanish to any family in San Mateo County. Help Me Grow is funded by First 5 San Mateo County. Services are available in English and Spanish. For more information, call (650) 762-6930.

HIP Housing's Home Sharing Program

Do you have an extra room to rent or are you looking for a place to live? In tough economic times, home sharing can help reduce housing and utility costs and save you money. Home Providers either charge rent or they request a housemate to exchange basic services in lieu of or for reduced rent. All clients are screened by HIP Housing, clients then interview each other and make their own decision about a housemate. Visit <https://hiphousing.org/> or call (650) 348-6660 for info.

Public Agency Maintenance References

- **BART:** (510) 464-7134
- **PG&E:** (877) 660-6789
- **Cal Water:** (650) 558-7800
- **Westborough Water District:** (650) 589-1435
- **SFPUC:** (415) 551-3000
- **County of San Mateo:** (650) 363-4100
- **SMC Harbor District:** (650) 952-0808
- **Caltrans:** (510) 286-6445
- **Caltrain:** (800) 660-4287
- **SSFUSD:** (650) 877-8700
- **Union Pacific Railway:** (888) 870-8777
- **City of Daly City:** (650) 991-8038
- **City of Pacifica:** (650) 738-7300
- **City of San Bruno:** (650) 616-7180
- **Town of Colma:** (650) 757-8888

South San Francisco Farmers Market

Come to the South San Francisco Farmers' Market for fresh, delicious fruits and vegetables straight from the source! Additional vendors include food truck, fresh hummus, fresh baked goods, candles, plants, crafts, and much more! The SSF Farmers' Market is open to all every Saturday from 9:00 a.m. to 1:00 p.m. at Orange Memorial Park behind the Joseph A. Fernekas Building at 781 Tennis Dr. Interested vendors should visit www.wcfma.org/. Call (650) 877-8502 for info.

South San Francisco Police Explorers

Are you between the ages of 15-21 years and either live or attend school in SSF? Curious about the various careers in police work and eager to grow your leadership skills? Want to build a college resume and earn scholarship

opportunities? The SSF Police Explorer Cadets may be for you! 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. For more info and to learn about the program, email SLO@ssf.net or call (650) 829-3924.

South San Francisco Promotores Program

www.ssf.net/promotores
promotores@ssf.net | (650) 829-6680
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? Build a resume or get a job? We can help with all of that and more. All services are free to SSF residents. Get connected today!

South San Francisco Sister Cities Association

The South San Francisco 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. Visit www.ssf.net/Our-City/Sister-Cities to learn more!

South San Francisco PAL Boosters

The SSFPAL boosters has been in existence for over 40 years sponsoring youth programs. 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 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. Email Mark.Kosta@ssf.net for questions.

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.



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](http://www.teamunify.com/Home.jsp?team=ssf)
 SSFAC is a USS year

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



S.S.F. United Youth Soccer League

www.ssfsoccer.net
ssfsoccer1@gmail.com
 (650) 797-9479

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



South San Francisco Youth Baseball Managers Association

www.ssfbaseball.org
scitybaseball@gmail.com
 (650) 634-9444

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



SSF Friends of Parks & Recreation

(650) 829-3800

The SSF Friends of Parks & Recreation is

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

South San Francisco Public Library

www.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

COMMUNITY LEARNING CENTER (CLC)

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 Libby and Kanopy 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 our email: ssfpladm@plinfo.org

Connect with us: [f](#) [ig](#) [x](#) [v](#)

Email: ssfpladm@plinfo.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.

