

South San Francisco Parks and Recreation Department ACTIVITY GUIDE SUMMER 2025



July is Parks and Recreation Month!

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

WE'RE HIRING!

SSF Parks and Recreation Department is looking for dedicated and talented individuals to join our team! Check out our job openings (page 33).

Resident Registration begins Monday, May 5!

Register at www.ssf.net/rec-catalog
See page 49 for details.

LETTER FROM THE DIRECTOR

South San Francisco Parks and Recreation | Summer 2025

Dear Friends and Neighbors,

SUMMER IS QUICKLY APPROACHING, and we are thrilled to bring you an exciting season of programs, events, and activities through the South San Francisco Parks and Recreation Department!

July marks a special milestone as we celebrate **Parks and Recreation Month**—a nationwide recognition led by the **National Recreation and Park Association (NRPA)**.

This year is particularly meaningful as it marks the **40th anniversary** of this annual celebration, honoring the vital role that parks and recreation play in creating strong, healthy, and connected communities.

Since 1985, Parks and Recreation Month has highlighted the dedication of professionals across the country who work tirelessly to maintain beautiful parks, offer enriching programs, and provide essential services to

our communities. Here in South San Francisco, we are proud to recognize our incredible team of **maintenance workers, instructors, recreation leaders, and administrators** who make it all possible.

To celebrate, we invite you to join us for a **month-long series of free activities and special events!** Whether you're

looking to stay active, connect with nature, or engage in creative programs, there's something for everyone to enjoy. We encourage you to follow our social media pages as we share all of our

summer offerings, events, and programs you won't want to miss.

For the full schedule of events and to explore our **Parks and Recreation Month festivities**, visit www.ssf.net/PandREvents.

We can't wait to see you this summer!

Thanks,
Greg Mediati

DIRECTOR,
SOUTH SAN FRANCISCO PARKS AND RECREATION DEPARTMENT



City Council

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

City Manager

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

Parks & Recreation Commission

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

Cultural Arts Commission

Frances Luster, Peter Foley,
Hazelle Fernandez, Lydia Pomposo,
Alexia Huerta, Zubin Maharaj,
Bryan Palomino, Vivian Ramos,
Oscar Sanchez
Meets the fourth Tuesday of each
month at 6:30pm. The public is
invited to attend. Visit
www.ssf.net for meeting details.

Management Staff

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

Parks and Recreation Supervisors

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

Coordinators

Brooke Bayangos, *Sports*
Thomas Boitano, *YES*
Aleni Capaz, *Preschool Early
Learning Program*

Gabriella Firpo, *Classes*
Cynthia Lin, *Aquatics*
Ashly Michelson, *Preschool Early
Learning Program*
Austin Navarro, *Facilities*
Cristina Rodriguez, *YES*
Francisco Rodriguez, *YES*
Marianna Roman, *Adult Day Care*
Alexis Rogers, *YES*
Ercie Santos, *Cultural Arts*
Kerry West, *YES*
Lisa Wilson, *Seniors*

Administrative Support

Cristina Simmons
Keren Solano
Jeanette Yoshida

Administrative Office

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

Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive
(650) 829-4680

Alice Peña Bulos Community Center

2380 Galway Drive
(650) 875-6981

Joseph A. Fernekes Recreation Building

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

Orange Pool

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

Gene Mullin Community Learning Center

520 Tamarack Lane
(650) 877-8540

Senior Center

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

Preschools

Siebecker (LIC #410509769)
510 Elm Court
(650) 875-6979
Westborough (LIC #410517397)
2380 Galway Drive
(650) 875-6980 and
(650) 875-6998

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Programs June–August 2025

Brochure Printed April 2025

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

After School Recreation Programs

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

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

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

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

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

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

Parks and Facilities Administration

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

South San Francisco Friends of Parks and Recreation

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

We're on social media!

Follow us for the latest news and
announcements:



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

PRESCHOOL AGE CLASSES



Art Adventures in Nature!

Age: 3Y – 5Y

Instructor: Bella Leggero

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

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

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

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

Classes: 10 Fee: \$55.00(R)/\$70.75(N) No class: 6/19, 7/10

COURSE #	DAY	DATE	TIME
SU1-204	Thu	Jun 05-Aug 21	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

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

No class: 6/28, 7/5, 7/26

Classes: 9 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
SU2-300	Sat	Jun 07-Aug 23	10:00AM-10:50AM

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: 24 Fee: \$222.00(R)/\$237.75(N)

COURSE #	DAY	DATE	TIME
SU2-100	M/W	Jun 02-Aug 20	9:00AM-10:30AM
SU2-101	M/W	Jun 02-Aug 20	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.

No class: 6/19

Classes: 23 Fee: \$213.00(R)/\$228.75(N)

COURSE #	DAY	DATE	TIME
SU2-102	Tu/Th	Jun 03-Aug 21	9:00AM-10:30AM
SU2-103	Tu/Th	Jun 03-Aug 21	11:00AM-12:30PM



PRESCHOOL AGE CLASSES

Pre-Shinkyu Shotokan Karate –
Level I/Beginners

Age: 4Y – 8Y

Instructor: Sue Miller & Alex Moreno*Location: L / PR – Banquet Hall #130*

An introduction to the discipline of karate in a fun and positive environment. Focus on hand and eye coordination, body awareness, following instructions and social interaction. This training, with enough practice, can build confidence and concentration. Karate Gi (uniform) is required but may be purchased from instructors. Parents are advised to stay for first and last class only. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt.

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

COURSE #	DAY	DATE	TIME
SU2-301	Sat	Jun 07-Aug 23	8:30AM-9:15AM
Level I Beginners: Session A			
SU2-302	Sat	Jun 07-Aug 23	9:30AM-10:15AM
Level I Beginners: Session B			

Pre-Shinkyu Shotokan Karate –
Level II/Colored Belts

Age: 4Y – 8Y

Instructor: Sue Miller*Location: L / PR – Banquet Hall #130*

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

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

No class: 8/5

Classes: 22 Fee: \$76.00(R)/\$91.75(N)

COURSE #	DAY	DATE	TIME
SU2-303	Sa/Tu	Jun 07-Aug 23	10:30AM-11:15AM (Sa) 6:00PM-6:45PM (Tu)
Level II: White Belt/Beginners			

Classes: 22 Fee: \$140.00(R)/\$155.75(N)

COURSE #	DAY	DATE	TIME
SU2-304	Sa/Tu	Jun 07-Aug 23	10:30AM-12:00PM (Sa) 6:00PM-7:15PM (Tu)
Level II: Color Belt Yellow & Up			

YOUTH CLASSES



Actor's Academy for Teens

Age: 13Y – 17Y

Instructor: Ameen Saafi*Location: L / PR – Large Dance Studio #222*

Take your acting skills to the next level! This dynamic class focuses on developing essential acting techniques, including scene study, character development, and improvisation. Teens will learn how to bring characters to life, master emotional expression, and collaborate effectively in group performances. Designed for teens of all experience levels, this class offers a creative space to grow as a performer and build the confidence needed for the stage and beyond.

No class: 6/18, 7/9, 7/30

Classes: 9 Fee: \$49.00(R)/\$54.75(N)

COURSE #	DAY	DATE	TIME
SU2-201	Wed	Jun 04-Aug 20	1:00PM-2:00PM

Cantonese for Beginners

Age: 6Y – 8Y

Instructor: Music Chow*Location: L / PR – Children's Classroom #236*

The curriculum includes basic speaking, listening, reading and writing Cantonese. Students will also learn about Chinese tradition and culture. Traditional festivals such as Mid-Autumn Festival and Lunar New Year play an important part in the program. Music Chow is an experienced piano and music theory teacher. She also taught Chinese many years. Come learn Cantonese with fun and joy!

No class: 7/6, 8/3, 8/10, 8/17

Classes: 8 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
SU3-332	Sun	Jun 08-Aug 24	1:15PM-2:00PM



Fun Math Games

Age: 8Y – 12Y

Instructor: Griselda Huete*Location: L / PR – Children's Classroom #236*

Learning through play, hands-on math games, and activities will help students learn math concepts. Students will work on increasing number sense and counting strategies. Activities will be based on the student's individual level and skill. A classes materials fee of \$10.00 will be due to the instructor on the first day of class. Students are expected to do their best with class activities and follow instructions.

Classes: 8 Fee: \$40.00(R)/\$55.75(N)

COURSE #	DAY	DATE	TIME
SU3-230	M-Th	Jun 23-Jul 03	5:30PM-6:15PM

YOUTH CLASSES

Introduction to Hindi Language & Writing

Age: 5Y - 12Y

Instructor: Monita Sharma

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

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

No class: 6/22, 6/29, 7/6

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

COURSE #	DAY	DATE	TIME
SU3-229	Sun	Jun 08-Aug 24	10:00AM-11:00AM



Introduction to Indian Culture

Age: 5Y - 12Y

Instructor: Monita Sharma

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

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

No class: 6/22, 6/29, 7/6

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

COURSE #	DAY	DATE	TIME
SU3-330	Sun	Jun 08-Aug 24	11:00AM-12:00PM

Kenpo-Eskrima for Children

Age: 6Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center - Multi-Use Room

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

Classes: 24 Fee: \$69.00(R)/\$84.75(N)

COURSE #	DAY	DATE	TIME
SU2-306	M/W	Jun 02-Aug 20	5:00PM-5:45PM

Beginners (Age 6Y - 12Y)

Classes: 24 Fee: \$92.00(R)/\$107.75(N)

COURSE #	DAY	DATE	TIME
SU2-307	M/W	Jun 02-Aug 20	5:45PM-6:45PM

Intermediates (Age 6Y - 15Y)

Classes: 24 Fee: \$119.00(R)/\$134.75(N)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 02-Aug 20	6:45PM-7:45PM

Teens & Adults (Age 10Y and up)

Let's Paint!

Age: 5Y - 13Y

Instructor: Bella Leggero

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

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

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

COURSE #	DAY	DATE	TIME
SU3-303	Wed	Jun 04-Aug 20	1:00PM-2:00PM

(Age 5Y - 9Y)

Classes: 10 Fee: \$90.00(R)/\$105.75(N) *No class: 6/19, 7/10*

COURSE #	DAY	DATE	TIME
SU3-304	Thu	Jun 05-Aug 21	1:00PM-2:00PM

(Age 9Y - 13Y)

Seasonal Crafts!

Age: 5Y – 9Y

Instructor: Bella Leggero

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

In this seasonal class, your little artist will use age-appropriate art materials to create their own masterpieces! 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)/\$123.75(N)

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

Classes: 10 Fee: \$90.00(R)/\$105.75(N) *No class: 6/19, 7/10*

COURSE #	DAY	DATE	TIME
SU3-204	Thu	Jun 05-Aug 21	11:15AM-12:15PM

Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

Instructor: Sue Miller

Location: Fernekes Building – Multi-Purpose Hall

Although self-defense may be the primary reason for taking up karate, this training has much more to offer. A young child can develop self-confidence, concentration, perseverance, good sportsmanship, a respectful attitude, good health along with techniques of self-defense. Parents can stay for first and last classes only. Students will learn commands in Japanese, become familiar with exercises, blocks, kicks and more. Students will be promoted to Level II when ready and promoted by instructor (often it takes 3 – 4 sessions). Karate Gi (uniform) is required and may be purchased from instructors. Sensei Sue Miller has studied Karate since 1972 and holds the rank of 8th Dan degree black belt.

Classes: 24 Fee: \$92.00(R)/\$107.75(N)

COURSE #	DAY	DATE	TIME
SU3-308	M/W	Jun 02-Aug 20	6:30PM-7:30PM

Level I Beginners, Yellow & Blue 1

Classes: 24 Fee: \$92.00(R)/\$107.75(N)

COURSE #	DAY	DATE	TIME
SU3-309	M/W	Jun 02-Aug 20	7:00PM-8:00PM

Lev II Blue 2 & Green 1

Classes: 24 Fee: \$138.00(R)/\$153.75(N)

COURSE #	DAY	DATE	TIME
SU3-310	M/W	Jun 02-Aug 20	7:00PM-8:30PM

Lev II Green 2, Purple, Brown & Up

Story Writing

Age: 8Y – 12Y

Instructor: Griselda Huete

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

Through class exercises and discussions, students will build and develop story ideas to create and write their own story. Students will work at their own level and receive both peer and teacher feedback to help revise their writing. Students are expected to do their best with class activities and follow class instructions. A \$10.00 materials fee will be due to instructor on the first day of class.

Classes: 8 Fee: \$45.00(R)/\$60.75(N)

COURSE #	DAY	DATE	TIME
SU3-226	M-Th	Jun 23-Jul 03	4:15PM-5:15PM



Storytellers on Stage

Age: 9Y – 12Y

Instructor: Ameen Saafi

Location: L | PR – Large Dance Studio #222

Unleash your creativity and step into the world of acting! This fun and interactive class introduces young performers to the basics of acting through improv games, character exploration, and short scenes. Students will build confidence, enhance teamwork skills, and discover the joy of storytelling on stage. Perfect for beginners or those looking to expand their creative horizons, this class encourages playfulness, public speaking, and imagination in a supportive environment. Please note: class location subject to change during session. *No class: 6/18, 7/9, 7/30*

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

COURSE #	DAY	DATE	TIME
SU2-201	Wed	Jun 04-Aug 20	11:30AM-12:30PM

YOUTH CLASSES

DANCE CLASSES

Hip Hop

Age: (see below)

Instructors: Alycia Tam

Location: L / PR - Large Dance Studio #222

Join Miss Teen Chinatown 2022 for an exciting hip hop experience. Alycia, a current undergraduate student studying Pharmacological Chemistry at UCSD, brings over 13 years of diverse dance experience, ranging from hip hop to ballet. With a background in choreographing for her high school's varsity Dance & Drill team and organizing dance gals, Alycia is dedicated to sharing her love for dance to others. Dancers will immerse themselves in weekly hip hop choreographies, focusing on musicality, and flexibility while making friends and of course, having fun! Recognizing that dance is both a physical and cognitive activity that these sessions offer benefits to dancers of all ages. No experience required in the introductory classes. Let's dance!

