

# South San Francisco Parks and Recreation Department

# ACTIVITY GUIDE WINTER 2026



## WE'RE HIRING!

Join our Team of dedicated individuals. We're on Calopps.  
Checkout our current Job Openings (page 5)

*Year in Review 2025* pg. 1

*Resident Registration begins December 1st!*

Register at [www.ssf.net/rec-catalog](http://www.ssf.net/rec-catalog)

# WELCOME

## TABLE OF CONTENTS

Preschool Classes.....	06
Youth Classes.....	08
Music Classes.....	13
Teen/Adult Classes.....	15
Tennis Classes.....	28
Youth & Adult Sports.....	30
Aquatics: Classes & Programs.....	32
Preschool & Youth Enrichment Services.....	38
Senior Services: Classes & Programs.....	40
Cultural Arts.....	45
Parks and Recreation Facilities.....	46
Parks Information.....	47
Community Information.....	48
Facility and Park Guide & Map.....	50
Registration Form.....	52
Registration Information.....	53
Special Events.....	back cover

Programs January–March 2026

Brochure Printed November 2025

### 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

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](http://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](http://www.ssf.net) for meeting details.

### Management Staff

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

### Parks and Recreation Supervisors

Anthony Ballinger, *Facility  
Maintenance*  
Brandon Cutajar, *Parks*  
Diana Gonzalez, *Preschool Early  
Learning Program*  
Kasey Jo Kelly, *Seniors*  
Zachary Kust, *Parks*

Kimberly Morrison, *Youth  
Enrichment Services (YES)*  
Mike Mulkerrins, *Facilities & Sports*  
Brian Noce, *Aquatics*  
Veronica Ortiz, *Classes*  
Francisco Rodriguez, *Childcare  
Assistant Supervisor*

### Coordinators

Brooke Bayangos, *Sports*  
Thomas Boitano, *YES*  
Brittany Burgo, *YES*  
Aleni Capaz, *Preschool Early  
Learning Program*  
Gabiella Firpo, *Classes*  
Cynthia Lin, *Aquatics*  
Lexi Macario, *YES*  
Ashly Michelson, *Preschool Early  
Learning Program*  
Austin Navarro, *Facilities*  
Cristina Rodriguez, *YES*  
Marianna Roman, *Adult Day Care*  
Alexis Rogers, *YES*  
Ercie Santos, *Cultural Arts*  
Justice Steinberg, *YES*  
Megan Watson, *YES*  
Lisa Wilson, *Seniors*

### Administrative Support

Cristina Simmons  
Keren Solano  
Jeanette Yoshida

### Administrative Office

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

### Terrabay Gymnasium & Recreation Center

1121 South San Francisco Drive  
(650) 829-4680

### Alice Peña Bulos Community Center

2380 Galway Drive  
(650) 875-6981

### Joseph A. Fernekas Recreation Building

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

### Orange Pool

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

### Gene Mullin Community Learning Center

520 Tamarack Lane  
(650) 877-8540

### Senior Center

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

### Preschools

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

### After School Recreation Programs

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

### Parks and Facilities Administration

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

### South San Francisco Friends of Parks and Recreation

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

### We're on social media!

Follow us for the latest news and  
announcements:



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

### Cover Photo:

Dancers from the SSF Civic  
Ballet performing at the annual  
Nutcracker performance in 2024.



# PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2025

Greetings, Friends and Neighbors,

AS THE YEAR COMES TO A CLOSE, the team here at the South San Francisco Parks and Recreation Department reflects back on our achievements and partnerships with pride and gratitude. The Department's ongoing work from offering accessible recreation programs, maintaining our facilities, to improving our parks and open spaces, continues to guide our mission toward a more connected community.

## Advisory Bodies

The Parks and Recreation Department is guided by several legislative and volunteer advisory groups, including the City Council, Parks and Recreation Commission, and Cultural Arts Commission. These bodies help ensure transparency, accountability, and community representation in our programs and initiatives. We value and welcome feedback from all residents to help shape the future of recreation in South San Francisco.

## Co-Sponsored Groups and Non-Profit Partners

The Department proudly supports and collaborates with local non-profit and community organizations that contribute thousands of volunteer hours each year to enrich recreational opportunities for residents. Co-sponsored partners include the South San Francisco Aquatics Club, South San Francisco Historical Society, Italian American Citizens Club, South San Francisco United Youth Soccer League, South San Francisco Youth Baseball Managers Association, and the San Mateo County Athletic Club.

Additionally, the Department has partnered with the YMCA to support their food distribution initiatives. We thank the YMCA for serving thousands of community members each year at Orange Memorial Park and the former West Orange Library.

The South San Francisco Friends of Parks and Recreation, a dedicated non-profit partner, plays a vital role in supporting City programs through membership drives, fundraising, and volunteerism. Their efforts have helped fund youth program scholarships, enhance community events such as Parks and Recreation Month and Concert in the Park, and collaborate on grants promoting local health and wellness. We invite you to get involved and become a Friend!

## Recreation Events and Programming

The Department is proud to offer and support a wide range of inclusive programs and special events each year, as well as returning events and programs, catering to community members of all ages. In 2025, some of the highlights included:

- Arbor Day Tree Planting
- Civic Ballet Nutcracker Performance
- Civic Ballet Spring Showcase
- Coastal Clean Up
- Concert in the Park
- Cultural Arts Commission Exhibits
- Earth Day
- Easter Bunny Photo-Hop
- Free Seniors Tax Assistance
- Halloween Extravaganza
- Holiday Boutique and Makers Fair
- Holi Festival Celebration
- Improving Public Places Volunteer Events
- Improving Public Places Wreath Workshop
- July is Parks and Recreation Month and Field Day
- Junior Giants
- Karate Tournaments and Promotions
- Lunar New Year Celebrations
- Movie Nights in the Park
- Preschool Graduation Ceremonies
- Santa Comes to Town
- Senior Health Fair
- Seniors Valentines Day
- Summer and Seasonal Camps
- Thanksgiving Fun Run
- Youth Baseball Opening Day Celebration

### EVENT SPOTLIGHT: CONCERT IN THE PARK

Another successful Concert in the Park was held on September 20, 2025, with nearly 7,000 people in attendance. Concertgoers enjoyed grammy-award winning band, Ozomatli, community performances, vendors, and a host of family activities. Thanks to all who joined us to celebrate our community together!



# PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2025

## Division and Program Highlights

### NEW HIRES

- Brittany Burgo, Recreation Coordinator
- Lexi Macario, Recreation Coordinator
- Conor Robles, Groundsperson
- Saul Morales, Park Maintenance Worker

### PROMOTIONS

- Prax Duarte, Building Maintenance Program Manager
- Justice Steinberg, Recreation Coordinator
- Megan Watson, Recreation Coordinator
- Jason Teer, Senior Building Maintenance Custodian
- Rosalba Barajas Alvina, Building Maintenance Custodian
- Ariel Bermudez, Building Maintenance Custodian
- Chazz Salomon, Building Maintenance Custodian

### AQUATICS

The Aquatics team is working hard behind the scenes planning, training, organizing, and developing new classes and programs, all in preparation for the exciting opening of the new Orange Memorial Park Aquatic Center opening in 2026! For the most up to date updates on this exciting project, please visit [www.ssf.net/newpool](http://www.ssf.net/newpool).



Additionally, the summer of 2025 Aquatics Program held a four-day in-service training at Orange Pool to prepare lifeguards and swim instructors for the summer season. The training began with a review of policies, teamwork, safety, and customer service standards. Staff then learned about the new swim lesson curriculum, focusing on class management, communication, and instructional techniques. Midweek sessions featured hands-on Emergency Action Plan (EAP) drills, including water rescues, medical and fire emergencies, and active shooter response. The final day emphasized spinal injury procedures and a joint drowning scenario with the South San Francisco Fire Department, strengthening inter-agency coordination. The training enhanced staff readiness, teamwork, and confidence in providing safe, high-quality aquatic programs.

### CLASSES PROGRAM

In 2025 the Classes Program welcomed new instructors with a variety of new class offerings such as *Hindi Kinder*, *Storytellers on Stage*, *Actor's Academy for Teens*, *Mexican Folk Dance Transitional Class*, *Relax and Heal with Meditation*, *Breathing & Reiki*, *Greeting Card Illustration*, *Strength & Stability*, *Seated Pilates*, *Full Moon*

*Celebration*, additional Private Music class offerings and Suzuki Violin Group Lessons.

Additionally, the Classes Program expanded its portfolio of special events by adding the Department's very first Holi Festival celebration with our Hindi Literature and Classes instructor Monita Sharma, in collaboration with the City Manager's Office.

In late summer, the Classes Program was saddened to announce the passing of beloved and longtime Recreation Instructor, Sensei Sue Miller. Sensei Sue continued the legacy of the Shinkyu Shotokan Karate Program after the retirement of its founder, Sensei Leroy Rodrigues, and further developed it into the respected program it is today. A dedicated martial artist who began studying Karate in 1972, Sensei Sue held the rank of 8th Dan black belt and inspired generations of students with her discipline, kindness, and passion for teaching. Her legacy lives on under the leadership of Sensei Nobu Kaji, Sensei Patrick Dunleavy, Sempai Juan Carlos Barajas, Sempai Isaul Beltran, Sempai Amanda and Austin Lee, who now guide the program with the same dedication and spirit that Sensei Sue instilled in her students for decades.



### CULTURAL ARTS PROGRAM

In 2025, the Cultural Arts Commission hosted inspiring exhibits throughout the year, including: *Finding a Path* – our February Art Show, the annual *Youth Art Show* hosted in collaboration with the South San Francisco Unified School District, *Freedom: The Future of Hope*, honoring Juneteenth, and *Past, Present, Future*, a showcase honoring Indigenous culture. In April, the Cultural Arts Commission also hosted the Congressional Art Competition exhibition featuring 18 artworks from high school students across California's 15th Congressional District. Families, City staff, and representatives from the San Mateo County Office of Arts and Culture gathered for a recognition ceremony led by Congressman Kevin Mullin.

The Cultural Arts team also introduced the first Jack Drago Youth Art Intern, *Lola Castro*, who developed *Agriculture & Artistry*—a program plan to bring live music and performances to the SSF Farmers' Market!

### PRESCHOOL AND EARLY LEARNING PROGRAM

Thanks to a partnership with Izzi Early Education funded by San Mateo County Measure K funding, the City's Preschool and Early Learning Program is able to onboard a Child Development intern, helping students meet the internship requirement of the Child Development Associate (CDA) program, thereby building the Early Childhood Education (ECE) workforce. Izzi is one of three organizations that received Measure K funds to provide a pipeline for new and advancing credentialed ECE staff, and the Department is grateful for their partnership.

Furthermore, in fiscal year 2025–2026, the City continued to be a beneficiary of San Mateo County's Big Lift grant, allowing the City

# PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2025

to offer 10 spaces at Little Steps Preschool on a sliding scale fee per month with the possibility of no cost being charged to income-eligible families.

Children at the Siebecker, Westborough, and Little Steps Preschools celebrated cultural holidays, and learned through creative play. All three City preschools participated in the Week of the Young Child, an annual celebration sponsored by the National Association for the Education of Young Children. The week recognizes the importance of early childhood education, the role of educators, and the joy and creativity of young children. Each day featured a unique theme and corresponding activities that supported learning through art, science, and cooking. The weeklong event not only fostered creativity, community, and hands-on learning but also promoted compassion and philanthropy. Through the collective efforts of families, staff, and children, the preschools raised more than \$12,000 for St. Jude's Children's Research Hospital, reinforcing the value of giving back while celebrating early education.

## RENTALS PROGRAM

Whether scheduling important civic meetings, community events, or private family celebrations, the Rentals Program is central to scheduling use of City facilities, with over 1,400 facility permits issued in 2025. This includes 660 picnic reservations in the City's 16 picnic sites and over 700 events in the City's four community centers.

## SENIOR SERVICES PROGRAM

The City adopted its first Age-Friendly Action Plan, serving as a roadmap outlining clear objectives and measurable outcomes in nine domains of livability for older adults which includes Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Communication and Information, Respect and Social Inclusion, Civic Participation and Employment, Community Support and Health Services, and Emergency Services.

The Senior Services team collaborated with the South San Francisco Police Department for the Senior Police Academy, engaging 20 participants in safety education and community building at the Roberta Cerri Teglia Center. The popular Congregate Nutrition Program served nearly 8,000 free meals this year, along with health workshops and social events like Valentine's Day for the Troops, Holiday Boutique, and Full of Fun Nights. Class offerings have expanded to include more health and wellness classes, lecture-based programs, and field trips. This expansion is made possible thanks to extended hours at the Roberta Cerri Teglia Center as well as additional programs offered at the Alice Peña Bulos Community Center. See page 40 to explore the Senior section.

## SPORTS PROGRAM

During the summer of 2025, South San Francisco's Sports Program celebrated another successful season filled with strong participation and community spirit. The Adult Basketball League featured seven teams with playoffs and competitions that took place at the Terrabay Gymnasium and Recreation Center. The Junior Giants program reached record-breaking participation with 450 players and 155 volunteers, wrapping up with the Junior Giants Festival. Ambassadors Ellie and Giselle provided exceptional leadership, with Ellie receiving the Junior Giants All-Star Award. Under the direction



of Sports Coordinator Brooke Bayangos, the Junior Giants program continues to thrive.

## YOUTH ENRICHMENT SERVICES (YES)

The Youth Enrichment Services (YES) Program has continued to be an important partner in South San Francisco Unified School District's (SSFUSD) Expanded Learning Opportunities Program (ELOP). In school year 2025-2026, YES increased the number of ELOP students in its care from 120 to 210 students. ELOP provides after school care for 180 days of school as well as 30 non-school days.

This year marked a milestone for the Youth Enrichment Services (YES) program: online registration launched for spring and summer camps! Families praised the convenience with both online registrations for spring and summer camp.

## REFRESH, REPLACE, AND REPAIR

A wide range of tasks fall under the Parks and Facility Maintenance Divisions in order to care for City buildings, parks, and open space. Much of their work is not visible to the public eye, but staff work throughout the year to refresh the appearance of parks and facilities and repair or replace items as needed to keep public spaces clean and safe. 2025 brought important maintenance and beautification projects citywide:

- Launch of a free tree program for residents, titled the Urban Tree Canopy Project, in conjunction with Rise South City.
- New HVAC System was installed at Terrabay Gymnasium and Recreation Center.
- Creation of Avalon Memorial Grove honoring loved ones, creating a serene and peaceful environment for visitors to reflect and remember their loved ones.
- Annual Arbor Day Celebration recognizing our sister city, Saint Jean Pied de Port, France, included the planting of new plants and trees with the assistance of our community members.

## PLANNING FOR THE FUTURE

Construction progresses at Orange Memorial Park Aquatic Center and design continues for the new Westborough Preschool, the new park at Linden Avenue and Pine Avenue, and the renovation of Dundee Park. Projects in the works include new dedicated pickleball courts at Orange Memorial Park and design of Centennial Way Park North. In addition, the Cultural Arts Program is expanding the City's public art collection by including art installations as part of these new projects.