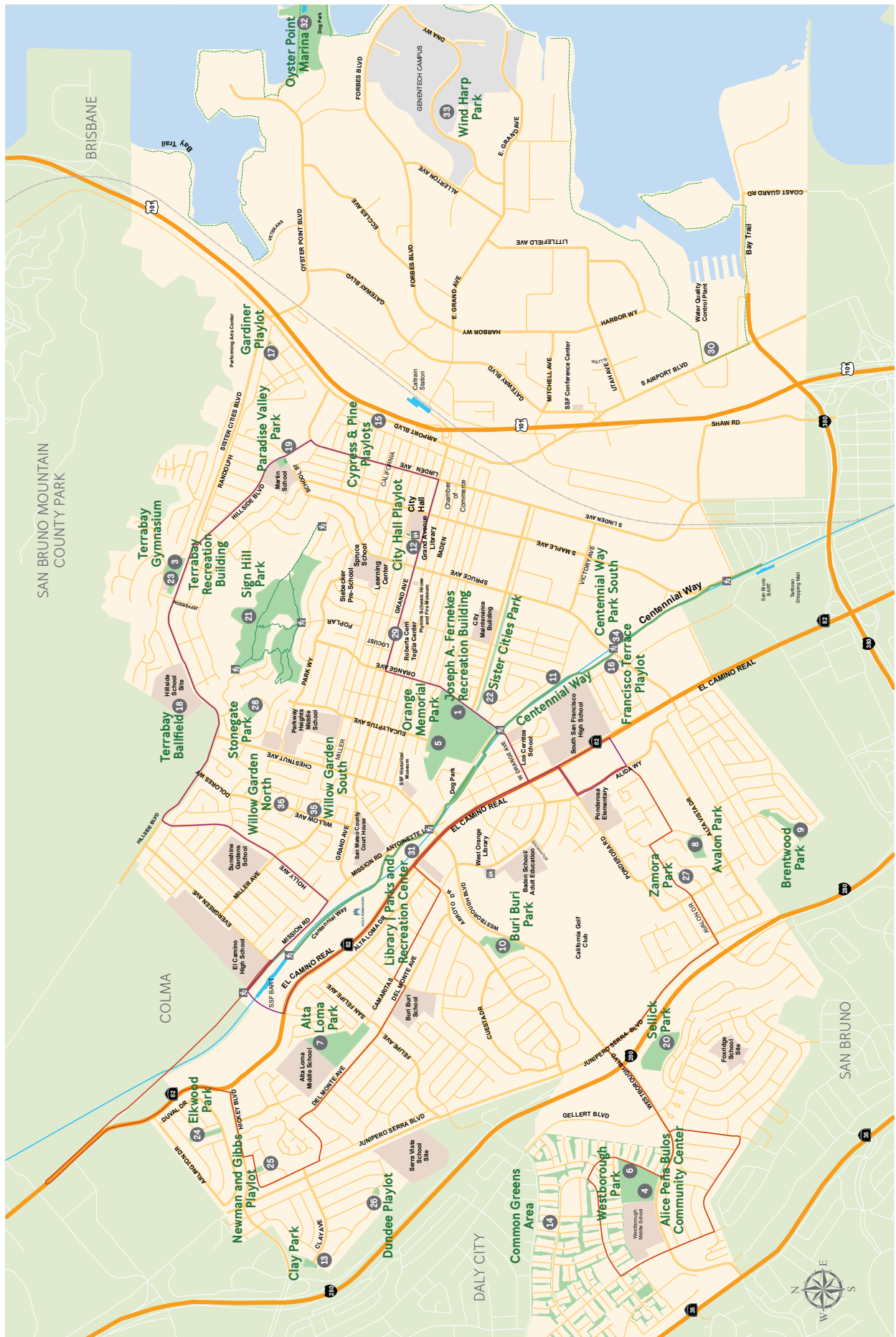
PROJECT READ, NORTH SAN MATEO COUNTY

840 West Orange Avenue; (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	Concession/Games	Soccer Field	Pickleball Courts	Public Art
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 Marina	623 Marina Boulevard	14.0			●	●						●				
33	Wind Harp Park	500 Grand View Ave	0.5														●
34	Centennial Way Park South	Spruce Ave & Huntington	6.0	●			●										●
35	Willow Gardens South	Willow Ave & Nora Way	.25	●													
36	Willow Gardens North	Willow Ave & Brusco Way	.25	●													

LEGEND

Destinations

- City Parks
- Public Buildings and Schools
- Libraries

Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

Transportation

- Public Transit Stations
- Caltrain Route
- Free SSF Shuttle
- Free Western Shuttle
- Bart Route
- Freeways and Highways

Please visit the City's interactive [Parks and Public Art Map](http://www.ssf.net/parksmap)
www.ssf.net/parksmap

Recreation Facility Sites

- 1 **Joseph A. Fernekes Recreation Building** 781 Tennis Drive
- 3 **Terrabay Gym and Recreation Center** 1121 South San Francisco Drive
- 4 **Alice Peña Bulos Community Center** 2380 Galway Drive
- 29 **Roberta Cerri Teglia Center** 601 Grand Avenue
- 31 **Library | Parks and Recreation Center** 901 Civic Campus Way

Bicycle/Pedestrian Trails

- 11 **Centennial Way** SSF BART – San Bruno BART (3 miles)
- 30 **San Francisco Bay Trail** SSF Eastern Border (6 miles)

Take the free South City shuttle! Visit www.ssf.net/shuttle for more information.