Classes: 12 Fee: \$58.00(R)/\$73.75(N)

COURSE #	DAY	DATE	TIME
SU1-565	Sun	Jun 08-Aug 24	9:45AM-10:30AM
Hip Hop Beginner Kids (Age 6Y - 9Y) A			
SU1-566	Sun	Jun 08-Aug 24	10:45AM-11:30AM
Hip Hop Beginner Kids (Age 6Y - 9Y) B			

Classes: 12 Fee: \$77.00(R)/\$92.75(N)

COURSE #	DAY	DATE	TIME
SU1-567	Sun	Jun 08-Aug 24	11:45AM-12:45PM
Hip Hop Teens - All Levels (Age 10Y - 15Y)			

Classes: 12 Fee: \$81.00(R)/\$96.75(N)

COURSE #	DAY	DATE	TIME
SU1-568	Sun	Jun 08-Aug 24	1:00PM-2:00PM
Hip Hop Adults - All Levels (Age 16Y and up)			

Mexican Folk Dance

Age: (see below)

Instructors: Alexis Lopez & Marianna Roman

Location: (see below)

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from experienced Ballet Folklórico instructors. Students may wear any leather soled shoes. See instructor for costume requirements. **Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students registered in Level 1A must have instructor approval to advance to 1B. Students must have permission from instructors to advance from Level 1A - Level IX.** Alexis Lopez has been dancing for 22 years with guidance from Marianna Roman and Martin Cruz, is a formerly trained ballroom dancer and competitor, and has taught dancing for 9 years. Alexis enjoys sharing her dance knowledge with others, which brings her joy.

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

Classes: 11-12 Fee: \$25.00(R)/\$40.75(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU3-460	Mon	Jun 02-Aug 11	5:45PM-6:15PM
Level IA - New Students (Ages 4Y - 18Y)			
SU3-461	Fri	Jun 06-Aug 15	5:30PM-6:15PM
Level IB - Returning Students Only (Ages 4Y - 18Y)			
SU3-462	Fri	Jun 06-Aug 15	6:30PM-7:20PM
Level II (Ages 5Y - 18Y)			
SU3-463	Mon	Jun 02-Aug 11	6:30PM-7:20PM
Level III (Ages 6Y - 18Y)			

Location: Terrabay - Poppy Room

Classes: 10-11 Fee: \$25.00(R)/\$40.75(N) No class: 6/12, 6/16, 6/19

COURSE #	DAY	DATE	TIME
SU3-464	Thu	Jun 05-Aug 14	7:25PM-8:15PM
Level IV (Ages 8Y - 10Y)			
SU3-465	Mon	Jun 02-Aug 11	6:30PM-7:20PM
Level V (Ages 9Y - 12Y)			
SU3-466	Mon	Jun 02-Aug 11	7:25PM-8:15PM
Level VI (Ages 10Y - 14Y)			
SU3-467	Thu	Jun 05-Aug 14	6:30PM-7:20PM
Level VII (Ages 12Y - 17Y)			

YOUTH CLASSES

YOUTH CLASSES



South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich
Instructors: Kayla Lujan, Rachel Wong, Cara Shpizner, and Maria Spremich

New Beginners 5-7 years old with no experience, please register into Pre-Ballet A only. New Beginners 7-12 years old with no experience, please register in Introduction 1. Introduction 2 must have previous ballet training and/or instructor approval. Students with previous training but new to the SSF Civic Ballet program, please contact Maria Spremich: mbspointe@aol.com for appropriate level placement.

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

Maria Spremich was a professional dancer with the Lines Ballet and a staff instructor for San Francisco Conservatory of Ballet. She has been teaching for the SSF Recreation Department for over 35 years. Cara Shpizner has been dancing since she was 10 years old, starting at the San Mateo Recreation Center, followed by Dance Arts Center in San Carlos and at Scripps College as a performing member of the Claremont Colleges Ballet Company. Kayla Lujan has been dancing with the SSF Civic Ballet Program since she was 5 years old and has been a Teaching Assistant for the program since 2019. Rachel Wong trained in classical ballet from the age of six at the Shan Yee Poon Ballet School and danced in their youth performance group. Rachel continued to dance through Cal Poly SLO, the Academy of Ballet and SSF Civic Ballet.

Pre-Ballet (Girls and Boys)

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

Pre-Ballet B/C
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Instructor: K. Lujan
Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-401	Sat	Jun 21-Aug 16	11:00AM-11:45AM
L / PR - Small Dance & Fitness Studio #221 No class: 7/5			

Pre-Ballet C-2
Classes: 6 Fee: \$36.00(R)/\$51.75(N) Instructor: R. Wong
Age: 5Y - 7Y

COURSE #	DAY	DATE	TIME
SU2-402	Fri	Jul 11-Aug 15	5:15PM-6:00PM
L / PR - Small Dance & Fitness Studio #221			

Ballet (Girls and Boys)

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

Basic 1
Classes: 8 Fee: \$48.00(R)/\$63.75(N) Instructor: K. Lujan
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-404	Sat	Jun 21-Aug 16	12:15PM-1:00PM
L / PR - Small Dance & Fitness Studio #221 No class: 7/5			

Basic 2
Classes: 7 Fee: \$42.00(R)/\$57.75(N) Instructor: C. Shpizner
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-405	Mon	Jun 09-Jul 28	4:15PM-5:00PM
L / PR - Small Dance & Fitness Studio #221 No class: 6/30			

Basic 3
Classes: 10 Fee: \$61.00(R)/\$76.75(N) Instructor: M. Spremich
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-406	Tue	Jun 10-Aug 12	3:30PM-4:15PM
L / PR - Large Dance & Fitness Studio #222			

Level 1A
Classes: 7 Fee: \$57.00(R)/\$72.75(N) Instructor: C. Shpizner
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-407	Mon	Jun 09-Jul 28	5:15PM-6:15PM
L / PR - Small Dance & Fitness Studio #221 No class: 6/30			

Level 1B
Classes: 10 Fee: \$74.00(R)/\$89.75(N) Instructor: M. Spremich
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-408	Thu	Jun 12-Aug 14	4:30PM-5:25PM
L / PR - Large Dance & Fitness Studio #222			

Level 1C
Classes: 10 Fee: \$74.00(R)/\$89.75(N) Instructor: M. Spremich
Age: 7Y - 13Y

COURSE #	DAY	DATE	TIME
SU2-409	Thu	Jun 12-Aug 14	3:30PM-4:25PM
L / PR - Large Dance & Fitness Studio #222			

Level 2
Classes: 10 Fee: \$81.00(R)/\$96.75(N) Instructor: M. Spremich
Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-410	Tue	Jun 10-Aug 12	4:30PM-5:30PM
L / PR - Large Dance & Fitness Studio #222			

Level 3A
Classes: 7 Fee: \$57.00(R)/\$72.75(N) Instructor: C. Shpizner
Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-411	Sat	Jun 14-Aug 02	9:30AM-10:30AM
L / PR - Small Dance & Fitness Studio #221 No class: 7/5			

Level 3B
Classes: 10 Fee: \$81.00(R)/\$96.75(N) Instructor: M. Spremich
Age: 7Y - 14Y

COURSE #	DAY	DATE	TIME
SU2-412	Thu	Jun 12-Aug 14	5:30PM-6:30PM
L / PR - Large Dance & Fitness Studio #222			

YOUTH CLASSES

Ballet (cont.)

Level 4/5		Instructor: M. Spremich	
Classes: 9	Fee: \$91.00(R)/\$106.75(N)	Age: 8Y - 14Y	
COURSE #	DAY	DATE	TIME
SU2-413	Sat	Jun 14-Aug 16	10:45AM-12:00PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/5</i>			

Level 5		Instructor: M. Spremich	
Classes: 9	Fee: \$91.00(R)/\$106.75(N)	Age: 8Y - 14Y	
COURSE #	DAY	DATE	TIME
SU2-414	Mon	Jun 09-Aug 11	4:00PM-5:15PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/7</i>			

Level 6A/6B		Instructor: M. Spremich	
Classes: 9	Fee: \$91.00(R)/\$106.75(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SU2-415	Sat	Jun 14-Aug 16	9:15AM-10:30AM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/5</i>			

Level 6B		Instructor: M. Spremich	
Classes: 10	Fee: \$101.00(R)/\$116.75(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SU2-416	Tue	Jun 10-Aug 12	5:30PM-6:45PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 7		Instructor: M. Spremich	
Classes: 10	Fee: \$101.00(R)/\$116.75(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SU2-417	Wed	Jun 11-Aug 13	5:45PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 7		Instructor: M. Spremich	
Classes: 9	Fee: \$91.00(R)/\$106.75(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SU2-418	Sat	Jun 14-Aug 02	12:00PM-1:15PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/5</i>			

Level 7 Pointe 1		Instructor: M. Spremich	
Classes: 9	Fee: \$91.00(R)/\$106.75(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SU2-419	Fri	Jun 13-Aug 15	4:15PM-5:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/4</i>			

Level 7/8 Combo		Instructor: M. Spremich	
Classes: 28	Fee: \$228.00(R)/\$243.75(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
SP2-420	W/F/Sa	Jun 11-Aug 16	5:30PM-6:45PM (W) 4:15PM-5:30PM (F) 12:00PM-1:15PM (Sa)
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/4, 7/5</i>			

Level 8/9		Instructor: M. Spremich	
Classes: 9	Fee: \$110.00(R)/\$125.75(N)	Age: 10Y - 20Y	
COURSE #	DAY	DATE	TIME
SU2-421	Mon	Jun 09-Aug 11	5:30PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/7</i>			

Level 8/9		Instructor: M. Spremich	
Classes: 10	Fee: \$122.00(R)/\$137.75(N)	Age: 10Y - 20Y	
COURSE #	DAY	DATE	TIME
SU2-422	Wed	Jun 11-Aug 13	4:15PM-5:45PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 8/9 Pointe 2		Instructor: M. Spremich	
Classes: 9	Fee: \$110.00(R)/\$125.75(N)	Age: 10Y - 20Y	
COURSE #	DAY	DATE	TIME
SU2-423	Fri	Jun 13-Aug 15	5:30PM-7:00PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/4</i>			

Level 8/9 Combo		Instructor: M. Spremich	
Classes: 28	Fee: \$274.00(R)/\$289.75(N)	Age: 10Y - 20Y	
COURSE #	DAY	DATE	TIME
SU2-424	M/W/F	Jun 09-Aug 15	5:30PM-7:00PM (M) 4:15PM-5:45PM (W) 5:30PM-7:00PM (F)
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/4, 7/5</i>			

Level 10		Instructor: M. Spremich	
Classes: 9	Fee: \$110.00(R)/\$125.75(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
SU2-425	Mon	Jun 09-Aug 11	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/7</i>			

Level 10		Instructor: M. Spremich	
Classes: 10	Fee: \$122.00(R)/\$137.75(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
SU2-426	Wed	Jun 11-Aug 13	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			

Level 10 Pointe 3		Instructor: M. Spremich	
Classes: 9	Fee: \$110.00(R)/\$125.75(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
SU2-427	Fri	Jun 13-Aug 15	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/4</i>			

Level 10 Combo		Instructor: M. Spremich	
Classes: 28	Fee: \$274.00(R)/\$289.75(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
SU2-428	M/W/F	Jun 09-Aug 15	7:00PM-8:30PM
<i>L PR - Large Dance & Fitness Studio #222</i>			
<i>No class: 7/4, 7/5</i>			

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: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
SU5-500	Mon	Jun 02-Aug 18	6:00PM-6:30PM
SU5-501	Mon	Jun 02-Aug 18	6:30PM-7:00PM
SU5-502	Mon	Jun 02-Aug 18	7:00PM-7:30PM
SU5-503	Mon	Jun 02-Aug 18	7:30PM-8:00PM

Classes: 11 Fee: \$46.00(R)/\$61.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU5-504	Thu	Jun 05-Aug 21	6:00PM-6:30PM
SU5-505	Thu	Jun 05-Aug 21	6:30PM-7:00PM
SU5-506	Thu	Jun 05-Aug 21	7:00PM-7:30PM
SU5-507	Thu	Jun 05-Aug 21	7:30PM-8:00PM

Private Music Lessons – Carl Nickolas

Age: 10Y and up

Instructor: Carl Nickolas

Location: L / PR - Music Room #227

Instructor Carl Nickolas has been teaching music to kids on the Peninsula for over 10 years! It is strongly advised that students have access to the following instruments outside of class.

