

South San Francisco Parks and Recreation Department ACTIVITY GUIDE SUMMER 2026



**Resident registration begins on
Monday, May 4 at 6:00am online!**

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

ABOUT THE COVER:

In celebration of July's National Parks and Recreation Month and the 250th anniversary of America, the photo mosaic highlights the history and the diversity of the South San Francisco Parks and Recreation Department and our community.



**JULY IS PARKS AND
RECREATION MONTH!**

See inside cover for details on this month-long celebration.

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Summer 2026

Dear South San Francisco Community,

A **S WE HEAD INTO THE SUMMER SEASON**, I'm excited to share all the ways you can connect, play, and thrive through our Parks and Recreation programs. July is **Parks and Recreation Month** across the nation: a time to celebrate the essential role parks, open spaces, and community programs play in building a healthy, vibrant, and connected city. Here in South San Francisco, we're proud to offer spaces and experiences that bring people of all ages together.

This summer, we invite you to join us for a variety of special events and activities designed with our community in mind. One highlight you won't want to miss is our annual **Field Day** event on July 17, a fun-filled event for families, friends, and neighbors to enjoy games, activities, and time outdoors together, capped off with a movie in the park. It's a great reminder of how simple moments in our parks can create lasting memories.

We're also pleased to continue offering a range of **free programs and events** in July, ensuring that everyone in our community

has access to recreation opportunities. From outdoor fitness classes and youth activities to community gatherings and seasonal celebrations, there's something for everyone to enjoy.

Looking ahead, the coming months are packed with exciting opportunities. Our team has been hard at work planning programs, maintaining beautiful parks, and creating welcoming spaces for all. Whether you're exploring a neighborhood park, attending a special event, or participating

in a class, we hope you find meaningful ways to stay active and connected.

For the latest information and a full list of upcoming events and programs, please visit www.ssfca.gov/PandRevents.

We encourage you to check back regularly as new programs are added throughout the year.

Thank you for being a part of our community and for making South San Francisco such a special place to live, work, and play. We look forward to seeing you in our parks!

Greg Mediati

DIRECTOR,
SOUTH SAN FRANCISCO PARKS AND RECREATION DEPARTMENT



City Council

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

City Manager

Laura Snideman, City Manager
 Rich Lee, Assistant City Manager

Parks & Recreation Commission

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

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

Cultural Arts Commission

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

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

Management Staff

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

Parks and Recreation Supervisors

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

Coordinators

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

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

Administrative Support

Cristina Simmons
 Keren Solano
 Jeanette Yoshida

Administrative Office

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

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
 (650) 829-4680

Alice Peña Bulos Community Center

2380 Galway Drive
 (650) 875-6981

Joseph A. Fernekes Recreation Building

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

Orange Pool

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

Gene Mullin Community Learning Center

520 Tamarack Lane
 (650) 877-8540

Senior Center

Roberta Cerri Teglia Center
 601 Grand Avenue
 (650) 829-3820

Adult Day Care

(650) 829-3824

Preschools

Siebecker (LIC #410509769)
 510 Elm Court
 (650) 875-6979

Westborough (LIC #410517397)
 2380 Galway Drive
 (650) 875-6980 and

(650) 875-6998

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

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Programs June–August 2026

Brochure Printed April 2026

After School Recreation Programs

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

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

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

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

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

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

Parks and Facilities Administration

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

South San Francisco Friends of Parks and Recreation

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

We're on social media!

Follow us for the latest news and announcements:



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

WE'RE HIRING!

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



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

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



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



SSF PARKS & RECREATION
DEPARTMENT



MOVIE NIGHT IN THE PARK



SAVE THE DATES

Friday, July 17, 2026

Friday, August 21, 2026

MOVIES WILL BEGIN AT SUNDOWN
BRING YOUR SNACKS, BEVERAGES, LOW LYING LAWN CHAIRS,
BLANKETS AND SLEEPING BAGS!

FOR QUESTIONS, PLEASE CONTACT THE RECREATION OFFICE AT (650) 829-3800 OR VISIT
WWW.SSFCA.GOV/PANDREVENTS

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: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-203	Wed	Jun 03-Aug 19	10:00AM-11:00AM
SU1-204	Thu	Jun 04-Aug 20	10:00AM-11:00AM

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

Age: 2Y - 5Y

Instructor: Vanessa Neri

Location: Terrabay - Gym

Join us for this P.E.-style movement class. Run, jump, play and be loud with your kids or the kids in your life. We encourage all of it! Move with your little one to the beat of kid-friendly tunes. Bring a mat and water for you and each of your kids. **Up to two registered children allowed per adult.** No class: 6/20, 7/4, 7/25

Classes: 9 Fee: \$63.00(R)/\$79.50(N)

COURSE #	DAY	DATE	TIME
SU2-300	Sat	Jun 06-Aug 22	10:00AM-10:50AM

Hindi Kinder Class - NEW!

Age: 4Y - 6Y

Instructor: Monita Sharma

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

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

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

No class: 6/21, 7/12, 7/19, 7/26

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

COURSE #	DAY	DATE	TIME
SU3-333	Sun	Jun 07-Aug 23	9:00AM-10:00AM

Kinder Class

Age: 3Y - 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center - Small Room

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

Children must be 3 years old, and potty trained by start date. A \$15.00 supply fee is payable to the instructor at the first class. Children can only be enrolled for one class session.

Joanne has been teaching Early Childhood Education for over 20 years. Not a parent participation class. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 22 Fee: \$198.00(R)/\$214.50(N)

COURSE #	DAY	DATE	TIME
SU2-100	M/W	Jun 08-Aug 19	9:00AM-10:30AM
SU2-101	M/W	Jun 08-Aug 19	11:00AM-12:30PM

Kinder Tots

Age: 3Y - 5Y

Instructor: Joanne Desmond

Location: Alice Peña Bulos Community Center - Small Room

This is a great class for first time preschoolers! Children will participate in fun and engaging activities including letters, numbers, colors and shape recognition, as well as arts & crafts and games & movement. 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: 22 Fee: \$198.00(R)/\$214.50(N)

COURSE #	DAY	DATE	TIME
SU2-102	Tu/Th	Jun 09-Aug 20	9:00AM-10:30AM
SU2-103	Tu/Th	Jun 09-Aug 20	11:00AM-12:30PM



PRESCHOOL AGE CLASSES

Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y – 8Y

Instructor: Angel Beltran & Juan Carlos Barajas

Location: L | PR – Banquet Hall #130

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

No class: 7/4

Classes: 11 Fee: \$53.00(R)/\$69.50(N)

COURSE #	DAY	DATE	TIME
SU2-301	Sat	Jun 06-Aug 22	9:00AM-9:45AM
Level I Beginners: Session A			
SU2-302	Sat	Jun 06-Aug 22	10:00AM-10:45AM
Level I Beginners: Session B			



Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y – 8Y

Instructor: Angel Beltran & Juan Carlos Barajas

Location: L | PR – Banquet Hall #130

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

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

No class: 7/4

Classes: 11 Fee: \$71.00(R)/\$87.50(N)

COURSE #	DAY	DATE	TIME
SU2-303	Sat	Jun 06-Aug 22	11:00AM-12:00PM
Level II: White Belt & Color Belts			

Classes: 11 Fee: \$107.00(R)/\$123.50(N)

COURSE #	DAY	DATE	TIME
SU2-304	Sat	Jun 06-Aug 22	11:00AM-12:30PM
Level II: Color Belts Yellow & Up			

YOUTH CLASSES

Children's Writing Workshop

Age: 8Y – 12Y

Instructor: Griselda Huete

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

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

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

COURSE #	DAY	DATE	TIME
SU2-225	M-Th	Jun 22-Jul 02	4:00PM-5:00PM

Introduction to Hindi Language & Writing

Age: 5Y – 12Y

Instructor: Monita Sharma

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

Join this class as a beginner level to learn greetings, daily conversations, Hindi vowels, and consonants (Devanagari), numbers, and simple vocabulary through fun learning activities. Students will feel comfortable understanding basic Hindi Language and use it to communicate with their family and friends. Monita is a resident of South San Francisco. As Hindi is her passion, she previously volunteered to teach Hindi Language and Culture to students. She further advanced studying Hindi at a university.

No class: 6/21, 7/12, 7/19, 7/26

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

COURSE #	DAY	DATE	TIME
SU3-229	Sun	Jun 07-Aug 23	10:00AM-11:00AM

YOUTH CLASSES

Introduction to Indian Culture

Age: 5Y – 12Y

Instructor: **Monita Sharma**

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

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

No class: 6/21, 7/12, 7/19, 7/26

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

COURSE #	DAY	DATE	TIME
SU3-230	Sun	Jun 07-Aug 23	11:00AM-12:00PM



Kenpo–Eskrima for Children

Age: (see below)

Instructor: **Tina Chau**

Location: Alice Peña Bulos Center – Multi-Use Room

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

Classes: 22 Fee: \$57.00(R)/\$73.50(N)

COURSE #	DAY	DATE	TIME
SU2-306	M/W	Jun 08-Aug 19	5:00PM-5:45PM

Beginners (Age 6Y – 12Y)

Classes: 22 Fee: \$77.00(R)/\$93.50(N)

COURSE #	DAY	DATE	TIME
SU2-307	M/W	Jun 08-Aug 19	5:45PM-6:45PM

Intermediates (Age 6Y – 15Y)

Classes: 22 Fee: \$110.00(R)/\$126.50(N)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 08-Aug 19	6:45PM-7:45PM

Teens & Adults (Age 10Y and up)

Let’s Paint!

Age: (see below)

Instructor: **Bella Leggero**

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

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

Classes: 12 Fee: \$108.00(R)/\$124.50(N)

COURSE #	DAY	DATE	TIME
SU3-303	Wed	Jun 03-Aug 19	12:45PM-1:45PM

(Age 5Y – 9Y)

Classes: 12 Fee: \$108.00(R)/\$124.50(N)

COURSE #	DAY	DATE	TIME
SU3-304	Thu	Jun 04-Aug 20	12:45PM-1:45PM

(Age 9Y – 13Y)

Math Fun!

Age: 8Y – 12Y

Instructor: **Griselda Huete**

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

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

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

COURSE #	DAY	DATE	TIME
SU2-218	M-Th	Jun 22-Jul 02	5:15PM-6:15PM

Page to Stage: A Creative Writing Experience – NEW!

Age: 10Y – 14Y

Instructor: **Ameen Safi**

Location: L | PR – Gallery Room #321

In this creative writing class, students explore poetry, short stories, playwrighting, and other forms while developing their unique voice. Using prompts and activities, they learn to turn ideas into expressive work. Participants read their pieces aloud to understand tone, emotion, and audience impact. The class builds confidence, creativity, and storytelling skills in a supportive environment. There is a \$5.00 cash materials fee due on the first day of class.

Classes: 5 Fee: \$41.00(R)/\$57.50(N)

COURSE #	DAY	DATE	TIME
SU2-210	Wed	Jun 03-Jul 01	10:00AM-11:30AM

YOUTH CLASSES



Seasonal Crafts!

Age: 5Y – 9Y

Instructor: Bella Leggero

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

In this seasonal class, your little artist will use age-appropriate art materials to create their own masterpieces! Children will focus their artistic skills on making fun, festive projects inspired by the current season, holidays, and national celebrations. Ms. Bella has been instructing at the Parks and Rec for 3 years and also works as a freelance Graphic Designer. There is a \$10.00 cash material fee due on the first day of class for each student. Please note: \$6.25 per minute late pick-up fee will apply.

Classes: 12 Fee: \$108.00(R)/\$124.50(N)

COURSE #	DAY	DATE	TIME
SU3-203	Wed	Jun 03-Aug 19	11:15AM-12:15PM
SU3-204	Thu	Jun 04-Aug 20	11:15AM-12:15PM

Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

Instructor: Amanda Lee & Austin Lee

Location: Joseph A. Fernekes Recreation Building

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

No class: 6/10, 6/15, 6/17

Classes: 21 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
SU3-308	M/W	Jun 01-Aug 19	6:30PM-7:30PM

Level I Beginners, Yellow & Blue 1

Classes: 21 Fee: \$73.00(R)/\$89.50(N)

COURSE #	DAY	DATE	TIME
SU3-309	M/W	Jun 01-Aug 19	7:30PM-8:30PM

Lev II Blue 2 & Green 1

Classes: 21 Fee: \$110.00(R)/\$126.50(N)

COURSE #	DAY	DATE	TIME
SU3-310	M/W	Jun 01-Aug 19	7:30PM-9:00PM

Lev II Green 2, Purple, Brown & Up

Spanish Fun

Age: 8Y – 12Y

Instructor: Griselda Huete

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

Through oral practice, poems, and themed activities supporting language arts and writing, students will learn Spanish language foundational skills. **A separate \$5.00 supply fee is payable to the instructor at the first class.**

As class time is limited, students must be able to follow class instructions, work independently, and with peers. Not a parent participation class.

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

COURSE #	DAY	DATE	TIME
SU3-228	M-Th	Jun 22-Jul 02	3:00PM-3:45PM

Storytellers on Stage

Age: 9Y – 12Y

Instructor: Ameen Safi

Location: L | PR – Exercise Studio #235

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

No class: 7/9

Classes: 9 Fee: \$49.00(R)/\$65.50(N)

COURSE #	DAY	DATE	TIME
SU2-200	Thu	Jun 04-Aug 06	10:00AM-11:00AM
SU2-202	Thu	Jun 04-Aug 06	11:15AM-12:15PM

Teen Sewing

Age: 10Y – 13Y

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

In this class, students will learn the functions of a sewing machine and accessories. You will be taking measurements and working with patterns, learning how to work with various types of fabric and more! A supply fee of \$35.00 is payable to the instructor at the first class. Judy Barretto has been teaching sewing and handcrafts for many years, and has the knowledge and skills of a wide variety of handcrafts, which includes appliqué, traditional quilting, and Hawaiian Quilting.