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
					+ \$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 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 two ways to pay:

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

Card Number _____ Exp. Date _____ Card Code _____

Cardholder's Name _____

Signature _____

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Non-aquatic Class & Sports Programming

Residents: Begins MONDAY, December 2, 2024 at 6:00am

Non-Residents: MONDAY, December 16, 2024 at 6:00am

Aquatics Registration: Winter 2025 Session 1

Aquatic registration dates differ from recreation class registration dates. Go to page 30 for complete session registration dates.

Residents: Begins MONDAY, December 2, 2024 at 6:00am

Non-Residents: WEDNESDAY, December 16, 2024 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, December 2, 2024

Non-Residents: MONDAY, December 16, 2024

*Payment can be made by check or credit card
(Master Card, Visa, Amex or Discover)

*Please do not send cash

Parks & Recreation Administration Office
P.O. Box 711
South San Francisco, CA 94083



WALK-IN

Residents: MONDAY, December 2, 2024

Non-Residents: MONDAY, December 16, 2024

*Payment can be made by check or credit card
(Master Card, Visa, Amex or Discover)

Library | Parks and Recreation Center
901 Civic Campus Way – 3rd Floor

*Registration hours: Monday – Friday 8:00am – 5:00pm

HOLIDAY SCHEDULE

Office Hours Dec 23, 8am to 5pm | Christmas Eve Holiday
Recreation administrative offices closed Dec 24, 2024 to
Jan 1, 2025. Regular business hours resume on Jan 2, 2025.

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 for each class will end one week prior to the start of class.
- **Register early!** Many classes fill before their start dates, so enroll early!
- For registration information, call (650) 829-3800.
- Make checks payable to:
South San Francisco Parks & Recreation
- There is a \$25.00 service charge on all returned checks.
- Class may be cancelled if there is low enrollment so please enroll early.
- All registrations are taken on a first come first serve basis.
- Register online and receive your receipt at the end of the registration process.
- Confirmation of registration: Mail In & Fax 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 for participants 62 years of age and over.
- No class dates (if any) are listed on the classes registration receipt.

CLASS LOCATIONS

See inside front cover under the Welcome section.

REFUND AND CREDIT POLICY – CLASSES ONLY

- All processing fees are non-refundable.
- If a class is cancelled by the department due to low enrollment or instructor unavailability, a full refund will be issued.
- Refund requests are subject to a \$10.00 processing fee, if requested within one week of classes starting.
- Please allow 5 weeks for any refund to be processed.
- All transfers and withdrawals must be submitted 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

PRST STD
U.S. POSTAGE
PAID
BURLINGAME, CA
PERMIT NO. 138

RESIDENTIAL CUSTOMER



CONCERT IN THE PARK

Thank You Sponsors!

The City of South San Francisco extends its sincere gratitude to our generous sponsors for their invaluable support of our annual Concert in the Park.

Genentech

A Member of the Roche Group



KAISER PERMANENTE®

FEBRUARY 2025 ART SHOW

Presented by: SSF Cultural Arts Commission

Friday, February 7 | 6:00pm – 8:00pm

Saturday, February 8 | 10:00am – 3:00pm

Library | Parks and Recreation Center

901 Civic Campus Way, 3rd Floor Gallery

Free Admission

SSF Parks and Recreation Department, (650) 829-3800

Enjoy viewing remarkable art works at the first 2025 art gallery show. Additional open gallery dates will follow the two-day show opening weekend. Artist entry information will be available mid-December on the "Current Opportunities for Artists" webpage. For the latest updates, visit www.ssf.net/culturalarts.

Santa Comes to Town

Saturday, December 7, 2024 | 10:00am – 2:00pm

New Location!

City Hall

400 Grand Ave, South San Francisco

Free Admission

The magic of the holiday season will kick off with a special visit from Santa from 10:00am to 2:00pm at City Hall to visit the children. Santa will arrive by fire truck at 10:00am. The line for photos with Santa will close at 1:00pm. For details, visit www.ssf.net/PandREvents.



South San Francisco Civic Ballet

"The Nutcracker"

Dates to be announced!

South San Francisco High School Theater

Join the South San Francisco Civic Ballet program for an enchanting performance of "The Nutcracker," by the South San Francisco Civic Ballet. Ticket sales will begin in early December at the Recreation Office.

For the latest details, visit www.ssf.net/PandREvents or contact the Recreation Office at (650) 829-3800.

RECREATION ADMINISTRATIVE OFFICES CLOSED
DECEMBER 24, 2024-JANUARY 1, 2025