# PARKS AND RECREATION DEPARTMENT CALENDAR YEAR IN REVIEW - 2025

## Awards & Recognition

- *CPRS Statewide Award of Excellence in Design – Park Planning*: Centennial Way Park South
- *California Parks and Recreation Society (CPRS) District 4 Awards*:
  - *Award of Excellence: Park Planning* – Centennial Way Park South
  - *Volunteer Award*: Patrick Dunleavy, volunteer for the Shinkyu Shotokan Karate Program
  - *Distinguished Professional Award*: Bill Stridbeck, honored for 38 years of service
- Director Greg Mediati shared insights with future recreation leaders at a CPRS professional development session.
- Director Greg Mediati and Parks Manager Joshua Richardson spoke at a conference at Stanford University on the importance of community involvement in urban forestry.
- Erin O'Brien, Business Manager and head of the Department's Administrative Division, completes her term as 2025 President of CPRS District 4. We are proud to have her leadership extended to San Francisco, San Mateo, and Santa Clara counties while ensuring South San Francisco staff remain connected to key resources and training in the field of parks and recreation.



And lastly, a farewell to our very own City Manager and long-time Parks and Recreation director and stalwart, Sharon Ranals.

After nearly five decades in public service including three years as City Manager, Sharon is retiring at the end of 2025.



Sharon began her career with the City of South San Francisco in 1980 as a part-time employee in the Parks and Recreation Department. She became a full-time staff member in 1984 and steadily advanced through roles of increasing responsibility. Her experience rising through the organization provided valuable insight into the challenges of local government and the importance of collaboration to achieve results. Over the years, she has hired and promoted dozens of talented City staff and is especially proud of leading high-functioning teams with low turnover, as well as fostering the professional growth and success of her colleagues.

Sharon played a key role in the planning, development, and improvement of many public buildings and spaces throughout the city. Her work helped bring to life the Municipal Services Building, Alice Peña Bulos Recreation Center and Preschool, Terrabay Gymnasium and Recreation Center, Roberta Teglia Senior Center, Community Learning Center, and after-school facilities on South San Francisco Unified School District campuses. At Orange Memorial Park, she supported projects including the picnic shelter, sculpture garden, Joseph Fernekes Recreation Center, new sports fields, and the award-winning water capture system. She was instrumental in securing funding and advancing the vision for the co-located Library | Parks and Recreation Center and the new Aquatics Center.

Sharon is a pillar of our Parks and Recreation industry—and an exemplary manager, role model, and colleague. I, among many others, have been so fortunate to have worked with and for her, and wish her a wonderful well-deserved retirement.

## Stay Up to Date On Upcoming Programs and Projects!

Opt in to receive our email newsletter to stay up to date on new programs and offerings. To be added to the recipient list, email your request to: [web-rec@ssfca.gov](mailto:web-rec@ssfca.gov) or visit <https://conta.cc/36SAjZt>.

*Greg Mediati*

DIRECTOR, SSF PARKS AND RECREATION DEPARTMENT

# WE'RE HIRING!

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



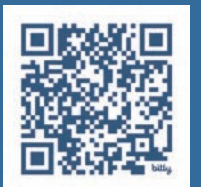
The Parks and Recreation Department is a great place to enhance your communication and leadership skills, foster relationships with community members, and learn from mentors.

- Adult Day Care Leaders
- Aquatic Instructors
- Ballet Instructor
- Building Attendants
- Building Maintenance Custodian – Part Time
- Class Instructors
- Coaches (Basketball, Badminton, Track & Field, and Tennis)

- Lifeguards
- Scorekeepers
- Senior Class Instructors
- Senior Services Recreation Leaders
- After School Recreation Leaders
- Substitute Preschool Teachers
- Van Drivers



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



# PRESCHOOL AGE CLASSES



## Art Adventures in Nature!

Age: 3Y – 5Y

**Instructor: Bella Leggero**

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

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

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

COURSE #	DAY	DATE	TIME
W11-203	Wed	Jan 07-Mar 04	2:45PM-3:45PM
W11-204	Thu	Jan 08-Mar 05	2:45PM-3:45PM

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

Age: 2Y – 5Y

**Instructor: Vanessa Nerri**

*Location: Terrabay – Gym*

Join us for this P.E.-style movement class. Run, jump, play and be loud with your kids or the kids in your life. We encourage all of it! Move with your little one to the beat of kid-friendly tunes. Bring a mat and water for you and each of your kids. **Up to two registered children allowed per adult.**  
*No class: 2/14, 2/28*

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

COURSE #	DAY	DATE	TIME
W12-300	Sat	Jan 10-Mar 07	10:00AM-10:50AM



## Hindi Kinder Class

Age: 4Y – 6Y

**Instructor: Monita Sharma**

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

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

Students will be engaged through interactive fun activities:

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

*No class: 1/18, 2/15*

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

COURSE #	DAY	DATE	TIME
W13-333	Sun	Jan 11-Mar 08	9:00AM-10:00AM

## Kinder Class

Age: 3Y – 5Y

**Instructors: Joanne Desmond**

*Location: Alice Peña Bulos Community Center – Small Room*

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

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

*No class: 1/19, 2/16*

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

COURSE #	DAY	DATE	TIME
W12-100	M/W	Jan 05-Mar 04	9:00AM-10:30AM
W12-101	M/W	Jan 05-Mar 04	11:00AM-12:30PM



## Kinder Tots

Age: 3Y – 5Y

**Instructors:** Joanne Desmond

*Location:* Alice Peña Bulos Community Center – Small Room

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

Classes: 18 Fee: \$162.00(R)/\$178.50(N)

COURSE #	DAY	DATE	TIME
WI2-102	Tu/Th	Jan 06–Mar 05	9:00AM–10:30AM
WI2-103	Tu/Th	Jan 06–Mar 05	11:00AM–12:30PM

## Pre-Kinder Learners

Age: 4Y – 5Y

**Instructors:** Noreen Cronin-Flynn

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

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

Classes: 16 Fee: \$288.00(R)/\$304.50(N) No class: 1/19, 2/16

COURSE #	DAY	DATE	TIME
WI2-104	M/W	Jan 05–Mar 04	9:00AM–12:00PM

Classes: 18 Fee: \$324.00(R)/\$340.50(N)

COURSE #	DAY	DATE	TIME
WI2-105	Tu/Th	Jan 06–Mar 05	9:00AM–12:00PM

# PRESCHOOL AGE CLASSES

## Pre-Shinkyu Shotokan Karate – Level I/Beginners

Age: 4Y – 8Y

**Instructor:** Isaul Beltran & Juan Carlos Barajas

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

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

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

COURSE #	DAY	DATE	TIME
WI2-301	Sat	Jan 10–Feb 28	9:00AM–9:45AM
<b>Level I Beginners: Session A</b>			
WI2-302	Sat	Jan 10–Feb 28	10:00AM–10:45AM
<b>Level I Beginners: Session B</b>			

*\*2/7: Class will be held at the Fernekes Recreation Building.*



## Pre-Shinkyu Shotokan Karate – Level II/Colored Belts

Age: 4Y – 8Y

**Instructor:** Isaul Beltran & Juan Carlos Barajas

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

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

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

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

COURSE #	DAY	DATE	TIME
WI2-303	Sat	Jan 10–Feb 28	11:00AM–12:00PM
<b>Level II: White Belt &amp; Color Belts</b>			

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

COURSE #	DAY	DATE	TIME
WI2-304	Sat	Jan 10–Feb 28	11:00AM–12:30PM
<b>Level II: Color Belts Yellow &amp; Up</b>			

*\*2/7: Class will be held at the Fernekes Recreation Building.*

# YOUTH CLASSES

## Children's Writing Workshop

Age: 8Y – 12Y

**Instructor: Griselda Huete**

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

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

*No class: 1/20*

Classes: 6 Fee: \$29.00(R)/\$45.50(N)

COURSE #	DAY	DATE	TIME
WI2-225	Tue	Jan 06–Feb 17	4:00PM–4:45PM

## Introduction to Hindi Language & Writing

Age: 5Y – 12Y

**Instructor: Monita Sharma**

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

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

*No class: 1/18, 2/15*

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

COURSE #	DAY	DATE	TIME
WI3-229	Sun	Jan 11–Mar 08	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: 1/18, 2/15*

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

COURSE #	DAY	DATE	TIME
WI3-330	Sun	Jan 11–Mar 08	11:00AM–12:00PM

## Kenpo-Eskrima for Children

Age: 6Y and up

**Instructor: Tina Chau**

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

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

*No class: 1/19, 2/16*

Classes: 16 Fee: \$42.00(R)/\$58.50(N)

COURSE #	DAY	DATE	TIME
WI2-306	M/W	Jan 05–Mar 04	5:00PM–5:45PM
<b>Beginners (6Y – 12Y)</b>			

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

COURSE #	DAY	DATE	TIME
WI2-307	M/W	Jan 05–Mar 04	5:45PM–6:45PM
<b>Beginners/Intermediates (6Y – 15Y)</b>			

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

COURSE #	DAY	DATE	TIME
WI2-217	M/W	Jan 05–Mar 04	6:45PM–7:45PM
<b>Teens &amp; Adults (10Y and up)</b>			

## Let's Paint!

Age: (see below)

**Instructor: Bella Leggero**

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

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

Classes: 9 Fee: \$81.00(R)/\$97.50(N)

COURSE #	DAY	DATE	TIME
WI3-303	Wed	Jan 07–Mar 04	5:30PM–6:30PM
<b>Age 5Y – 9Y</b>			
WI3-304	Thu	Jan 08–Mar 05	5:30PM–6:30PM
<b>Age 9Y – 13Y</b>			



## Math Fun!

Age: 8Y – 12Y

**Instructor: Griselda Huete**

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

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

*No class: 1/20*

Classes: 6 Fee: \$29.00(R)/\$45.50(N)

COURSE #	DAY	DATE	TIME
WI3-230	Tue	Jan 06-Feb 17	6:00PM-6:45PM



## Seasonal Crafts!

Age: 5Y – 9Y

**Instructor: Bella Leggero**

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

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

Classes: 9 Fee: \$81.00(R)/\$97.50(N)

COURSE #	DAY	DATE	TIME
WI3-203	Wed	Jan 07-Mar 04	4:00PM-5:00PM
WI3-204	Thu	Jan 08-Mar 05	4:00PM-5:00PM

## Shinkyu Shotokan Karate – Youth

Age: 9Y – 12Y

**Instructor: Amanda Lee & Austin Lee**

*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). Austin Lee and Amanda Lee have studied Shotokan Karate since 2002 and hold the degree of 1st Dan Degree black belt.

*No class: 1/19, 2/16*

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

COURSE #	DAY	DATE	TIME
WI3-308	M/W	Jan 05-Mar 04	5:00PM-6:00PM
<b>Level I Beginners Yellow &amp; Blue 1</b>			

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

COURSE #	DAY	DATE	TIME
WI3-309	M/W	Jan 05-Mar 04	6:00PM-7:00PM
<b>Lev II Blue 2 &amp; Green 1</b>			

Classes: 16 Fee: \$84.00(R)/\$100.50(N)

COURSE #	DAY	DATE	TIME
WI3-310	M/W	Jan 05-Mar 04	6:00PM-7:30PM
<b>Lev II Green 2, Purple, Brown &amp; Up</b>			

## Spanish Fun

Age: 8Y – 12Y

**Instructor: Griselda Huete**

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

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

*No class: 1/20*

Classes: 6 Fee: \$29.00(R)/\$45.50(N)

COURSE #	DAY	DATE	TIME
WI3-228	Tue	Jan 06-Feb 17	5:00PM-5:45PM

# YOUTH CLASSES

## Storytellers on Stage

Age: 9Y – 12Y

**Instructor: Ameen Safi**

*Location: L | PR – Exercise Studio #235*

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

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

COURSE #	DAY	DATE	TIME
WI2-200	Wed	Jan 07–Mar 04	3:30PM–4:30PM
WI2-202	Thu	Jan 08–Mar 05	3:30PM–4:30PM

## DANCE CLASSES

### Creative Movement

Age: 3.5Y – 5Y

**Instructors: Rachel Wong**

*Location: L | PR – Large Dance Studio #222*

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

*No class: 2/17*

Classes: 7 Fee: \$28.00(R)/\$44.50(N)

COURSE #	DAY	DATE	TIME
WI1-500	Tue	Jan 13–Mar 03	9:45AM–10:15AM



## Mexican Folk Dance

Age: 4Y – 18Y

**Instructors: Martin Cruz & Marianna Roman**

*Location: (see below)*

Children of all ethnic backgrounds will enjoy learning Mexican Folk Dances from Ballet Folklórico of SSF. Students may wear any leather soled shoes. See instructor for costume requirements. Students registering in Level 1B must have had at least 2 sessions of prior experience to enroll. Students registered in Level 1A must have instructor approval to advance to 1B. Students must have permission from instructors to advance from Level 1A – Level VII. Levels VIII and IX will not be offered during the Winter 2026 session. Martin Cruz, who is the folklórico dance teacher at South San Francisco High School in the Performing Arts Department, is the Co-Founder and Artistic Director of Ballet Folklórico Alma de Mexico SSFHS & Community. He has extensive experience in choreography and staging performances. He will be teaching Level IV–Level IX. Marianna Roman has many years' experience in multi-cultural dance. She will be teaching Level IA–Level III.

*Location: Roberta Cerri Teglia Center – 1st Floor Activity Room*

Classes: 7–9 Fee: \$25.00(R)/\$41.50(N) *No class: 1/19, 2/16*

COURSE #	DAY	DATE	TIME
WI3-460	Mon	Jan 05–Mar 02	5:45PM–6:15PM
<b>Level IA – New Students (Ages 4Y – 18Y)</b>			
WI3-461	Fri	Jan 09–Mar 06	5:30PM–6:15PM
<b>Level IB – Returning Students Only (Ages 4Y – 18Y)</b>			
WI3-462	Fri	Jan 09–Mar 06	6:30PM–7:20PM
<b>Level II (Ages 5Y – 18Y)</b>			
WI3-463	Mon	Jan 05–Mar 02	6:30PM–7:30PM
<b>Level III (Ages 6Y – 18Y)</b>			

*Location: Terrabay – Poppy Room*

Classes: 7–9 Fee: \$25.00(R)/\$41.50(N) *No class: 1/19, 2/16*

COURSE #	DAY	DATE	TIME
WI3-464	Thu	Jan 08–Mar 05	6:25PM–7:15PM
<b>Level IV (Ages 8Y – 10Y)</b>			
WI3-465	Mon	Jan 05–Mar 02	5:30PM–6:20PM
<b>Level V (Ages 9Y – 12Y)</b>			
WI3-466	Mon	Jan 05–Mar 02	6:25PM–7:15PM
<b>Level VI (Ages 10Y – 14Y)</b>			
WI3-467	Thu	Jan 08–Mar 05	5:30PM–6:20PM
<b>Level VII (Ages 12Y – 17Y)</b>			



# YOUTH CLASSES

## YOUTH CLASSES



### South San Francisco Civic Ballet

Artistic Director, Instructor: Maria Spremich

Instructors: Cara Shpizner, Savannah Perreras, & Maria Spremich

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

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

Maria Spremich was a professional dancer with the Lines Ballet and a staff instructor for San Francisco Conservatory of Ballet. She has been teaching for the SSF Recreation Department for over 35 years. Cara Shpizner has been dancing since she was 10 years old, starting at the San Mateo Recreation Center, followed by Dance Arts Center in San Carlos and at Scripps College as a performing member of the Claremont Colleges Ballet Company.