Classes: 10 Fee: \$130.00(R)/\$146.50(N)

COURSE #	DAY	DATE	TIME
SU1-510	Wed	Jun 10-Aug 12	1:30PM-3:30PM



YOUTH CLASSES

DANCE CLASSES

Mexican Folk Dance

Age: (see below)

Instructors: **Martin Cruz & Marianna Roman**

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from Ballet Folklórico of SSF. Students may wear any leather soled shoes. See instructor for costume requirements. Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students registered in Level 1A must have instructor approval to advance to 1B. Students must have permission from instructors to advance from Level 1A - Level 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: 9-10 Fee: \$25.00(R)/\$41.50(N) No class: 6/19, 7/3

COURSE #	DAY	DATE	TIME
SU3-460	Mon	Jun 08-Aug 10	5:45PM-6:15PM
Level IA - New Students (Ages 4Y - 18Y)			
SU3-461	Fri	Jun 05-Aug 14	5:30PM-6:15PM
Level IB - Returning Students Only (Ages 4Y - 18Y)			
SU3-462	Fri	Jun 05-Aug 14	6:30PM-7:20PM
Level II (Ages 5Y - 18Y)			
SU3-463	Mon	Jun 08-Aug 10	6:30PM-7:30PM
Level III (Ages 6Y - 18Y)			

Location: Terrabay - Poppy Room
Classes: 7 Fee: \$25.00(R)/\$41.50(N)

COURSE #	DAY	DATE	TIME
SU3-464	Thu	Jun 04-Jul 16	7:25PM-8:15PM
Level IV (Ages 8Y - 10Y)			
SU3-465	Mon	Jun 01-Jul 13	6:30PM-7:20PM
Level V (Ages 9Y - 12Y)			
SU3-466	Mon	Jun 01-Jul 13	7:25PM-8:15PM
Level VI (Ages 10Y - 14Y)			
SU3-467	Thu	Jun 04-Jul 16	6:30PM-7:20PM
Level VII (Ages 12Y - 17Y)			



South San Francisco Civic Ballet

Artistic Director, Instructor: **Maria Spremich**

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

Pre-Ballet A will not be offered for the Summer 2026 Session. All other levels require previous experience of 6 months or more and/or instructor approval. Students with previous training but new to the SSF Civic Ballet program, please contact Maria Spremich: mbspointe@aol.com for appropriate level placement.

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

Maria Spremich was a professional dancer with the Lines Ballet and a staff instructor for San Francisco Conservatory of Ballet. She has been teaching for the SSF Recreation Department for over 35 years. Additional instructor bios can be found at www.ssfca.gov/rec-catalog.

Pre-Ballet (Girls and Boys)

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

Pre-Ballet B Instructor: **S. Perreras**
Classes: 10 Fee: \$60.00(R)/\$76.50(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-400	Wed	Jun 10-Aug 12	3:30PM-4:15PM
L PR - Small Dance & Fitness Studio #221			

Pre-Ballet C/D Instructor: **S. Perreras**
Classes: 10 Fee: \$60.00(R)/\$76.50(N) Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-401	Wed	Jun 10-Aug 12	4:30PM-5:15PM
L PR - Small Dance & Fitness Studio #221			

YOUTH CLASSES

Ballet (Girls and Boys)

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

Introduction (New Beginners) Instructor: K. Cortes
Classes: 7 Fee: \$42.00(R)/\$58.50(N) Age: 7Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-402	Fri	Jun 12-Aug 14	5:00PM-5:45PM
L PR - Small Dance & Fitness Studio #221 No class: 6/19, 6/26, 7/3			

Basic 1 Instructor: K. Cortes
Classes: 7 Fee: \$42.00(R)/\$58.50(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-403	Sat	Jun 13-Aug 15	11:00AM-11:45AM
L PR - Small Dance & Fitness Studio #221 No class: 6/27, 7/4			

Basic 2 Instructor: R. Wong
Classes: 8 Fee: \$48.00(R)/\$64.50(N) Age: 6Y - 12Y

COURSE #	DAY	DATE	TIME
SU2-404	Wed	Jun 10-Aug 12	5:30PM-6:15PM
L PR - Small Dance & Fitness Studio #221 No class: 7/1, 7/8			

Level 1A Instructor: K. Cortes
Classes: 8 Fee: \$48.00(R)/\$64.50(N) Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-405	Sat	Jun 13-Aug 15	12:15PM-1:00PM
L PR - Small Dance & Fitness Studio #221 No class: 6/27, 7/4			

Level 1B Instructor: M. Spremich
Classes: 10 Fee: \$80.00(R)/\$96.50(N) Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-406	Tue	Jun 09-Aug 11	3:30PM-4:30PM
L PR - Large Dance & Fitness Studio #222			

Level 2A Instructor: M. Spremich
Classes: 10 Fee: \$66.00(R)/\$82.50(N) Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-407	Thu	Jun 11-Aug 13	4:30PM-5:25PM
L PR - Large Dance & Fitness Studio #222			

Level 2B Instructor: M. Spremich
Classes: 10 Fee: \$66.00(R)/\$82.50(N) Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-408	Thu	Jun 11-Aug 13	3:30PM-4:25PM
L PR - Large Dance & Fitness Studio #222			

Level 3 Instructor: M. Spremich
Classes: 10 Fee: \$80.00(R)/\$96.50(N) Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-409	Tue	Jun 09-Aug 11	4:30PM-5:30PM
L PR - Large Dance & Fitness Studio #222			

Level 4A/4B Instructor: M. Spremich
Classes: 10 Fee: \$100.00(R)/\$116.50(N) Age: 7Y - 16Y

COURSE #	DAY	DATE	TIME
SU2-411	Tue	Jun 09-Aug 11	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222			

Level 4A/4B Instructor: M. Spremich
Classes: 10 Fee: \$100.00(R)/\$116.50(N) Age: 7Y - 16Y

COURSE #	DAY	DATE	TIME
SU2-412	Thu	Jun 11-Aug 13	5:30PM-6:45PM
L PR - Large Dance & Fitness Studio #222			

Level 5/6 Instructor: M. Spremich
Classes: 9 Fee: \$90.00(R)/\$106.50(N) Age: 7Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-413	Sat	Jun 13-Aug 15	10:45AM-12:00PM
L PR - Large Dance & Fitness Studio #222 No class: 7/4			

Level 6 Instructor: M. Spremich
Classes: 10 Fee: \$113.00(R)/\$129.50(N) Age: 7Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-414	Mon	Jun 08-Aug 10	4:00PM-5:25PM
L PR - Large Dance & Fitness Studio #222			

Level 7 - Wednesday Instructor: M. Spremich
Classes: 10 Fee: \$100.00(R)/\$116.50(N) Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-415	Wed	Jun 10-Aug 12	4:00PM-5:15PM
L PR - Large Dance & Fitness Studio #222			

Level 7 Pre-Pointe & Pointe 1 Instructor: M. Spremich
Classes: 8 Fee: \$80.00(R)/\$96.50(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-416	Fri	Jun 12-Aug 14	4:00PM-5:15PM
L PR - Large Dance & Fitness Studio #222 No class: 6/19, 7/3			

Level 7/8 Instructor: M. Spremich
Classes: 9 Fee: \$90.00(R)/\$106.50(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-417	Sat	Jun 13-Aug 15	9:15AM-10:30AM
L PR - Large Dance & Fitness Studio #222 No class: 7/4			

Level 7 Combo Instructor: M. Spremich
Classes: 27 Fee: \$227.00(R)/\$243.50(N) Age: 10Y - 18Y

COURSE #	DAY	DATE	TIME
SP2-418	W/F/Sa	Jun 08-Aug 15	4:00PM-5:15PM (W) 4:00PM-5:15PM (F) 9:15AM-10:30AM (Sa)
L PR - Large Dance & Fitness Studio #222 No class: 6/19, 7/3, 7/4			

Level 8 - Monday Instructor: M. Spremich
Classes: 10 Fee: \$120.00(R)/\$136.50(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-419	Mon	Jun 08-Aug 10	5:30PM-7:00PM
L PR - Large Dance & Fitness Studio #222			

Level 8 - Wednesday Instructor: M. Spremich
Classes: 10 Fee: \$120.00(R)/\$136.50(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-420	Wed	Jun 10-Aug 12	5:30PM-7:00PM
L PR - Large Dance & Fitness Studio #222			

Level 8/9 - Pointe 2 Instructor: M. Spremich
Classes: 9 Fee: \$96.00(R)/\$112.50(N) Age: 12Y - 18Y

COURSE #	DAY	DATE	TIME
SU2-421	Fri	Jun 12-Aug 14	5:30PM-7:00PM
L PR - Large Dance & Fitness Studio #222 No class: 6/19, 7/3			

YOUTH CLASSES

Ballet (cont.)

Level 8 Combo Instructor: M. Spremich
 Classes: 28 Fee: \$273.00(R)/\$289.50(N) Age: 11Y - 20Y

COURSE #	DAY	DATE	TIME
SU2-422	M/W/F	Jun 08-Aug 14	5:30PM-7:00PM
L PR - Large Dance & Fitness Studio #222 No class: 6/19, 7/3			

Level 9/10 - Monday Instructor: M. Spremich
 Classes: 10 Fee: \$120.00(R)/\$136.50(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-423	Mon	Jun 08-Aug 10	7:00PM-8:30PM
L PR - Large Dance & Fitness Studio #222			

Level 9/10 - Wednesday Instructor: M. Spremich
 Classes: 10 Fee: \$120.00(R)/\$136.50(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-424	Wed	Jun 10-Aug 12	7:00PM-8:30PM
L PR - Large Dance & Fitness Studio #222			

Level 10 - Pointe 3 Instructor: M. Spremich
 Classes: 8 Fee: \$96.00(R)/\$112.50(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-425	Fri	Jun 12-Aug 14	7:00PM-8:30PM
L PR - Large Dance & Fitness Studio #222 No class: 6/19, 7/3			

Level 9/10 Combo Instructor: M. Spremich
 Classes: 28 Fee: \$273.00(R)/\$289.50(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-426	M/W/F	Jun 08-Aug 14	7:00PM-8:30PM
L PR - Large Dance & Fitness Studio #222 No class: 6/19, 7/3			

Level 10 Classical Variations - NEW! Instructor: T. Yee
 Classes: 4 Fee: \$64.00(R)/\$80.50(N) Age: 13Y and up

COURSE #	DAY	DATE	TIME
SU2-427	Sat	Jul 11-Aug 01	1:30PM-3:30PM
L PR - Large Dance & Fitness Studio #222			



MUSIC CLASSES

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

Age: 16Y and up

Instructor: Mark Cox

Location: L | PR - Exercise Studio #235

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

Capacity is limited to 25. Cash only.

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

COURSE #	DAY	DATE	TIME
---	Fri	Jun 26, Jul 17, Aug 21	11:00AM-1:00PM
---	Sat	Jun 13, Jul 11, Aug 08	3:00PM-5:00PM

Private Clarinet Lessons

Age: 10Y and up

Instructor: Wen-Liang Chung

Location: L | PR - Music Room #228

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

Classes: 12 Fee: \$111.00(R)/\$127.50(N)

COURSE #	DAY	DATE	TIME
SU5-500	Mon	Jun 01-Aug 17	6:00PM-6:30PM
SU5-501	Mon	Jun 01-Aug 17	6:30PM-7:00PM
SU5-502	Mon	Jun 01-Aug 17	7:00PM-7:30PM
SU5-503	Mon	Jun 01-Aug 17	7:30PM-8:00PM

Classes: 12 Fee: \$111.00(R)/\$127.50(N)

COURSE #	DAY	DATE	TIME
SU5-504	Thu	Jun 04-Aug 20	6:00PM-6:30PM
SU5-505	Thu	Jun 04-Aug 20	6:30PM-7:00PM
SU5-506	Thu	Jun 04-Aug 20	7:00PM-7:30PM
SU5-507	Thu	Jun 04-Aug 20	7:30PM-8:00PM

MUSIC CLASSES

Private Music Lessons – Carl Nickolas

Age: 10Y and up

Instructor: **Carl Nickolas**

Location: L | PR – Music Room #227

Instructor Carl Nickolas has been teaching music to community members on the Peninsula for over 10 years. It is strongly advised that students have access to an instrument outside of class.