Piano

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

Classes: 12 Fee: \$247.00(R)/\$262.75(N)

COURSE #	DAY	DATE	TIME
SU5-300	Tue	Jun 03-Aug 19	10:00AM-10:30AM
SU5-301	Tue	Jun 03-Aug 19	10:30AM-11:00AM
SU5-302	Tue	Jun 03-Aug 19	11:00AM-11:30AM
SU5-303	Tue	Jun 03-Aug 19	11:30AM-12:00PM
SU5-304	Tue	Jun 03-Aug 19	1:00PM-1:30PM
SU5-305	Tue	Jun 03-Aug 19	1:30PM-2:00PM
SU5-306	Tue	Jun 03-Aug 19	2:00PM-2:30PM
SU5-307	Tue	Jun 03-Aug 19	2:30PM-3:00PM

Guitar

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

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

COURSE #	DAY	DATE	TIME
SU5-100	Wed	Jun 04-Aug 20	10:00AM-10:30AM
SU5-101	Wed	Jun 04-Aug 20	10:30AM-11:00AM
SU5-102	Wed	Jun 04-Aug 20	11:00AM-11:30AM
SU5-103	Wed	Jun 04-Aug 20	11:30AM-12:00PM
SU5-104	Wed	Jun 04-Aug 20	12:00PM-12:30PM
SU5-105	Wed	Jun 04-Aug 20	1:30PM-2:00PM
SU5-106	Wed	Jun 04-Aug 20	2:00PM-2:30PM
SU5-107	Wed	Jun 04-Aug 20	2:30PM-3:00PM

Drum

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

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

COURSE #	DAY	DATE	TIME
SU5-600	Thu	Jun 05-Aug 21	10:00AM-10:30AM
SU5-601	Thu	Jun 05-Aug 21	10:30AM-11:00AM
SU5-602	Thu	Jun 05-Aug 21	11:00AM-11:30AM
SU5-603	Thu	Jun 05-Aug 21	11:30AM-12:00PM
SU5-604	Thu	Jun 05-Aug 21	1:00PM-1:30PM
SU5-605	Thu	Jun 05-Aug 21	1:30PM-2:00PM
SU5-606	Thu	Jun 05-Aug 21	2:00PM-2:30PM
SU5-607	Thu	Jun 05-Aug 21	2:30PM-3:00PM

MUSIC CLASSES

Private Music Lessons – Hannah Wang

Age: 6Y and up

Instructor: Hannah Wang

Location: L | PR – Music Room #226

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

Piano

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

COURSE #	DAY	DATE	TIME
SU5-650	M/W	Jun 02-Jun 25	9:00AM-9:30AM
SU5-651	M/W	Jun 02-Jun 25	9:30AM-10:00AM
SU5-652	M/W	Jun 02-Jun 25	10:00AM-10:30AM
SU5-653	M/W	Jun 02-Jun 25	10:30AM-11:00AM
SU5-654	M/W	Jun 02-Jun 25	11:00AM-11:30AM
SU5-655	M/W	Jun 02-Jun 25	11:30AM-12:00PM
SU5-656	M/W	Jun 02-Jun 25	12:00PM-12:30PM
SU5-657	M/W	Jun 02-Jun 25	12:30PM-1:00PM
SU5-658	M/W	Jun 02-Jun 25	1:00PM-1:30PM

Violin

Classes: 4 Fee: \$36.00(R)/\$51.75(N)

COURSE #	DAY	DATE	TIME
SU5-660	Tue	Jun 03-Jun 24	9:00AM-9:30AM
SU5-661	Tue	Jun 03-Jun 24	9:30AM-10:00AM
SU5-662	Tue	Jun 03-Jun 24	10:00AM-10:30AM
SU5-663	Tue	Jun 03-Jun 24	10:30AM-11:00AM
SU5-664	Tue	Jun 03-Jun 24	11:00AM-11:30AM
SU5-665	Tue	Jun 03-Jun 24	11:30AM-12:00PM
SU5-666	Tue	Jun 03-Jun 24	12:00PM-12:30PM

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: 10 Fee: \$206.00(R)/\$221.75(N)

COURSE #	DAY	DATE	TIME
SU5-400	Mon	Jun 16-Aug 18	3:30PM-4:00PM
SU5-401	Mon	Jun 16-Aug 18	4:00PM-4:30PM
SU5-402	Mon	Jun 16-Aug 18	4:45PM-5:15PM
SU5-403	Mon	Jun 16-Aug 18	5:15PM-5:45PM
SU5-404	Mon	Jun 16-Aug 18	6:00PM-6:30PM
SU5-405	Mon	Jun 16-Aug 18	6:30PM-7:00PM
SU5-406	Mon	Jun 16-Aug 18	7:00PM-7:30PM

Classes: 10 Fee: \$206.00(R)/\$221.75(N)

COURSE #	DAY	DATE	TIME
SU5-407	Tue	Jun 17-Aug 19	3:30PM-4:00PM
SU5-408	Tue	Jun 17-Aug 19	4:00PM-4:30PM
SU5-409	Tue	Jun 17-Aug 19	4:45PM-5:15PM
SU5-410	Tue	Jun 17-Aug 19	5:15PM-5:45PM
SU5-411	Tue	Jun 17-Aug 19	6:00PM-6:30PM
SU5-412	Tue	Jun 17-Aug 19	6:30PM-7:00PM
SU5-413	Tue	Jun 17-Aug 19	7:00PM-7:30PM

Classes: 10 Fee: \$206.00(R)/\$221.75(N)

COURSE #	DAY	DATE	TIME
SU5-414	Wed	Jun 18-Aug 20	5:00PM-5:30PM
SU5-415	Wed	Jun 18-Aug 20	5:30PM-6:00PM
SU5-416	Wed	Jun 18-Aug 20	6:00PM-6:30PM
SU5-417	Wed	Jun 18-Aug 20	6:30PM-7:00PM
SU5-418	Wed	Jun 18-Aug 20	7:00PM-7:30PM

Classes: 9 Fee: \$185.00(R)/\$200.75(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU5-421	Sat	Jun 21-Aug 23	9:00AM-9:30AM
SU5-422	Sat	Jun 21-Aug 23	9:30AM-10:00AM
SU5-423	Sat	Jun 21-Aug 23	10:00AM-10:30AM
SU5-424	Sat	Jun 21-Aug 23	10:30AM-11:00AM
SU5-425	Sat	Jun 21-Aug 23	11:00AM-11:30AM
SU5-426	Sat	Jun 21-Aug 23	11:30AM-12:00PM

MUSIC CLASSES

South City Folk Jam: Drop-In!

Age: 16Y and up

Instructor: Mark Cox

Location: L | PR – Exercise Studio #235

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

Capacity limited to 25. Cash only.

Classes: 3 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Sat	Jun 14, Jul 12 Aug 09	3:00PM-5:00PM

Suzuki Violin Group Lesson

Age: 7Y – 13Y

Instructor: Hannah Wang

Location: L | PR – Small Dance Studio #221

Suzuki violin group lessons offer young musicians a fun, supportive, and interactive environment to develop their skills. These weekly 45-minute classes complement private lessons by reinforcing fundamental techniques through group activities, ensemble playing, and musical games. Students learn by listening, imitating, and playing together, which helps build confidence, rhythm, and musicality. Group lessons also foster a strong sense of community, encouraging students to support and learn from one another. Participation in these classes is a key aspect of the Suzuki approach, helping children develop discipline, cooperation, and a lifelong love for music.

Classes: 4 Fee: \$25.00(R)/\$40.75(N)

COURSE #	DAY	DATE	TIME
SU5-800	Tue	Jun 03-Jun 24	12:45PM-1:30PM

Ukulele & Me – Basic Ukulele Instruction

Age: 14Y and up

Instructor: Liane Barbadillo-Paiso

Location: L | PR – Creator Studio #320

Liane Barbadillo-Paiso is an enthusiastic instructor who will have you wanting to play more than just BASIC ukulele after this course. Liane has the knowledge and patience to show you the very BASIC chords, enough for you to entertain your family and friends at any small party event. Are you excited? Let's play together! Students must have their own (concert/soprano) ukulele instrument. A supply fee of \$10.00 payable to the instructor (cash only) to purchase the music packet, which consists of 40 songs plus ukulele chords (basic and advanced).

Classes: 8 Fee: \$50.00(R)/\$65.75(N)

COURSE #	DAY	DATE	TIME
SU5-519	Tue	Jul 01-Aug 19	6:30PM-7:30PM

DANCE CLASSES

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

Age: 16Y and up

Instructor: Yulissa Arescurenaga

Location: L | PR – Small Dance Studio #221

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

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

COURSE #	DAY	DATE	TIME
SU1-150	Wed	Jun 04-Aug 20	11:00AM-12:00PM

TEEN AND ADULT CLASSES

Ballet for Teens and Adults

Age: 14Y and up

Instructor: (see below)

Location: (see below)

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

For more specific information on the Intermediate Ballet Level please contact M. Spemich: mbspointe@aol.com.
Class Attire: <https://bit.ly/3vvdclj>

Level I: Beginners Classical Ballet Technique

L / PR - Small Dance & Fitness Studio #221

Open to new and continuing beginners.

Classes: 6 Fee: \$73.00(R)/\$88.75(N) **Instructor: R. Wong**

COURSE #	DAY	DATE	TIME
SU1-510	Tue	Jul 08-Aug 12	10:30AM-12:00PM

Level I-II: Progressed Beginners - Low Intermediate Classical Ballet Technique

L / PR - Small Dance & Fitness Studio #221

Participants must have a minimum of six months of relevant experience to enroll. Some experience required. Not an absolute beginner's class.

Classes: 7 Fee: \$71.00(R)/\$86.75(N) **Instructor: C.Shpizner**

COURSE #	DAY	DATE	TIME
SU1-400	Tue	Jun 10-Jul 19	7:00PM-8:15PM No class: 7/1

Level III: Intermediate Classical Ballet Technique

L / PR - Large Dance & Fitness Studio #222

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

Classes: 10 Fee: \$122.00(R)/\$137.75(N) **Instructor: M. Spemich**

COURSE #	DAY	DATE	TIME
SU1-401	Tue	Jun 10-Aug 12	7:00PM-8:30PM

Classes: 10 Fee: \$122.00(R)/\$137.75(N) **Instructor: M. Spemich**

COURSE #	DAY	DATE	TIME
SU1-402	Thu	Jun 12-Aug 14	7:00PM-8:30PM



Belly Dancing - Beginners

Age: 18Y and up

Instructor: Alisa Greer

Location: L / PR - Small Dance Studio #221

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

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

COURSE #	DAY	DATE	TIME
SU1-460	Wed	Jun 25-Jul 30	7:00PM-8:00PM

Belly Dance - Intermediate/Advanced

Age: 18Y and up

Instructor: Alisa Greer

Location: L / PR - Small Dance Studio #221

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

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

COURSE #	DAY	DATE	TIME
SU1-461	Wed	Jun 25-Jul 30	8:00PM-9:00PM

TEEN AND ADULT CLASSES

Chakra Talks

Age: 18Y and up

Instructor: Monica Gutierrez

Location: L | PR – Small Dance Studio #221

Ever heard the word “chakra” and wondered what it really means? Maybe you’ve seen it in a yoga class, read about energy centers, or just felt like something in your life could use a little more balance. This 4-week series is designed for beginners who want to explore the chakras in a fun, accessible way—without overcomplicating things! Each week, we’ll dive into two chakras, exploring how these energy centers affect your physical, emotional, and spiritual well-being. Through relaxed discussion, gentle movement, breathwork, and guided meditation, you’ll discover how to clear blocks, boost your energy, and feel more balanced in daily life.

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

COURSE #	DAY	DATE	TIME
SU1-160	M/W	Jul 07-Jul 28	10:15AM-11:00AM

East Coast Swing & Foxtrot

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L | PR – Banquet Hall #130

Come learn and enjoy the most basic swing. It’s easy, fun, and danced to great classic and contemporary music. You will learn steps, patterns, and several turns. Shoes: please wear comfortable shoes to have flexible movements such as pivoting. Light tennis shoes are okay. Please note that you can sign up with a partner or one can be assigned to you on the first day of class. We hope to see you there!

Classes: 12 Fee: \$97.00(R)/\$112.75(N)

COURSE #	DAY	DATE	TIME
SU1-416	Wed	Jun 04-Aug 20	8:30PM-9:30PM

Hawaiian Hula – Level I & II

Age: 17Y and up

Instructor: Mary Ann Narvaez

Location: L | PR – Exercise Studio #235

Come and enjoy learning Hawaiian Hula! It’s great fun and exercise! You will learn the basic hula footwork, hand gestures and a hula to a familiar Hawaiian song. No handout materials will be available in this course. Please bring your own pa’u skirt (T-Shirt & leggings are ok too). *Level II requires at least 3 years of Hawaiian Hula dancing experience.* Mary Ann is a resident of South San Francisco who has been avidly involved in the city’s Hula classes for over two decades. Bringing her enthusiasm and the Spirit of Aloha to the community, she has served as the hula dance instructor since 2021.

Classes: 11 Fee: \$74.00(R)/\$89.75(N) No class: 7/8

COURSE #	DAY	DATE	TIME
SU1-465 Level I	Tue	Jun 03-Aug 19	7:30PM-8:30PM

Classes: 11 Fee: \$111.00(R)/\$126.75(N) No class: 6/30

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

Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

Instructor: Martin Cruz

Location: South San Francisco High School – Dance Studio

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

No class: 6/19

Classes: 23 Fee: \$252.00(R)/\$267.75(N)

COURSE #	DAY	DATE	TIME
SU3-470	M/Th	Jun 02-Aug 21	8:00PM-10:00PM

TEEN AND ADULT CLASSES

Drop-In: 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

The summer session will offer four drop-in classes only.

Come join us for a positive and uplifting experience in dance! Learn basic Mexican Folklórico dance steps, sequences and authentic dances from various states in Mexico. This course is for the beginning adult and teen student, as well as returning folklórico dancers, and will focus on low impact steps and cultural Mexican dances. The class will be instructed by Mrs. Patricia Martinelli, who has over 30 years of experience in Mexican Folklórico Dance and is the Co-Founder and General Director of Ballet Folklórico Alma de Mexico of S.S.F.H.S. and Community. She has also studied and performed with dedicated and talented Hawaiian instructors in our Bay Area for over a decade. She has a deep appreciation for the artistic expression developed through cultural dances and the powerful insight these dances can provide for a deeper understanding of our multicultural communities. *Attire:* Students will need comfortable clothing for maximum stretching and mobility, and secure hard sole shoes or light-weight tennis shoes. Information for purchase of Folklórico shoes and practice/performance skirt will be provided in class. \$12.00 drop-in fee, cash payable to the instructor.

Classes: 4 Fee: \$12.00(R)/\$12.00(N)

COURSE #	DAY	DATE	TIME
SU1-464	Tue	Jun 03, Jun 10 Aug 12, Aug 19	4:30PM-6:30PM

Salsa & Bachata

Age: 18Y and up

Instructor: Adrian Bermudez

Location: L / PR - Social Hall #130

Come and enjoy learning two Latin dances that are fun, exciting, and festive. Beginner and intermediate levels are welcome. Class starts with basic steps and moves to more complex steps and patterns. Wear comfortable shoes (no rubber soles). Please note that you can sign up with a partner or one can be assigned to you on the first day of class. Hope to see you there!