### Pre-Ballet (Girls and Boys)

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

#### Pre-Ballet A

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

COURSE #	DAY	DATE	TIME
WI2-400	Sat	Jan 10-Mar 07	10:30AM-11:15AM
L   PR - Small Dance & Fitness Studio #221 No class: 2/14			

#### Pre-Ballet B/C

Classes: 9 Fee: \$54.00(R)/\$70.50(N) Instructor: S. Perreras

COURSE #	DAY	DATE	TIME
WI2-401	Wed	Jan 07-Mar 07	3:30PM-4:15PM
L   PR - Small Dance & Fitness Studio #221			

#### Pre-Ballet D

Classes: 9 Fee: \$54.00(R)/\$70.50(N) Instructor: S. Perreras

COURSE #	DAY	DATE	TIME
WI2-402	Wed	Jan 07-Mar 07	5:30PM-6:15PM
L   PR - Small Dance & Fitness Studio #221			

### Ballet (Girls and Boys)

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

#### Introduction 1

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

COURSE #	DAY	DATE	TIME
WI2-403	Sat	Jan 10-Mar 07	11:30AM-12:15PM
L   PR - Large Dance & Fitness Studio #222 No class: 2/14			

#### Introduction 2

Classes: 9 Fee: \$54.00(R)/\$70.50(N) Instructor: S. Perreras

COURSE #	DAY	DATE	TIME
WI2-404	Wed	Jan 07-Mar 04	4:30PM-5:15PM
L   PR - Small Dance & Fitness Studio #221			

#### Basic 2

Classes: 6 Fee: \$42.00(R)/\$58.50(N) Instructor: C. Shpizner

COURSE #	DAY	DATE	TIME
WI2-405	Mon	Jan 12-Mar 02	4:15PM-5:00PM
L   PR - Small Dance & Fitness Studio #221 No class: 1/19, 2/16			

#### Basic 3

Classes: 9 Fee: \$54.00(R)/\$70.50(N) Instructor: M. Spremich

COURSE #	DAY	DATE	TIME
WI2-406	Tue	Jan 06-Mar 03	3:30PM-4:15PM
L   PR - Large Dance & Fitness Studio #222			

#### Level 1B

Classes: 9 Fee: \$66.00(R)/\$82.50(N) Instructor: M. Spremich

COURSE #	DAY	DATE	TIME
WI2-407	Thu	Jan 08-Mar 05	4:30PM-5:25PM
L   PR - Large Dance & Fitness Studio #222			

#### Level 1C

Classes: 9 Fee: \$66.00(R)/\$82.50(N) Instructor: M. Spremich

COURSE #	DAY	DATE	TIME
WI2-408	Thu	Jan 08-Mar 05	3:30PM-4:25PM
L   PR - Large Dance & Fitness Studio #222			

#### Level 2

Classes: 9 Fee: \$72.00(R)/\$88.50(N) Instructor: M. Spremich

COURSE #	DAY	DATE	TIME
WI2-409	Tue	Jan 06-Mar 03	4:30PM-5:30PM
L   PR - Large Dance & Fitness Studio #222			

#### Level 3A

Classes: 7 Fee: \$56.00(R)/\$72.50(N) Instructor: C. Shpizner

COURSE #	DAY	DATE	TIME
WI2-410	Sat	Jan 10-Feb 28	9:30AM-10:30AM
L   PR - Small Dance & Fitness Studio #221 No class: 2/14			

#### Level 3B

Classes: 9 Fee: \$72.00(R)/\$88.50(N) Instructor: M. Spremich

COURSE #	DAY	DATE	TIME
WI2-411	Thu	Jan 08-Mar 05	5:30PM-6:30PM
L   PR - Large Dance & Fitness Studio #222			

# YOUTH CLASSES

## Ballet (cont.)

<b>Level 4/5</b>		<b>Instructor: M. Spremich</b>	
Classes: 8	Fee: \$80.00(R)/\$96.50(N)	Age: 8Y - 16Y	
COURSE #	DAY	DATE	TIME
WI2-412	Sat	Jan 10-Mar 07	10:45AM-12:00PM
L   PR - Large Dance & Fitness Studio #222 No class: 2/14			

<b>Level 5</b>		<b>Instructor: M. Spremich</b>	
Classes: 7	Fee: \$70.00(R)/\$86.50(N)	Age: 8Y - 16Y	
COURSE #	DAY	DATE	TIME
WI2-413	Mon	Jan 05-Mar 02	4:00PM-5:15PM
L   PR - Large Dance & Fitness Studio #222 No class: 1/19, 2/16			

<b>Level 6B</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$90.00(R)/\$106.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
WI2-414	Tue	Jan 06-Mar 03	5:30PM-6:45PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 6A/6B</b>		<b>Instructor: M. Spremich</b>	
Classes: 8	Fee: \$80.00(R)/\$96.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
WI2-415	Sat	Jan 10-Mar 07	9:15AM-10:30AM
L   PR - Large Dance & Fitness Studio #222 No class: 2/14			

<b>Level 7 - Wednesday</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$90.00(R)/\$106.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
WI2-416	Wed	Jan 07-Mar 04	5:45PM-7:00PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 7 - Friday</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$90.00(R)/\$106.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
WI2-417	Fri	Jan 09-Mar 06	4:15PM-5:30PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 7 - Pointe 1</b>		<b>Instructor: M. Spremich</b>	
Classes: 8	Fee: \$80.00(R)/\$96.50(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
WI2-418	Sat	Jan 10-Mar 07	12:00PM-1:15PM
L   PR - Large Dance & Fitness Studio #222 No class: 2/14			

<b>Level 7 Combo</b>		<b>Instructor: M. Spremich</b>	
Classes: 26	Fee: \$211.00(R)/\$227.00(N)	Age: 10Y - 18Y	
COURSE #	DAY	DATE	TIME
WI2-419	W/F/Sa	Jan 07-Mar 07	5:45PM-7:00PM (W) 4:15PM-5:30PM (F) 12:00PM-1:15PM (Sa)
L   PR - Large Dance & Fitness Studio #222 No class: 2/14			

<b>Level 8 - Monday</b>		<b>Instructor: M. Spremich</b>	
Classes: 7	Fee: \$84.00(R)/\$100.50(N)	Age: 11Y - 20Y	
COURSE #	DAY	DATE	TIME
WI2-420	Mon	Jan 05-Mar 02	5:30PM-7:00PM
L   PR - Large Dance & Fitness Studio #222 No class: 1/19, 2/16			

<b>Level 8 - Wednesday</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$108.00(R)/\$124.50(N)	Age: 11Y - 20Y	
COURSE #	DAY	DATE	TIME
WI2-421	Wed	Jan 07-Mar 04	4:15PM-5:45PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 8 - Pointe 2</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$108.00(R)/\$124.50(N)	Age: 11Y - 20Y	
COURSE #	DAY	DATE	TIME
WI2-422	Fri	Jan 09-Mar 06	5:30PM-7:00PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 8 Combo</b>		<b>Instructor: M. Spremich</b>	
Classes: 25	Fee: \$243.00(R)/\$259.50(N)	Age: 11Y - 20Y	
COURSE #	DAY	DATE	TIME
WI2-423	M/W/F	Jan 06-Mar 06	5:30PM-7:00PM (M) 4:15PM-5:45PM (W) 5:30PM-7:00PM (F)
L   PR - Large Dance & Fitness Studio #222 No class: 1/19, 2/16			

<b>Level 10 - Monday</b>		<b>Instructor: M. Spremich</b>	
Classes: 7	Fee: \$84.00(R)/\$100.50(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
WI2-424	Mon	Jan 05-Mar 02	7:00PM-8:30PM
L   PR - Large Dance & Fitness Studio #222 No class: 1/19, 2/16			

<b>Level 10 - Wednesday</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$108.00(R)/\$124.50(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
WI2-425	Wed	Jan 07-Mar 04	7:00PM-8:30PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 10 - Pointe 3</b>		<b>Instructor: M. Spremich</b>	
Classes: 9	Fee: \$108.00(R)/\$124.50(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
WI2-426	Fri	Jan 09-Mar 06	7:00PM-8:30PM
L   PR - Large Dance & Fitness Studio #222			

<b>Level 10 Combo</b>		<b>Instructor: M. Spremich</b>	
Classes: 25	Fee: \$243.00(R)/\$259.50(N)	Age: 13Y and up	
COURSE #	DAY	DATE	TIME
WI2-427	M/W/F	Jan 05-Mar 06	7:00PM-8:30PM
L   PR - Large Dance & Fitness Studio #222 No class: 1/19, 2/16			



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

Age: 16Y and up

**Instructor: Mark Cox**

*Location: L / PR – Exercise Studio #235*

The South City Folk Jam is a gathering of musicians of all skill levels who meet twice a month to have fun playing traditional and contemporary folk music together. So if you play any type of folk instrument such as (acoustic guitar, ukulele, banjo, mandolin, etc.)—or if you like to sing—come out and join the band! Songbooks will be provided that include a wide range of songs from old-timey folk music (think *O' Brother Where Art Thou*), to more contemporary folk, rock, and country songs from 60's through the 2000's. All songs are fairly easy to play and as long as you know your basic chords (G, C, D, E, em, A, am, F, B7, bm) you'll do great. So, whether you've only been playing a few months or for several decades, there is a place for you in the band. You can check out the website for more info and updates about the time and place for our next folk jam gathering at [www.southcityfolkjam.com](http://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: 4 Fee: \$6.00(R)/\$6.00(N)

COURSE #	DAY	DATE	TIME
---	Fri	Jan 16, Feb 20	11:00AM-1:00PM
---	Sat	Jan 10, Feb 14	3:00PM-5:00PM

## Private Clarinet Lessons

Age: 10Y and up

**Instructor: Wen-Liang Chung**

*Location: L / PR – Music Room #228*

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

Classes: 7 Fee: \$64.00(R)/\$80.50(N) No class: 1/19, 2/16

COURSE #	DAY	DATE	TIME
W15-500	Mon	Jan 05-Mar 02	6:00PM-6:30PM
W15-501	Mon	Jan 05-Mar 02	6:30PM-7:00PM
W15-502	Mon	Jan 05-Mar 02	7:00PM-7:30PM
W15-503	Mon	Jan 05-Mar 02	7:30PM-8:00PM

Classes: 9 Fee: \$83.00(R)/\$99.50(N)

COURSE #	DAY	DATE	TIME
W15-504	Thu	Jan 08-Mar 05	6:00PM-6:30PM
W15-505	Thu	Jan 08-Mar 05	6:30PM-7:00PM
W15-506	Thu	Jan 08-Mar 05	7:00PM-7:30PM
W15-507	Thu	Jan 08-Mar 05	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

Classes: 9 Fee: \$189.00(R)/\$205.50(N)

COURSE #	DAY	DATE	TIME
W15-300	Tue	Jan 06-Mar 03	10:00AM-10:30AM
W15-301	Tue	Jan 06-Mar 03	10:30AM-11:00AM
W15-302	Tue	Jan 06-Mar 03	11:00AM-11:30AM
W15-303	Tue	Jan 06-Mar 03	11:30AM-12:00PM
W15-304	Tue	Jan 06-Mar 03	12:00PM-12:30PM
W15-305	Tue	Jan 06-Mar 03	1:00PM-1:30PM
W15-306	Tue	Jan 06-Mar 03	1:30PM-2:00PM
W15-307	Tue	Jan 06-Mar 03	2:00PM-2:30PM
W15-308	Tue	Jan 06-Mar 03	2:30PM-3:00PM

### Guitar

Classes: 9 Fee: \$83.00(R)/\$99.50(N)

COURSE #	DAY	DATE	TIME
W15-100	Wed	Jan 07-Mar 04	10:00AM-10:30AM
W15-101	Wed	Jan 07-Mar 04	10:30AM-11:00AM
W15-102	Wed	Jan 07-Mar 04	11:00AM-11:30AM
W15-103	Wed	Jan 07-Mar 04	11:30AM-12:00PM
W15-104	Wed	Jan 07-Mar 04	12:00PM-12:30PM
W15-105	Wed	Jan 07-Mar 04	1:00PM-1:30PM
W15-106	Wed	Jan 07-Mar 04	1:30PM-2:00PM
W15-107	Wed	Jan 07-Mar 04	2:00PM-2:30PM
W15-108	Wed	Jan 07-Mar 04	2:30PM-3:00PM

### Drum

Classes: 9 Fee: \$83.00(R)/\$99.50(N)

COURSE #	DAY	DATE	TIME
W15-600	Thu	Jan 08-Mar 05	10:00AM-10:30AM
W15-601	Thu	Jan 08-Mar 05	10:30AM-11:00AM
W15-602	Thu	Jan 08-Mar 05	11:00AM-11:30AM
W15-603	Thu	Jan 08-Mar 05	11:30AM-12:00PM
W15-604	Thu	Jan 08-Mar 05	12:00PM-12:30PM
W15-605	Thu	Jan 08-Mar 05	1:00PM-1:30PM
W15-606	Thu	Jan 08-Mar 05	1:30PM-2:00PM
W15-607	Thu	Jan 08-Mar 05	2:00PM-2:30PM
W15-608	Thu	Jan 08-Mar 05	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: 6 Fee: \$126.00(R)/\$142.50(N) *No class: 1/19, 2/16*

COURSE #	DAY	DATE	TIME
WI5-650	Mon	Jan 12-Mar 02	9:30AM-10:00AM
WI5-651	Mon	Jan 12-Mar 02	10:00AM-10:30AM
WI5-652	Mon	Jan 12-Mar 02	10:30AM-11:00AM
WI5-653	Mon	Jan 12-Mar 02	11:00AM-11:30AM
WI5-654	Mon	Jan 12-Mar 02	11:30AM-12:00PM
WI5-655	Mon	Jan 12-Mar 02	12:00PM-12:30PM
WI5-656	Mon	Jan 12-Mar 02	12:30PM-1:00PM
WI5-657	Mon	Jan 12-Mar 02	1:00PM-1:30PM
WI5-658	Mon	Jan 12-Mar 02	1:30PM-2:00PM

Classes: 9 Fee: \$189.00(R)/\$205.50(N)

COURSE #	DAY	DATE	TIME
WI5-659	Tue	Jan 06-Mar 03	9:30AM-10:00AM
WI5-660	Tue	Jan 06-Mar 03	10:00AM-10:30AM
WI5-661	Tue	Jan 06-Mar 03	10:30AM-11:00AM
WI5-662	Tue	Jan 06-Mar 03	11:00AM-11:30AM
WI5-663	Tue	Jan 06-Mar 03	11:30AM-12:00PM
WI5-664	Tue	Jan 06-Mar 03	12:00PM-12:30PM
WI5-665	Tue	Jan 06-Mar 03	12:30PM-1:00PM
WI5-666	Tue	Jan 06-Mar 03	1:00PM-1:30PM
WI5-667	Tue	Jan 06-Mar 03	1:30PM-2:00PM
WI5-668	Tue	Jan 06-Mar 03	2:00PM-2:30PM
WI5-669	Tue	Jan 06-Mar 03	2:30PM-3:00PM