Piano

Classes: 9 Fee: \$189.00(R)/\$205.50(N) No class: 7/14, 7/21, 7/28

COURSE #	DAY	DATE	TIME
SU5-300	Tue	Jun 02-Aug 18	10:00AM-10:30AM
SU5-301	Tue	Jun 02-Aug 18	10:30AM-11:00AM
SU5-302	Tue	Jun 02-Aug 18	11:00AM-11:30AM
SU5-303	Tue	Jun 02-Aug 18	11:30AM-12:00PM
SU5-304	Tue	Jun 02-Aug 18	12:00PM-12:30PM
SU5-305	Tue	Jun 02-Aug 18	1:00PM-1:30PM
SU5-306	Tue	Jun 02-Aug 18	1:30PM-2:00PM
SU5-307	Tue	Jun 02-Aug 18	2:00PM-2:30PM
SU5-308	Tue	Jun 02-Aug 18	2:30PM-3:00PM

Guitar

Classes: 9 Fee: \$83.00(R)/\$99.50(N) No class: 7/15, 7/22, 7/29

COURSE #	DAY	DATE	TIME
SU5-100	Wed	Jun 03-Aug 19	10:00AM-10:30AM
SU5-101	Wed	Jun 03-Aug 19	10:30AM-11:00AM
SU5-102	Wed	Jun 03-Aug 19	11:00AM-11:30AM
SU5-103	Wed	Jun 03-Aug 19	11:30AM-12:00PM
SU5-104	Wed	Jun 03-Aug 19	12:00PM-12:30PM
SU5-105	Wed	Jun 03-Aug 19	1:00PM-1:30PM
SU5-106	Wed	Jun 03-Aug 19	1:30PM-2:00PM
SU5-107	Wed	Jun 03-Aug 19	2:00PM-2:30PM
SU5-108	Wed	Jun 03-Aug 19	2:30PM-3:00PM

Drum

Classes: 9 Fee: \$83.00(R)/\$99.50(N) No class: 7/9, 7/16, 7/23

COURSE #	DAY	DATE	TIME
SU5-600	Thu	Jun 04-Aug 20	10:00AM-10:30AM
SU5-601	Thu	Jun 04-Aug 20	10:30AM-11:00AM
SU5-602	Thu	Jun 04-Aug 20	11:00AM-11:30AM
SU5-603	Thu	Jun 04-Aug 20	11:30AM-12:00PM
SU5-604	Thu	Jun 04-Aug 20	12:00PM-12:30PM
SU5-605	Thu	Jun 04-Aug 20	1:00PM-1:30PM
SU5-606	Thu	Jun 04-Aug 20	1:30PM-2:00PM
SU5-607	Thu	Jun 04-Aug 20	2:00PM-2:30PM
SU5-608	Thu	Jun 04-Aug 20	2:30PM-3:00PM



Private Piano Lessons – Frank Greco

Age: 7Y and up

Instructor: **Frank Greco**

Location: L | PR – Music Room #226

Instructor Frank Greco has over 40 plus years in mentoring both beginners and advanced students in piano (Classical, Jazz, and Gospel) and music theory.

No class: 7/3

Classes: 11 Fee: \$231.00(R)/\$247.50(N)

COURSE #	DAY	DATE	TIME
SU5-700	Fri	Jun 05-Aug 21	4:00PM-4:30PM
SU5-701	Fri	Jun 05-Aug 21	4:30PM-5:00PM
SU5-702	Fri	Jun 05-Aug 21	5:00PM-5:30PM
SU5-703	Fri	Jun 05-Aug 21	5:30PM-6:00PM
SU5-704	Fri	Jun 05-Aug 21	6:15PM-6:45PM
SU5-705	Fri	Jun 05-Aug 21	6:45PM-7:15PM
SU5-706	Fri	Jun 05-Aug 21	7:15PM-7:45PM
SU5-707	Fri	Jun 05-Aug 21	7:45PM-8:15PM

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: 11 Fee: \$231.00(R)/\$247.50(N)

COURSE #	DAY	DATE	TIME
SU5-400	Mon	Jun 08-Aug 17	3:30PM-4:00PM
SU5-401	Mon	Jun 08-Aug 17	4:00PM-4:30PM
SU5-402	Mon	Jun 08-Aug 17	4:45PM-5:15PM
SU5-403	Mon	Jun 08-Aug 17	5:15PM-5:45PM
SU5-404	Mon	Jun 08-Aug 17	6:00PM-6:30PM
SU5-405	Mon	Jun 08-Aug 17	6:30PM-7:00PM
SU5-406	Mon	Jun 08-Aug 17	7:00PM-7:30PM

Classes: 11 Fee: \$231.00(R)/\$247.50(N)

COURSE #	DAY	DATE	TIME
SU5-407	Tue	Jun 09-Aug 18	3:30PM-4:00PM
SU5-408	Tue	Jun 09-Aug 18	4:00PM-4:30PM
SU5-409	Tue	Jun 09-Aug 18	4:45PM-5:15PM
SU5-410	Tue	Jun 09-Aug 18	5:15PM-5:45PM
SU5-411	Tue	Jun 09-Aug 18	6:00PM-6:30PM
SU5-412	Tue	Jun 09-Aug 18	6:30PM-7:00PM
SU5-413	Tue	Jun 09-Aug 18	7:00PM-7:30PM

Classes: 11 Fee: \$231.00(R)/\$247.50(N)

COURSE #	DAY	DATE	TIME
SU5-414	Wed	Jun 10-Aug 19	5:00PM-5:30PM
SU5-415	Wed	Jun 10-Aug 19	5:30PM-6:00PM
SU5-416	Wed	Jun 10-Aug 19	6:00PM-6:30PM
SU5-417	Wed	Jun 10-Aug 19	6:30PM-7:00PM
SU5-418	Wed	Jun 10-Aug 19	7:00PM-7:30PM

Classes: 10 Fee: \$210.00(R)/\$226.50(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU5-421	Sat	Jun 13-Aug 22	9:00AM-9:30AM
SU5-422	Sat	Jun 13-Aug 22	9:30AM-10:00AM
SU5-423	Sat	Jun 13-Aug 22	10:00AM-10:30AM
SU5-424	Sat	Jun 13-Aug 22	10:30AM-11:00AM
SU5-425	Sat	Jun 13-Aug 22	11:00AM-11:30AM
SU5-426	Sat	Jun 13-Aug 22	11:30AM-12:00PM

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

Age: 6Y – 14Y

Instructor: Nerinna Valera

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

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

Classes: 12 Fee: \$132.00(R)/\$148.50(N)

COURSE #	DAY	DATE	TIME
SU1-150 Level I	Mon	Jun 01-Aug 17	10:00AM-12:00PM
SU1-151 Level II	Mon	Jun 01-Aug 17	12:15PM-2:15PM

Uke & Me – Basic Ukulele Instruction

Age: 15Y and up

Instructor: Liane Barbadillo-Paiso

Location: L | PR – Creator Studio #320

Instructor Liane Barbadillo-Paiso teaches basic ukulele chords to help beginners play songs for family and small gatherings. A former student of SSF Rec instructor Sil Castillo, she is a member of the San Francisco Ukulele Rebellion MeetUp Group and Peninsula Ukulele Group and has performed at the San Mateo Aloha Festival. She has also studied with Ukulenny and Cynthia Lin. Students must bring their own concert or soprano ukulele. A \$10.00 supply fee (cash only) is payable to the instructor for a music packet with 40 songs and chord charts.

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

COURSE #	DAY	DATE	TIME
SU5-519	Tue	Jun 02-Jul 21	6:00PM-7:00PM

TEEN AND ADULT CLASSES

DANCE CLASSES

Ballet for Teens and Adults

Age: 14Y and up

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

Location: (see below)

Classical Ballet is offered for Beginner through High Intermediate levels. Level I (Beginner) is taught by Rachel Wong, who trained from age 6 at Shan Yee Poon Ballet School and performed with local youth ballet companies. Level I-II (Advanced Beginner-Low Intermediate) is taught by Cara Shpizner, who began dancing at age 10 and performed with the Claremont Colleges Ballet Company. Level III (Intermediate-High Intermediate) is taught by Maria Spremich, a former professional dancer and Artistic Director of SSF Civic Ballet with over 35 years of teaching experience. Maria was a professional ballet dancer with Theater Ballet of San Francisco and Lines Ballet and served as a staff instructor at the San Francisco Conservatory of Ballet. She has taught with the SSF Recreation Department for over 35 years and developed the Children's Ballet program that became the SSF Civic Ballet, where she is Artistic Director and lead instructor. For more specific information regarding level content please contact M. Spremich: mbspoinite@aol.com. Class Attire: Leotard (any color), ballet tights (pink or black)/leggings, ballet slippers (leather or canvas, split sole preferred). A dance skirt or sweatpants/jazz pants may be worn.

Level I: Beginner Classical Ballet Techniques

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

Classes: 8 Fee: \$96.00(R)/\$112.50(N) **Instructor: R. Wong**

COURSE #	DAY	DATE	TIME
SU1-401	Tue	Jun 16-Aug 11	10:30AM-12:00PM
L PR - Large Dance & Fitness Studio #222 No class: 7/7			

Level II: Advanced Beginner - Low Intermediate Classical Ballet Techniques

Must have previous ballet experience. Beyond basic technique with more complicated exercises at the barre and center.

Classes: 7 Fee: \$80.00(R)/\$86.50(N) **Instructor: C. Shpizner**

COURSE #	DAY	DATE	TIME
SU1-402	Thu	Jun 11-Aug 13	7:00PM-8:15PM
L PR - Small Dance & Fitness Studio #221 No class: 7/2, 7/9			

Level III: Intermediate Classical Ballet Techniques

Experience in complete barre work and center exercises including longer adagio, various pirouette combinations, and petits and grands allegros.

Classes: 10 Fee: \$120.00(R)/\$136.50(N) **Instructor: M. Spremich**

COURSE #	DAY	DATE	TIME
SU1-403	Tue	Jun 09-Aug 11	7:00PM-8:30PM
SU1-404	Thu	Jun 11-Aug 13	7:00PM-8:30PM
L PR - Large Dance & Fitness Studio #222			

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

Age: 16Y and up

Instructor: Yulissa Arescurenaga

Location: L | PR - Small Dance Studio #221

Express yourself through music and movement in this fun, high-energy dance fitness class. Participants will learn a variety of dance steps while improving coordination, rhythm, and memorization in a welcoming, non-judgmental environment. The class feels like a dance party and is open to all. Instructor Yulissa Arescurenaga is a certified Zumba instructor passionate about sharing the joy of dance with people of all backgrounds and abilities. She has been featured at the National Zumba Convention in Orlando and is one of the first Zumba instructors in the world with Down syndrome. Please bring comfortable shoes, water, and a positive attitude. Cash only.

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

COURSE #	DAY	DATE	TIME
---	Wed	Jun 03-Aug 19	11:00AM-12:00PM

Belly Dancing - Beginners

Age: 18Y and up

Instructor: Alisa Greer

Location: L | PR - Small Dance Studio #221

Learn the basics of belly dancing in a fun, supportive class designed for women of all ages and body types. No previous dance experience is needed—just come ready to move and have fun. The class is taught by lifelong belly dancer Alisa Greer, who loves sharing this beautiful art form. For more information, contact Alisa at alisa@alisagreer.com.

No class: 7/8, 8/5

Classes: 5 Fee: \$32.00(R)/\$48.50(N)

COURSE #	DAY	DATE	TIME
SU1-460	Wed	Jul 01-Aug 12	7:00PM-8:00PM

Belly Dance - Intermediate/Advanced

Age: 18Y and up

Instructor: Alisa Greer

Location: L | PR - Small Dance Studio #221

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

No class: 7/8, 8/5

Classes: 5 Fee: \$32.00(R)/\$48.50(N)

COURSE #	DAY	DATE	TIME
SU1-461	Wed	Jul 01-Aug 12	8:00PM-9:00PM

TEEN AND ADULT CLASSES

Hawaiian Hula – New Level Added!

Age: 17Y and up

Instructor: Mary Ann Narvaez

Location: L | PR – Exercise Studio #235

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

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

COURSE #	DAY	DATE	TIME
SU1-465	Tue	Jun 02-Jul 07	6:00PM-7:00PM

Beginners – NEW!

Classes: 11 Fee: \$107.00(R)/\$123.50(N) No class: 7/21

COURSE #	DAY	DATE	TIME
SU1-466	Tue	Jun 02-Aug 18	7:30PM-9:00PM

Level I

Classes: 11 Fee: \$107.00(R)/\$123.50(N) No class: 7/20

COURSE #	DAY	DATE	TIME
SU1-467	Mon	Jun 01-Aug 17	7:30PM-9:00PM

Level II

Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

Instructor: Martin Cruz

Location: South San Francisco High School – Cafeteria

This class is a joint project of the SSF High School Folklórico Dance Program and the SSF Recreation Department, designed for advanced students with three years of Mexican Folklórico dance and instructor approval. Students at this level participate in school and community events with Ballet Folklórico Alma de México. Instructor: Martin Cruz is the Folklórico Dance Teacher at SSF High School and Artistic Director of Ballet Folklórico Alma de México and other Bay Area folklórico groups, with extensive experience in choreography and performance.

Classes: 14 Fee: \$126.00(R)/\$142.50(N)

COURSE #	DAY	DATE	TIME
SU3-470	M/Th	Jun 01-Jul 16	8:00PM-10:00PM

Mexican Folklórico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

Instructor: Patricia Martinelli

Location: L | PR – Small Dance Studio #221

Learn basic Mexican Folklórico dance steps and authentic dances from various states in Mexico. This beginner class for teens and adults, including returning dancers, focuses on low-impact steps and cultural dances. Instructor Patricia Martinelli, Co-Founder and General Director of Ballet Folklórico Alma de México, has over 30 years of experience in Mexican Folklórico dance and has trained and performed with Hawaiian instructors in the Bay Area for over a decade. **Attire:** Comfortable clothing for movement and secure hard-soled or lightweight shoes. Information on Folklórico shoes and skirts will be provided in class.