Classes: 12 Fee: \$97.00(R)/\$112.75(N)

COURSE #	DAY	DATE	TIME
SU1-415	Wed	Jun 04-Aug 20	7:15PM-8:15PM

ARTS AND SPECIAL INTEREST

Conversational Spanish

Age: 18Y and up

Instructor: Bob Bachecki

Location: L / PR - Gallery Room #321

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

Classes: 7 Fee: \$108.00(R)/\$123.75(N)

COURSE #	DAY	DATE	TIME
SU1-595	Wed	Jun 11-Jul 23	5:00PM-7:00PM

Dyeing for Crafters with Shibori

Age: 18Y and up

Instructor: Joy Lily

Location: L / PR - Creator Studio #320

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

Classes: 8 Fee: \$127.00(R)/\$142.75(N)

COURSE #	DAY	DATE	TIME
SU1-501	Thu	Jul 03-Aug 21	10:00AM-2:00PM

TEEN AND ADULT CLASSES

Introduction to Hindi Literature

Age: 12Y and up

Instructor: Monita Sharma

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

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

No class: 6/21, 6/28, 7/5

Classes: 9 Fee: \$69.00(R)/\$84.75(N)

COURSE #	DAY	DATE	TIME
SU3-331	Sat	Jun 07-Aug 23	11:00AM-12:00PM

Introduction to the Night Sky

Age: 15Y and up

Instructor: : Josh Roberts

Location: Terrabay Gym - Iris Room

Come and discover YOUR night sky! Astronomy in an urban and suburban setting can be both challenging and very rewarding. In this course we will cover the motions of the sky, the nature of the objects we can see (stars, planets and more), the workings of telescopes, and how to go outside and find constellations and asterisms in the Bay Area sky. Two to three classes (weather permitting) will be held outdoors to allow for us to do some practical astronomy. Required materials will consist of a logbook, pencils and pens, any personal visual aids, and warm clothes for observing nights. This course is recommended for ages 15 and up. M. Josh Roberts has been an amateur astronomer for 20 years, has an academic background in physics and astronomy and is passionate about astronomy outreach. He has been responsible for content creation and outreach at the California Academy of Sciences and NASA's Ames Research Center and been a part of several Bay Area and national astronomy programs and groups.

No class: 7/1

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

COURSE #	DAY	DATE	TIME
SU1-601	Tue	Jun 03-Aug 19	7:00PM-8:00PM

Japanese Flower Arrangement for Beginners

Age: 18Y and up

Instructor: Lee Okumoto

Location: L | PR - Creator Studio #320

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

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

The teacher will supply other materials. **A \$100.00 materials fee is payable to the instructor at the first class. Class will be held every other Monday during the summer session.**

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

COURSE #	DAY	DATE	TIME
SU1-503	Mon	Jun 02-Jul 28	6:00PM-8:00PM

Knitting for Beginners & Intermediates

Age: 15Y and up

Instructor: Victoria Gavidia

Location: L | PR - Creator Studio #320

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

Classes: 10 Fee: \$79.00(R)/\$94.75(N)

COURSE #	DAY	DATE	TIME
SU1-480	Thu	Jun 12-Aug 21	7:00PM-9:00PM

TEEN AND ADULT CLASSES

Learn to Quilt

Age: 18Y and up

Instructor: Joy Lily

Location: L / PR – Creator Studio #320

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

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

COURSE #	DAY	DATE	TIME
SU1-502	Tue	Jul 01-Aug 19	10:00AM-1:00PM

Sewing: Level 1

Age: 18Y and up

Instructor: Judy Barretto

Location: L / PR – Creator Studio #320

Learn basic sewing techniques using your own sewing machine while creating simple projects. This class covers basic alterations, blind hems by machine, mending rips, and hemming jeans while preserving the original hem. Though not a machine operation class, you'll explore presser feet, tools, and equipment to enhance your skills. Returning students can continue past projects and learn advanced techniques. Students must bring their own sewing machine with adjustable stitch length and width. A \$30.00 supply fee is due on the first day. Instructor Judy brings years of experience in sewing and various handicrafts, including appliqué, traditional, and Hawaiian quilting.

Classes: 12 Fee: \$241.00(R)/\$256.75(N)

COURSE #	DAY	DATE	TIME
SU1-507	Wed	Jun 04-Aug 20	9:30AM-12:30PM

Sewing: Level 2

Age: 18Y and up

Instructor: Judy Barretto

Location: L / PR – Creator Studio #320

Advance your sewing skills in this next-level class! Build on your knowledge from Sewing Level 1 by learning body measurements, pattern reading, and fabric selection. Master pattern alterations, fabric layout, and shortcut techniques for professional results. Explore different fabric types, identify fabric faces, and experiment with redesigning patterns. Bring your own sewing machine or get guidance on purchasing one. Additional accessories will be introduced to refine your projects. A \$30.00 supply fee is due on the first day. Taught by experienced instructor Judy, who specializes in sewing, appliqué, and Hawaiian quilting.

Classes: 11 Fee: \$241.00(R)/\$256.75(N)

COURSE #	DAY	DATE	TIME
SU1-508	Sat	Jun 07-Aug 23	9:30AM-12:30PM

Sewing: Level 3

Age: 18Y and up

Instructor: Judy Barretto

Location: L / PR – Creator Studio #320

Take your sewing to the next level by incorporating a serger into your projects! Designed for advanced sewers, this class focuses on clothing modification, tailoring, and professional finishes, including fully lined garments. Learn to remake favorite pieces, create slopers for custom designs, and tackle complex projects. Bring your own sewing machine and optional serger. Prerequisite: Extensive experience with sewing machines, commercial patterns, and major alterations. A \$30.00 supply fee is due on the first day. Taught by Judy, an expert in sewing, appliqué, and Hawaiian quilting.

Classes: 12 Fee: \$241.00(R)/\$256.75(N)

COURSE #	DAY	DATE	TIME
SU1-509	Sun	Jun 08-Aug 24	9:30AM-12:30PM

TEEN AND ADULT CLASSES

Understanding Cancer & Healthy Lifestyle

Age: 18Y and up

Instructor: John Erve

Location: L | PR – Creator Studio #325

Learn how lifestyle choices can help reduce cancer risk in this informative course. Topics include cancer basics, causes, common types, and prevention through diet, exercise, and stress management. The final session covers lesser-known risk factors. No prior knowledge is required—just an interest in science. It is for informational purposes only and not a substitute for medical advice. This course is for informational purposes only; consult your healthcare provider before making any lifestyle changes. Instructor John Erve, PhD in Toxicology, has worked in pharmaceutical research and holds a Cornell certificate in Whole Foods Plant-Based Nutrition. He has led health seminars since 2019.

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

COURSE #	DAY	DATE	TIME
SU2-601	Tue	Jul 08-Aug 12	2:00PM-4:00PM

EXERCISE AND FITNESS

Circuit Body Workout

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR – Banquet Hall #130

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

No class: 7/21

Classes: 11 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
SU1-116	Mon	Jun 02-Aug 18	1:00PM-2:00PM

Circuit Training

Age: 16Y and up

Instructor: Lisa Forslund

Location: L | PR – Banquet Hall #130

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

No class: 6/19, 7/24

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

COURSE #	DAY	DATE	TIME
SU1-103	Thu	Jun 12-Aug 21	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: 7/21

Classes: 10 Fee: \$57.00(R)/\$72.75(N)

COURSE #	DAY	DATE	TIME
SU1-104	Mon	Jun 09-Aug 18	5:30PM-6:30PM

**Class will be held at the Roberta Cerri Teglia Center on 6/30.*

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: 7/23

Classes: 10 Fee: \$57.00(R)/\$72.75(N)

COURSE #	DAY	DATE	TIME
SU1-108	Wed	Jun 11-Aug 20	5:30PM-6:30PM

Kenpo-Eskrima for Teens & Adults

Age: 10Y and up

Instructor: Tina Chau

Location: Alice Peña Bulos Center – Multi-Use Room

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

Classes: 24 Fee: \$119.00(R)/\$134.75(N)

COURSE #	DAY	DATE	TIME
SU1-217	M/W	Jun 02-Aug 20	6:45PM-7:45PM

TEEN AND ADULT CLASSES

Pilates

Age: 15Y and up

Instructor: Stephanie King

Location: (see below)

Pilates works the entire body in addition to the mind. The focus is on the core of the body so the rest can freely move. This makes your body stronger both on the inside and out. The balance is meant to be present between flexibility and strength, resulting in stronger and leaner muscles. Pilates movements are slow, precise, and controlled. Breathing is full breath as well as gentle and natural, not forceful. Slowly stretching, moving, and elongating your total body will help improve joint movement. Learn to first mobilize in order to prepare for movement. Build more strength, improve balance, and strengthen core muscles to protect your back and spine (back problem, number one injury). Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

L / PR - Social Hall #125

Classes: 11 Fee: \$63.00(R)/\$78.75(N) No class: 7/21

COURSE #	DAY	DATE	TIME
SU1-147	Mon	Jun 02-Aug 18	7:15PM-8:15PM

Alice Peña Bulos Center - Multi-Use Room

Classes: 10 Fee: \$57.00(R)/\$72.75(N) No class: 7/22, 8/5

COURSE #	DAY	DATE	TIME
SU1-143	Tue	Jun 03-Aug 19	5:00PM-6:00PM

L / PR - Social Hall #125

Classes: 12 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
SU1-144	Wed	Jun 04-Aug 20	7:15PM-8:15PM

L / PR - Exercise Studio #235

Classes: 11 Fee: \$63.00(R)/\$78.75(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU1-145	Thu	Jun 05-Aug 21	5:00PM-6:00PM

Pilates 1 – Beginners

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR - Large Dance Studio #222

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

No class: 7/22

Classes: 11 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
SU1-145	Tue	Jun 03-Aug 19	1:45PM-2:45PM

Pilates 2 – Advanced Beginners & Up

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR - Large Dance Studio #222

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

No class: 7/22

Classes: 11 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
SU1-146	Tue	Jun 03-Aug 19	12:30PM-1:30PM

TEEN AND ADULT CLASSES

Shinkyu Shotokan Karate

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

Instructors: Sue Miller & Nobu Kaji

Location: Joseph A. Fernekes Building

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

No class: 6/19, 8/5

Classes: 22 Fee: \$84.00(R)/\$99.75(N)

COURSE #	DAY	DATE	TIME
SU1-215	Tu/Th	Jun 03-Aug 21	6:30PM-7:30PM

Teens

Classes: 22 Fee: \$109.00(R)/\$124.75(N)

COURSE #	DAY	DATE	TIME
SU1-216	Tu/Th	Jun 03-Aug 21	7:30PM-9:00PM

Adults

Strength, Stability, Stretch

Age: 18Y and up

Instructor: Lisa Forslund

Location: L | PR - Social Hall #125*

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

No class: 7/22

Classes: 10 Fee: \$57.00(R)/\$72.75(N)

COURSE #	DAY	DATE	TIME
SU1-109	Tue	Jun 10-Aug 19	5:30PM-6:30PM

**Class will be held at the Roberta Cerri Teglia Center on 6/24 and 8/5.*

StrengthPloxing

Age: 15Y and up

Instructor: Stephanie King

Location: Alice Peña Bulos Center - Multi-Use Room

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

Classes: 12 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
SU1-117	Sat	Jun 07-Aug 23	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: 7/4

Classes: 11 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
SU1-129	Fri	Jun 06-Aug 22	1:00PM-2:00PM

Tabata LiiT (Low Intensity Interval Training)

Age: 15Y and up

Instructor: Stephanie King

Location: L | PR - Large Dance Studio #222

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

No class: 6/19

Classes: 11 Fee: \$63.00(R)/\$78.75(N)

COURSE #	DAY	DATE	TIME
SU1-118	Thu	Jun 05-Aug 21	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: \$63.00(R)/\$78.75(N) *No class: 7/21*

COURSE #	DAY	DATE	TIME
SU1-119	Mon	Jun 02-Aug 18	6:00PM-7:00PM

L | PR - Exercise Studio #235

Classes: 11 Fee: \$63.00(R)/\$78.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU1-120	Thu	Jun 05-Aug 21	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, known as moving meditation, promotes stress reduction, balance, and efficient breathing through slow, low-impact movements. This beginner class covers fundamental principles, graceful forms, qigong, and I-Chuan standing meditation. Guang Ping Yang Tai Chi has been taught in South San Francisco for over 40 years, continuing Grandmaster Henry Look's legacy.

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

COURSE #	DAY	DATE	TIME
SU1-209	Thu	Jun 26-Aug 21	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

In the intermediate class, students will refine movements, deepen their understanding of forms, and learn additional Qigong and I-Chuan meditation exercises. Qualified students will progress to saber, sword, and spear techniques. Advanced students will be introduced to Hsing-I and Bagua. Guang Ping Yang Tai Chi Chuan has been taught in South San Francisco for over 40 years, continuing Grandmaster Henry Look's legacy.

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

COURSE #	DAY	DATE	TIME
SU1-210	Thu	Jun 26-Aug 21	6:30PM-7:30PM

Tai Chi Chuan: Guang Ping Yang – Advanced

Age: 18Y and up

Instructor: Joan Tay

Location: Alice Peña Bulos Center – Multi-Use Room

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

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

COURSE #	DAY	DATE	TIME
SU1-211	Thu	Jun 26-Aug 21	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, brain fog. Classes are fun and learner friendly. Elliotte Mao is a wellness educator with over 20 years' experience in teaching Tai Chi and other health modalities. No athletic skills or prior experience needed for Level I. Students will enjoy graduating to higher levels with more moves and complexity. Let's discover wellness together.

Classes: 12 Fee: \$72.00(R)/\$87.75(N)

COURSE #	DAY	DATE	TIME
SU1-121 Level I	Wed	Jun 04-Aug 20	9:00AM-10:00AM
SU1-122 Level II	Wed	Jun 04-Aug 20	10:00AM-11:00AM
SU1-123 Level III	Wed	Jun 04-Aug 20	11:00AM-12:00PM



TEEN AND ADULT CLASSES

TRX – Beginner & Intermediates

Age: 14Y and up

Instructor: Helena Rodas

Location: L / PR – Exercise Studio #235

TRX is a form of suspension training that uses your own body weight and gravity to build strength, balance, coordination flexibility, core and joint stability. This Full-Body workout will help you achieve core stability which is essential for overall strength and injury prevention. In addition, it will leave you feeling good, strong and empowered. Helena Rodas is certified TRX instructor and has been with the Recreation Department since 2024.