Classes: 8 Fee: \$168.00(R)/\$184.50(N) *No class: 2/12*

COURSE #	DAY	DATE	TIME
WI5-675	Thu	Jan 08-Mar 05	9:30AM-10:00AM
WI5-676	Thu	Jan 08-Mar 05	10:00AM-10:30AM
WI5-677	Thu	Jan 08-Mar 05	10:30AM-11:00AM
WI5-678	Thu	Jan 08-Mar 05	11:00AM-11:30AM
WI5-679	Thu	Jan 08-Mar 05	2:00PM-2:30PM
WI5-680	Thu	Jan 08-Mar 05	2:30PM-3:00PM

### Violin

Classes: 8 Fee: \$74.00(R)/\$90.50(N) *No class: 2/12*

COURSE #	DAY	DATE	TIME
WI5-682	Thu	Jan 08-Mar 05	12:00PM-12:30PM
WI5-683	Thu	Jan 08-Mar 05	12:30PM-1:00PM
WI5-684	Thu	Jan 08-Mar 05	1:00PM-1:30PM

## 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: 7 Fee: \$147.00(R)/\$163.50(N) *No class: 1/19, 2/16*

COURSE #	DAY	DATE	TIME
WI5-400	Mon	Jan 05-Mar 02	3:30PM-4:00PM
WI5-401	Mon	Jan 05-Mar 02	4:00PM-4:30PM
WI5-402	Mon	Jan 05-Mar 02	4:45PM-5:15PM
WI5-403	Mon	Jan 05-Mar 02	5:15PM-5:45PM
WI5-404	Mon	Jan 05-Mar 02	6:00PM-6:30PM
WI5-405	Mon	Jan 05-Mar 02	6:30PM-7:00PM
WI5-406	Mon	Jan 05-Mar 02	7:00PM-7:30PM

Classes: 9 Fee: \$189.00(R)/\$205.50(N)

COURSE #	DAY	DATE	TIME
WI5-407	Tue	Jan 06-Mar 03	3:30PM-4:00PM
WI5-408	Tue	Jan 06-Mar 03	4:00PM-4:30PM
WI5-409	Tue	Jan 06-Mar 03	4:45PM-5:15PM
WI5-410	Tue	Jan 06-Mar 03	5:15PM-5:45PM
WI5-411	Tue	Jan 06-Mar 03	6:00PM-6:30PM
WI5-412	Tue	Jan 06-Mar 03	6:30PM-7:00PM
WI5-413	Tue	Jan 06-Mar 03	7:00PM-7:30PM

Classes: 9 Fee: \$189.00(R)/\$205.50(N)

COURSE #	DAY	DATE	TIME
WI5-414	Wed	Jan 07-Mar 04	5:00PM-5:30PM
WI5-415	Wed	Jan 07-Mar 04	5:30PM-6:00PM
WI5-416	Wed	Jan 07-Mar 04	6:00PM-6:30PM
WI5-417	Wed	Jan 07-Mar 04	6:30PM-7:00PM
WI5-418	Wed	Jan 07-Mar 04	7:00PM-7:30PM

Classes: 7 Fee: \$147.00(R)/\$163.50(N) *No class: 1/17, 2/14*

COURSE #	DAY	DATE	TIME
WI5-421	Sat	Jan 10-Mar 07	9:00AM-9:30AM
WI5-422	Sat	Jan 10-Mar 07	9:30AM-10:00AM
WI5-423	Sat	Jan 10-Mar 07	10:00AM-10:30AM
WI5-424	Sat	Jan 10-Mar 07	10:30AM-11:00AM
WI5-425	Sat	Jan 10-Mar 07	11:00AM-11:30AM
WI5-426	Sat	Jan 10-Mar 07	11:30AM-12:00PM

# TEEN AND ADULT CLASSES

## Uke Can Do It – Intro to BASIC Ukulele

Age: 15Y and up

**Instructor:** Liane Barbadillo-Paiso

**Location:** L / PR – Creator Studio #320

During our Basic Ukulele class, we will cover basic ukulele chords, some history and insight of the instrument. If you are a previous student and have attended this class before, bring your music packet to class. And if a first-time student; a supply fee of \$10.00 payable to the instructor (cash only) to purchase the music booklet which consists of 40 plus songs and ukulele chords. Liane Barbadillo-Paiso is an enthusiastic instructor who will have you wanting to play more than just BASIC ukulele after this course. As a previous student with past SSF Rec ukulele instructor, Sil Castillo, Liane has the knowledge and patience to show you the very BASIC chords; enough for you to entertain your family and friends at any small party event, and eventually, want to participate in the South City Folk Jam. Are you excited? Let's play the ukulele! Uke Can Do It!

Classes: 5 Fee: \$60.00(R)/\$76.50(N)

COURSE #	DAY	DATE	TIME
WI5-519	Tue	Feb 03-Mar 03	5:00PM-7:00PM

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

COURSE #	DAY	DATE	TIME
WI1-150	Wed	Jan 07-Mar 04	11:00AM-12:00PM

## Ballet for Teens and Adults

Age: 13Y and up

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

**Location:** (see below)

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

For more specific information regarding level content please contact M. Spremich: [mbspointe@aol.com](mailto:mbspointe@aol.com). Class Attire: Leotard (any color), ballet tights (pink or black)/leggings, ballet slippers (leather or canvas, split sole preferred). A dance skirt or sweatpants/jazz pants may be worn.

### Level I: Beginner Classical Ballet Techniques

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

Classes: 7 Fee: \$84.00(R)/\$100.50(N) **Instructor:** R. Wong

COURSE #	DAY	DATE	TIME
WI1-401	Tue	Jan 13-Mar 03	10:30AM-12:00PM
L / PR – Large Dance & Fitness Studio #222 No class: 2/17			

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

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

Classes: 7 Fee: \$70.00(R)/\$86.50(N) **Instructor:** C.Shpizner

COURSE #	DAY	DATE	TIME
WI1-402	Tue	Jan 13-Mar 03	7:00PM-8:15PM
L / PR – Small Dance & Fitness Studio #221 No class: 2/17			

### Level III: Intermediate Classical Ballet Techniques

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

Classes: 9 Fee: \$108.00(R)/\$124.50(N) **Instructor:** M. Spremich

COURSE #	DAY	DATE	TIME
WI1-403	Tue	Jan 06-Mar 03	7:00PM-8:30PM
WI1-404	Thu	Jan 08-Mar 05	7:00PM-8:30PM
L / PR – Large Dance & Fitness Studio #222			



# TEEN AND ADULT CLASSES

## 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](mailto:alisa@alisagreer.com). She would love to see you in class.

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

COURSE #	DAY	DATE	TIME
WI1-460	Wed	Jan 14-Mar 04	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](mailto:alisa@alisagreer.com). Come join the fun!

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

COURSE #	DAY	DATE	TIME
WI1-461	Wed	Jan 14-Mar 04	8:00PM-9:00PM

## Mexican Folk Dance – Transitional Class

Age: 15Y and up

**Instructor: Juan Fuentes**

*Location: South San Francisco High School – Dance Studio*

This class is designed for students transitioning from youth folk dance class and are ready to transition to higher level. Juan Fuentes has been a member of the Ballet Folklórico Alma de Mexico of SSFHS and community since 2016. He is currently the assistant director in the Folklórico Dance program at SSFHS. Instructor approval required.

Classes: 9 Fee: \$99.00(R)/\$115.50(N)

COURSE #	DAY	DATE	TIME
WI3-471	Tue	Jan 06-Mar 03	8:00PM-10:00PM

## 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 has been a resident of South San Francisco since 1992; she 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: 7 Fee: \$45.00(R)/\$61.50(N) No class: 1/20, 2/17

COURSE #	DAY	DATE	TIME
WI1-465 Level I	Tue	Jan 06-Mar 03	7:30PM-8:30PM

Classes: 7 Fee: \$68.00(R)/\$84.50(N) No class: 1/19, 2/16

COURSE #	DAY	DATE	TIME
WI1-466 Level II	Mon	Jan 05-Mar 02	7:30PM-9:00PM

## Mexican Folk Dance Advanced Adult/Teen

Age: 16Y and up

**Instructor: Martin Cruz**

*Location: South San Francisco High School – Cafeteria*

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

No class: 1/19, 2/16

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

COURSE #	DAY	DATE	TIME
WI3-470	M/Th	Jan 05-Mar 05	8:00PM-10:00PM

# TEEN AND ADULT CLASSES

## Mexican Folklórico Dance and Cultural Awareness for Adult and Teen Beginners

Age: 16Y and up

**Instructor: Patricia Martinelli**

*Location: L / PR – Small Dance Studio #221*

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

*No class: 2/17*

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

COURSE #	DAY	DATE	TIME
W1-464	Tue	Jan 06-Mar 03	4:30PM-6:30PM

## Salsa & Bachata Dance

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).

Classes: 9 Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
W1-415	Wed	Jan 07-Mar 04	7:15PM-8:15PM

## East Coast Swing & Waltz

Age: 18Y and up

**Instructor: Adrian Bermudez**

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

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

Classes: 9 Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
W1-416	Wed	Jan 07-Mar 04	8:30PM-9:30PM

## ARTS AND SPECIAL INTEREST



### Basic Drawing

Age: 15Y and up

**Instructor: Nobu Kaji**

*Location: L / PR – Creator Studio #320*

Pencil drawing is one of the easiest and least expensive ways in which to begin your pursuit in art. Unleash your creativity and develop your personal style! Learn the processes to acquire professional results including basic human element, perspective, design composition, rendering, exaggeration, distortion and caricature. Nobuyuki Kaji, an accomplished portrait artist, has worked as an art director for architecture and graphic design firms. Please bring a 9x12" sketch book and 3B or darker pencils.

Classes: 7 Fee: \$126.00(R)/\$142.50(N)

COURSE #	DAY	DATE	TIME
W1-535	Thu	Jan 08-Feb 19	2:30PM-4:30PM

## Conversational Spanish

Age: 18Y and up

**Instructor: Bob Bachecki**

*Location: Terrabay – Poppy Room*

Students will hear the language before they read and write it. They will experience an "immersion" in the language for the entire class. By constantly hearing it, they will understand what is being said without listening to every single word. In other words, they will be "visualizing" what is being said. Hand gestures can also help this process. It can be helpful in office environments as well as in various professions. Conversational Spanish has helped doctors, nurses, firemen, police officers, teachers, and just ordinary town residents. Bob Bachecki is a former high school and community college instructor in all levels of Spanish. Students enrolling should expect class to be quite dynamic, each class is packed with information and moves quickly. Bob can be reached at [bob\\_bachecki@hotmail.com](mailto:bob_bachecki@hotmail.com).

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

COURSE #	DAY	DATE	TIME
W1-595	Wed	Jan 14-Feb 25	5:00PM-7:00PM

# TEEN AND ADULT CLASSES

## Dyeing for Crafters with Shibori

Age: 18Y and up

**Instructor: Joy Lily**

*Location: L / PR – Creator Studio #320*

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

Classes: 9    Fee: \$144.00(R)/\$160.50(N)

COURSE #	DAY	DATE	TIME
WI1-501	Thu	Jan 08-Mar 05	10:00AM-2:00PM

## Greeting Card Illustration

Age: 18Y and up

**Instructor: Nick Stern**

*Location: L / PR – Creator Studio #320*

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

Classes: 9    Fee: \$162.00(R)/\$178.50(N)

COURSE #	DAY	DATE	TIME
WI1-532	Tue	Jan 06-Mar 03	1:30PM-3:30PM

## 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: 1/17, 2/14*

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

COURSE #	DAY	DATE	TIME
WI3-331	Sat	Jan 10-Mar 07	11:00AM-12:00PM

## Introduction to the Night Sky

Age: 14Y and up

**Instructor: Josh Roberts**

*Location: Terrabay – Poppy 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. 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. Required materials will consist of a logbook, pencils and pens, any personal visual aids, and warm clothes for observing nights.

Classes: 9    Fee: \$67.00(R)/\$83.50(N)

COURSE #	DAY	DATE	TIME
WI1-602	Tue	Jan 06-Mar 03	7:00PM-8:00PM





# TEEN AND ADULT CLASSES

## Japanese Flower Arrangement for Beginners

Age: 18Y and up

**Instructor: Lee Okumoto**

*Location: L / PR – Creator Studio #320*

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

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

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

*No class: 1/19, 1/26, 2/16*

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

COURSE #	DAY	DATE	TIME
W11-503	Mon	Jan 05–Feb 23	6:00PM–8:00PM

## Knitting for Beginners & Intermediates

Age: 16Y and up

**Instructor: Victoria Gavidia**

*Location: L / PR – Creator Studio #320*

Knitting is a rewarding lifetime skill. You can knit anywhere, anytime, all you need is yarn and needles. Learning to knit is challenging, and to improve, you must practice. 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 creates stockinette and seed stitches. 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 using double-pointed needles. Beginners must bring US6 and US8, 16" circular needles. Intermediate students learn more complicated knitting techniques. Projects are seasonal and inspiring. You can make class project(s), select from hundreds of patterns, or bring your own pattern, the choices are yours. Please bring your own needles. Join me and make new friends or see former classmates for some fun as you enhance and heighten your skills. **There is a \$10.00 fee payable to the instructor on the first day of class for patterns and supplies.**

Classes: 9    Fee: \$72.00(R)/\$88.50(N)

COURSE #	DAY	DATE	TIME
W11-480	Thu	Jan 08–Mar 05	7:00PM–9:00PM

## 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: \$96.00(R)/\$112.50(N)

COURSE #	DAY	DATE	TIME
W11-502	Tue	Jan 13–Mar 03	10:00AM–1:00PM



## Metabolic Syndrome: Understanding What it is and How to Address it with a Healthy Lifestyle!

Age: 18Y and up

**Instructor: John Erve**

*Location: L / PR – Gallery Room #321*

In this course you will learn what is metabolic syndrome and more importantly what we can do to avoid or reverse it. Metabolic syndrome is a group of conditions that together increase your risk of diabetes and heart disease and adversely impacts your liver, kidney and heart. After each lecture, there will be ample opportunity for discussion so that participants fully understand the topic. Although this course will be guided by the science and will cover evidence reported in reputable scientific journals, no special scientific background is required. An interest in science is recommended to gain the most from this course. Your instructor, John Erve, earned his MS in Chemistry, PhD in Toxicology and has worked in several pharmaceutical firms doing drug discovery/development for various diseases. He also obtained a certificate in Whole Foods Plant Based Nutrition from Cornell University. He has given seminars on whole food plant-based diet and health at the South San Francisco and Millbrae Libraries since 2019.

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

COURSE #	DAY	DATE	TIME
W11-600	Tue	Jan 06–Feb 03	2:00PM–4:00PM

*\*2/3: Class will be held at the Terrabay Gymnasium Poppy Room.*

# TEEN AND ADULT CLASSES

## Photographic Composition: Taking Better Photos

Age: 18Y and up

**Instructor:** John Erve

*Location:* L / PR – Gallery Room #321

This class will help you to become a better photographer through a combination of lectures and viewing images including this that you and your classmates take. Photographing with intent means finding an interesting subject and presenting it in a way that creates impact in your viewers. The primary emphasis will not be on technicalities but rather compositional techniques. John Erve was a member of the Millbrae Camera Club reaching Masters Level in each category (Pictorial, Monochrome, Nature, Travel, Journalism and Creative) and served as its president from 2020-2021. He has also been an instructor for the Photographic Society of America (PSA) teaching classes on Image Evaluation and Image Critique. He has taken courses from PSA on History of Photography and Portraiture in Available Light through PSA.