Classes: 5 Fee: \$65.00(R)/\$81.50(N)

COURSE #	DAY	DATE	TIME
SU1-464	Tue	Jun 02-Jun 30	4:30PM-6:30PM

Salsa & Bachata Dance

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Social Hall #130

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

Classes: 12 Fee: \$78.00(R)/\$94.50(N)

COURSE #	DAY	DATE	TIME
SU1-415	Wed	Jun 03-Aug 19	7:15PM-8:15PM

Argentine Tango and Swing

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Banquet Hall #130

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

Classes: 12 Fee: \$78.00(R)/\$96.50(N)

COURSE #	DAY	DATE	TIME
SU1-416	Wed	Jun 03-Aug 19	8:30PM-9:30PM

TEEN AND ADULT CLASSES

ARTS AND SPECIAL INTEREST

Conversational Spanish

Age: 18Y and up

Instructor: Bob Bachecki

Location: Terrabay Gym – Poppy Room

Students will hear and experience Spanish throughout the class, helping them understand meaning without translating every word. Hand gestures support comprehension. This conversational approach is useful in offices, professions, and everyday life. Instructor Bob Bachecki, a former high school and community college Spanish teacher, has taught English as a second language to various nationalities and worked overseas in Kuwait and Kazakhstan. Classes are dynamic and fast-paced. Contact Bob at bob_bachecki@hotmail.com.

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

COURSE #	DAY	DATE	TIME
SU1-595	Wed	Jun 17–Jul 29	5:00PM–7:00PM

Dyeing for Crafters with Shibori

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR – Creator Studio #320

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

No class: 6/25

Classes: 10 Fee: \$160.00(R)/\$176.50(N)

COURSE #	DAY	DATE	TIME
SU1-501	Thu	Jun 11–Aug 20	10:00AM–2:00PM

DIY Personal Perfume Workshop

Age: 15Y and up

Instructor: Mauricio Garcia

Location: L | PR – Gallery Room #321

This workshop is designed for students interested in creating their own custom perfume. After learning the basics of perfumery and how fragrances are composed, participants will blend a personalized scent under the instructor's guidance using a variety of essential oils and aromatic materials. Notes include citrus, fruit, floral (jasmine, rose, tuberose, ylang ylang), herbal, woody, gourmand, amber, and musk. Each student will take home their creation in a 10ml glass spray vial. **A \$10.00 supply fee is payable to the**

instructor. Mauricio Garcia is a perfumer and aromatherapist based in South San Francisco who is passionate about helping people connect with their senses, memories, and emotions through the art of scent.

Classes: 1 Fee: \$27.00(R)/\$43.50(N)

COURSE #	DAY	DATE	TIME
SU1-601	Sun	Jun 21	12:00PM–3:00PM
SU1-602	Sun	Jul 05	12:00PM–3:00PM
SU1-603	Sat	Aug 08	12:00PM–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: 6/20, 7/4, 7/11, 7/18, 7/25

Classes: 7 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
SU3-331	Sat	Jun 06–Aug 22	11:00AM–12:00PM

Japanese Flower Arrangement for Beginners

Age: 18Y and up

Instructor: Lee Okumoto

Location: L | PR – Creator Studio #320

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

No class: 6/22, 7/6

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

COURSE #	DAY	DATE	TIME
SU1-503	Mon	Jun 15–Jul 27	6:00PM–8:00PM

TEEN AND ADULT CLASSES

Knitting for Beginners & Intermediates

Age: 16Y and up

Instructor: Victoria Gavidia

Location: L | PR – Creator Studio #320

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

Classes: 10 Fee: \$80.00(R)/\$96.50(N)

COURSE #	DAY	DATE	TIME
SU1-480	Thu	Jun 11-Aug 13	7:00PM-9:00PM

Landscape Sketching

Age: 18Y and up

Instructor: Nick Stern

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

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

No class: 6/21

Classes: 11 Fee: \$198.00(R)/\$214.50(N)

COURSE #	DAY	DATE	TIME
SU1-532	Tue	Jun 02-Aug 18	1:00PM-3:00PM

Learning to Quilt

Age: 18Y and up

Instructor: Joy Lily

Location: L | PR – Creator Studio #320

Discover all the basic steps to making a quilt; choosing fabric and a pattern, sewing patchwork blocks, making a "quilt sandwich", topstitching and binding. It is recommended that you bring your portable sewing machine to class if possible.

There is a cash supply fee of \$5.00 due to your instructor at the beginning of the first class.

No class: 6/23

Classes: 9 Fee: \$108.00(R)/\$124.50(N)

COURSE #	DAY	DATE	TIME
SU1-502	Tue	Jun 16-Aug 18	10:00AM-1:00PM

Photographic Composition: Taking Better Photos

Age: 18Y and up

Instructor: John Erve

Location: L | PR – Creator Studio #320

This class helps you improve your photography through lectures and reviewing images taken by you and your classmates. The focus is on compositional techniques and photographing with intent, rather than technical details. Instructor John Erve is a former Millbrae Camera Club member, achieving Masters Level in Pictorial, Monochrome, Nature, Travel, Journalism, and Creative categories, and served as club president from 2020-2021. He has also taught Image Evaluation and Critique for the Photographic Society of America and completed PSA courses in History of Photography and Portraiture in Available Light.

No class: 7/20

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

COURSE #	DAY	DATE	TIME
SU1-610	Mon	Jun 29-Aug 03	2:00PM-4:00PM

Sewing 1

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR – Creator Studio #320

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

Classes: 11 Fee: \$214.00(R)/\$230.50(N)

COURSE #	DAY	DATE	TIME
SU1-507	Wed	Jun 03-Aug 12	9:30AM-12:30PM

TEEN AND ADULT CLASSES

Sewing 2

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR - Creator Studio #320

This class is for students familiar with Sewing Level 1 skills or with equivalent experience. You will learn body measurement to select the right pattern, make alterations, and apply professional techniques. The class covers working with different fabrics, pattern redesign, quilts, shortcuts, and identifying fabric types, napped surfaces, and knits. Students must bring their own sewing machines. Visit www.ssfca.gov/rec-catalog for full class details. A \$30.00 supply fee is payable to the instructor on the first day. Instructor Judy has extensive experience in sewing, appliqué, traditional and Hawaiian quilting, and handcrafts.

No class: 7/4, 7/11

Classes: 10 Fee: \$195.00(R)/\$211.50(N)

COURSE #	DAY	DATE	TIME
SU1-508	Sat	Jun 06-Aug 22	9:30AM-12:30PM

Sewing 3

Age: 18Y and up

Instructor: Judy Barretto

Location: L | PR - Creator Studio #320

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

Classes: 12 Fee: \$234.00(R)/\$250.50(N)

COURSE #	DAY	DATE	TIME
SU1-509	Sun	Jun 07-Aug 23	9:30AM-12:30PM

EXERCISE AND FITNESS

Circuit Body Workout

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Banquet Hall #130*

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

No class: 6/15

Classes: 11 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-116	Mon	Jun 01-Aug 17	1:00PM-2:00PM

*First class on 6/1 will be held in the Exercise Studio #235.

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR - Banquet Hall #130

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

No class: 7/16

Classes: 10 Fee: \$55.00(R)/\$71.50(N)

COURSE #	DAY	DATE	TIME
SU1-103	Thu	Jun 11-Aug 20	5:30PM-6:30PM

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: 7/13

Classes: 10 Fee: \$55.00(R)/\$71.50(N)

COURSE #	DAY	DATE	TIME
SU1-104	Mon	Jun 08-Aug 17	5:30PM-6:30PM

TEEN AND ADULT CLASSES

Functional Fitness

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR - Banquet Hall #130

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

No class: 7/15

Classes: 10 Fee: \$55.00(R)/\$71.50(N)

COURSE #	DAY	DATE	TIME
SU1-108	Wed	Jun 10-Aug 19	5:30PM-6:30PM

Introduction to Vinyasa Yoga & Kundalini Breathwork

Age: 18Y and up

Instructor: Monica Gutierrez

Location: L | PR - Small Dance Studio #221

Explore Vinyasa Yoga and Kundalini Breath-work in this class for all levels. You'll learn basic poses, Sun Salutations, breath awareness, Kundalini techniques to balance energy centers, and guided meditation. Vinyasa synchronizes breath with movement to energize the body and calm the mind, while Kundalini awakens inner energy for transformation.

The class offers a supportive environment for beginners and experienced students alike. Instructor Monica Gutierrez, a licensed Massage Therapist and experienced yoga teacher, is dedicated to helping students find balance and inner peace.

Classes: 11 Fee: \$53.00(R)/\$69.50(N)

COURSE #	DAY	DATE	TIME
SU1-160	Tue	Jun 02-Aug 11	10:00AM-10:45AM
SU1-161	Wed	Jun 03-Aug 12	10:00AM-10:45AM
SU1-162	Thu	Jun 04-Aug 13	10:00AM-10:45AM

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.

Classes: 22 Fee: \$110.00(R)/\$126.50(N)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 08-Aug 19	6:45PM-7:45PM

Pilates

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

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

Alice Peña Bulos Center - Multi-Use Room

Classes: 11 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-142	Tue	Jun 09-Aug 18	5:00PM-6:00PM

L | PR - Social Hall #125

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-143	Wed	Jun 03-Aug 19	7:15PM-8:15PM

L | PR - Exercise Studio #235

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-144	Thu	Jun 04-Aug 20	5:00PM-6:00PM

Pilates 1 - Beginners

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

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

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-145	Tue	Jun 02-Aug 18	1:45PM-2:45PM

Pilates 2 - Advanced Beginners & Up

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

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

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-146	Tue	Jun 02-Aug 18	12:30PM-1:30PM

TEEN AND ADULT CLASSES

Shinkyu Shotokan Karate

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

Instructor: Juan Carlos Barajas

Location: Joseph A. Fernekes Building

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

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

COURSE #	DAY	DATE	TIME
SU1-215	Tu/Th	Jun 02-Aug 20	6:30PM-7:30PM

Teens

Classes: 16 Fee: \$180.00(R)/\$196.50(N)

COURSE #	DAY	DATE	TIME
SU1-216	Tu/Th	Jun 02-Aug 20	7:30PM-9:00PM

Adults

Strength, Stability, Stretch

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR - Social Hall #125

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

No class: 7/14

Classes: 10 Fee: \$55.00(R)/\$71.50(N)

COURSE #	DAY	DATE	TIME
SU1-109	Tue	Jun 09-Aug 18	5:30PM-6:30PM

StrengthPloxing

Age: 15Y and up

Instructor: Stephanie King

Location: Alice Peña Bulos Center - Multi-Use Room

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

No class: 7/4

Classes: 11 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-117	Sat	Jun 06-Aug 22	9:00AM-10:00AM

Stretch & Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

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

No class: 6/19, 7/3

Classes: 10 Fee: \$55.00(R)/\$71.50(N)

COURSE #	DAY	DATE	TIME
SU1-129	Fri	Jun 05-Aug 21	1:00PM-2:00PM

Tabata LiiT

(Low Intensity Interval Training)

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Exercise Studio #235

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

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-118	Thu	Jun 04-Aug 20	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: 11 Fee: \$60.00(R)/\$76.50(N) No class: 6/15

COURSE #	DAY	DATE	TIME
SU1-119	Mon	Jun 01-Aug 17	7:00PM-8:00PM

L | PR - Exercise Studio #235

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-120	Thu	Jun 04-Aug 20	6:00PM-7:00PM

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

Classes: 10 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-209	Thu	Jun 18-Aug 20	5:30PM-6:30PM

Tai Chi Chuan: Guang Ping Yang – Intermediates

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

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

Classes: 10 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-210	Thu	Jun 18-Aug 20	6:30PM-7:30PM

Tai Chi Chuan: Guang Ping Yang – Advanced

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

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

Classes: 10 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-211	Thu	Jun 18-Aug 20	7:30PM-8:30PM



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, and 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 Level 2 with more moves and complexity. Let's discover wellness together.

Classes: 12 Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
SU1-121 Level I	Wed	Jun 03-Aug 19	9:00AM-10:00AM
SU1-122 Level II	Wed	Jun 03-Aug 19	10:00AM-11:00AM
SU1-123 Level III	Wed	Jun 03-Aug 19	11:00AM-12:00PM

Yoga – Stretching Beginning & Intermediate

Age: 18Y and up

Instructor: Don Amini

Location: L | PR – Large Dance Studio #222

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

Classes: 12 Fee: \$117.00(R)/\$133.50(N)

COURSE #	DAY	DATE	TIME
SU1-303	Mon	Jun 01-Aug 17	10:15AM-11:45AM
SU1-304	Mon	Jun 01-Aug 17	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: 11 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
SU1-124	Tue	Jun 09-Aug 18	6:00PM-7:00PM

L | PR – Social Hall #125

Classes: 12 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
SU1-125	Wed	Jun 03-Aug 19	6:00PM-7:00PM

Alice Peña Bulos Center – Multi-Use Room

Classes: 11 Fee: \$60.00(R)/\$76.50(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU1-126	Sat	Jun 06-Aug 22	10:15AM-11:15AM

Drop-In: Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

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.

L | PR – Exercise Studio #235

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

COURSE #	DAY	DATE	TIME
---	Mon	Jun 01-Aug 17	11:30AM-12:30PM

L | PR – Exercise Studio #235

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

COURSE #	DAY	DATE	TIME
---	Tue	Jun 02-Aug 18	11:00AM-12:00PM

L | PR – Social Hall #125*

Classes: 10 Fee: \$6.00(R)/\$6.00(N) No class: 6/19, 7/3

COURSE #	DAY	DATE	TIME
---	Fri	Jun 05-Aug 21	11:00AM-12:00PM

*Class on 6/5 will be held in the Exercise Studio #235.

Drop-In: Zumba® Gold Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Large Dance Studio #222

Zumba® Gold is a lower-intensity, slower version of Zumba® designed for older adults, beginners, or anyone wanting to burn calories and tone muscles through dance. The class follows simple to slightly complex choreography to improve fitness, mental health, and memory. Enjoy a fun, full-body workout in a supportive environment. Drop-in only, \$6.00 per class payable to the instructor (cash, exact change).