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

COURSE #	DAY	DATE	TIME
SU1-232	Thu	Jun 26-Aug 21	9:00AM-10:00AM

Women's Self Defense

Age: 13Y and up

Instructor: Sue Miller

Location: L / PR – Exercise Studio #235

Learn techniques to keep yourself safe! This class will help you become more aware of your environment and give you the techniques to react against a single assailant. No prior martial arts experience is needed. Everyone is welcome; students, parents, working individuals and anyone at any level of fitness. Students should wear loose clothing. Instructor Sue Miller has 50 years experience in Karate and holds the rank of 8th Dan degree black belt.

No class: 7/4

Classes: 11 Fee: \$66.00(R)/\$81.75(N)

COURSE #	DAY	DATE	TIME
SU1-219	Fri	Jun 06-Aug 15	5:30PM-6:30PM
SU1-220	Fri	Jun 06-Aug 15	6:30PM-7:30PM

Yoga – Stretching Beginning & Intermediate

Age: 15Y and up

Instructor: Don Amini

Location: L / PR – Large Dance Studio #222

Focused stretching, deep breathing and relaxation to improve flexibility, posture and vitality. The afternoon class is recommended, but not limited to, beginners. Please bring a personal mat to class. Don Amini has taught Yoga for the last 30 years with the Department.

No class: 7/7

Classes: 11 Fee: \$111.00(R)/\$126.75(N)

COURSE #	DAY	DATE	TIME
SU1-303	Mon	Jun 02-Aug 18	10:15AM-11:45AM
SU1-304	Mon	Jun 02-Aug 18	12:00PM-1:30PM

Introduction to Vinyasa Yoga & Kundalini Breathwork

Age: 16Y and up

Instructor: Monica Gutierrez

Location: L / PR – Small Dance Studio #221

Discover the fundamentals of Vinyasa Yoga and Kundalini Breath-work in this beginner-friendly class. Learn breath-synchronized movement, Sun Salutations, breath awareness, and Kundalini techniques to balance energy and enhance mindfulness. In this class, you will learn basic Vinyasa yoga poses (asanas) breath awareness techniques (pranayama), Sun Salutations (Surya Namaskar A), Introduction to Kundalini breathwork practices to awaken and balance your energy centers (chakras), and guided meditation to cultivate mindfulness and inner stillness. Guided meditation supports relaxation and inner stillness. Monica Gutierrez has a background in Massage Therapy and is a dedicated yoga instructor and former wellness space owner who's passionate about holistic health and helping clients achieve balance and inner peace. Join us on the mat—Namaste!

Classes: 17 Fee: \$114.00(R)/\$129.75(N) *No class: 7/7*

COURSE #	DAY	DATE	TIME
SU1-160	M/W	Jun 23-Aug 20	9:00AM-10:00AM

Classes: 18 Fee: \$121.00(R)/\$136.75(N)

COURSE #	DAY	DATE	TIME
SU1-163	Tu/Th	Jun 24-Aug 21	9:30AM-10:30AM

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: 10 Fee: \$57.00(R)/\$72.75(N) *No class: 8/5*

COURSE #	DAY	DATE	TIME
SU1-124	Tue	Jun 03-Aug 19	6:00PM-7:00PM

L / PR – Social Hall #125

Classes: 12 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
SU1-125	Wed	Jun 04-Aug 20	6:00PM-7:00PM

Alice Peña Bulos Center – Multi-Use Room

Classes: 12 Fee: \$68.00(R)/\$83.75(N)

COURSE #	DAY	DATE	TIME
SU1-126	Sat	Jun 07-Aug 23	10:15AM-11:15AM

TEEN AND ADULT CLASSES

Drop-In: Zumba®

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR – Social Hall #125

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

No class: 6/9, 6/10, 6/24, 7/1, 7/4, 7/18, 7/21, 7/22, 7/29

Classes: 5-12 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Mon	Jun 02-Aug 18	11:30AM-12:30PM
---	Tue	Jun 03-Aug 19	11:00AM-12:00PM
---	Fri	Jun 13-Aug 22	11:00AM-12:00PM

Drop-In: Zumba® Gold & Tone

Age: 15Y and up

Instructor: Stephanie King

Location: L / PR – Large Dance Studio #222

Zumba® Gold is a lower-intensity Zumba® class designed for seniors, beginners, and anyone looking for a fun workout.

Enjoy dance and fitness movements that boost mental health, self-esteem, and memory while toning your body. No registration needed—drop in for \$6.00 per class (cash only, exact amount). No senior discount available.

No class: 6/19

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

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

CPR AND FIRST AID CLASSES

Adult Heartsaver CPR AED

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

Saturday, May 31, 2025 at 9:00am

Saturday, Aug 02, 2025 at 9:00am

Pediatric Heartsaver First Aid CPR AED

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

Saturday, Jul 12, 2025 at 9:00am

Basic Life Support (BLS) Provider

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

Saturday, May 10, 2025 at 9:00am

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



TENNIS CLASSES

Tennis: Information and Requirements

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

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

Tennis: Private Lessons

Age: 8Y and up

Instructor: Anthony Dizon-Barron

Location: Terrabay - Tennis Court #1

This class is for the student who desires more individual attention. Instructor will work on weaknesses or student's preference.

No class: 6/28, 6/29, 7/5, 7/6, 7/12, 7/13

Classes: 9 Fee: \$191.00(R)/\$206.75(N)

COURSE #	DAY	DATE	TIME
SU4-400	Sat	Jun 07-Aug 23	8:30AM-9:00AM
SU4-401	Sat	Jun 07-Aug 23	9:00AM-9:30AM
SU4-402	Sat	Jun 07-Aug 23	9:30AM-10:00AM
SU4-403	Sat	Jun 07-Aug 23	10:00AM-10:30AM
SU4-404	Sun	Jun 08-Aug 24	8:30AM-9:00AM
SU4-405	Sun	Jun 08-Aug 24	9:00AM-9:30AM
SU4-406	Sun	Jun 08-Aug 24	9:30AM-10:00AM
SU4-407	Sun	Jun 08-Aug 24	10:00AM-10:30AM

Tennis: Private – Jaime Pagmanua

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: 7/12, 7/13, 7/19, 7/20

Classes: 10 Fee: \$213.00(R)/\$228.75(N)

COURSE #	DAY	DATE	TIME
SU4-200	Sat	Jun 07-Aug 23	8:00AM-8:30AM
SU4-201	Sat	Jun 07-Aug 23	8:30AM-9:00AM
SU4-202	Sat	Jun 07-Aug 23	9:00AM-9:30AM
SU4-203	Sat	Jun 07-Aug 23	9:30AM-10:00AM
SU4-204	Sat	Jun 07-Aug 23	10:00AM-10:30AM
SU4-205	Sat	Jun 07-Aug 23	10:30AM-11:00AM
SU4-206	Sun	Jun 08-Aug 24	8:00AM-8:30AM
SU4-207	Sun	Jun 08-Aug 24	8:30AM-9:00AM
SU4-208	Sun	Jun 08-Aug 24	9:00AM-9:30AM
SU4-209	Sun	Jun 08-Aug 24	9:30AM-10:00AM
SU4-210	Sun	Jun 08-Aug 24	10:00AM-10:30AM
SU4-211	Sun	Jun 08-Aug 24	10:30AM-11:00AM

Tennis Camp with Anthony Dizon-Barron

Age: 8Y - 18Y

Instructor: Anthony Dizon-Barron

Location: Stonegate Tennis Courts

This innovative camp increases athletic ability, stamina, and appreciation of the sport of tennis. With the integration of both modern and traditional techniques, students can find their individual style. The camp is systematically structured to produce a higher skillset and understanding of tennis that students can apply to any level. This includes daily drills for targeted practice, engaging games, athletic conditioning, and mindfulness coaching for on the court. The format will be taught in a 1:1 or small group so that every student receives individual attention and peer support. Students may sign up for multiple sessions.

Classes: 5 Fee: \$154.00(R)/\$169.75(N)

COURSE #	DAY	DATE	TIME
SU4-331	M-F	Jun 02-Jun 06	12:00PM-4:00PM
SU4-332	M-F	Jun 09-Jun 13	12:00PM-4:00PM
SU4-334	M-F	Jul 14-Jul 18	12:00PM-4:00PM
SU4-335	M-F	Jul 21-Jul 25	12:00PM-4:00PM
SU4-336	M-F	Jul 28-Aug 01	12:00PM-4:00PM

Classes: 4 Fee: \$123.00(R)/\$138.75(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU4-333	M-F	Jun 16-Jun 20	12:00PM-4:00PM

YOUTH AND ADULT SPORTS

Open Gym Program

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

Basketball

Mon-Wed, Fri Canceled due to Summer Camps
(Begins Jun 02) (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 4 people.

Monday thru Friday 11:00AM – 5:00PM
Saturday/Sunday 9:30AM – 3:00PM

Closing hours may vary depending on programming.

Ages: 16 years of age and over only

NEW script cards available Monday through Fridays

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

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. The league combines both D-1 (High school Level) and D-2 (College Level) players. Teams play on Wednesday nights. Season begins tentatively June 25.

Fee: \$660.00 per team, 6 game season + playoffs

Summer Adult Coed Softball League

Team slow pitch softball will begin league play in July 2025. Roster packets and information are available upon request. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680. Registration begins June 6.

Fee: \$567.00 per team, 6 game season + playoffs

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 5, 2025, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

Individual

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 18 – Wednesday, August 13

BOCCE-101 Team Only

Wed 6:15PM – 7:30PM

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

Dates: Thursday, June 19 – Thursday, August 14

BOCCE-102 Team Only

Thu 5:00PM – 6:15PM

Thu 6:15PM – 7:30PM

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

Dates: Friday, June 20 – Friday, August 15

BOCCE-103 Team Only

Fri 9:30AM – 11:30AM

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

YOUTH AND ADULT SPORTS

YOUTH SPORTS

Youth Sports/Co-sponsored

The youth sports activities listed below are provided by AFFILIATED non-profit groups. They are "co-sponsored" by the Recreation Department. For information, about each league, please contact the numbers listed.

South San Francisco United Youth Soccer League

League Website: www.ssfsoccer.net

League Email: Sfsoccer1@gmail.com

League Phone: (650) 741-3280

South San Francisco Youth Baseball Leagues

League Website: www.ssfbaseball.org

League Email: Scitybaseball@gmail.com

League Phone: (650) 634-9444

San Mateo County Athletic Club

League Website: www.smcfootball.club

League Email: pgomez@smcfc.club

League Phone: (650) 797-9479

SSF Aquatic Club

League Website: www.teamunify.com/home.jsp?team=ssf



..... *Junior Giants 2025*

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 9 – August 2. Best of all, the program is free, but space is limited. More coaches equals more children can participate.

The South San Francisco Junior Giants is also looking for volunteers to help run the program. Volunteer positions available include Head Coaches (18 years and older) and Assistant Coaches and Umpires (15 years and older). The time commitment is about 1 ½ hours for one weekly practice and another 1 ½ 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, 2025

www.gojrgiants.org

Parent Orientation: (First Pitch)

Date: May 15

Location: virtual

Volunteer Meeting:

Date: May 22

Location: virtual

Coaches Meeting:

Date: June 7

Location: TBD

AQUATICS CLASSES

Orange Pool

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

Aquatics Registration

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

SUMMER 2025

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 28, 2025
Non-Resident Registration – Wednesday, June 4, 2025

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

Resident Registration – Wednesday, July 16, 2025
Non-Resident Registration – Friday, July 18, 2025

Session #2 (Mon-Thur morning lessons only)

Resident Registration – Friday, June 27, 2025
Non-Resident Registration – Saturday, June 28, 2025 at 8:00am

Session #3 (Mon-Thur morning lessons only)

Resident Registration – Friday, July 11, 2025
Non-Resident Registration – Saturday, July 12, 2025 at 8:00am

Session #4 (Mon-Thur morning lessons only)

Resident Registration – Friday, July 25, 2025
Non-Resident Registration – Saturday, July 26, 2025 at 8:00am

Registration Procedures

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

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

Schedule: Summer 2025

OMP Pool will be closed on the following dates:

Saturday, May 24, 2025 – Monday, May 26, 2025
Monday, Jun 2, 2025 – Friday, June 13, 2025
Thursday, June 19, 2025
Friday, July 4, 2025

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

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

Adult Lap Swimming (16 Years and up)

Mon-Fri 5:30AM – 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, bring your child for playtime in the pool! This particular recreation time is for caregivers and children to play in the pool together and **a time for expecting mothers** to get in for some aquatic exercise. A lifeguard will be on duty and this is strictly for recreation (not a class). Buy a membership card or pay the drop-in fee. **All babies and children 4 years and younger must wear a swim diaper and swimsuit. All children 4 years and younger are required to have an adult accompany them in the water.** Please, no outside toys, life vests, or other flotation devices.

Mon/Fri 2:00PM – 3:00PM

Fees

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

Admission Fees

Children	\$5.25
Adults	\$6.50

Script Card (10 use passes) and Monthly Passes

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

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

Rentals

Orange Pool is available for rentals on Saturdays from 2:45pm – 4:15pm and from 4:30pm – 6:00pm. Please note the 2:45pm start time must be reserved before booking the 4:30pm start time. Both time slots can be reserved by one

AQUATICS CLASSES

party if available. For parties reserving both time slots, the rental time will be from 2:45pm – 5:45pm. Rentals are done on a first-come, first-serve basis and must be booked in person. Rentals may be canceled due to staff unavailability, and full refunds will be issued in this case.

Rental Rates (1.5 hours):
 \$193.50 for 30 participants or less
 \$218.25 for 31–60 participants
 \$243.00 for 61–100 participants

Rental Rates (3 hours):
 \$387.00 for 30 participants or less
 \$436.50 for 31–60 participants
 \$486.00 for 61–100 participants

Non-residents pay an additional \$21.50 per 1.5 hours.
 Rental payments are due upon completion of the permit.
 For further information and date availability, please contact Orange Pool at (650) 875–6973.