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

COURSE #	DAY	DATE	TIME
W11-601	Wed	Jan 07-Feb 04	2:00PM-4:00PM

\*2/4: Class will be held at the Terrabay Gymnasium Poppy Room.

## First Impressions: Intro to Relief Printmaking for Adults

Age: 18Y and up

**Instructor:** Jessica Chavez

*Location:* L / PR – Creator Studio #320

Discover the art of relief printmaking! In this beginner-friendly class, you'll learn how to design, carve and print your own unique artworks using simple and unique tools and techniques, including Legos and erasers! No experience needed – just some curiosity and a little creativity! Rooted in the SF Bay Area, artist and printmaker Jessica Chavez explores themes of memory, emotion, and generational connection through the lens of her faith and multicultural heritage.

Classes: 9    Fee: \$243.00(R)/\$259.50(N)

COURSE #	DAY	DATE	TIME
W11-540	Sat	Jan 10-Mar 07	3:00PM-6:00PM

## Press and Impress: Intro to Relief Printmaking for Teens

Age: 13Y – 17Y

**Instructor:** Jessica Chavez

*Location:* L / PR – Creator Studio #320

Discover the art of relief printmaking! In this beginner-friendly class, you'll learn how to design, carve and print your own unique artworks using simple and unique tools and techniques, including legos and erasers! No experience needed – just some curiosity and a little creativity! Rooted in the SF Bay Area, artist and printmaker Jessica Chavez explores themes of memory, emotion, and generational connection through the lens of her faith and multicultural heritage.

Classes: 9    Fee: \$243.00(R)/\$259.50(N)

COURSE #	DAY	DATE	TIME
W11-541	Wed	Jan 07-Mar 04	3:00PM-6:00PM

## Telescope Tune-up Clinics

Age: 14Y and up

**Instructor:** Josh Roberts

*Location:* L / PR – Creator Studio #320

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

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

COURSE #	DAY	DATE	TIME
W11-603	Fri	Jan 09	5:00PM-7:00PM
W11-606	Fri	Jan 30	5:00PM-7:00PM
W11-608	Fri	Feb 13	5:00PM-7:00PM
W11-610	Fri	Feb 27	5:00PM-7:00PM

# TEEN AND ADULT CLASSES

## EXERCISE AND FITNESS

### Circuit Body Workout

Age: 15Y and up

**Instructor: Stephanie King**

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

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

*No class: 1/19, 2/16*

Classes: 7 Fee: \$38.00(R)/\$54.50(N)

COURSE #	DAY	DATE	TIME
W11-116	Mon	Jan 05-Mar 02	1:00PM-2:00PM

### Circuit Training

Age: 16Y and up

**Instructor: Lisa Forslund**

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

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

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

COURSE #	DAY	DATE	TIME
W11-103	Thu	Jan 08-Mar 05	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: 1/19, 2/16*

Classes: 7 Fee: \$38.00(R)/\$54.50(N)

COURSE #	DAY	DATE	TIME
W11-104	Mon	Jan 05-Mar 02	5:30PM-6:30PM

### Basic Watercolor 1 – Beginner Level

Age: 15Y and up

**Instructor: Nobu Kaji**

*Location: L / PR - Creator Studio #320*

Learn the art of watercolor painting! In this beginner level class, you will learn basic watercolor techniques such as wet-on-wet, wet-on-dry, color layering, and introduction of color theory. This is a beginner level watercolor class; No prior knowledge of painting is required. A list of art supplies will be shared on the first day of class. Nobu Kaji is an illustrator and graphic artist with an expertise in pencil, pen and ink, watercolor and acrylic paints. Over the past 40 years, Nobu worked as an Art Director, product design for various food companies. Nobu taught advanced figure drawing classes at Academy of Art University in San Francisco, and basic drawing class and watercolor class at College of San Mateo. Nobu has a Bachelor of Fine Arts Degree from Academy of Art University in San Francisco and was presented with the Merit Award at the annual Spring Show in 1984, and Merit Award, The Society of Illustrators of Los Angeles, 1988.

Classes: 7 Fee: \$126.00(R)/\$142.50(N)

COURSE #	DAY	DATE	TIME
W11-533	Fri	Jan 09-Feb 20	10:00AM-12:00PM



### Basic Watercolor 2 – Intermediate Level

Age: 18Y and up

**Instructor: Nobu Kaji**

*Location: L / PR - Creator Studio #320*

Learn the techniques of watercolor painting! In this intermediate level class, you will build on the skills from the beginner level class. Techniques include color glazing, dry-brush, mother-color application and free-flow loose method. Please bring watercolor supplies to the first day of class: brushes, palette, watercolor paper and paints. Nobu Kaji is an illustrator and graphic artist with an expertise in pencil, pen and ink, watercolor and acrylic paints. Nobu taught advanced figure drawing classes at Academy of Art University in San Francisco, and basic drawing class and watercolor class at College of San Mateo.

Classes: 7 Fee: \$126.00(R)/\$142.50(N)

COURSE #	DAY	DATE	TIME
W11-534	Fri	Jan 09-Feb 20	1:00PM-3:00PM



# TEEN AND ADULT CLASSES

## Functional Fitness

Age: 16Y and up

**Instructor:** Lisa Forslund

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

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

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

COURSE #	DAY	DATE	TIME
WI1-108	Wed	Jan 07-Mar 04	5:30PM-6:30PM

## Kenpo-Eskrima for Teens & Adults

Age: 13Y and up

**Instructor:** Tina Chau

*Location:* Alice Peña Bulos Center – Multi-Use Room

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

*No class: 1/19, 2/16*

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

COURSE #	DAY	DATE	TIME
WI1-217	M/W	Jan 05-Mar 04	6:45PM-7:45PM

## Mat Pilates: The Contrology Method

Age: 15Y and up

**Instructor:** Helena Rodas

*Location:* L / PR – Exercise Studio #235

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

Classes: 8 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
WI1-232	Wed	Jan 14-Mar 04	7:00PM-8:00PM

## Introduction to Vinyasa Yoga & Kundalini Breathwork

Age: 16Y and up

**Instructor:** Monica Gutierrez

*Location:* (see below)

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

*L / PR – Exercise Studio #235*

Classes: 17 Fee: \$82.00(R)/\$98.50(N)

COURSE #	DAY	DATE	TIME
WI1-162	M/W	Jan 07-Mar 04	5:00PM-5:45PM
WI1-163	M/W	Jan 07-Mar 04	6:00PM-6:45PM

*L / PR – Small Dance & Fitness Studio #221*

Classes: 17 Fee: \$82.00(R)/\$98.50(N)

COURSE #	DAY	DATE	TIME
WI1-160	M/W	Jan 07-Mar 04	11:00AM-11:45AM
WI1-161	M/W	Jan 07-Mar 04	12:00PM-12:45PM

*L / PR – Small Dance & Fitness Studio #221*

Classes: 9 Fee: \$43.00(R)/\$59.50(N)

COURSE #	DAY	DATE	TIME
WI1-164	Fri	Jan 09-Mar 06	11:00AM-11:45AM
WI1-165	Fri	Jan 09-Mar 06	12:00PM-12:45PM

*L / PR – Small Dance & Fitness Studio #221*

Classes: 17 Fee: \$82.00(R)/\$98.50(N)

COURSE #	DAY	DATE	TIME
WI1-166	Tu/Th	Jan 06-Mar 05	11:00AM-11:45AM
WI1-167	Tu/Th	Jan 06-Mar 05	12:00PM-12:45PM

# 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 stabilize your center and hips in order to prepare for movement and lengthening. Build more strength, improve balance, and strengthen core muscles to protect your back and spine (back problem, number one injury). Bring a mat (or large towel to lay on) and 2 water bottles (if you do not have a pair of 2lb or 3lb weights).

*Alice Peña Bulos Center – Multi-Use Room*

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

COURSE #	DAY	DATE	TIME
W11-142	Tue	Jan 06–Mar 03	5:00PM–6:00PM

*L | PR – Social Hall #125*

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

COURSE #	DAY	DATE	TIME
W11-143	Wed	Jan 07–Mar 04	7:15PM–8:15PM

*L | PR – Exercise Studio #235*

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

COURSE #	DAY	DATE	TIME
W11-144	Thu	Jan 08–Mar 05	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).

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

COURSE #	DAY	DATE	TIME
W11-145	Tue	Jan 06–Mar 03	1:45PM–2:45PM

## Pilates 2 – Advanced Beginners & Up

Age: 15Y and up

**Instructor: Stephanie King**

*Location: L | PR – Large Dance Studio #222*

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

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

COURSE #	DAY	DATE	TIME
W11-146	Tue	Jan 06–Mar 03	12:30PM–1:30PM



## TRX: Total Body Fusion

Age: 15Y and up

**Instructor: Helena Rodas**

*Location: L | PR – Exercise Studio #235*

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

Classes: 8 Fee: \$66.00(R)/\$82.50(N)

COURSE #	DAY	DATE	TIME
W11-233	Thu	Jan 15–Mar 05	9:00AM–10:00AM

# TEEN AND ADULT CLASSES

## Shinkyu Shotokan Karate

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

**Instructors:** Nobu Kaji & Juan Carlos Barajas

*Location:* Joseph A. Fernekes Building

Learn Karate as an ancient art form, the traditional way of Shotokan. Attain knowledge of self-defense in a spiritual, mental and physical way. Develop confidence; build up your endurance, focus and self-awareness. This is a great way to keep in shape, in a friendly atmosphere. Students should wear loose clothing. This long-standing program was founded in 1965 by Sensei Leroy Rodrigues and further developed by the late Sensei Sue Miller, who studied Karate since 1972 and held the rank of 8th Dan black belt. Her legacy continues under the instruction of Sensei Nobu Kaji, also an 8th degree black belt, with the same dedication and spirit that Sue inspired in her students for decades.

Classes: 18 Fee: \$90.00(R)/\$106.50(N)

COURSE #	DAY	DATE	TIME
WI1-215	Tu/Th	Jan 06-Mar 05	6:00PM-7:00PM

**Teens**

Classes: 18 Fee: \$135.00(R)/\$151.50(N)

COURSE #	DAY	DATE	TIME
WI1-216	Tu/Th	Jan 06-Mar 05	7:00PM-8:30PM

**Adults**

## Strength, Stability, Stretch

Age: 16Y and up

**Instructor:** Lisa Forslund

*Location:* L / PR - Exercise Studio #235

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

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

COURSE #	DAY	DATE	TIME
WI1-109	Tue	Jan 06-Mar 03	5:30PM-6:30PM

## StrengthPloxing

Age: 15Y and up

**Instructor:** Stephanie King

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

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

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

COURSE #	DAY	DATE	TIME
WI1-117	Sat	Jan 10-Mar 07	9:00AM-10:00AM

## Stretch & Tone

Age: 15Y and up

**Instructor:** Stephanie King

*Location:* L / PR - Small Dance Studio #221

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

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

COURSE #	DAY	DATE	TIME
WI1-129	Fri	Jan 09-Mar 06	1:00PM-2:00PM

## Tabata Liit

### (Low Intensity Interval Training)

Age: 15Y and up

**Instructor:** Stephanie King

*Location:* L / PR - Exercise Studio #235

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

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

COURSE #	DAY	DATE	TIME
WI1-118	Thu	Jan 08-Mar 05	1:00PM-2:00PM

## Tabata Strength

Age: 15Y and up

**Instructor:** Stephanie King

*Location:* (see below)

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

*L / PR - Social Hall #125*

Classes: 7 Fee: \$38.00(R)/\$54.50(N) No class: 1/19, 2/16

COURSE #	DAY	DATE	TIME
WI1-119	Mon	Jan 05-Mar 02	7:00PM-8:00PM

\*Class on 1/5 will be held in the Banquet Hall #130.

*L / PR - Exercise Studio #235*

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

COURSE #	DAY	DATE	TIME
WI1-120	Thu	Jan 08-Mar 05	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, often known as moving meditation, yields many health benefits such as stress reduction, improved balance, and more efficient breathing. Muscles and joints are always relaxed as the movements are slow, low-impact and safe. The beginner class focuses on fundamental principles and introduces the graceful movements of the beginners form. Basic qigong and I-Chuan standing meditation will be taught. Guang Ping Yang Tai Chi Chuan was taught in South San Francisco Parks and Recreation for the past 40 years under Grandmaster Henry Look and eventually by his students over the decades continuing his legacy of the art.

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

COURSE #	DAY	DATE	TIME
WI1-209	Thu	Jan 15-Mar 05	5:30PM-6:30PM

## Tai Chi Chuan: Guang Ping Yang – Intermediates

Age: 18Y and up

**Instructor: Joan Tay**

*Location: Alice Peña Bulos Center – Multi-Use Room*

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

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

COURSE #	DAY	DATE	TIME
WI1-210	Thu	Jan 15-Mar 05	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: 8 Fee: \$48.00(R)/\$64.50(N)

COURSE #	DAY	DATE	TIME
WI1-211	Thu	Jan 15-Mar 05	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: 9 Fee: \$54.00(R)/\$70.50(N)

COURSE #	DAY	DATE	TIME
WI1-121 Level I	Wed	Jan 07-Mar 04	9:00AM-10:00AM
WI1-122 Level II	Wed	Jan 07-Mar 04	10:00AM-11:00AM
WI1-123 Level III	Wed	Jan 07-Mar 04	11:00AM-12:00PM



# TEEN AND ADULT CLASSES

## (Tai Chi) Chen Style Taiji for Beginners and Intermediates

Age: 18Y and up

**Instructor: Niki Ulehla**

*Location: L / PR – Exercise Studio #235*

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

*No class: 1/19, 2/16*

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

COURSE #	DAY	DATE	TIME
WI1-240	Mon	Jan 05–Mar 02	10:30AM–12:00PM

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

Age: 50Y and up

**Instructor: Niki Ulehla**

*Location: L / PR – Exercise Studio #235*

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

*No class: 1/19, 2/16*

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

COURSE #	DAY	DATE	TIME
---	Mon	Jan 05–Mar 02	12:15PM–1:15PM

## Yoga – Stretching Beginning & Intermediate

Age: 15Y and up

**Instructor: Don Amini**

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

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

*No class: 1/19, 2/16*

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

COURSE #	DAY	DATE	TIME
WI1-303	Mon	Jan 05–Mar 02	10:15AM–11:45AM
WI1-304	Mon	Jan 05–Mar 02	12:00PM–1:30PM



## Zumba®

Age: 15Y and up

**Instructor: Stephanie King**

*Location: (see below)*

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

*Alice Peña Bulos Center – Multi-Use Room*

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

COURSE #	DAY	DATE	TIME
WI1-124	Tue	Jan 06–Mar 03	6:00PM–7:00PM

*L / PR – Social Hall #125*

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

COURSE #	DAY	DATE	TIME
WI1-125	Wed	Jan 07–Mar 04	6:00PM–7:00PM

*Alice Peña Bulos Center – Multi-Use Room*

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

COURSE #	DAY	DATE	TIME
WI1-126	Sat	Jan 10–Mar 07	10:15AM–11:15AM

# TEEN AND ADULT CLASSES

## Drop-In: Zumba®

Age: 15Y and up

Instructor: **Stephanie King**

Location: *Joseph A. Fernekes Building*

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

No class: 1/15, 2/19

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

COURSE #	DAY	DATE	TIME
---	Mon	Jan 05-Mar 02	11:30AM-12:30PM
---	Tue	Jan 06-Mar 03	11:00AM-12:00PM
---	Fri	Jan 09-Mar 06	11:00AM-12:00PM

## Drop-In: Zumba® Gold & Tone

Age: 15Y and up

Instructor: **Stephanie King**

Location: *L / PR - Large Dance Studio #222*

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

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

COURSE #	DAY	DATE	TIME
---	Thu	Jan 08-Mar 05	11:00AM-12:00PM

## CPR AND FIRST AID CLASSES

### 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, Dec 06, 2025 at 9:00am**

**Saturday, Feb 21, 2026 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, Jan 24, 2026 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@ssfca.gov](mailto:cpr@ssfca.gov) for registration information.*



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](http://www.ssf.net/rec-catalog).