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

COURSE #	DAY	DATE	TIME
---	Thu	Jun 04-Aug 20	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.ssfca.gov/rec-catalog or at the Parks and Recreation office at 901 Civic Campus Way – 3rd Floor. Please call (650) 829-3800 for more information.

TENNIS CLASSES

Tennis: Information and Requirements

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

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

Tennis: Private Lessons

Age: 8Y and up

Instructor: 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.

No class: 7/4

Classes: 11 Fee: \$239.00(R)/\$255.50(N)

COURSE #	DAY	DATE	TIME
SU4-200	Sat	Jun 06-Aug 22	8:00AM-8:30AM
SU4-201	Sat	Jun 06-Aug 22	8:30AM-9:00AM
SU4-202	Sat	Jun 06-Aug 22	9:00AM-9:30AM
SU4-203	Sat	Jun 06-Aug 22	9:30AM-10:00AM
SU4-204	Sat	Jun 06-Aug 22	10:00AM-10:30AM
SU4-205	Sat	Jun 06-Aug 22	10:30AM-11:00AM

Classes: 12 Fee: \$261.00(R)/\$277.50(N)

COURSE #	DAY	DATE	TIME
SU4-206	Sun	Jun 07-Aug 23	8:00AM-8:30AM
SU4-207	Sun	Jun 07-Aug 23	8:30AM-9:00AM
SU4-208	Sun	Jun 07-Aug 23	9:00AM-9:30AM
SU4-209	Sun	Jun 07-Aug 23	9:30AM-10:00AM
SU4-210	Sun	Jun 07-Aug 23	10:00AM-10:30AM
SU4-211	Sun	Jun 07-Aug 23	10:30AM-11:00AM

Tennis: Private – Jaime Pagmanua

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.

No class: 7/4

Classes: 11 Fee: \$239.00(R)/\$255.50(N)

COURSE #	DAY	DATE	TIME
SU4-400	Sat	Jun 06-Aug 22	8:30AM-9:00AM
SU4-401	Sat	Jun 06-Aug 22	9:00AM-9:30AM
SU4-402	Sat	Jun 06-Aug 22	9:30AM-10:00AM
SU4-403	Sat	Jun 06-Aug 22	10:00AM-10:30AM

Tennis Camp with Anthony Dizon-Barron

Age: 8Y - 18Y

Instructor: Anthony Dizon-Barron

Location: Orange Memorial Park Tennis Court #1 and #2

This innovative camp will build athletic ability, stamina, and a deeper appreciation for tennis while helping students develop their own playing style through modern and traditional techniques. Sessions include targeted drills, engaging games, athletic conditioning, and on-court mindfulness coaching. Instruction is offered in a 1:1 or small-group format to ensure individual attention and peer support. Students may register for multiple sessions.

Classes: 5 Fee: \$160.00(R)/\$176.50(N)

COURSE #	DAY	DATE	TIME
SU4-331	M-F	Jun 01-Jun 05	12:00PM-4:00PM
SU4-332	M-F	Jun 08-Jun 12	12:00PM-4:00PM
SU4-334	M-F	Jun 22-Jun 26	12:00PM-4:00PM
SU4-336	M-F	Jul 06-Jul 10	12:00PM-4:00PM
SU4-337	M-F	Jul 13-Jul 17	12:00PM-4:00PM
SU4-338	M-F	Jul 20-Jul 24	12:00PM-4:00PM
SU4-339	M-F	Jul 27-Jul 31	12:00PM-4:00PM
SU4-340	M-F	Aug 03-Aug 07	12:00PM-4:00PM

Classes: 4 Fee: \$128.00(R)/\$144.50(N)

COURSE #	DAY	DATE	TIME
SU4-333	M-Thu	Jun 15-Jun 18	12:00PM-4:00PM
SU4-335	M-Thu	Jun 29-Jul 02	12:00PM-4:00PM

INTERESTED IN A FREE TREE?

WE'RE SERIOUS.

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

Benefits of trees for residents:

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



please scan this code to sign up for our interest list

Benefits of trees for the environment:

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



GREENLATINOS



YOUTH AND ADULT SPORTS

Open Gym Program

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

Basketball

Mon-Wed, Fri Canceled due to Summer Camps
(Begins Jun 01) (Returns after Labor Day)
Thursday 6:30PM - 8:30PM (Adults only)
Saturday 12:00PM - 3:00PM (Juniors only)
Sunday 12:30PM - 3:00PM (Adults only)

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

*Senior discount applies to ages 62 years and up.

Badminton

Tuesday 6:30PM - 8:30PM (Adults only)
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.

Pickleball

Monday 6:15PM - 7:45PM
8:00PM - 9:30PM

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.

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
Script cards available Monday through Fridays

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

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.

*Fees subject to change.

Summer Adult Basketball League

5X5 basketball leagues are held at the Terrabay Gymnasium and Recreation Center. Teams play on Wednesday nights. Season begins tentatively June 24.

Fee: \$675.00 per team, 6 game season + playoffs



Summer Adult Coed Softball League

Team slow pitch softball will begin league play in July 2026. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680. Registration begins June 8.

Fee: \$594.00 per team, 6 game season + playoffs



YOUTH AND ADULT SPORTS

Summer 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 Summer for all levels. Game times will be between 4:00pm and 6:00pm on Thursdays. Registration begins on Monday, May 4, 2026, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

Individual

Dates: Wednesday, June 17 – Friday, August 14

BOCCE-104 Individual

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

Fee: \$30.00/individual*

Teams Only

Dates: Wednesday, June 17 – Wednesday, August 12

BOCCE-101

Team Only: Wed 5:00PM – 6:00PM

Team Only: Wed 6:00PM – 7:00PM

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

Dates: Thursday, June 18 – Thursday, August 13

BOCCE-102

Team Only: Thu 5:00PM – 6:00PM

Team Only: Thu 6:00PM – 7:00PM

Team Only: Thu 7:00PM – 8:00PM

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

Dates: Friday, June 19 – Friday, August 14

BOCCE-103

Team Only: Fri 9:00AM – 10:00AM

Team Only: Fri 10:00AM – 11:00AM

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



YOUTH SPORTS

Junior Giants 2026

Junior Giants is a great opportunity for boys and girls 5-13 years old to learn the skills of baseball and softball in a non-competitive and fun format. Participants attend one practice per week and play games on Fridays or Saturdays. The Junior Giants program runs from June 8 - August 1. Best of all, the program is free, but space is limited. More coaches that sign up equals more children that can participate.

The South San Francisco Junior Giants is also looking for volunteers to help run the program. Volunteer positions available include Head Coaches (18 years and older) and Assistant Coaches and Umpires (15 years and older). The time commitment is about 1½ hours for one weekly practice and another 1½ for games on Saturdays. For those interested in volunteering or more information about the Junior Giants program, please call your league commissioner.

Sign up as a player/coach/team parent at www.jrgiants.org (Search SSF under find my league)

We will once again offer Girls/Boys Softball Divisions.

Registration: (players, coaches and team parents)

Online Registration begins April 15, 2026

www.jrgiants.org

Parent Orientation: (First Pitch)

Date/Time: May 21st at 6:30pm

Location: Virtual

Coaches/Team Parent Meeting:

Date/Time: May 28th at 6:30pm

Location: LPR Social Hall

AQUATICS CLASSES

Orange Pool

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

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



Aquatics Registration

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

SUMMER 2026

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

Session #1 (All classes, including weekend classes)

Resident Registration – Wednesday, May 20, 2026
Non-Resident Registration – Wednesday, May 27, 2026

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

Resident Registration – Friday, July 10, 2026
Non-Resident Registration – Saturday, July 11, 2026 **at 8:00am**

Session #2 (Mon-Thur morning lessons only)

Resident Registration – Friday, June 26, 2026
Non-Resident Registration – Saturday, June 27, 2026 **at 8:00am**

Session #3 (Mon-Thur morning lessons only)

Resident Registration – Friday, July 10, 2026
Non-Resident Registration – Saturday, July 11, 2026 **at 8:00am**

Session #4 (Mon-Thur morning lessons only)

Resident Registration – Friday, July 24, 2026
Non-Resident Registration – Saturday, July 25, 2026 **at 8:00am**

Registration Procedures

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

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

OMP Pool will be closed on the following dates:

- Monday, June 1, 2026 – Sunday, June 14, 2026
- Friday, June 19, 2026
- Monday, July 6, 2026 – Thursday, July 9, 2026 (Pool Closed from 10:00 AM – 6:30 PM)
- Friday, July 3, 2026 – Sunday, July 5, 2026
- Friday, August 7, 2026 (Pool Closed from 8:00 AM – 3:30 PM)
- Saturday, August 22, 2026 (Pool Closes at 8:45 AM)
- Monday, September 7, 2026

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

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

Adult Lap Swimming (16 Years and up)

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

Adult Recreation Swim (18 Years and up)

Mon-Fri 10:10AM – 12:00PM
Tue/Thu 7:45PM – 9:30PM
Sunday 7:15AM – 9:15AM

Open Recreation (All Ages)

Mon-Fri 12:15PM – 1:45PM
Saturday 12:45PM – 2:30PM
Sunday 1:00PM – 3:00PM

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

For \$6.50(R)/\$9.00(N), bring your child for playtime in the pool! This particular recreation time is for caregivers and children to play in the pool together and a time for expecting mothers to get in for some aquatic exercise. A lifeguard will be on duty and this is strictly for recreation (not a class).

Buy a membership card or pay the drop-in fee. All babies and children 4 years and younger must wear a swim diaper and swimsuit. All children 4 years and younger are required to have an adult accompany them in the water. Please, no outside toys or floatation devices. Only U.S. Coast Guard-approved life jackets/puddle jumpers are allowed.

Mon/Fri 2:00PM – 3:00PM

Fees

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

Admission Fees

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

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

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

AQUATICS CLASSES

Rentals

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

Rental Rates (1.5 hours):

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

Rental Rates (3 hours):

\$397.00 for 30 participants or less
 \$448.00 for 31-60 participants
 \$499.00 for 61-100 participants

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

INFANT/PRE-SCHOOL

Infants

Age: 6M – 1Y 5M

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

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-1103	Tu/Th	Jun 16-Jul 09	6:30PM-7:00PM
SU8-1104	Tu/Th	Jun 16-Jul 09	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-1105	Tu/Th	Jul 14-Aug 06	6:30PM-7:00PM
SU8-1106	Tu/Th	Jul 14-Aug 06	7:05PM-7:35PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-1107	Sat	Jun 20-Aug 08	9:00AM-9:30AM
SU8-1108	Sat	Jun 20-Aug 08	9:35AM-10:05AM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-1109	Sun	Jun 21-Aug 17	10:25AM-10:55AM
SU8-1110	Sun	Jun 21-Aug 17	11:00AM-11:30AM

Toddler

Age: 1Y 6M – 2Y 11M

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

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-2203	Tu/Th	Jun 16-Jul 09	6:30PM-7:00PM
SU8-2204	Tu/Th	Jun 16-Jul 09	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-2205	Tu/Th	Jul 14-Aug 06	6:30PM-7:00PM
SU8-2206	Tu/Th	Jul 14-Aug 06	7:05PM-7:35PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-2207	Sat	Jun 20-Aug 08	9:00AM-9:30AM
SU8-2208	Sat	Jun 20-Aug 08	9:35AM-10:05AM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-2209	Sun	Jun 21-Aug 09	10:25AM-10:55AM
SU8-2210	Sun	Jun 21-Aug 09	11:00AM-11:30AM

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

AQUATICS CLASSES

Pre-School

Age: 3Y - 4Y 11M

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

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-3303	Tu/Th	Jun 16-Jul 09	6:30PM-7:00PM
SU8-3304	Tu/Th	Jun 16-Jul 09	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-3305	Tu/Th	Jul 14-Aug 06	6:30PM-7:00PM
SU8-3306	Tu/Th	Jul 14-Aug 06	7:05PM-7:35PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-3307	Sat	Jun 20-Aug 08	9:00AM-9:30AM
SU8-3308	Sat	Jun 20-Aug 08	9:35AM-10:05AM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-3309	Sun	Jun 21-Aug 09	10:25AM-10:55AM
SU8-3310	Sun	Jun 21-Aug 09	11:00AM-11:30AM

Starfish (Formerly Pre-Basic Beginners)

Age: 3Y 6M - 5Y

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

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-4423	Sat	Jun 20-Aug 08	10:15AM-10:45AM
SU8-4424	Sat	Jun 20-Aug 08	10:50AM-11:20AM
SU8-4425	Sat	Jun 20-Aug 08	11:25AM-11:55AM
SU8-4426	Sat	Jun 20-Aug 08	12:00PM-12:30PM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-4429	Sun	Jun 21-Aug 09	11:40AM-12:10PM
SU8-4430	Sun	Jun 21-Aug 09	12:15PM-12:45PM

CHILD

Level 1: Pollywogs

Age: 5Y - 13Y or at least 4'0" tall

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-110	M/W	Jun 15-Jul 08	6:30PM-7:00PM
SU8-111	M/W	Jun 15-Jul 08	7:05PM-7:35PM
SU8-112	M/W	Jun 15-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-113	M/W	Jul 13-Aug 05	6:30PM-7:00PM
SU8-114	M/W	Jul 13-Aug 05	7:05PM-7:35PM
SU8-115	M/W	Jul 13-Aug 05	7:40PM-8:10PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-123	Sat	Jun 20-Aug 08	10:15AM-10:45AM
SU8-124	Sat	Jun 20-Aug 08	10:50AM-11:20AM
SU8-125	Sat	Jun 20-Aug 08	11:25AM-11:55AM
SU8-126	Sat	Jun 20-Aug 08	12:00PM-12:30PM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-129	Sun	Jun 21-Aug 17	11:40AM-12:10PM
SU8-130	Sun	Jun 21-Aug 17	12:15PM-12:45PM