South San Francisco Aquatics Club

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

INFANT/PRE-SCHOOL

Level 1: Infants

Age: 6M – 1Y 5M

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

Tuesday/Thursday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-1103	Tu/Th	Jun 17–Jul 15	6:30PM–7:00PM
SU8-1104	Tu/Th	Jun 17–Jul 15	7:05PM–7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-1105	Tu/Th	Jul 22–Aug 14	6:30PM–7:00PM
SU8-1106	Tu/Th	Jul 22–Aug 14	7:05PM–7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-1107	Sat	Jun 21–Aug 16	9:00AM–9:30AM
SU8-1108	Sat	Jun 21–Aug 16	9:35AM–10:05AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-1109	Sun	Jun 22–Aug 17	10:30AM–11:00AM
SU8-1110	Sun	Jun 22–Aug 17	11:05AM–11:35AM

Level 2: Toddler

Age: 1Y 6M – 2Y 11M

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

Tuesday/Thursday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-2203	Tu/Th	Jun 17–Jul 15	6:30PM–7:00PM
SU8-2204	Tu/Th	Jun 17–Jul 15	7:05PM–7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-2205	Tu/Th	Jul 22–Aug 14	6:30PM–7:00PM
SU8-2206	Tu/Th	Jul 22–Aug 14	7:05PM–7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-2207	Sat	Jun 21–Aug 16	9:00AM–9:30AM
SU8-2208	Sat	Jun 21–Aug 16	9:35AM–10:05AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-2209	Sun	Jun 22–Aug 17	10:30AM–11:00AM
SU8-2210	Sun	Jun 22–Aug 17	11:05AM–11:35AM

AQUATICS CLASSES

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

Level 3: Pre-School

Age: 3Y - 4Y 11M

The purpose of this course is to begin teaching floating and swimming skills to preschoolers. An adult accompanies the preschooler in the water. ***All participants 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: \$59.00(R)/\$63.25(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-3303	Tu/Th	Jun 17-Jul 15	6:30PM-7:00PM
SU8-3304	Tu/Th	Jun 17-Jul 15	7:05PM-7:35PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-3305	Tu/Th	Jul 22-Aug 14	6:30PM-7:00PM
SU8-3306	Tu/Th	Jul 22-Aug 14	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-3307	Sat	Jun 21-Aug 16	9:00AM-9:30AM
SU8-3308	Sat	Jun 21-Aug 16	9:35AM-10:05AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-3309	Sun	Jun 22-Aug 17	10:30AM-11:00AM
SU8-3310	Sun	Jun 22-Aug 17	11:05AM-11:35AM

Level 4: Starfish (Formerly Pre-Basic Beginners)

Age: 3Y 6M - 5Y

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

Saturday Session #1

Classes: 8 Fee: \$68.75(R)/\$73.00(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-4402	Sat	Jun 21-Aug 16	10:15AM-10:45AM
SU8-4403	Sat	Jun 21-Aug 16	10:50AM-11:20AM
SU8-4404	Sat	Jun 21-Aug 16	11:25AM-11:55AM
SU8-4405	Sat	Jun 21-Aug 16	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$68.75(R)/\$73.00(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-4406	Sun	Jun 22-Aug 17	11:40AM-12:10PM
SU8-4407	Sun	Jun 22-Aug 17	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: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
SU8-110	M/W	Jun 16-Jul 09	6:30PM-7:00PM
SU8-111	M/W	Jun 16-Jul 09	7:05PM-7:35PM
SU8-112	M/W	Jun 16-Jul 09	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-113	M/W	Jul 21-Aug 13	6:30PM-7:00PM
SU8-114	M/W	Jul 21-Aug 13	7:05PM-7:35PM
SU8-115	M/W	Jul 21-Aug 13	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-116	Sat	Jun 21-Aug 16	10:15AM-10:45AM
SU8-117	Sat	Jun 21-Aug 16	10:50AM-11:20AM
SU8-118	Sat	Jun 21-Aug 16	11:25AM-11:55AM
SU8-119	Sat	Jun 21-Aug 16	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-120	Sun	Jun 22-Aug 17	11:40AM-12:10PM
SU8-121	Sun	Jun 22-Aug 17	12:15PM-12:45PM

Morning Pollywogs Session #1

Classes: 7 Fee: \$52.00(R)/\$56.00(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-122	M-Th	Jun 16-Jun 26	8:20AM-8:50AM
SU8-123	M-Th	Jun 16-Jun 26	8:55AM-9:25AM
SU8-124	M-Th	Jun 16-Jun 26	9:30AM-10:00AM

Morning Pollywogs Session #2

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

COURSE #	DAY	DATE	TIME
SU8-125	M-Th	Jun 30-Jul 10	8:20AM-8:50AM
SU8-126	M-Th	Jun 30-Jul 10	8:55AM-9:25AM
SU8-127	M-Th	Jun 30-Jul 10	9:30AM-10:00AM

Morning Pollywogs Session #3

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

COURSE #	DAY	DATE	TIME
SU8-128	M-Th	Jul 14-Jul 24	8:20AM-8:50AM
SU8-129	M-Th	Jul 14-Jul 24	8:55AM-9:25AM
SU8-130	M-Th	Jul 14-Jul 24	9:30AM-10:00AM

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

AQUATICS CLASSES

Morning Pollywogs Session #4

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

COURSE #	DAY	DATE	TIME
SU8-131	M-Th	Jul 28-Aug 07	8:20AM-8:50AM
SU8-132	M-Th	Jul 28-Aug 07	8:55AM-9:25AM
SU8-133	M-Th	Jul 28-Aug 07	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: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
SU8-210	M/W	Jun 16-Jul 09	6:30PM-7:00PM
SU8-211	M/W	Jun 16-Jul 09	7:05PM-7:35PM
SU8-212	M/W	Jun 16-Jul 09	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-213	M/W	Jul 21-Aug 13	6:30PM-7:00PM
SU8-214	M/W	Jul 21-Aug 13	7:05PM-7:35PM
SU8-215	M/W	Jul 21-Aug 13	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) *No class: 7/5*

COURSE #	DAY	DATE	TIME
SU8-216	Sat	Jun 21-Aug 16	10:15AM-10:45AM
SU8-217	Sat	Jun 21-Aug 16	10:50AM-11:20AM
SU8-218	Sat	Jun 21-Aug 16	11:25AM-11:55AM
SU8-219	Sat	Jun 21-Aug 16	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) *No class: 7/6*

COURSE #	DAY	DATE	TIME
SU8-220	Sun	Jun 22-Aug 17	11:40AM-12:10PM
SU8-221	Sun	Jun 22-Aug 17	12:15PM-12:45PM

Morning Guppies Session #1

Classes: 7 Fee: \$52.00(R)/\$56.00(N) *No class: 6/19*

COURSE #	DAY	DATE	TIME
SU8-222	M-Th	Jun 16-Jun 26	8:20AM-8:50AM
SU8-223	M-Th	Jun 16-Jun 26	8:55AM-9:25AM
SU8-224	M-Th	Jun 16-Jun 26	9:30AM-10:00AM

Morning Guppies Session #2

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

COURSE #	DAY	DATE	TIME
SU8-225	M-Th	Jun 30-Jul 10	8:20AM-8:50AM
SU8-226	M-Th	Jun 30-Jul 10	8:55AM-9:25AM
SU8-227	M-Th	Jun 30-Jul 10	9:30AM-10:00AM

Morning Guppies Session #3

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

COURSE #	DAY	DATE	TIME
SU8-228	M-Th	Jul 14-Jul 24	8:20AM-8:50AM
SU8-229	M-Th	Jul 14-Jul 24	8:55AM-9:25AM
SU8-230	M-Th	Jul 14-Jul 24	9:30AM-10:00AM

Morning Guppies Session #4

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

COURSE #	DAY	DATE	TIME
SU8-231	M-Th	Jul 28-Aug 07	8:20AM-8:50AM
SU8-232	M-Th	Jul 28-Aug 07	8:55AM-9:25AM
SU8-233	M-Th	Jul 28-Aug 07	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: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
SU8-310	M/W	Jun 16-Jul 09	6:30PM-7:00PM
SU8-311	M/W	Jun 16-Jul 09	7:05PM-7:35PM
SU8-312	M/W	Jun 16-Jul 09	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-313	M/W	Jul 21-Aug 13	6:30PM-7:00PM
SU8-314	M/W	Jul 21-Aug 13	7:05PM-7:35PM
SU8-315	M/W	Jul 21-Aug 13	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) *No class: 7/5*

COURSE #	DAY	DATE	TIME
SU8-316	Sat	Jun 21-Aug 16	10:15AM-10:45AM
SU8-317	Sat	Jun 21-Aug 16	10:50AM-11:20AM
SU8-318	Sat	Jun 21-Aug 16	11:25AM-11:55AM
SU8-319	Sat	Jun 21-Aug 16	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) *No class: 7/6*

COURSE #	DAY	DATE	TIME
SU8-320	Sun	Jun 22-Aug 17	10:30AM-11:00AM
SU8-321	Sun	Jun 22-Aug 17	11:40AM-12:10PM

AQUATICS CLASSES

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

Morning Goldfish Session #1

Classes: 7 Fee: \$52.00(R)/\$56.00(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-322	M-Th	Jun 16-Jun 26	8:20AM-8:50AM
SU8-323	M-Th	Jun 16-Jun 26	8:55AM-9:25AM
SU8-324	M-Th	Jun 16-Jun 26	9:30AM-10:00AM

Morning Goldfish Session #2

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

COURSE #	DAY	DATE	TIME
SU8-325	M-Th	Jun 30-Jul 10	8:20AM-8:50AM
SU8-326	M-Th	Jun 30-Jul 10	8:55AM-9:25AM
SU8-327	M-Th	Jun 30-Jul 10	9:30AM-10:00AM

Morning Goldfish Session #3

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

COURSE #	DAY	DATE	TIME
SU8-328	M-Th	Jul 14-Jul 24	8:20AM-8:50AM
SU8-329	M-Th	Jul 14-Jul 24	8:55AM-9:25AM
SU8-330	M-Th	Jul 14-Jul 24	9:30AM-10:00AM

Morning Goldfish Session #4

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

COURSE #	DAY	DATE	TIME
SU8-331	M-Th	Jul 28-Aug 07	8:20AM-8:50AM
SU8-332	M-Th	Jul 28-Aug 07	8:55AM-9:25AM
SU8-333	M-Th	Jul 28-Aug 07	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: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
SU8-410	M/W	Jun 16-Jul 09	6:30PM-7:00PM
SU8-411	M/W	Jun 16-Jul 09	7:05PM-7:35PM
SU8-412	M/W	Jun 16-Jul 09	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-413	M/W	Jul 21-Aug 13	6:30PM-7:00PM
SU8-414	M/W	Jul 21-Aug 13	7:05PM-7:35PM
SU8-415	M/W	Jul 21-Aug 13	7:40PM-8:10PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-416	Sat	Jun 21-Aug 16	10:15AM-10:45AM
SU8-417	Sat	Jun 21-Aug 16	10:50AM-11:20AM
SU8-418	Sat	Jun 21-Aug 16	11:25AM-11:55AM
SU8-419	Sat	Jun 21-Aug 16	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-420	Sun	Jun 22-Aug 17	10:30AM-11:00AM
SU8-421	Sun	Jun 22-Aug 17	11:40AM-12:10PM

Morning Sea Turtles Session #1

Classes: 7 Fee: \$52.00(R)/\$56.00(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-422	M-Th	Jun 16-Jun 26	8:20AM-8:50AM
SU8-423	M-Th	Jun 16-Jun 26	8:55AM-9:25AM

Morning Sea Turtles Session #2

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

COURSE #	DAY	DATE	TIME
SU8-424	M-Th	Jun 30-Jul 10	8:20AM-8:50AM
SU8-425	M-Th	Jun 30-Jul 10	8:55AM-9:25AM

Morning Sea Turtles Session #3

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

COURSE #	DAY	DATE	TIME
SU8-426	M-Th	Jul 14-Jul 24	8:20AM-8:50AM
SU8-427	M-Th	Jul 14-Jul 24	8:55AM-9:25AM

Morning Sea Turtles Session #4

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

COURSE #	DAY	DATE	TIME
SU8-428	M-Th	Jul 28-Aug 07	8:20AM-8:50AM
SU8-429	M-Th	Jul 28-Aug 07	8:55AM-9:25AM

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: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
SU8-510	M/W	Jun 16-Jul 09	6:30PM-7:00PM
SU8-511	M/W	Jun 16-Jul 09	7:05PM-7:35PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-512	M/W	Jul 21-Aug 13	6:30PM-7:00PM
SU8-513	M/W	Jul 21-Aug 13	7:05PM-7:35PM

Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-514	Thu	Jun 26-Aug 14	6:30PM-7:00PM

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

AQUATICS CLASSES

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-515	Sat	Jun 21-Aug 16	10:15AM-10:45AM
SU8-516	Sat	Jun 21-Aug 16	11:25AM-11:55AM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-517	Sun	Jun 22-Aug 17	11:05AM-11:35AM

Morning Marlins Session #1

Classes: 7 Fee: \$52.00(R)/\$56.00(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-518	M-Th	Jun 16-Jun 26	8:20AM-8:50AM
SU8-519	M-Th	Jun 16-Jun 26	9:30AM-10:00AM

Morning Marlins Session #2

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

COURSE #	DAY	DATE	TIME
SU8-520	M-Th	Jun 30-Jul 10	8:20AM-8:50AM
SU8-521	M-Th	Jun 30-Jul 10	9:30AM-10:00AM

Morning Marlins Session #3

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

COURSE #	DAY	DATE	TIME
SU8-522	M-Th	Jul 14-Jul 24	8:20AM-8:50AM
SU8-523	M-Th	Jul 14-Jul 24	9:30AM-10:00AM

Morning Marlins Session #4

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

COURSE #	DAY	DATE	TIME
SU8-524	M-Th	Jul 28-Aug 07	8:20AM-8:50AM
SU8-525	M-Th	Jul 28-Aug 07	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: \$59.00(R)/\$63.25(N)

COURSE #	DAY	DATE	TIME
SU8-610	M/W	Jun 16-Jul 09	7:40PM-8:10PM

Monday/Wednesday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-611	M/W	Jul 21-Aug 13	7:40PM-8:10PM

Thursday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-612	Thu	Jun 26-Aug 14	7:05PM-7:35PM

Saturday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/5

COURSE #	DAY	DATE	TIME
SU8-613	Sat	Jun 21-Aug 16	10:50AM-11:20AM
SU8-614	Sat	Jun 21-Aug 16	12:00PM-12:30PM

Sunday Session #1

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-615	Sun	Jun 22-Aug 17	12:15PM-12:45PM

Morning Dolphins Session #1

Classes: 7 Fee: \$52.00(R)/\$56.00(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-616	M-Th	Jun 16-Jun 26	8:55AM-9:25AM
SU8-617	M-Th	Jun 16-Jun 26	9:30AM-10:00AM

Morning Dolphins Session #2

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

COURSE #	DAY	DATE	TIME
SU8-618	M-Th	Jun 30-Jul 10	8:55AM-9:25AM
SU8-619	M-Th	Jun 30-Jul 10	9:30AM-10:00AM

Morning Dolphins Session #3

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

COURSE #	DAY	DATE	TIME
SU8-620	M-Th	Jul 14-Jul 24	8:55AM-9:25AM
SU8-621	M-Th	Jul 14-Jul 24	9:30AM-10:00AM

Morning Dolphins Session #4

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

COURSE #	DAY	DATE	TIME
SU8-622	M-Th	Jul 28-Aug 07	8:55AM-9:25AM
SU8-623	M-Th	Jul 28-Aug 07	9:30AM-10:00AM

TEENS AND ADULTS

Swim Aide Program

Age: 13Y - 14Y

The swim aide program is a volunteer position for those who wish to assist our lesson program as Instructor Aides. The candidate will be instructed in beginning Water Safety and how to teach beginning swimming. This program is ideal for those who wish to become future swimming instructors. Those interested in the swim aide program must sign up through the class registration. Requirements: Pass intermediates or the pre-test, be between 13 and 14 years old, participate in an interview, and attend mandatory training. Training dates will be determined after the interview. Interviews do not guarantee acceptance into the swim aide program.