# 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.

Classes: 9 Fee: \$195.00(R)/\$211.50(N)

COURSE #	DAY	DATE	TIME
WI4-400	Sat	Jan 10-Mar 07	8:30AM-9:00AM
WI4-401	Sat	Jan 10-Mar 07	9:00AM-9:30AM
WI4-402	Sat	Jan 10-Mar 07	9:30AM-10:00AM
WI4-403	Sat	Jan 10-Mar 07	10:00AM-10:30AM

Classes: 7 Fee: \$152.00(R)/\$168.50(N) *No class: 1/19, 2/16*

COURSE #	DAY	DATE	TIME
WI4-404	Mon	Jan 05-Mar 02	3:00PM-3:30PM
WI4-405	Mon	Jan 05-Mar 02	3:30PM-4:00PM

Classes: 9 Fee: \$195.00(R)/\$211.50(N)

COURSE #	DAY	DATE	TIME
WI4-406	Thu	Jan 08-Mar 05	3:00PM-3:30PM
WI4-407	Thu	Jan 08-Mar 05	3:30PM-4:00PM

## Tennis: Private Lessons

Age: 8Y and up

**Instructor:** Jaime Pagmanua

*Location: Terrabay - Tennis Court #2*

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

Classes: 9 Fee: \$195.00(R)/\$211.50(N)

COURSE #	DAY	DATE	TIME
WI4-200	Sat	Jan 10-Mar 07	8:00AM-8:30AM
WI4-201	Sat	Jan 10-Mar 07	8:30AM-9:00AM
WI4-202	Sat	Jan 10-Mar 07	9:00AM-9:30AM
WI4-203	Sat	Jan 10-Mar 07	9:30AM-10:00AM
WI4-204	Sat	Jan 10-Mar 07	10:00AM-10:30AM
WI4-205	Sat	Jan 10-Mar 07	10:30AM-11:00AM

Classes: 9 Fee: \$195.00(R)/\$211.50(N)

COURSE #	DAY	DATE	TIME
WI4-206	Sun	Jan 11-Mar 08	8:00AM-8:30AM
WI4-207	Sun	Jan 11-Mar 08	8:30AM-9:00AM
WI4-208	Sun	Jan 11-Mar 08	9:00AM-9:30AM
WI4-209	Sun	Jan 11-Mar 08	9:30AM-10:00AM
WI4-210	Sun	Jan 11-Mar 08	10:00AM-10:30AM
WI4-211	Sun	Jan 11-Mar 08	10:30AM-11:00AM





Mayor Eddie Flores & the City Council Invites You to:

# Santa Comes to Town

DECEMBER 6, 2025

10:00 A.M. TO 2:00 P.M.

CITY HALL  
400 Grand Avenue, South San Francisco

## Know Before You Go:

**Santa's Arrival:** Santa will arrive by firetruck at 10:00 a.m.

**Ticket Distribution:**

- Participants will line up to receive a ticket with a designated return time slot for photos.
- Tickets will be distributed after Santa's arrival on a first-come, first-served basis with limited quantities per time slot.

**Photo Session:**

- Return at your assigned time slot with your ticket to ensure your spot.
- Only one photo per group will be taken.

## For more information:

**SSF Parks and Recreation Department**

[www.ssf.net/PandRevents](http://www.ssf.net/PandRevents)

[web-rec@ssfca.gov](mailto:web-rec@ssfca.gov) | (650) 829-3800



**Presented by:**



**With support from:**





# 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](http://www.ssf.net/rec-catalog). The schedule is as follows:

### Basketball

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

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

\*Senior discount applies to ages 62 years and up.

### Pickleball

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

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

\*Senior discount applies to ages 62 years and up.

### Badminton

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

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

\*Senior discount applies to ages 62 years and up.

## Terrabay Fitness Room

Terrabay Gymnasium and Recreation Center offers a small work out room that includes a treadmill, elliptical, and a universal machine, with a maximum capacity of 10 people.

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

*Closing hours may vary depending on programming.*

**Ages:** 16 years of age and over only

**NEW** script cards available Monday through Fridays

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

## YOUTH SPORTS

### R.A.P.P. Basketball Program

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

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

Registration begins on February 23. Practice begins the first week of April. Information flyers will be distributed to the local schools through Peach Jar.

### Middle School Sports Program

SSF residents or students who attend one of the three middle schools in the South San Francisco Unified School District can participate in our sports program. Students from all three schools will be joined together to form teams that will represent the City of South San Francisco in the North County Recreation League (NCRL). Basketball practices and home games will be held at the Terrabay Gymnasium. On Evaluation Day, players will be placed on a team which could include students from all three middle schools playing together. There will be no cuts, but anyone who signs up after the evaluation day will only be placed on a team if a team is not already full. Please call (650) 829-4680 for further information on the Middle School Sports program. Registration forms will be made available at each school. We will not accept any registrations after our deadline for each season. Visit our website for more information on middle school sports at [www.ssf.net/sports](http://www.ssf.net/sports). Please read the new registration format below.

#### MIDDLE SCHOOL SPORTS REGISTRATION:

All middle school sports participants **MUST PRE-REGISTER ONLINE OR IN PERSON BEFORE January 24, 2026**, to play basketball. For a registration flyer, please call (650) 829-4683. Registration forms are also located at the Terrabay Gymnasium, 1121 South San Francisco Drive. Parents must sign the registration form and submit fees prior to participation.



# YOUTH AND ADULT SPORTS

## Sixth Grade Basketball – Boys/Girls

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

**Evaluation Day:** Monday, February 2, 2026 (*tentative*)

**Where:** Terrabay Gymnasium and Recreation Center

*Girls: 4:30pm*

*Boys: 6:30pm*

**Cost:** \$83.00

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

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

**Day:** January 30

**Times:** 4:15pm – 5:45pm (Girls)

6:00pm – 7:30pm (Boys)

**Where:** Terrabay Gymnasium and Recreation Center

Registration begins Monday, December 1, 2026 at 6:00am online at [www.ssf.net/rec-catalog](http://www.ssf.net/rec-catalog).

## ADULT SPORTS

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

### Spring Adult Men's Basketball League (5X5)

Full court basketball league to be held at the Terrabay Gymnasium and Recreation Center. Team play will be held in 2 different classifications. ("D1" on Wednesdays, and "D2" on Thursdays). Season begins in March. Roster packets and information are available in January. Call Terrabay Gymnasium and Recreation Center at (650) 829-4680 for more information.

**Registration: Deadline is February 27, 2026**

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

### Spring Adult Coed Softball League

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

**Registration Dates: March 10th – 14th**

**Fee: \$567.00 per team, 6 game seasons.** *Fees subject to change.*



## Winter Adult Bocce League

Known as Italian lawn bowling, it is one of the most widely played games in the world and is one of the oldest lawn or yard games. A Thursday night and Friday morning league will be offered in the Winter for all levels. This is a fun activity to do with your friends, family and coworkers! No experience necessary.

Registration begins on Monday, December 1, 2026, beginning at 8:00am at the Recreation Office (901 Civic Campus Way, SSF).

Dates: January 14–March 11

**BOCCE-101 Team Only**

Wed 4:00PM – 6:00PM

Dates: January 14–March 11

**BOCCE-101A Team Only**

Wed 6:00PM – 8:00PM

Dates: January 15 – March 12

**BOCCE-101B Team Only**

Thu 4:00PM – 6:00PM

Dates: January 15 – March 12

**BOCCE-101C Team Only**

Thu 6:00PM – 8:00PM

Dates: January 16 – March 13

**BOCCE-101D Team Only**

Fri 9:00AM – 11:00AM

**BOCCE-102 Individual\***

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

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

Fee: \$30.00/individual\*\*

\*\*Fees subject to change.

# AQUATICS CLASSES

## Orange Pool

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

Aquatics classes and the drop-in schedule for the Winter 2026 season are tentatively scheduled due to the opening of the new Orange Memorial Park Aquatics Center. Please check the main Aquatics website, [www.ssf.net/aquatics](http://www.ssf.net/aquatics), for the most up-to-date information regarding program offerings. Scan the QR code to join the New Pool email list for updates about the project.



## Aquatics Registration

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

### WINTER 2026

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

Session #1 (All classes, including weekend classes)

Resident Registration – Monday, December 15, 2025

Non-Resident Registration – Wednesday, December 17, 2025

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

Resident Registration – Friday, January 30, 2026

Non-Resident Registration – Saturday, January 31, 2026

## 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](http://www.ssf.net/rec-catalog). If you have not already, you will need to create a family account in advance. If you register in person, the registration form is located on page 48. Completed forms can be brought to Orange Pool or the Recreation Administrative Office.

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

**OMP Pool will be closed on the following dates:**

- Sunday, December 22, 2025 – Sunday, January 4, 2026
- Monday, January 19, 2026
- Monday, February 16, 2026
- Sunday, April 5, 2026

*The schedule listed below is subject to change. Please check the aquatics website [www.ssf.net/aquatics](http://www.ssf.net/aquatics) for the most up-to-date schedule for our drop-in programs.*

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

### Adult Lap Swimming (16 Years and up)

Mon-Fri 5:30AM – 9:30AM

Saturday 7:15AM – 8:45AM

### Adult Recreation Swim (18 Years and up)

Mon-Fri 10:00AM – 1:45PM

Tue/Thu 7:45PM – 9:30PM

Sunday 7:15AM – 9:15AM

### Open Recreation (All Ages)

Saturday 12:45PM – 2:30PM

Sunday 1:00PM – 3:00PM

### Drop-in Baby and Parent Recreation Swim

#### (4 months to 4 years)

For \$6.50(R)/\$9.00(N), bring your child for playtime in the pool! This particular recreation time is for caregivers and children to play in the pool together and **a time for expecting mothers** to get in for some aquatic exercise. A lifeguard will be on duty and this is strictly for recreation (not a class). Buy a membership card or pay the drop-in fee. **All babies and children 4 years and younger must wear a swim diaper and swimsuit. All children 4 years and younger are required to have an adult accompany them in the water.** Please, no outside toys, life vests, or other floatation devices.

Mon/Fri 2:00PM – 3:00PM

## Fees

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

### Admission Fees

Children \$4.50(R)/\$6.00(N)

Adults \$6.50(R)/\$9.00(N)

Senior/Veteran \$4.50(R)/\$6.00(N)

### Script Card (10 use passes) and Monthly Passes

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

Child Script \$36.00(R)/\$48.00(N)

Adult Script \$52.00(R)/\$72.00(N)

Senior/Veterans \$36.00(R)/\$48.00(N)

Monthly Adult \$75.00(R)/\$95.00(N)

Monthly Senior/Veterans \$54.00(R)/\$74.00(N)

## Rentals

Orange Pool is available for rentals on Saturdays from 2:45pm – 4:15pm and from 4:30pm – 6:00pm. Please note the 2:45pm start time must be reserved before booking the 4:30pm start time. Both time slots can be reserved by one party if available. For parties reserving both time slots, the rental time will be from 2:45pm – 5:45pm. **Rentals are done on a first-come, first-served basis. Please contact Aquatics Supervisor Brian Noce at [brian.noce@ssfca.gov](mailto:brian.noce@ssfca.gov) to book.**

Rentals may be canceled due to staff unavailability, and full refunds will be issued in this case.

Rental Rates (1.5 hours):  
 \$198.50 for 30 participants or less  
 \$224.00 for 31-60 participants  
 \$249.50 for 61-100 participants

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

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

## INFANT/PRESCHOOL

### Infants

Age: 6M - 1Y 5M

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

#### Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-1103	Tu/Th	Jan 06-Jan 29	6:30PM-7:00PM
WI8-1104	Tu/Th	Jan 06-Jan 29	7:05PM-7:35PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
WI8-1105	Tu/Th	Feb 03-Feb 26	6:30PM-7:00PM
WI8-1106	Tu/Th	Feb 03-Feb 26	7:05PM-7:35PM

#### Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-1107	Sat	Jan 10-Feb 28	9:00AM-9:30AM
WI8-1108	Sat	Jan 10-Feb 28	9:35AM-10:05AM

#### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-1109	Sun	Jan 11-Mar 01	10:25AM-10:55AM
WI8-1110	Sun	Jan 11-Mar 01	11:00AM-11:30AM

### Toddler

Age: 1Y 6M - 2Y 11M

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

#### Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-2203	Tu/Th	Jan 06-Jan 29	6:30PM-7:00PM
WI8-2204	Tu/Th	Jan 06-Jan 29	7:05PM-7:35PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
WI8-2205	Tu/Th	Feb 03-Feb 26	6:30PM-7:00PM
WI8-2206	Tu/Th	Feb 03-Feb 26	7:05PM-7:35PM

#### Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-2207	Sat	Jan 10-Feb 28	9:00AM-9:30AM
WI8-2208	Sat	Jan 10-Feb 28	9:35AM-10:05AM

#### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-2209	Sun	Jan 11-Mar 01	10:25AM-10:55AM
WI8-2210	Sun	Jan 11-Mar 01	11:00AM-11:30AM

### Preschool

Age: 3Y - 4Y 11M

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

#### Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-3303	Tu/Th	Jan 06-Jan 29	6:30PM-7:00PM
WI8-3304	Tu/Th	Jan 06-Jan 29	7:05PM-7:35PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
WI8-3305	Tu/Th	Feb 03-Feb 26	6:30PM-7:00PM
WI8-3306	Tu/Th	Feb 03-Feb 26	7:05PM-7:35PM

Aquatics classes are subject to change during the Winter session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at [www.ssf.net/newpool](http://www.ssf.net/newpool).