Morning Pollywogs Session #1

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

COURSE #	DAY	DATE	TIME
SU8-140	M-Th	Jun 15-Jun 25	8:20AM-8:50AM
SU8-141	M-Th	Jun 15-Jun 25	8:55AM-9:25AM
SU8-142	M-Th	Jun 15-Jun 25	9:30AM-10:00AM

Morning Pollywogs Session #2

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

COURSE #	DAY	DATE	TIME
SU8-143	M-Th	Jun 29-Jul 09	8:20AM-8:50AM
SU8-144	M-Th	Jun 29-Jul 09	8:55AM-9:25AM
SU8-145	M-Th	Jun 29-Jul 09	9:30AM-10:00AM

Morning Pollywogs Session #3

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

COURSE #	DAY	DATE	TIME
SU8-146	M-Th	Jul 13-Jul 23	8:20AM-8:50AM
SU8-147	M-Th	Jul 13-Jul 23	8:55AM-9:25AM
SU8-148	M-Th	Jul 13-Jul 23	9:30AM-10:00AM

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

AQUATICS CLASSES

Morning Pollywogs Session #4

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

COURSE #	DAY	DATE	TIME
SU8-149	M-Th	Jul 27-Aug 06	8:20AM-8:50AM
SU8-150	M-Th	Jul 27-Aug 06	8:55AM-9:25AM
SU8-151	M-Th	Jul 27-Aug 06	9:30AM-10:00AM

Level 2: Guppies

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-210	M/W	Jun 15-Jul 08	6:30PM-7:00PM
SU8-211	M/W	Jun 15-Jul 08	7:05PM-7:35PM
SU8-212	M/W	Jun 15-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-213	M/W	Jul 13-Aug 05	6:30PM-7:00PM
SU8-214	M/W	Jul 13-Aug 05	7:05PM-7:35PM
SU8-215	M/W	Jul 13-Aug 05	7:40PM-8:10PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-223	Sat	Jun 20-Aug 08	10:15AM-10:45AM
SU8-224	Sat	Jun 20-Aug 08	10:50AM-11:20AM
SU8-225	Sat	Jun 20-Aug 08	11:25AM-11:55AM
SU8-226	Sat	Jun 20-Aug 08	12:00PM-12:30PM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-229	Sun	Jun 21-Aug 09	11:40AM-12:10PM
SU8-230	Sun	Jun 21-Aug 09	12:15PM-12:45PM

Morning Guppies Session #1

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

COURSE #	DAY	DATE	TIME
SU8-240	M-Th	Jun 15-Jun 25	8:20AM-8:50AM
SU8-241	M-Th	Jun 15-Jun 25	8:55AM-9:25AM
SU8-242	M-Th	Jun 15-Jun 25	9:30AM-10:00AM

Morning Guppies Session #2

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

COURSE #	DAY	DATE	TIME
SU8-243	M-Th	Jun 29-Jul 09	8:20AM-8:50AM
SU8-244	M-Th	Jun 29-Jul 09	8:55AM-9:25AM
SU8-245	M-Th	Jun 29-Jul 09	9:30AM-10:00AM

Morning Guppies Session #3

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

COURSE #	DAY	DATE	TIME
SU8-246	M-Th	Jul 13-Jul 23	8:20AM-8:50AM
SU8-247	M-Th	Jul 13-Jul 23	8:55AM-9:25AM
SU8-248	M-Th	Jul 13-Jul 23	9:30AM-10:00AM

Morning Guppies Session #4

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

COURSE #	DAY	DATE	TIME
SU8-249	M-Th	Jul 27-Aug 06	8:20AM-8:50AM
SU8-250	M-Th	Jul 27-Aug 06	8:55AM-9:25AM
SU8-251	M-Th	Jul 27-Aug 06	9:30AM-10:00AM

Level 3: Goldfish

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-310	M/W	Jun 15-Jul 08	6:30PM-7:00PM
SU8-311	M/W	Jun 15-Jul 08	7:05PM-7:35PM
SU8-312	M/W	Jun 15-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-313	M/W	Jul 13-Aug 05	6:30PM-7:00PM
SU8-314	M/W	Jul 13-Aug 05	7:05PM-7:35PM
SU8-315	M/W	Jul 13-Aug 05	7:40PM-8:10PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-323	Sat	Jun 20-Aug 08	10:15AM-10:45AM
SU8-324	Sat	Jun 20-Aug 08	10:50AM-11:20AM
SU8-325	Sat	Jun 20-Aug 08	11:25AM-11:55AM
SU8-326	Sat	Jun 20-Aug 08	12:00PM-12:30PM

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

AQUATICS CLASSES

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-329	Sun	Jun 21-Aug 09	11:40AM-12:10PM
SU8-330	Sun	Jun 21-Aug 09	12:15PM-12:45PM

Morning Goldfish Session #1

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

COURSE #	DAY	DATE	TIME
SU8-340	M-Th	Jun 15-Jun 25	8:20AM-8:50AM
SU8-341	M-Th	Jun 15-Jun 25	8:55AM-9:25AM
SU8-342	M-Th	Jun 15-Jun 25	9:30AM-10:00AM

Morning Goldfish Session #2

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

COURSE #	DAY	DATE	TIME
SU8-343	M-Th	Jun 29-Jul 09	8:20AM-8:50AM
SU8-344	M-Th	Jun 29-Jul 09	8:55AM-9:25AM
SU8-345	M-Th	Jun 29-Jul 09	9:30AM-10:00AM

Morning Goldfish Session #3

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

COURSE #	DAY	DATE	TIME
SU8-346	M-Th	Jul 13-Jul 23	8:20AM-8:50AM
SU8-347	M-Th	Jul 13-Jul 23	8:55AM-9:25AM
SU8-348	M-Th	Jul 13-Jul 23	9:30AM-10:00AM

Morning Goldfish Session #4

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

COURSE #	DAY	DATE	TIME
SU8-349	M-Th	Jul 27-Aug 06	8:20AM-8:50AM
SU8-350	M-Th	Jul 27-Aug 06	8:55AM-9:25AM
SU8-351	M-Th	Jul 27-Aug 06	9:30AM-10:00AM

Level 4: Sea Turtles

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-410	M/W	Jun 15-Jul 08	6:30PM-7:00PM
SU8-412	M/W	Jun 15-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-413	M/W	Jul 13-Aug 05	6:30PM-7:00PM
SU8-415	M/W	Jul 13-Aug 05	7:40PM-8:10PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-421	Sat	Jun 20-Aug 08	9:00AM-9:30AM
SU8-423	Sat	Jun 20-Aug 08	10:15AM-10:45AM
SU8-424	Sat	Jun 20-Aug 08	10:50AM-11:20AM
SU8-425	Sat	Jun 20-Aug 08	11:25AM-11:55AM
SU8-426	Sat	Jun 20-Aug 08	12:00PM-12:30PM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-429	Sun	Jun 21-Aug 09	11:40AM-12:10PM
SU8-430	Sun	Jun 21-Aug 09	12:15PM-12:45PM

Morning Sea Turtles Session #1

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

COURSE #	DAY	DATE	TIME
SU8-440	M-Th	Jun 15-Jun 25	8:20AM-8:50AM
SU8-441	M-Th	Jun 15-Jun 25	8:55AM-9:25AM

Morning Sea Turtles Session #2

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

COURSE #	DAY	DATE	TIME
SU8-443	M-Th	Jun 29-Jul 09	8:20AM-8:50AM
SU8-444	M-Th	Jun 29-Jul 09	8:55AM-9:25AM

Morning Sea Turtles Session #3

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

COURSE #	DAY	DATE	TIME
SU8-446	M-Th	Jul 13-Jul 23	8:20AM-8:50AM
SU8-447	M-Th	Jul 13-Jul 23	8:55AM-9:25AM

Morning Sea Turtles Session #4

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

COURSE #	DAY	DATE	TIME
SU8-449	M-Th	Jul 27-Aug 06	8:20AM-8:50AM
SU8-450	M-Th	Jul 27-Aug 06	8:55AM-9:25AM

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

AQUATICS CLASSES

Level 5: Marlins

Age: 5Y – 13Y

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-510	M/W	Jun 15-Jul 08	6:30PM-7:00PM
SU8-511	M/W	Jun 15-Jul 08	7:05PM-7:35PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-513	M/W	Jul 13-Aug 05	6:30PM-7:00PM
SU8-514	M/W	Jul 13-Aug 05	7:05PM-7:35PM

Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-519	Thu	Jun 18-Aug 06	6:30PM-7:00PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-522	Sat	Jun 20-Aug 08	9:35AM-10:05AM
SU8-523	Sat	Jun 20-Aug 08	10:15AM-10:45AM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-529	Sun	Jun 21-Aug 09	11:40AM-12:10PM

Morning Marlins Session #1

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

COURSE #	DAY	DATE	TIME
SU8-540	M-Th	Jun 15-Jun 25	8:20AM-8:50AM
SU8-542	M-Th	Jun 15-Jun 25	9:30AM-10:00AM

Morning Marlins Session #2

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

COURSE #	DAY	DATE	TIME
SU8-543	M-Th	Jun 29-Jul 09	8:20AM-8:50AM
SU8-545	M-Th	Jun 29-Jul 09	9:30AM-10:00AM

Morning Marlins Session #3

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

COURSE #	DAY	DATE	TIME
SU8-546	M-Th	Jul 13-Jul 23	8:20AM-8:50AM
SU8-548	M-Th	Jul 13-Jul 23	9:30AM-10:00AM

Morning Marlins Session #4

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

COURSE #	DAY	DATE	TIME
SU8-549	M-Th	Jul 27-Aug 06	8:20AM-8:50AM
SU8-551	M-Th	Jul 27-Aug 06	9:30AM-10:00AM

Level 6: Dolphins

Age: 5Y – 13Y

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-612	M/W	Jun 15-Jul 08	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-615	M/W	Jul 13-Aug 05	7:40PM-8:10PM

Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-620	Thu	Jun 18-Aug 06	7:05PM-7:35PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-624	Sat	Jun 20-Aug 08	10:50AM-11:20AM
SU8-626	Sat	Jun 20-Aug 08	12:00PM-12:30PM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-628	Sun	Jun 21-Aug 09	11:00AM-11:30AM
SU8-630	Sun	Jun 21-Aug 09	12:15PM-12:45PM

Morning Dolphins Session #1

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

COURSE #	DAY	DATE	TIME
SU8-640	M-Th	Jun 15-Jun 25	8:20AM-8:50AM
SU8-641	M-Th	Jun 15-Jun 25	8:55AM-9:25AM
SU8-642	M-Th	Jun 15-Jun 25	9:30AM-10:00AM

Morning Dolphins Session #2

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

COURSE #	DAY	DATE	TIME
SU8-643	M-Th	Jun 29-Jul 09	8:20AM-8:50AM
SU8-644	M-Th	Jun 29-Jul 09	8:55AM-9:25AM
SU8-645	M-Th	Jun 29-Jul 09	9:30AM-10:00AM

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

AQUATICS CLASSES

Morning Dolphins Session #3

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

COURSE #	DAY	DATE	TIME
SU8-646	M-Th	Jul 13-Jul 23	8:20AM-8:50AM
SU8-647	M-Th	Jul 13-Jul 23	8:55AM-9:25AM
SU8-648	M-Th	Jul 13-Jul 23	9:30AM-10:00AM

Morning Dolphins Session #4

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

COURSE #	DAY	DATE	TIME
SU8-649	M-Th	Jul 27-Aug 06	8:20AM-8:50AM
SU8-650	M-Th	Jul 27-Aug 06	8:55AM-9:25AM
SU8-651	M-Th	Jul 27-Aug 06	9:30AM-10:00AM

Level 7: Sharks

Age: 5Y - 13Y

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

Monday/Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-711	M/W	Jun 15-Jul 08	7:05PM-7:35PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-714	M/W	Jul 13-Aug 05	7:05PM-7:35PM

Saturday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-725	Sat	Jun 20-Aug 08	11:25AM-11:55AM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-727	Sun	Jun 21-Aug 09	10:25AM-10:55AM

Morning Sharks Session #1

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

COURSE #	DAY	DATE	TIME
SU8-741	M-Th	Jun 15-Jun 25	8:55AM-9:25AM
SU8-742	M-Th	Jun 15-Jun 25	9:30AM-10:00AM

Morning Sharks Session #2

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

COURSE #	DAY	DATE	TIME
SU8-744	M-Th	Jun 29-Jul 09	8:55AM-9:25AM
SU8-745	M-Th	Jun 29-Jul 09	9:30AM-10:00AM

Morning Sharks Session #3

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

COURSE #	DAY	DATE	TIME
SU8-747	M-Th	Jul 13-Jul 23	8:55AM-9:25AM
SU8-748	M-Th	Jul 13-Jul 23	9:30AM-10:00AM

Morning Sharks Session #4

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

COURSE #	DAY	DATE	TIME
SU8-750	M-Th	Jul 27-Aug 06	8:55AM-9:25AM
SU8-751	M-Th	Jul 27-Aug 06	9:30AM-10:00AM

TEENS AND ADULTS

Teen/Adult Level 1

Age: 13Y and up

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

Classes: 6 Fee: \$45.00(R)/\$61.50(N) No class: 6/19, 7/3

COURSE #	DAY	DATE	TIME
SU8-100	Fri	Jun 26-Aug 07	6:30PM-7:00PM
SU8-101	Fri	Jun 26-Aug 07	7:05PM-7:35PM

Teen/Adult Level 2

Age: 13Y and up

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

Classes: 6 Fee: \$45.00(R)/\$61.50(N) No class: 6/19, 7/3

COURSE #	DAY	DATE	TIME
SU8-200	Fri	Jun 26-Aug 07	6:30PM-7:00PM
SU8-201	Fri	Jun 26-Aug 07	7:05PM-7:35PM

Teen/Adult Level 3

Age: 13Y and up

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

Classes: 6 Fee: \$45.00(R)/\$61.50(N) No class: 6/19, 7/3

COURSE #	DAY	DATE	TIME
SU8-300	Fri	Jun 26-Aug 07	6:30PM-7:00PM
SU8-301	Fri	Jun 26-Aug 07	7:05PM-7:35PM

Teen/Adult Level 4

Age: 13Y and up

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

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

COURSE #	DAY	DATE	TIME
SU8-400	Tue	Jun 16-Aug 04	6:30PM-7:00PM
SU8-401	Tue	Jun 16-Aug 04	7:05PM-7:35PM

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

EXERCISE AND FITNESS

Adult Aquatic Exercise

Age: 18Y and up

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

Subject to cancellation based on instructor availability.