Summer 2025

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

COURSE #	DAY	DATE	TIME
SU8-001	M/W	-	6:15PM-8:15PM
	Tu/Th		6:15PM-7:45PM
	Sat		8:45AM-12:45PM
	Sun		10:15AM-1:00PM

AQUATICS CLASSES

Teen/Adult Level 1

Age: 13Y and up

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

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-100	Fri	Jun 20-Aug 15	6:30PM-7:00PM
SU8-101	Fri	Jun 20-Aug 15	7:05PM-7:35PM

Teen/Adult Level 2

Age: 13Y and up

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

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-200	Fri	Jun 20-Aug 15	6:30PM-7:00PM
SU8-201	Fri	Jun 20-Aug 15	7:05PM-7:35PM

Teen/Adult Level 3

Age: 13Y and up

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

Classes: 8 Fee: \$59.00(R)/\$63.25(N) No class: 7/4

COURSE #	DAY	DATE	TIME
SU8-300	Fri	Jun 20-Aug 15	6:30PM-7:00PM
SU8-301	Fri	Jun 20-Aug 15	7:05PM-7:35PM

Teen/Adult Level 4

Age: 13Y and up

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

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

COURSE #	DAY	DATE	TIME
SU8-400	Tue	Jun 17-Aug 12	6:30PM-7:00PM
SU8-401	Tue	Jun 17-Aug 12	7:05PM-7:35PM

EXERCISE AND FITNESS

Adult Aquatic Exercise

Age: 18Y and up

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

Subject to cancellation based on instructor availability.

Tuesday/Thursday Session #1

Classes: 8 Fee: \$51.50(R)/\$67.50(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-602	Tu/Th	Jun 17-Jul 15	2:00PM-3:00PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-604	Tu/Th	Jul 22-Aug 14	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: \$51.50(R)/\$67.50(N) No class: 6/19

COURSE #	DAY	DATE	TIME
SU8-606	Tu/Th	Jun 17-Jul 15	7:45PM-8:30PM
SU8-607	Tu/Th	Jun 17-Jul 15	8:30PM-9:15PM

Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
SU8-608	Tu/Th	Jul 22-Aug 14	7:45PM-8:30PM
SU8-609	Tu/Th	Jul 22-Aug 14	8:30PM-9:15PM

Aqua Zumba

Age: 16Y and up

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

Wednesday Session #1

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

COURSE #	DAY	DATE	TIME
SU8-600	Wed	Jun 18-Aug 13	2:00PM-3:00PM

Sunday Session #1

Classes: 8 Fee: \$51.50(R)/\$67.50(N) No class: 7/6

COURSE #	DAY	DATE	TIME
SU8-601	Sun	Jun 22-Aug 17	9:30AM-10:15AM

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



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



PRESCHOOL

LICENSED PRESCHOOLS:

Little Steps Preschool,
Siebecker Preschool, and
Westborough Preschool

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

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

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

To schedule a tour you may call the school directly for an appointment. A waiting list/brochure is available to print online at www.ssf.net/childcare. Currently there is a 3-4 year wait list for our schools. Being on the waiting list does not guarantee a spot in the program.

REGISTRATION FEE:

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

WAITING LIST FEE:

There is a \$34.50 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. The current waiting list is approximately 3-4 years.

BILLING POLICIES:

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

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

# DAYS PER WEEK	RESIDENT	NON-RESIDENT
5 DAYS	\$714.00/month	\$799.00/month
3 DAYS	\$443.00/month	\$494.00/month
2 DAYS	\$306.00/month	\$344.00/month

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

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

**Fees subject to change.*

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

For more information, please visit our website at www.ssf.net/childcare.

YOUTH ENRICHMENT SERVICES

LICENSED AFTER SCHOOL RECREATION PROGRAM

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

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

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

REGISTRATION PROCESS:

Waitlist applications are available at www.ssf.net/childcare. For more information, contact the Childcare Administrative Office at (650) 875-6900 or **Kimberly Morrison**, Recreation and Community Services Supervisor at (650) 875-6950 or kimberly.morrison@ssf.net

LOCATIONS:

- Buri Buri Elementary School** (827-8448)
325 Del Monte Avenue
License #414002856
- Monte Verde Elementary School** (742-0613)
2551 St. Cloud Drive
License #410518963
- Ponderosa Elementary School** (873-1096)
295 Ponderosa Road
License #410519011
- Spruce Elementary School** (873-0924)
501 Spruce Avenue
License #410519010

AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

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

REGISTRATION FEE:

A \$72.00 non-refundable fee per family is due upon registration/orientation each year.

WAITLIST FEE:

The waitlist for the after school recreation programs is only valid for one school year. A non-refundable fee of \$34.50 is due at the time of registration for the waitlist. This is not a guarantee of placement into the program.

TUITION FEES:

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

# DAYS PER WEEK	BEFORE SCHOOL& AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM ONLY
5 DAYS	\$473.00/month	\$408.00/month
3 DAYS	\$322.00/month	\$279.00/month
2 DAYS	\$215.00/month	\$188.00/month

**Before school care only \$150/month.*

For more information, please visit our website at www.ssf.net/childcare.

REAL PROGRAM: Los Cerritos and Martin Elementary Schools

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

SENIOR SERVICES

Senior Program Administration: Roberta Cerri Teglia Center

601 Grand Avenue
(650) 829-3820
Monday, Wednesday, Friday, & Saturday: 9:00am – 3:00pm
EXTENDED HOURS Tuesday & Thursday: 9:00am – 5:00pm
Kasey Jo Kelly, Supervisor
(650) 829-3822
kaseyjo.kelly@ssf.net



TAKE THE FREE SOUTH CITY SHUTTLE!

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

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

Licensed Adult Day Care Program SECOND FLOOR

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

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

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

Congregate Nutrition Program THIRD FLOOR

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

Senior Connection Newsletter

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

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

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

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

Chess

Location: Roberta Cerri Teglia Center

Activity Room #1 – 3rd Floor

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

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

Coffee & Cards

Location: Roberta Cerri Teglia Center

Activity Room #1 – 3rd Floor

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

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

Coloring Club

Location: Roberta Cerri Teglia Center

Activity Room #1 – 3rd Floor

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

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

Exercise Room

Instructor: (self paced)

Location: Roberta Cerri Teglia Center

Exercise Room – 3rd Floor

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

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

Fall Prevention Fitness

Instructor: Kevin

Location: Roberta Cerri Teglia Center

Activity Room #2 – 3rd Floor

This class consists of various exercises that target balance and muscular strength. Through basic strength and conditioning principles, as well as Tai Chi/Yoga inspired movements, the course will blend various exercise modalities to improve functional strength and mitigate the risk of falls. Expect a blend between seated exercises on a chair and standing exercises using external assistance or support. We will also discuss age-related changes to the body and its impact on balance.

DAY	TIME
Tuesday/Thursday	9:15AM-10:15AM

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

Karaoke

Instructor: Sandy

Location: Roberta Cerri Teglia Center

Activity Room #1 – 3rd Floor

We have microphones, sound systems, and a wonderful room with nice acoustics so you just bring your voice. Join us every Wednesday at 1:00 PM to sing some songs and make some friends! We hope to see you there!

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

Knitting and Crochet

Location: Roberta Cerri Teglia Center

Activity Room #2 – 3rd Floor

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

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

Mahjong

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

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

DAY	TIME
Friday	9:30AM-1:00PM

Movies

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

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

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

Open Billiards

Location: Roberta Cerri Teglia Center

Billiards Room – 3rd Floor

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

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

Open Computer Lab

Location: Roberta Cerri Teglia Center

Lobby – 3rd Floor

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

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

Ping Pong

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

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

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

Seated Full Body Workout

Instructor: Monica

Location: Alice Bulos Community Center

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

No class: 6/4, 6/11, 7/9, 7/23

DAY	TIME
Monday	11:15AM-12:00PM
Wednesday	11:15AM-12:00PM

Seated Pilates

Instructor: Monica

Location: Alice Bulos Community Center

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

No class: 6/2, 6/5, 6/9, 6/12, 7/7, 7/10, 7/21, 7/24

DAY	TIME
Monday	12:10PM-1:00PM
Thursday	11:00AM-11:45AM

Class information, dates, times, and locations listed in this issue are subject to change after publication. For questions and additional assistance, please call the Roberta Cerri Teglia Center at (650) 829-3822.

Seated Weight Training

Instructor: Monica

Location: Alice Bulos Community Center

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

No class: 6/3, 6/5, 6/10, 6/12, 7/8, 7/10, 7/22, 7/24

DAY	TIME
Tuesday	10:50AM-11:45AM
Thursday	12:00PM-12:45PM

Senior Social Dance*

Location: Library | Parks and Recreation Center

Banquet Hall #130 – 1st Floor

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

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

Stand Tall Yoga

Instructor: Monica

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

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

No class: 6/6, 6/13, 7/11, 7/25

DAY	TIME
Friday	9:00AM-9:50AM 10:45AM-11:30AM

Vitality in Breath

Instructor: Monica

Locations: Alice Bulos Community Center (Tuesday) and Roberta Cerri Teglia Center (Friday)

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

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

Yoga

Instructor: Kevin

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

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

DAY	TIME
Monday/Wednesday	9:15AM-10:15AM
Saturday	9:15AM-10:45AM

Zumba Gold

Instructor: Stephanie

Location: Roberta Cerri Teglia Center

Multi-Use Room – 3rd Floor

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

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

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



25th Annual Senior Health Fair

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

Date: Friday, May 16, 2025

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, cholesterol, blood sugar, glaucoma, etc.

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

Website: www.ssf.net/pandevents **For more information, please call:** 650-829-3820.



KAISER PERMANENTE®  **thrive**

www.ssf.net/culturalarts

CulturalArts@ssf.net

Library | Parks and Recreation Center

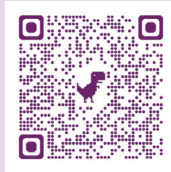
901 Civic Campus Way

South San Francisco, CA, 94080

Contact:

Ercie Santos, Cultural Arts Specialist

Ercie.Santos@ssf.net | (650) 829-3810



Current & Upcoming Opportunities for Artists

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

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

Cultural Arts 2025 Art Shows

Thank you to the talented artists who participated in the February Art Show, *Finding a Path*, and the April Youth Art Show, held in partnership with South San Francisco Unified School District. Appreciation is also extended to everyone that visited the exhibit and supported the arts. The Cultural Arts Program will be holding two additional shows in 2025.

FREEDOM – FUTURE OF HOPE HONORING RESILIENCE AND THE SPIRIT OF JUNETEENTH

Location: Library | Parks and Recreation Center

EXHIBIT DATES:

Opening Weekend:

Friday, June 27 | 6:00 p.m. – 8:00 p.m.

Saturday, June 28 | 10:00 a.m. – 3:00 p.m.

Gallery Hours (Monday – Friday)

Monday, June 30 – Friday, July 25 | 10:00 a.m. – 5:00 p.m.

Closed Friday, July 4

Special Evening Gallery Hours

Tuesday, July 22 | 10:00 a.m. – 8:00 p.m.

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

PAST, PRESENT, FUTURE – CELEBRATING INDIGENOUS CULTURE

Location: Library | Parks and Recreation Center

EXHIBIT DATES:

Opening Weekend:

Friday, October 3 | 6:00 p.m. – 8:00 p.m.

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

Gallery Hours (Monday – Friday)

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

Closed Monday, October 13

Special Evening Gallery Hours

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

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

Public Art Collection Highlight

CALIFORNIA BUTTERFLY ILLUSTRATIONS

The *California Butterfly Illustrations*, by artist MaryAnn Nardo, is a series of nine different butterflies native to California. The collection, currently displayed on the first floor corridor of the Library | Parks and Recreation Center, captures each butterfly in a moment of time and showcases the unique patterns of their wings. Upon closer look one can discover a part of the life cycle phases of that

particular butterfly incorporated in the print (egg, host plant, caterpillar, chrysalis, and butterfly). The original paintings were made on Douglas Fir wood panels and painted with watercolor, so the grain of the wood is seen through the transparent water colors becoming part of the painting.