# AQUATICS CLASSES

## Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-3307	Sat	Jan 10-Feb 28	9:00AM-9:30AM
WI8-3308	Sat	Jan 10-Feb 28	9:35AM-10:05AM

## Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-3309	Sun	Jan 11-Mar 01	10:25AM-10:55AM
WI8-3310	Sun	Jan 11-Mar 01	11:00AM-11:30AM

## Starfish (Formerly Pre-Basic Beginners)

Age: 3Y 6M – 5Y

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

## Saturday Session #1

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

COURSE #	DAY	COURSE #	DAY	DATE	TIME
WI8-4402	Sat	Jan 10-Feb 28		10:15AM-10:45AM	
WI8-4403	Sat	Jan 10-Feb 28		10:50AM-11:20AM	
WI8-4404	Sat	Jan 10-Feb 28		11:25AM-11:55AM	
WI8-4405	Sat	Jan 10-Feb 28		12:00PM-12:30PM	

## Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-4406	Sun	Jan 11-Mar 01	11:40AM-12:10PM
WI8-4407	Sun	Jan 11-Mar 01	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: 7 Fee: \$52.50(R)/\$69.00(N) No class: 1/19

COURSE #	DAY	DATE	TIME
WI8-110	M/W	Jan 05-Jan 28	6:30PM-7:00PM
WI8-111	M/W	Jan 05-Jan 28	7:05PM-7:35PM
WI8-112	M/W	Jan 05-Jan 28	7:40PM-8:10PM

## Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 2/16

COURSE #	DAY	DATE	TIME
WI8-113	M/W	Feb 02-Feb 25	6:30PM-7:00PM
WI8-114	M/W	Feb 02-Feb 25	7:05PM-7:35PM
WI8-115	M/W	Feb 02-Feb 25	7:40PM-8:10PM

## Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-116	Sat	Jan 10-Feb 28	10:15AM-10:45AM
WI8-117	Sat	Jan 10-Feb 28	10:50AM-11:20AM
WI8-118	Sat	Jan 10-Feb 28	11:25AM-11:55AM
WI8-119	Sat	Jan 10-Feb 28	12:00PM-12:30PM

## Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-120	Sun	Jan 11-Mar 01	11:40AM-12:10PM
WI8-121	Sun	Jan 11-Mar 01	12:15PM-12:45PM

## Level 2: Guppies

Age: 5Y – 13Y

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

## Monday/Wednesday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 1/19

COURSE #	DAY	DATE	TIME
WI8-210	M/W	Jan 05-Jan 28	6:30PM-7:00PM
WI8-211	M/W	Jan 05-Jan 28	7:05PM-7:35PM
WI8-212	M/W	Jan 05-Jan 28	7:40PM-8:10PM

## Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 2/16

COURSE #	DAY	DATE	TIME
WI8-213	M/W	Feb 02-Feb 25	6:30PM-7:00PM
WI8-214	M/W	Feb 02-Feb 25	7:05PM-7:35PM
WI8-215	M/W	Feb 02-Feb 25	7:40PM-8:10PM

## Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-216	Sat	Jan 10-Feb 28	10:15AM-10:45AM
WI8-217	Sat	Jan 10-Feb 28	10:50AM-11:20AM
WI8-218	Sat	Jan 10-Feb 28	11:25AM-11:55AM
WI8-219	Sat	Jan 10-Feb 28	12:00PM-12:30PM

Aquatics classes are subject to change during the Winter session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at [www.ssf.net/newpool](http://www.ssf.net/newpool).

## Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-220	Sun	Jan 11-Mar 01	11:40AM-12:10PM
WI8-221	Sun	Jan 11-Mar 01	12:15PM-12:45PM

## Level 3: Goldfish

Age: 5Y - 13Y

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

### Monday/Wednesday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 1/19

COURSE #	DAY	DATE	TIME
WI8-310	M/W	Jan 05-Jan 28	6:30PM-7:00PM
WI8-311	M/W	Jan 05-Jan 28	7:05PM-7:35PM
WI8-312	M/W	Jan 05-Jan 28	7:40PM-8:10PM

### Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 2/16

COURSE #	DAY	DATE	TIME
WI8-313	M/W	Feb 02-Feb 25	6:30PM-7:00PM
WI8-314	M/W	Feb 02-Feb 25	7:05PM-7:35PM
WI8-315	M/W	Feb 02-Feb 25	7:40PM-8:10PM

### Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-316	Sat	Jan 10-Feb 28	10:15AM-10:45AM
WI8-317	Sat	Jan 10-Feb 28	10:50AM-11:20AM
WI8-318	Sat	Jan 10-Feb 28	11:25AM-11:55AM
WI8-319	Sat	Jan 10-Feb 28	12:00PM-12:30PM

### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-320	Sun	Jan 11-Mar 01	11:40AM-12:10PM
WI8-321	Sun	Jan 11-Mar 01	12:15PM-12:45PM

## Level 4: Sea Turtles

Age: 5Y - 13Y

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

### Monday/Wednesday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 1/19

COURSE #	DAY	DATE	TIME
WI8-410	M/W	Jan 05-Jan 28	6:30PM-7:00PM
WI8-411	M/W	Jan 05-Jan 28	7:05PM-7:35PM
WI8-412	M/W	Jan 05-Jan 28	7:40PM-8:10PM

### Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 2/16

COURSE #	DAY	DATE	TIME
WI8-413	M/W	Feb 02-Feb 25	6:30PM-7:00PM
WI8-414	M/W	Feb 02-Feb 25	7:05PM-7:35PM
WI8-415	M/W	Feb 02-Feb 25	7:40PM-8:10PM

### Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-422	Sat	Jan 10-Feb 28	9:00AM-9:30AM
WI8-416	Sat	Jan 10-Feb 28	10:15AM-10:45AM
WI8-417	Sat	Jan 10-Feb 28	10:50AM-11:20AM
WI8-418	Sat	Jan 10-Feb 28	11:25AM-11:55AM
WI8-419	Sat	Jan 10-Feb 28	12:00PM-12:30PM

### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-423	Sun	Jan 11-Mar 01	10:25AM-10:55AM
WI8-420	Sun	Jan 11-Mar 01	11:40AM-12:10PM
WI8-421	Sun	Jan 11-Mar 01	12:15PM-12:45PM

# AQUATICS CLASSES

## Level 5: Marlins

Age: 5Y – 13Y

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

### Monday/Wednesday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 1/19

COURSE #	DAY	DATE	TIME
WI8-510	M/W	Jan 05–Jan 28	6:30PM–7:00PM
WI8-511	M/W	Jan 05–Jan 28	7:05PM–7:35PM

### Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 2/16

COURSE #	DAY	DATE	TIME
WI8-512	M/W	Feb 02–Feb 25	6:30PM–7:00PM
WI8-513	M/W	Feb 02–Feb 25	7:05PM–7:35PM

### Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-514	Thu	Jan 08–Feb 26	6:30PM–7:00PM

### Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-518	Sat	Jan 10–Feb 28	9:35AM–10:05AM
WI8-515	Sat	Jan 10–Feb 28	10:15AM–10:45AM
WI8-516	Sat	Jan 10–Feb 28	11:25AM–11:55AM

### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-517	Sun	Jan 11–Mar 01	11:40AM–12:10PM

## Level 6: Dolphins

Age: 5Y – 13Y

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

### Monday/Wednesday Session #1

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 1/19

COURSE #	DAY	DATE	TIME
WI8-610	M/W	Jan 05–Jan 28	7:40PM–8:10PM

### Monday/Wednesday Session #2

Classes: 7 Fee: \$52.50(R)/\$69.00(N) No class: 2/16

COURSE #	DAY	DATE	TIME
WI8-611	M/W	Feb 02–Feb 25	7:40PM–8:10PM

### Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-612	Thu	Jan 08–Feb 26	7:05PM–7:35PM

### Saturday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-613	Sat	Jan 10–Feb 28	10:50AM–11:20AM
WI8-614	Sat	Jan 10–Feb 28	12:00PM–12:30PM

### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-616	Sun	Jan 11–Mar 01	11:00AM–11:30AM
WI8-615	Sun	Jan 11–Mar 01	12:15PM–12:45PM

Aquatics classes are subject to change during the Winter session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at [www.ssf.net/newpool](http://www.ssf.net/newpool).



## TEENS AND ADULTS

### Teen/Adult Level 1

Age: 13Y and up

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

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

COURSE #	DAY	DATE	TIME
WI8-100	Fri	Jan 09-Feb 27	6:30PM-7:00PM
WI8-101	Fri	Jan 09-Feb 27	7:05PM-7:35PM

### Teen/Adult Level 2

Age: 13Y and up

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

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

COURSE #	DAY	DATE	TIME
WI8-200	Fri	Jan 09-Feb 27	6:30PM-7:00PM
WI8-201	Fri	Jan 09-Feb 27	7:05PM-7:35PM

### Teen/Adult Level 3

Age: 13Y and up

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

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

COURSE #	DAY	DATE	TIME
WI8-300	Fri	Jan 09-Feb 27	6:30PM-7:00PM
WI8-301	Fri	Jan 09-Feb 27	7:05PM-7:35PM

### Teen/Adult Level 4

Age: 13Y and up

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

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

COURSE #	DAY	DATE	TIME
WI8-400	Tue	Jan 06-Feb 24	6:30PM-7:00PM
WI8-401	Tue	Jan 06-Feb 24	7:05PM-7:35PM

## EXERCISE AND FITNESS

### Adult Aquatic Exercise

Age: 18Y and up

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

*Subject to cancellation based on instructor availability.*

#### Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-602	Tu/Th	Jan 06-Jan 29	2:00PM-3:00PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
WI8-604	Tu/Th	Feb 03-Feb 26	2:00PM-3:00PM

### Adult Aquatic Fitness

Age: 16Y and up

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

#### Tuesday/Thursday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-606	Tu/Th	Jan 06-Jan 29	7:45PM-8:30PM
WI8-607	Tu/Th	Jan 06-Jan 29	8:30PM-9:15PM

#### Tuesday/Thursday Session #2

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

COURSE #	DAY	DATE	TIME
WI8-608	Tu/Th	Feb 03-Feb 26	7:45PM-8:30PM
WI8-609	Tu/Th	Feb 03-Feb 26	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: 8 Fee: \$52.00(R)/\$68.50(N)

COURSE #	DAY	DATE	TIME
WI8-600	Wed	Jan 07-Feb 25	2:00PM-3:00PM

#### Sunday Session #1

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

COURSE #	DAY	DATE	TIME
WI8-601	Sun	Jan 11-Mar 01	9:25AM-10:10AM

Aquatics classes are subject to change during the Winter session due to the opening of the new Orange Memorial Park Aquatic Center. Participants will be updated during the session. Learn more at [www.ssf.net/newpool](http://www.ssf.net/newpool).

# PRESCHOOL

## LICENSED PRESCHOOLS:

Little Steps Preschool,  
Siebecker Preschool, and  
Westborough Preschool

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

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

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

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

### REGISTRATION FEE:

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

### WAITING LIST FEE:

There is a \$35.50 non-refundable fee to place your child on the waiting list. This is not a guarantee of placement into the program. The current waiting list is approximately 3-4 years.

### BILLING POLICIES:

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

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

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

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

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

*\*Fees subject to change.*

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

For more information, please visit our website at [www.ssf.net/childcare](http://www.ssf.net/childcare).

## Winter Camp 2025

### DATES

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

### REGISTRATION

Online Public Registration Begins Monday,  
November 17th.

Last Day to Register is Friday, December 5th.

Please see our website at [www.ssf.net/childcare](http://www.ssf.net/childcare) for  
more information.

## 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](http://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@ssfca.gov](mailto:kimberly.morrison@ssfca.gov)

### LOCATIONS:

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

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

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

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

### AFTER SCHOOL RECREATION PROGRAM SCHEDULE:

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

### REGISTRATION FEE:

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

### WAITLIST FEE:

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

### TUITION FEES:

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

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

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

For more information, please visit our website at [www.ssf.net/childcare](http://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@ssfca.gov



## TAKE THE FREE SOUTH CITY SHUTTLE!

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

To view the map, visit [www.ssf.net/shuttle](http://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](mailto: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](mailto: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](http://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.

Cardio & Conditioning

**Instructor: Monica**

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

Elevate your fitness with this dynamic full-body workout designed to enhance cardiovascular strength and boost endurance through powerful compound movements. This class integrates targeted core excises to improve core stability, strength, and mobility by engaging all major muscle groups.

DAY	TIME
Saturday	9:50AM-10:35AM

Chess

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

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

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

Coffee & Cards

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

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

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

Coloring Club

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

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

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

Exercise Room

**Instructor: (self paced)**

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

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

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

Fine Arts Exploration

**Instructor: Graham**

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

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

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

# SENIOR SERVICES

## Hawaiian Plus

**Instructor: Carolyn**

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

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

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

## Hula

**Instructor: Ofelia**

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

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

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

## Indoor Jogging Club

**Instructor: Monica**

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

This class offers a safe place for all those wanting to improve their cardio skills. All levels are welcome, from marching in place, to walking around, to a full jog, we encourage everyone to come keep their bodies moving and active.

DAY	TIME
Tuesday	9:15AM-9:45AM

## Karaoke

**Instructor: Sandy**

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

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

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

## Knitting and Crochet

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

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

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

## Mahjong

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

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

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

## Movies

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

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

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

## Open Billiards

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

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

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

## Open Computer Lab

*Location: Roberta Cerri Teglia Center  
Lobby – 3rd Floor*

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

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



## Ping Pong

*Location: Roberta Cerri Teglia Center*

*Multi-Use Room – 3rd Floor*

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

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

## Seated Breath & Movement Flow

**Instructor: Monica**

*Location: Alice Peña Bulos Community Center*

Inspired by Kundalini yoga, we begin with guided breath and gentle movement to ease the body open and calm the mind. With steady pacing, we flow into light stretches and breathing practices that support energy, balance, and relaxation. Gentle chanting is woven into expanding lung capacity and creating and uplifting and enchanting rhythm.

DAY	TIME
Monday	10:00AM-10:45AM

## Seated Pilates

**Instructor: Monica**

*Locations: Roberta Cerri Teglia Center (9:15am) and*

*Alice Peña Bulos Community Center (10:00am)*

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

DAY	TIME
Wednesday	9:15AM-9:45AM 10:00AM-10:45AM

## Seated Weight Training

**Instructor: Monica**

*Location: Alice Peña Bulos Community Center*

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

DAY	TIME
Tuesday/Thursday	10:00AM-10:45AM

## 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

## Standing & Floor Functional Weight Training

**Instructor: Monica**

*Location: Roberta Cerri Teglia Center*

*Multi-Use Room – 3rd Floor*

This class will build strength, mobility, and everyday confidence with this total-body functional class. Designed to improve balance, coordination, and core stability, this workout combines standing and floor-based exercises using light to moderate weights. You'll practice movements that mimic real life activities.

DAY	TIME
Tuesday/Thursday	3:30PM-4:15PM

## Stand Strong Cardio

**Instructor: Monica**

*Location: Roberta Cerri Teglia Center*

*Multi-Use Room – 3rd Floor*

A low-impact, heart-healthy fitness class designed to boost your cardiovascular endurance, strength, balance, and coordination. This workout is perfect for beginners or those returning to fitness, offering easy-to-follow movements. All exercises are performed standing, with modifications available to suit your comfort level and physical ability.

DAY	TIME
Tuesday/Thursday	4:15PM-5:00PM

## Stand Tall Yoga

**Instructor: Monica**

*Locations: Roberta Cerri Teglia Center (Monday/Saturday)*

*and Alice Peña Bulos Community Center (Friday)*

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

DAY	TIME
Monday/Saturday	9:15AM-9:45AM
Friday	9:15AM-10:00AM

# SENIOR SERVICES

## Tai Chi

**Instructor:** Kevin

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

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

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

## Zumba Gold

**Instructor:** Stephanie

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

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

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

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

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](http://www.ssf.net/rec-catalog).