Tuesday/Thursday Session #1

Classes: 6 Fee: \$39.50(R)/\$55.50(N) No class: 7/7, 7/9

COURSE #	DAY	DATE	TIME
SU8-AX01	Tu/Th	Jun 16-Jul 02	2:00PM-3:00PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-AX02	Tu/Th	Jul 14-Aug 06	2:00PM-3:00PM

Adult Aquatic Fitness

Age: 16Y and up

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

Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-AFO1	Tu/Th	Jun 16-Jul 09	7:45PM-8:30PM
SU8-AFO2	Tu/Th	Jun 16-Jul 09	8:30PM-9:15PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-AFO3	Tu/Th	Jul 14-Aug 06	7:45PM-8:30PM
SU8-AFO4	Tu/Th	Jul 14-Aug 06	8:30PM-9:15PM

Aqua Zumba

Age: 16Y and up

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

Wednesday Session #1

Classes: 7 Fee: \$45.50(R)/\$62.00(N) No class: 7/8

COURSE #	DAY	DATE	TIME
SU8-AZ01	Wed	Jun 17-Aug 05	2:00PM-3:00PM

Sunday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-AZ02	Sun	Jun 21-Aug 09	9:25AM-10:10AM

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

PRESCHOOL

LICENSED PRESCHOOLS:

Little Steps Preschool,
Siebecker Preschool, and
Westborough Preschool

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

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

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

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

REGISTRATION FEE:

A \$74.50 non-refundable fee per family is due upon orientation into the program.

WAITING LIST FEE:

There is a \$35.50 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. There is currently a wait list.

BILLING POLICIES:

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

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$734.00/month	\$821.00/month
3 DAYS	\$455.00/month	\$507.50/month
2 DAYS	\$314.00/month	\$353.00/month

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

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

*Fees subject to change.

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

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



YOUTH ENRICHMENT SERVICES

LICENSED AFTER SCHOOL RECREATION PROGRAM

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

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

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

REGISTRATION PROCESS:

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

LOCATIONS:

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

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

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

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

AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

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

REGISTRATION FEE:

A \$74.50 non-refundable fee per family is due upon registration/orientation each year.

WAITLIST FEE:

The waitlist for the after school recreation programs is only valid for one school year. A non-refundable fee of \$35.50 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

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

# DAYS PER WEEK	BEFORE SCHOOL & AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM ONLY
5 DAYS	\$485.00/month	\$419.00/month
3 DAYS	\$331.00/month	\$287.00/month
2 DAYS	\$220.00/month	\$193.00/month

*Before school care only \$154/month.

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

REAL PROGRAM:

Los Cerritos and Martin Elementary Schools

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

ELOP PROGRAM

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

SENIOR SERVICES

Senior Program Administration: Roberta Cerri Teglia Center

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

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



TAKE THE FREE SOUTH CITY SHUTTLE!

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

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

Licensed Adult Day Care Program SECOND FLOOR

The South San Francisco Adult Day Care Center is located at 601 Grand Avenue, 2nd floor and is open Monday through Friday with program hours from 8:00am – 3:00pm. The fee for the ADC program is \$48 – \$64 per day. Financial assistance and sliding scale may be available for clients.

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

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

Congregate Nutrition Program THIRD FLOOR

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

SENIOR CONNECTION NEWSLETTER

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

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

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

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

Ballroom Dancing with Sanka

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

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

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

Chess

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

Join us for a game of chess and showcase your skills! Chess board and pieces will be provided.

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

Coffee & Cards

Location: Roberta Cerri Teglia Center
Activity Nook

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/Fri	10:00AM-12:00PM
Tue/Thu	9:00AM-5:00PM
Wednesday	9:00AM-12:00PM

Exercise Room

Instructor: (self paced)

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

Drop-by at our gym for open gym time where you will have access to a bike and treadmill to workout. First come, first serve.

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

Fiber Arts

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

Contribute to a cause: Bring your sewing machine and take part in creating quilts for our homeless charity projects. Pursue Your Passion: Work on personal projects of any size, from small keepsakes to larger creations. Connect & Collaborate: Share ideas, techniques, and inspiration with fellow quilting and textile enthusiasts.

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

Fine Arts Exploration

Instructor: Graham

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

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

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

Hawaiian Plus

Instructor: Carolyn

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

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

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

SENIOR SERVICES

Hula

Instructor: Ofelia

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

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

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

Karaoke

Instructor: Sandy

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

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

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

Knitting and Crochet

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

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

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

Line Dancing with Alice

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

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

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

Mahjong

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

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

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

Movies

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

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

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

Open Billiards

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

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

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

Open Computer Lab

Location: Roberta Cerri Teglia Center
Lobby – 3rd Floor

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

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

Ping Pong

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

Play a game of ping pong with other community members. All levels are welcome to play and enjoy several of our ping pong tables.

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

Senior Social Dance*

Location: Library | Parks and Recreation Center
Banquet Hall #130 – 1st Floor

Make new friends and get in shape with ballroom dancing. All levels are welcome!

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

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

SENIOR SERVICES

Tai Chi Chuan

Instructor: Kevin

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

Originally developed as a form of self-defense, tai chi has evolved to emphasize balance, harmony, and health. This class combines slow, graceful movements, deep breathing, and meditation to improve physical and mental well-being, balance, and cognitive function.

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

Video Seated Full Body

Location: Roberta Cerri Teglia Center

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

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

Video Seated Yoga

Location: Roberta Cerri Teglia Center

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

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

Zumba Gold

Instructor: Stephanie

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

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors and/or beginners. Come to this class and get ready to sweat, prepare to leave empowered and feeling strong.

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



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



26th Annual Senior Health Fair

Sponsored by Kaiser Permanente in partnership with the
City of South San Francisco

Date: Friday, May 15, 2026

Time: 9:00 a.m. - 12:00 p.m.

Library | Parks and Recreation Center
901 Civic Campus Way, South San Francisco

All community members are welcome. Kaiser Permanente membership not required.

Free Screenings: Blood pressure and glaucoma.

Expert Advice: Skin care, hearing info, pharmacy consultation (bring your medications), allergy tips, emotional well-being, physical therapy, and burn awareness.

Additional health resources and information available on-site.

For more information: (650) 829-3820 | www.ssfca.gov/pandevents



www.ssfca.gov/culturalarts

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



Contact:

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

THEME ANNOUNCEMENT COMING SOON!

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

EXHIBIT DATES:

Opening Weekend:

Friday, October 2, 2026 | 6:00 p.m. – 8:00 p.m.
Saturday, October 3, 2026 | 10:00 a.m. – 3:00 p.m.

Gallery Hours (Monday – Friday)

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

Closed Monday, October 12, 2026

Special Evening Gallery Hours

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

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

Cultural Arts 2026 Art Show Exhibits

2026 YOUTH ART SHOW

In partnership with South San Francisco Unified School District

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

EXHIBIT DATES:

Opening Weekend:

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

Extended Exhibit Hours (Monday – Friday)

April 20, 2026 – May 14, 2026

Gallery Room 3rd Floor:

Monday – Friday | 10:00 a.m. – 5:00 p.m.
April 28, 2026 – Evening Viewing 10:00 a.m. – 8:00 p.m.

Display Cabinets:

2nd & 3rd Floor Corridors
During Open Building Hours

PERFORMING ARTS PRESENTATIONS:

Friday, April 17, 2026 | Featuring South San Francisco High School Drama Club & South San Francisco Civic Ballet Program

Saturday, April 18, 2026 | Featuring All Souls Catholic School Choir & Marianna’s SSF Parks & Recreation Mexican Folk Dance Classes

*Visit www.ssfca.gov/CulturalArts for more details

A COMMUNITY ART SHOW

“FREE TO BE...ME”

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

EXHIBIT DATES:

Opening Weekend:

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

Gallery Hours (Monday – Friday)

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

Closed n/a

Special Evening Gallery Hours

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

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

Current & Upcoming Opportunities for Artists

- 2026 Adult Art Show Exhibits
- Jack Drago Youth Art Internship 2026
- RFQ Rotating Public Art Exhibit

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

Public Art Collection Highlight

“Wild Poppies in the Twilight Rain” is a striking cobalt blue heart sculpture created in 2014 by South Bay artist **Shannon Amidon**. The sculpture was purchased at a fundraiser by Genentech, a company deeply rooted in South San Francisco since its founding in 1976, and was later gifted to the City in recognition of the longstanding partnership.



Inspired by the cyanotype photographic process, Amidon’s design features delicate impressions of wild California poppies, reflecting her fascination with natural forms and alternative photography techniques.

Today, the sculpture is prominently located at the South San Francisco Conference Center, where it serves as both a vibrant visual landmark and a symbol of the enduring connection between art, innovation, and community generosity.

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

PARKS AND RECREATION FACILITIES

Facility and Picnic Rentals

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

Facilities:

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

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

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

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

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

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

General information on picnic rentals:

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

PICNIC FACILITIES AVAILABLE BY RESERVATION:

(Picnic reservation cost beginning July 2025)

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

*plus \$225 refundable damage deposit

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

Non-Residents add \$40 per rental.

San Francisco Bay Trail

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

Bocce Courts at Orange Memorial Park

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

Court Hours: The courts are open to the public Monday through Saturday from 1:00pm – 4:00pm unless otherwise reserved. For more information, you can contact the Recreation office at (650) 829-3800 or email web-rec@ssfca.gov or the IACC at iacc.ssf@yahoo.com. Calendar information is also available at www.ssfiaacc.org. Please look for additional details regarding our Bocce Leagues on page 24.

City of South San Francisco Tree Preservation Ordinance

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

What typically qualifies as a "protected tree"?

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

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

What is the difference between pruning and trimming?

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

How much does a permit cost?

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

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

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

South San Francisco Improving Public Places



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

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

Sign Hill Stewards



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



COMMUNITY INFORMATION

Community Services

Emergency Preparedness

Community Emergency Response Team (CERT)

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

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

Emergency Preparedness General Information

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

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

Disaster Preparedness Day | Día de Preparación

www.smcdisasterprep.org

Saturday, August 1, 2026 | 10 AM - 2 PM
Sábado, 1 de agosto, 2026 | 10 AM - 2 PM
San Mateo County Event Center (1346
Saratoga Dr, San Mateo)

FREE admission, parking, hot dogs, classes & workshops! Activities for the whole family! ¡GRATIS! La Entrada, el estacionamiento, hot dogs, clases y talleres. ¡Actividades para toda la familia!

SMC Community Information Handbook

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

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

Economic Advancement Center (EAC)

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

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

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

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

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

Free South City Shuttle

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

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

Project Guardian

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

The SSF Police Department has implemented Project Guardian, which provides caregivers and family members with the opportunity to

register vulnerable persons and those with special needs (including but not limited to Autism, Dementia, Alzheimer's, or mental health diagnoses) into a free, confidential database which is managed and maintained by the police department. Access to this sensitive information can be extremely useful when interacting with those who are vulnerable or have special needs.

South San Francisco Police Explorer Cadets

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

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

South San Francisco Sister Cities Association

www.ssfca.gov/Our-City/Sister-Cities

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

South San Francisco PAL Boosters

<https://www.ssfpalboosters.org>

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

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

COMMUNITY INFORMATION

Co-Sponsored Groups

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



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

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



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

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



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

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



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

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



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

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



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

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



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

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

South San Francisco Public Library

www.ssfca.gov/library

LIBRARY | PARKS AND RECREATION CENTER

901 Civic Campus Way; (650) 829-3860

Hours:

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

GRAND AVENUE BRANCH LIBRARY

306 Walnut Avenue; (650) 877-8530

Local History Collection

Hours:

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

GENE MULLIN COMMUNITY LEARNING CENTER

520 Tamarack Lane; (650) 877-8540





clc@ssfca.gov

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

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

Discover & Go: free tickets to local museums & more. Go to <https://ssf.discoverandgo.net/> to reserve and print out FREE tickets with your SSF library card.