Included in the series is the Mission Blue butterfly print which highlights the intricate beauty of this endangered species, which also holds significance to South San Francisco as it was designated as an official city symbol in 2012. Further, the City continues Mission Blue butterfly conservation efforts through organized efforts such as the Sign Hill Restoration Project.

Swing by the Library | Parks and Recreation Center to experience the beauty and transformation of these remarkable butterflies up close. For more information visit www.ssf.net/culturalarts.

PARKS AND RECREATION FACILITIES

Facility and Picnic Rentals

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

Facilities:

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

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

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

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

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

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

General information on picnic rentals:

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

PICNIC FACILITIES AVAILABLE BY RESERVATION:

(Picnic reservation cost beginning July 2024)

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

*plus \$225 refundable damage deposit

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

Non-Residents add \$15 per rental.

San Francisco Bay Trail

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

Bocce Courts at Orange Memorial Park

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

Court Hours: The courts are open to the public, Monday through Saturday from 1:00pm – 4:00pm unless otherwise reserved. Please contact the Recreation office at (650) 829-3800 or email web-rec@ssf.net for more information or questions regarding bocce lessons. Please look for additional details regarding our Bocce League on page 24.

PARKS INFORMATION

City of South San Francisco Tree Preservation Ordinance

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

What typically qualifies as a "protected tree"?

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

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

What is the difference between pruning and trimming?

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

How much does a permit cost?

The fee for a tree permit is \$115.05 per tree.

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

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

South San Francisco Improving Public Places



Do you enjoy gardening? Do you feel pride in your community? Would you like to give back to your community through volunteerism?

The **Improving Public Places Committee** is a group of people sharing a common vision of beautifying various sites in South San Francisco.

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

Sign Hill Stewards



Many unique plant and animal species call the slopes of Sign Hill home, including the endangered mission blue butterfly and callippe silverspot butterfly. Help us protect, restore, and expand critical habitat by removing

invasive species, and helping plant native species focusing on improving pollinator habitat! Those who volunteer with **Sign Hill Stewards** will perform this critical work while also learning more about the wildlife they can find on the hill and even in their own backyard. Visit <https://www.ssf.net/signhill> for more information. *Questions?* E-mail parks.volunteers@ssf.net or call (650) 829-3837.



COMMUNITY INFORMATION

Community Services

Emergency Preparedness

Community Emergency Response Team (CERT)

cert@ssf.net | (650) 829-4337

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

Emergency Preparedness General Information

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

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

SMC Community Information Handbook

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

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

Economic Advancement Center (EAC)

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

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

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

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

Free South City Shuttle

shuttle@ssf.net | (650) 877-8550

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

Project Guardian

www.ssf.net/Departments/Police-Department/Community/Project-Guardian
(650) 877-8900

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

South San Francisco Farmers Market

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

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

South San Francisco Police Explorer Cadets

SLO@ssf.net | (650) 829-3924

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

street. All new Police Explorers are required to attend a nine-week (nine consecutive Sundays) Explorer Academy.

South San Francisco Promotores Program

www.ssf.net/promotores

promotores@ssf.net

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!

South San Francisco Sister Cities Association

www.ssf.net/Our-City/Sister-Cities

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

South San Francisco PAL Boosters

<https://www.ssfpalboosters.org>

Mark.Kosta@ssf.net | 650-829-3712

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

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

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



S.S.F. United Youth Soccer League

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

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



South San Francisco Youth Baseball Managers Association

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

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



SSF Friends of Parks & Recreation

(650) 829-3800

The SSF Friends of Parks & Recreation is

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

South San Francisco Public Library

www.ssf.net/library

LIBRARY | PARKS AND RECREATION CENTER

901 Civic Campus Way; (650) 829-3860

Hours:

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

GRAND AVENUE BRANCH LIBRARY

306 Walnut Avenue; (650) 877-8530
Local History Collection

Hours:

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

GENE MULLIN COMMUNITY LEARNING CENTER

520 Tamarack Lane; (650) 877-8540

clc@ssf.net

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

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

Discover & Go: free tickets to local museums & more. Go to <https://ssf.discoverandgo.net/> to reserve and print out FREE tickets with your SSF library card.

Streaming Videos & E-Books: Download the Hoopla, Kanopy, and Libby apps for access to thousands of streaming movies and TV shows. The best part—it is all free with your library card. For more information, or to sign up for a library card, visit our website or email: ssfpladm@plsinfo.org

Connect with us:    

Email: ssfpladm@plsinfo.org

FRIENDS OF THE LIBRARY

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

PROJECT READ, NORTH SAN MATEO COUNTY

901 Civic Campus Way, SSF; (650) 829-3871
Services are offered to the communities of Daly City, San Bruno, South San Francisco, and Town of Colma. Give someone the precious gift of reading. Project Read offers free tutor training for volunteers who want to make a difference in someone's life. For more information, visit:

www.ssf.net/projectread

Do you have a non-profit group that is recreational in nature and is designed to bring people of like-minded interests together? If so, you may be eligible to apply for co-sponsorship with the Parks and Recreation Department. Please contact Erin O'Brien at erin.obrien@ssf.net or (650) 829-3811 for more information.



PARK AND FACILITY GUIDE



MAP	LOCATION/PARK NAME	ADDRESS	ACRES	Children's Play Area	Community Building	Restrooms	Picnic Tables	Group Picnic Areas	Picnic Shelter	Tennis Courts	Ballfields	Basketball Courts	Walking Trail	Soccer Field	Pickleball Courts	Public Art	Skate Park	Dog Park
5	Orange Memorial Park <i>Indoor Swimming Pool Picnic Shelter and Areas Sculpture Garden Bocce Ball Courts</i>	Orange Ave & Tennis Dr	26.9	●	●	●	●	●	●	●	●	●	●	●		●	●	●
6	Westborough Park	Westborough & Galway	11.1	●	●	●	●	●	●	●	●	●	●					
7	Alta Loma Park	450 Camaritas	9.0	●		●	●	●		●	●	●	●			●		
8	Avalon Park	Dorado Way & Old Country Way	2.4	●		●	●	●			●					●		
9	Brentwood Park	Rosewood & Briarwood	3.0	●		●	●			●	●	●	●					
10	Buri Buri Park	200 Block of Arroyo	4.2	●		●	●	●		●	●	●	●		●			
12	City Hall Playlot	Miller & Walnut	0.1	●			●											
13	Clay Park	Clay & Dundee	0.8	●			●					●						
14	Common Green Areas	-	49.1	●									●					
15	Cypress & Pine Playlot	Cypress & Pine	0.3	●			●					●						
16	Francisco Terrace Playlot	Terrace & S. Spruce	0.3	●								●						
17	Gardiner Playlot	Gardiner & Randolph	0.1	●								●				●		
18	Terrabay Ballfield	Hillside School	4.1			●					●			●				
19	Paradise Valley Park	Hillside & Spruce	0.9	●		●	●					●						
20	Sellick Park	Appian Way	4.5	●		●	●	●		●		●	●		●			
21	Sign Hill Park	Access on Poplar Ave	41										●					
22	Sister Cities Park	Between Orange & Spruce	4.1										●					
23	Terrabay Gymnasium	1121 South San Francisco Dr	2.8	●	●	●	●			●		●						
24	Elkwood Park	Duval & Elkwood	1.8	●								●						
25	Newman and Gibbs Playlot	Newman & Gibbs	0.2	●			●					●						
26	Dundee Playlot	Dundee & Mansfield	0.2	●			●					●						
27	Zamora Park	Zamora Drive	0.7	●			●											
28	Stonegate Park	Ridgeview	2.2							●				●	●			
31	Civic Campus Park	901 Civic Campus	1.3	●	●	●										●		
32	Oyster Point Shoreline Park	623 Marina Boulevard	14.0			●	●	●					●					●
33	Wind Harp Park	500 Grand View Ave	0.5													●		
34	Centennial Way Park South	Spruce Ave & Huntington	6.0	●			●						●			●	●	
35	Willow Gardens South	Willow Ave & Nora Way	.25	●														
36	Willow Gardens North	Willow Ave & Brusco Way	.25	●														

LEGEND

Destinations

- City Parks
- Public Buildings and Schools
- Libraries

Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

Transportation

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

Please visit the City's interactive **Parks and Public Art Map**: www.ssf.net/parksmmap

Recreation Facility Sites

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

Bicycle/Pedestrian Trails

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

Specialty Parks

Dog Parks: Centennial Way Dog Park (Antoinette Lane & Chestnut Ave.),

Oyster Point Shoreline Park (623 Marina Boulevard)

Skate Park: Centennial Way Park South (Huntington Ave. & Spruce Ave.)

Orange Memorial Park Sculpture Garden: Orange Park along Tennis Drive

CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): _____

Address: _____ City: _____ Zip: _____

Day Phone: _____ Night Phone: _____ Emergency: _____

(Required: Best Contact Phone Number)

Opt-in to receive text messages alerts: ☐ Yes ☐ No

Email (required): _____

Please use separate registration forms for participants from different families and/or address.

FIRST CHOICE SESSION CODE	SECOND CHOICE SESSION CODE	ACTIVITY NAME	PARTICIPANT NAME LAST, FIRST	DATE OF BIRTH	FEE + PROCESSING FEE
					+ \$2.25
					+ \$2.25
					+ \$2.25
					+ \$2.25
					+ \$2.25
Recreation Scholarship Program opportunities available! Call (650)829-3800 for more information.					<i>*Those 62 and over may deduct 20% off the resident rate</i> <i>\$5.00 Donation to Scholarship Fund</i>
					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 5, 2025 at 6:00am

Non-Residents: MONDAY, May 19, 2025 at 6:00am

Aquatics Registration: Spring 2025 Session 1

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

Residents: Begins WEDNESDAY, May 28, 2025 at 6:00am

Non-Residents: WEDNESDAY, June 4, 2025 at 6:00am

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



MAIL-IN

Residents: MONDAY, May 5, 2025

Non-Residents: MONDAY, May 19, 2025

*Payment can be made by check

*Please do not send cash

Parks & Recreation Administration Office

P.O. Box 711

South San Francisco, CA 94080



WALK-IN

Residents: MONDAY, May 5, 2025

Non-Residents: MONDAY, May 19, 2025

*Payment can be made by check or credit card

(Master Card, Visa, Amex or Discover)

*Cash in the exact amount

Library | Parks and Recreation Center

901 Civic Campus Way - 3rd Floor

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

SAVE CARD ON FILE

To save your card on file, visit www.ssf.net/rec-catalog and login to your account. Click "account," to view your portal. From the list of menu options, click "Manage Payment Accounts." Select "Add Card on File." Please note, expired cards will not update automatically, and newly issued cards will need be added to the account portal by the participant.

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

REGISTRATION INFORMATION

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

CLASS LOCATIONS

See page 1.

REFUND AND CREDIT POLICY

- All refunds will be issued either as a check or account credit; note, refunds will not be processed back to credit cards. Please ensure your mailing address and account details are up to date to avoid delays.
- I understand that refunds must be requested one (1) week prior to the class start date and no refunds will be given after the first-class meeting, unless class(es) are full or canceled by the Recreation Department. A service charge of \$10.00 PER CLASS will be made for all refunds requested by the participant.
- Please allow 5 weeks for any refund to be processed.
- If a class is cancelled by the department due to low enrollment or instructor unavailability, a full refund will be issued.
- All cancellations must be made in writing.

RESIDENT STATUS

Any person who lives within the South San Francisco Unified School District is considered a resident for our classes and programs. Please note on registration form. A business address will not be taken as proof of residency.

RECREATION SCHOLARSHIP PROGRAM

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



DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way
So. San Francisco, CA 94080

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RESIDENTIAL CUSTOMER



July is national **Parks and Recreation Month**—a nationwide recognition led by the **National Recreation and Park Association (NRPA)**. This year marks the **40th anniversary** of this month-long celebration,

honoring the vital role that parks and recreation play in creating strong, healthy, and connected communities. To celebrate, we invite you to join us for a **month-long series of free activities and special events!** Learn more at www.ssf.net/PandREvents.

SENIOR HEALTH FAIR

Friday, May 16, 2025 | 9:00am – 12:00pm
Library | Parks and Recreation Center
901 Civic Campus Way
Free admission

The Senior Services Program invites you to the 24th Annual Senior Health Fair on Friday, May 16. This event is sponsored by Kaiser Permanente in partnership with the City of South San Francisco. All community members are welcome and Kaiser Permanente membership is not required. There will be free screenings for blood pressure, cholesterol, blood sugar, glaucoma, and more as well as expert advice on skin care, hearing information, pharmacy consultation, allergy tips, emotional well-being, physical therapy, and more. In addition to the services provided by Kaiser Permanente, there will be additional vendors present to give you more information about Alzheimer's, life planning, housing, exercise classes, and more recreation activities. We are excited to see you all there!

JUNE 2025 ART SHOW

FREEDOM - FUTURE OF HOPE HONORING RESILIENCE AND THE SPIRIT OF JUNETEENTH

OPENING WEEKEND

Friday, June 27 | 6:00 p.m. – 8:00 p.m.
Saturday, June 28 | 10:00 a.m. – 3:00 p.m.
GALLERY HOURS (MONDAY – FRIDAY)
June 30 – July 25 | 10:00 a.m. – 5:00 p.m.
Closed Friday, July 4

SPECIAL EVENING GALLERY HOURS

Tuesday, July 22 | 10:00 a.m. – 8:00 p.m.
Library | Parks and Recreation Center,
Third Floor – Gallery Room
901 Civic Campus Way, SSF
Free admission
(650) 829-3800 | www.ssf.net/culturalarts

Artistic creations reflect the spirit of Juneteenth through uniquely personal expressions of hope, resilience, and freedom at the third 2025 art gallery show. Serving as a visual testament to this significant cultural observance, exceptional two- and three-dimensional works remind viewers of the power of perseverance and the importance of embracing self-determination. Artist entry information will be available by end of April at the "Current Opportunities for Artists" webpage.



MOVIE NIGHT IN THE PARK / FIELD DAY

Friday, July 18, 2025 | Orange Memorial Park
Friday, August 22, 2025 | Martin Elementary School

This event is **FREE!** Visit www.ssf.net/pandevents for the latest details or call (650) 829-3800 for more information. The movie will begin at sundown.