City of South San Francisco

# Parks & Recreation Department



## 2026 Calendar of Events

Checkout our official events  
page at  
[www.ssf.net/PandREvents](http://www.ssf.net/PandREvents)

[www.ssf.net/culturalarts](http://www.ssf.net/culturalarts)

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

## Contact:

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



## THEME ANNOUNCEMENT COMING SOON!

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

### EXHIBIT DATES:

#### Opening Weekend:

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

#### Gallery Hours (Monday – Friday)

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

*Closed Monday, October 12, 2026*

#### Special Evening Gallery Hours

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

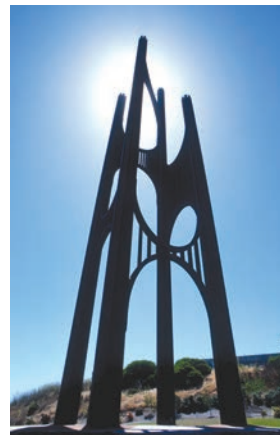
*\*An online gallery will present a limited selection of work following the exhibit.*

## Current & Upcoming Opportunities for Artists

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

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

## Public Art Collection Highlight



Towering 92 feet above Grandview Drive, **Wind Harp** is one of the world's largest aeolian harps. Designed by artists Aristides Demetrios and Lucia Eames and dedicated in 1967 as the centerpiece of the former Cabot, Cabot & Forbes Industrial Park. The sculpture was fabricated from a special weathering steel manufacturer at Bethlehem Steel in Pennsylvania. After years of neglect, the City of South San Francisco acquired and restored

the monumental work with support from Genentech and community advocates, celebrating its rededication on March 28, 1997.

A rendering of the *Wind Harp* is also featured on a South San Francisco t-shirt created to support the Cultural Arts Commission's fundraising efforts. T-shirts are available for \$20 at the Parks and Recreation main office, located on the third floor of the Library | Parks and Recreation Center (901 Civic Campus Way) Office hours are Monday through Friday from 8:00 a.m. – 5:00 p.m.



For more information on this public art piece and more, visit [www.ssf.net/culturalarts](http://www.ssf.net/culturalarts)

## Cultural Arts 2026 Art Show Exhibits

### WHAT IS LOVE?

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

#### EXHIBIT DATES:

##### Opening Weekend:

Friday, February 6, 2026 | 6:00 p.m. – 8:00 p.m.  
Saturday, February 7, 2026 | 10:00 a.m. – 3:00 p.m.

##### Gallery Hours (Monday – Friday)

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

*Closed Monday, February 16, 2026*

##### Special Evening Gallery Hours

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

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

### 2026 YOUTH ART SHOW

*In partnership with South San Francisco Unified School District*

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

#### EXHIBIT DATES:

##### Opening Weekend:

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

##### Gallery Hours (Monday – Friday)

TBD

### A COMMUNITY ART SHOW

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

#### EXHIBIT DATES:

##### Opening Weekend:

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

##### Gallery Hours (Monday – Friday)

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

*Closed n/a*

##### Special Evening Gallery Hours

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

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



# 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](http://www.ssf.net/rentals), email [facilityrequests@ssfca.gov](mailto:facilityrequests@ssfca.gov), or call (650) 829-3800.

### Facilities:

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

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

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

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

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

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

### General information on picnic rentals:

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

### PICNIC FACILITIES AVAILABLE BY RESERVATION:

*(Picnic reservation cost beginning July 2025)*

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

\*plus \$225 refundable damage deposit

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

*Non-Residents add \$40 per rental.*

## San Francisco Bay Trail

The San Francisco Bay Trail consists of six miles of continuous pathways along the San Francisco Bay shoreline in South San Francisco. The trail is a popular destination for runners, walkers, bicyclists, and due to its proximity to technology and research campuses, the trail provides a healthy and encouraging setting for regular lunch and break-time walkers. The Parks and Recreation Department also hosts its annual Thanksgiving 5K Fun Run along the scenic trail. Be sure to visit the Bay Trail and other South San Francisco parks, and open spaces. Visit [www.ssf.net/parks](http://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. The courts are owned by the city and operated by the SSF Italian American Citizen's Club (IACC), a co-sponsored group of the Parks and Recreation Department. The Club provides FREE Bocce Lessons in April and September.

**Court Hours:** The courts are open to the public Monday through Saturday from 1:00pm – 4:00pm unless otherwise reserved. For more information, you can contact the Recreation office at (650) 829-3800 or email [web-rec@ssfca.gov](mailto:web-rec@ssfca.gov) or the IACC at [iacc.ssf@yahoo.com](mailto:iacc.ssf@yahoo.com). Calendar information is also available at [www.ssfiaacc.org](http://www.ssfiaacc.org). Please look for additional details regarding our Bocce Leagues on page 31.

## City of South San Francisco Tree Preservation Ordinance

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

### What typically qualifies as a "protected tree"?

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

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

### What is the difference between pruning and trimming?

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

### How much does a permit cost?

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

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

A Protected Tree Pruning/Removal Permit Application or further information about the ordinance may be obtained by contacting the Parks Division at (650) 829-3837 or visiting our website at [www.ssf.net/parks](http://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](http://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@ssfca.gov](mailto:parks.volunteers@ssfca.gov) 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](http://www.smc-connect.org) for more information on nonprofits, government programs, and community organizations.

### Economic Advancement Center (EAC)

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

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

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

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

**Promotores, or Community Health Workers**, are members of the community who are involved in championing health and social services in their own communities. They bridge communities to tangible services, provide support and peer education, and are fully vested in improving the overall health and well-being of their community. Need food assistance? Need help obtaining health insurance? Want to learn how to build a resume or get a job? We can help with all of that and more. All services are at no cost to SSF residents. Get connected today!

### Free South City Shuttle

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

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

### Project Guardian

[www.ssf.net/Departments/Police-Department/Community/Project-Guardian](http://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 Police Explorer Cadets

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

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

### South San Francisco Sister Cities Association

[www.ssf.net/Our-City/Sister-Cities](http://www.ssf.net/Our-City/Sister-Cities)

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

### South San Francisco PAL Boosters

<https://www.ssfpalboosters.org>  
Mark.Kosta@ssf.net | (650) 829-3712

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



## Co-Sponsored Groups

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



### Historical Society of South San Francisco

[www.ssfhistory.org](http://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](mailto: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](mailto:info@plymirehouse.org).



### Italian American Citizen's Club of South San Francisco

[iacc.ssf@yahoo.com](mailto: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](http://www.smcfootball.club)  
[pgomez@smcfc.club](mailto: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](http://www.ssfsoccer.net)  
[ssfsoccer1@gmail.com](mailto: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](http://www.ssfbaseball.org)  
[scitybaseball@gmail.com](mailto: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](http://www.ssf.net/library)

### LIBRARY | PARKS AND RECREATION CENTER

901 Civic Campus Way; (650) 829-3860

#### Hours:

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

### GRAND AVENUE BRANCH LIBRARY

306 Walnut Avenue; (650) 877-8530

Local History Collection

#### Hours:

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

### GENE MULLIN COMMUNITY LEARNING CENTER

520 Tamarack Lane; (650) 877-8540

[clc@ssf.net](mailto:clc@ssf.net)

English classes, homework assistance, computer instruction (English and Spanish), and other educational programs. [www.ssf.net/clc](http://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](http://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](mailto:ssfpladm@plsinfo.org)

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

**Email:** [ssfpladm@plsinfo.org](mailto:ssfpladm@plsinfo.org)

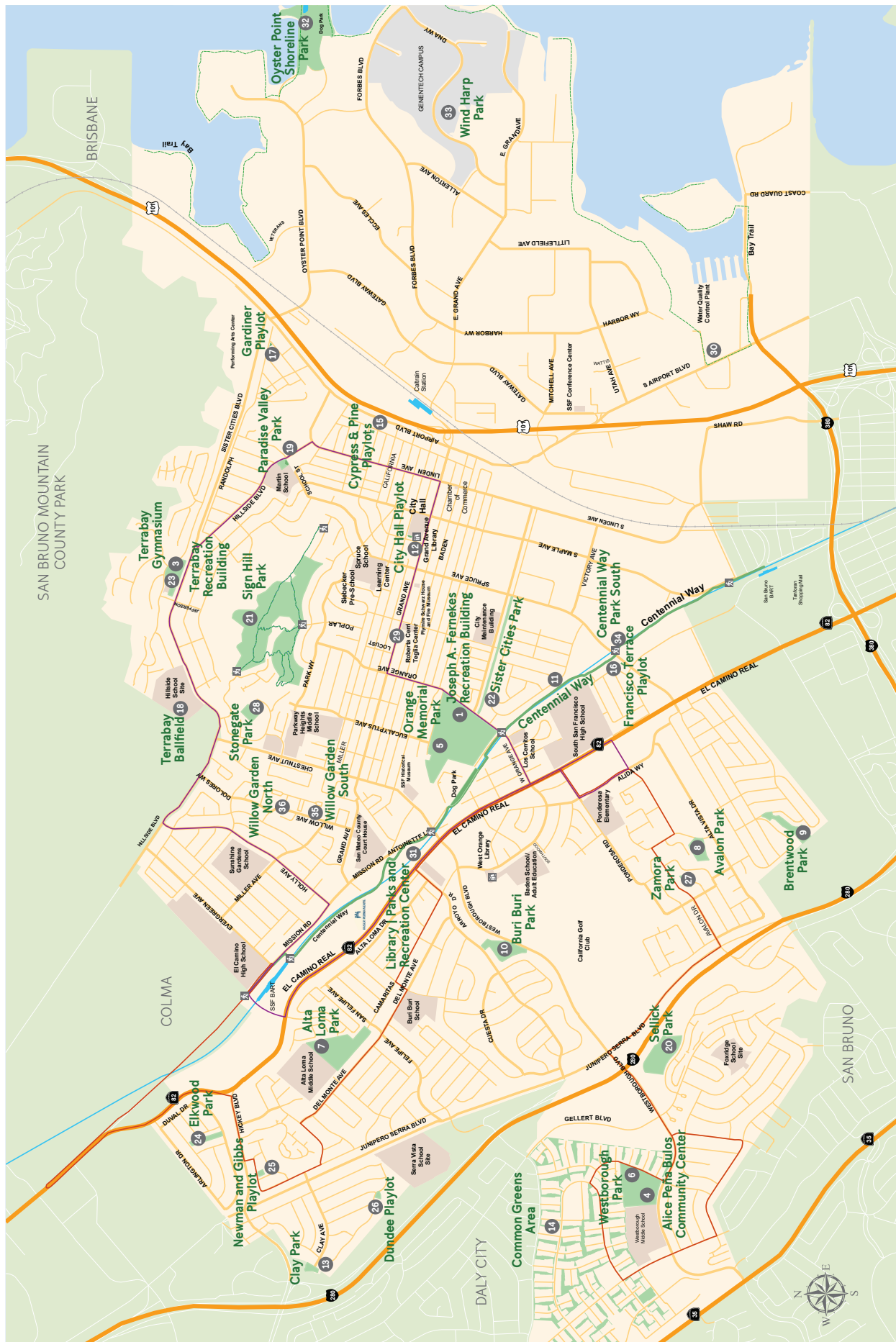
### FRIENDS OF THE LIBRARY

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

## LEGEND

### Destinations

- City Parks
- Public Buildings and Schools
- Libraries

### Walking Trails

- Bay Trail
- Sign Hill Trails
- Trail Access Point

### Transportation

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

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

## Recreation Facility Sites

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

## Bicycle/Pedestrian Trails

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

## Specialty Parks

**Dog Parks:** Centennial Way Dog Park (Antoinette Lane & Chestnut Ave.), Oyster Point Shoreline Park (623 Marina Boulevard)

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

**Orange Memorial Park Sculpture Garden:** Orange Park along Tennis Drive

# CLASS REGISTRATION FORM

Adult/Guardian Name (last, first): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Night Phone: \_\_\_\_\_ Emergency: \_\_\_\_\_

*(Required: Best Contact Phone Number)*

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

Email (required): \_\_\_\_\_

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

FIRST CHOICE SESSION CODE	SECOND CHOICE SESSION CODE	ACTIVITY NAME	PARTICIPANT NAME LAST, FIRST	DATE OF BIRTH	FEE + PROCESSING FEE
					+\$2.50
					+\$2.50
					+\$2.50
					+\$2.50
					+\$2.50
					<b>TOTAL</b>

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

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

## 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, December 1, 2026 at 6:00am

Non-Residents: MONDAY, December 15, 2026 at 6:00am

#### Aquatics Registration: Winter 2026 Session 1

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

Residents: Begins MONDAY, December 15, 2025 at 6:00am

Non-Residents: WEDNESDAY, December 17, 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](http://www.ssf.net/rec-catalog) and click the "Welcome!" tab for step-by-step directions on creating your account.



### MAIL-IN

Residents: MONDAY, December 1, 2026

Non-Residents: MONDAY, December 15, 2026

\*Payment can be made by check

\*Please do not send cash

Parks & Recreation Administration Office  
P.O. Box 711

South San Francisco, CA 94080



### WALK-IN

Residents: MONDAY, December 1, 2026

Non-Residents: MONDAY, December 15, 2026

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

\*Cash in the exact amount

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

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

### SAVE CARD ON FILE

To save your card on file, visit [www.ssf.net/rec-catalog](http://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](http://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 inside front cover under the Welcome section.

### REFUND AND CREDIT POLICY

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

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



## DEPARTMENT OF PARKS & RECREATION

901 Civic Campus Way  
So. San Francisco, CA 94080

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

## RESIDENTIAL CUSTOMER



### Thank You Sponsors!

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

**Genentech**  
A Member of the Roche Group



### South San Francisco Civic Ballet "The Nutcracker"

Saturday, December 20 | 1:00pm and 7:00pm  
Sunday, December 21 | 1:00pm  
South San Francisco High School Theater

Join the South San Francisco Civic Ballet program for an enchanting performance of "The Nutcracker," by the South San Francisco Civic Ballet. Ticket sales will begin in early December at the Recreation Office. For the latest details, visit [www.ssf.net/PandREvents](http://www.ssf.net/PandREvents) or contact the Recreation Office at (650) 829-3800.

### Cultural Arts Program

## FEBRUARY 2026 ART SHOW *What is Love?*

#### Opening Weekend:

Friday, February 6 | 6:00pm-8:00pm  
Saturday, February 7 | 10:00am-3:00pm

Additional Gallery Period (Monday-Friday):  
February 9-27 | 10:00am-5:00pm  
(Closed Monday, February 16)

#### Special Evening Gallery Hours:

Tuesday, February 24 | 10:00am-8:00pm

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

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

Enjoy viewing remarkable artworks highlighting unique perspectives on love at the first 2026 art gallery show. Artist entry information will be available by mid-December on the "Current Opportunities for Artists" webpage. For the latest updates, visit [www.ssf.net/culturalarts](http://www.ssf.net/culturalarts).

*Santa Comes to Town*

Saturday, December 6, 2025 | 10:00am - 2:00pm  
City Hall  
400 Grand Ave, South San Francisco  
Free Admission

Celebrate the start of the holiday season with a visit from Santa at City Hall! Santa will arrive by fire truck at 10:00 a.m. and visit community members until 2:00 p.m. Please note, the line for photos will close at 1:00 p.m. For event details, visit [www.ssf.net/PandREvents](http://www.ssf.net/PandREvents).

RECREATION ADMINISTRATIVE OFFICES CLOSED  
DECEMBER 24, 2025-JANUARY 2, 2026