Streaming Videos & E-Books: Download the Hoopla, Kanopy, and Libby apps for access to thousands of streaming movies and TV shows. The best part—it is all free with your library card. For more information, or to sign up for a library card, visit our website or email: ssfpladm@plsinfo.org

Connect with us:    

Email: ssfpladm@plsinfo.org

FRIENDS OF THE LIBRARY

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

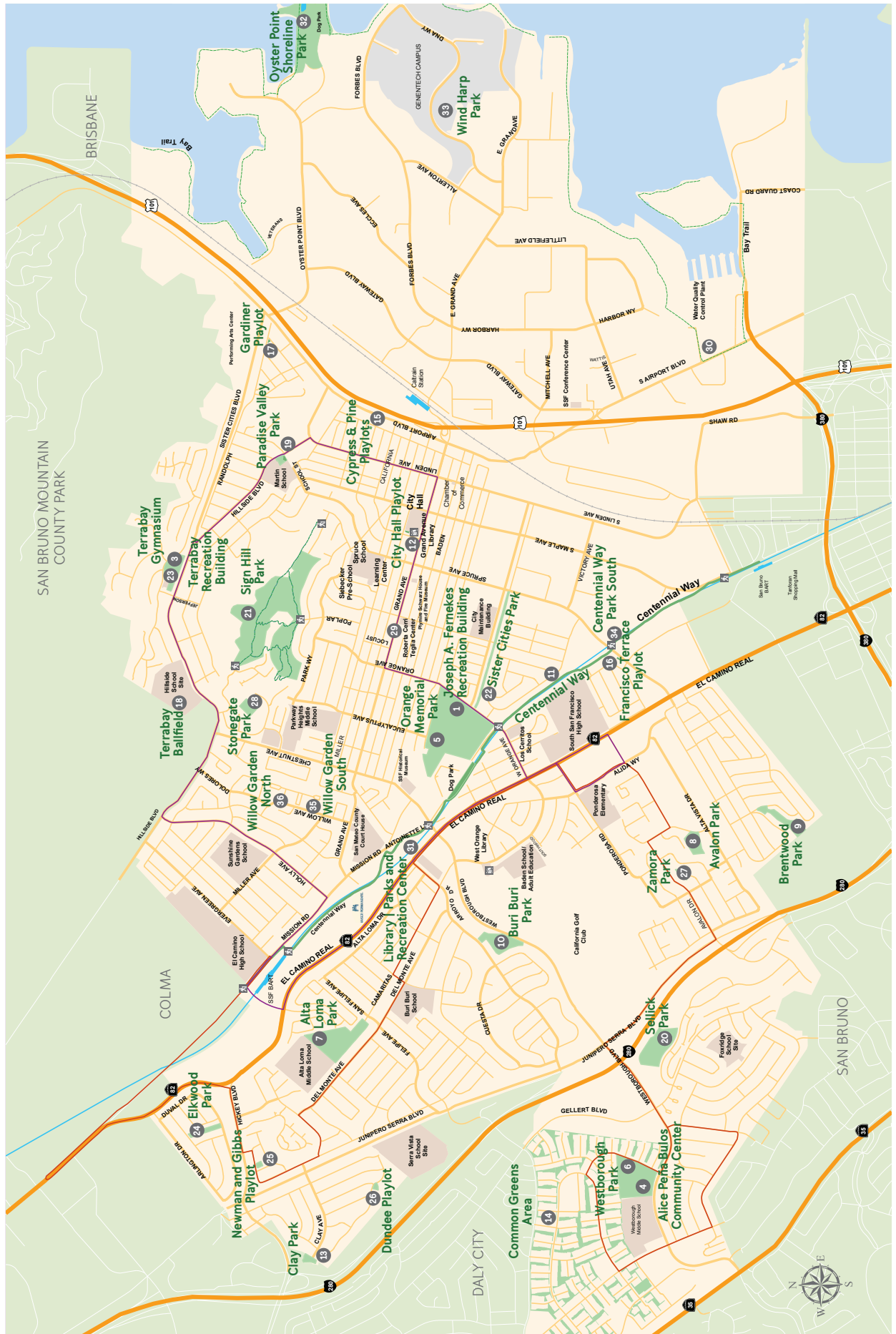
PROJECT READ, NORTH SAN MATEO COUNTY

901 Civic Campus Way, SSF; (650) 829-3871

Services are offered to the communities of Daly City, San Bruno, South San Francisco, and Town of Colma. Give someone the precious gift of reading. Project Read offers free tutor training for volunteers who want to make a difference in someone's life. For more information, visit:

www.ssfca.gov/projectread

Do you have a non-profit group that is recreational in nature and is designed to bring people of like-minded interests together? If so, you may be eligible to apply for co-sponsorship with the Parks and Recreation Department. Please contact Erin O'Brien at erin.obrien@ssfca.gov or (650) 829-3811 for more information.



PARK AND FACILITY GUIDE



MAP	LOCATION/PARK NAME	ADDRESS	ACRES	Children's Play Area	Community Building	Restrooms	Picnic Tables	Group Picnic Areas	Picnic Shelter	Tennis Courts	Ballfields	Basketball Courts	Walking Trail	Soccer Field	Pickleball Courts	Public Art	Skate Park	Dog Park
5	Orange Memorial Park Indoor Swimming Pool Picnic Shelter and Areas Sculpture Garden Bocce Ball Courts	Orange Ave & Tennis Dr	26.9	●	●	●	●	●	●	●	●	●	●	●		●	●	●
6	Westborough Park	Westborough & Galway	11.1	●	●	●	●	●	●	●	●	●	●					
7	Alta Loma Park	450 Camaritas	9.0	●		●	●	●		●	●	●	●			●		
8	Avalon Park	Dorado Way & Old Country Way	2.4	●		●	●	●			●					●		
9	Brentwood Park	Rosewood & Briarwood	3.0	●		●	●			●	●	●	●					
10	Buri Buri Park	200 Block of Arroyo	4.2	●		●	●	●		●	●	●	●		●			
12	City Hall Playlot	Miller & Walnut	0.1	●														
13	Clay Park	Clay & Dundee	0.8	●			●					●						
14	Common Green Areas	-	49.1	●									●					
15	Cypress & Pine Playlot	Cypress & Pine	0.3	●			●					●						
16	Francisco Terrace Playlot	Terrace & S. Spruce	0.3	●								●						
17	Gardiner Playlot	Gardiner & Randolph	0.1	●								●				●		
18	Terrabay Ballfield	Hillside School	4.1			●					●			●				
19	Paradise Valley Park	Hillside & Spruce	0.9	●		●	●					●						
20	Sellick Park	Appian Way	4.5	●		●	●	●		●		●	●		●			
21	Sign Hill Park	Access on Poplar Ave	41										●					
22	Sister Cities Park	Between Orange & Spruce	4.1										●					
23	Terrabay Gymnasium	1121 South San Francisco Dr	2.8	●	●	●	●			●		●						
24	Elkwood Park	Duval & Elkwood	1.8	●								●						
25	Newman and Gibbs Playlot	Newman & Gibbs	0.2	●			●					●						
26	Dundee Playlot	Dundee & Mansfield	0.2	●			●					●						
27	Zamora Park	Zamora Drive	0.7	●			●											
28	Stonegate Park	Ridgeview	2.2							●			●		●			
31	Civic Campus Park	901 Civic Campus	1.3	●	●	●										●		
32	Oyster Point Shoreline Park	623 Marina Boulevard	14.0			●	●	●					●					●
33	Wind Harp Park	500 Grand View Ave	0.5													●		
34	Centennial Way Park South	Spruce Ave & Huntington	6.0	●			●						●			●	●	
35	Willow Gardens South	Willow Ave & Nora Way	.25	●														
36	Willow Gardens North	Willow Ave & Brusco Way	.25	●														

LEGEND

Destinations

- City Parks
- Public Buildings and Schools
- Libraries

Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

Transportation

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

Please visit the City's interactive **Parks and Public Art Map**: www.ssfca.gov/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)

Specialty Parks

Dog Parks: Centennial Way Dog Park (Antoinette Lane & Chestnut Ave.), Oyster Point Shoreline Park (623 Marina Boulevard)

Skate Park: Centennial Way Park South (Huntington Ave. & Spruce Ave.)

Orange Memorial Park Sculpture Garden: Orange Park along Tennis Drive

CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Night Phone: _____ Emergency: _____

(Required: Best Contact Phone Number)

Opt-in to receive text messages alerts: Yes No

Email (required): _____

Please use separate registration forms for participants from different families and/or address.

FIRST CHOICE SESSION CODE	SECOND CHOICE SESSION CODE	ACTIVITY NAME	PARTICIPANT NAME LAST, FIRST	DATE OF BIRTH	FEE + NON-REFUNDABLE PROCESSING FEE
					+\$2.50
					+\$2.50
					+\$2.50
					+\$2.50
					+\$2.50
Recreation Scholarship Program opportunities available! Call (650)829-3800 for more information.					*Those 62 and over may deduct 20% off the resident rate \$5.00 Donation to Scholarship Fund TOTAL

Waiver and Release of Liability – Please Read and Sign

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

Signature _____ Date _____

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

There are three ways to pay:

1) Make Check/Money Order Payable to **City of South San Francisco**

2) Charge to Visa, Mastercard, Discover, or card on file. List the following information:

Card ending (last 4 digits) _____

Cardholder's Name _____

Signature _____

3) Cash in the exact amount

REGISTRATION INFORMATION

HOW TO ENROLL



ONLINE REGISTRATION

Classes & Sports Programming (excluding Aquatics)

Residents: Begins MONDAY, May 4, 2026 at 6:00am

Non-Residents: MONDAY, May 18, 2026 at 6:00am

Aquatics Registration: Summer 2026 Session 1

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

Residents: Begins WEDNESDAY, May 20, 2026 at 6:00am

Non-Residents: WEDNESDAY, May 27, 2026 at 6:00am

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



MAIL-IN

Residents: MONDAY, May 4, 2026

Non-Residents: MONDAY, May 18, 2026

*Payment can be made by check

*Please do not send cash

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



WALK-IN

Residents: MONDAY, May 4, 2026

Non-Residents: MONDAY, May 18, 2026

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

*Cash in the exact amount

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

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

SAVE CARD ON FILE

To save your card on file, visit www.ssfca.gov/rec-catalog and login to your account. Click "account," to view your portal. From the list of menu options, click "Manage Payment Accounts." Select "Add Card on File." Please note, expired cards will not update automatically, and newly issued cards will need be added to the account portal by the participant.

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

REGISTRATION INFORMATION

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

CLASS LOCATIONS

See page 1 under the Welcome section.

REFUND AND CREDIT POLICY

- All refunds will be issued either as a check or account credit; note, refunds will not be processed back to credit cards. Please ensure your mailing address and account details are up to date to avoid delays.
- I understand that refunds must be requested one (1) week prior to the class start date and no refunds will be given after the first-class meeting, unless class(es) are full or canceled by the Recreation Department. A service charge of \$10.00 PER CLASS will be made for all refunds requested by the participant.
- Please allow 5 weeks for any refund to be processed.
- If a class is cancelled by the department due to low enrollment or instructor unavailability, a full refund will be issued.
- All cancellations must be made in writing.
- \$2.50 processing fee is non-refundable.

RESIDENT STATUS

Any person who lives within the South San Francisco Unified School District is considered a resident for our classes and programs. Please note on registration form. A business address will not be taken as proof of residency.

RECREATION SCHOLARSHIP PROGRAM

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



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER

**JULY IS
PARKS &
RECREATION
MONTH**



NRPA'S PARK AND RECREATION MONTH

July is Parks and Recreation Month, a time to celebrate the important role parks and community programs play in building a healthy and connected community here in South San Francisco. Join us for special events like our annual Field Day on July 17, along with a variety of free programs and activities for all ages. Visit www.ssfca.gov/PandRevents for full list of programs.

SENIOR HEALTH FAIR

Friday, May 15, 2026 | 9:00am – 12:00pm
Library | Parks and Recreation Center
901 Civic Campus Way
Free admission

The City of South San Francisco Senior Services, in partnership with Kaiser Permanente, is proud to present our 26th Annual Senior Health Fair, taking place on Friday, May 15, 2026. This free event is open to all community members. Kaiser Permanente membership is not required. Attendees can learn more about blood pressure, cholesterol, blood sugar, and glaucoma, along with expert guidance on skin care, hearing health, pharmacy services, allergy management, emotional well-being, physical therapy, and more. For more information, call (650) 829-3820 or visit our events page at www.ssfca.gov/PandRevents.

JULY 2026 ART SHOW

OPENING WEEKEND

Friday, July 10 | 6:00pm – 8:00pm
Saturday, July 11 | 10:00am – 3:00pm

GALLERY HOURS (MONDAY – FRIDAY)

July 13 – July 31 | 10:00am – 5:00pm

SPECIAL EVENING GALLERY HOURS

Tuesday, July 28 | 10:00am – 8:00pm

Library | Parks and Recreation Center
Third Floor Gallery
901 Civic Campus Way
Free admission

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

Relish the freedom of expression at this summertime art gallery show. Artists showcase their limitless creativity, unbound by a theme, through diverse mediums, styles, and concepts. This "open" exhibit allows artists the liberty to display uniquely personal or innovative work resulting in a dynamic and not-to-be-missed gallery show.

Artist entry information will be available by early June at the "Current Opportunities for Artists" webpage. For the latest updates, visit www.ssfca.gov/CulturalArts.



MOVIE NIGHT IN THE PARK / FIELD DAY

Friday, July 17, 2026 | Orange Memorial Park
Friday, August 21, 2026 | To Be Announced

This event is FREE! Visit www.ssfca.gov/PandRevents for the latest details or call (650) 829-3800 for more information. The movie will begin at sundown.