

PRESCHOOL PROGRAMS

LITTLE EXPLORERS

Date: Ongoing Mon.- Fri. Pre-register 338-4144
Time: 9:00am-11:30am Cost: \$15 a day
Age: 1 year- preschool age



Early childhood socialization program that provides a play based learning environment. Each day children play and learn through games, crafts, & activities. The intent of the program is to help kids learn cognitively, socially and physically.

CIRCLE OF FRIENDS

Date: Mon. and Wed.
Time: 9am-1pm
Location: Redwood Elementary D2
Ages: Children 2 and up Cost: \$35 per day

Space is limited to 6 enrolled children per day South Street Centre offers this program for children ages 2.5 and up. Shanda is the director of South Street and leads numerous local children's groups. Contact Shanda 234-2727 southstreetcentre@gmail.com

ITTY BITTY BASEBALL

Date: Thurs. Starts April 12th Rain Cancels class
Time: 2:30-3:15pm 45 minutes
Age: 3-4years Location: Garrahan Park
Cost: \$60 for 6 week session or \$12 drop in
Sessions 1: April 12- May 17th

Itty Bitty baseball is a fun outdoor class at our newly renovated Garrahan Park. We are proud to offer the one of the only pre-tball programs available for kids in our area. This class will help children learn beginner baseball skills, how to be part of a team, and engage children through games and outdoor play.

LITTLE HOPPERS DANCE CLASS

Date: Mon. Ends May 7th
Time: 1:00- 1:45pm Age: 3.5- 5 yrs. Cost: \$8
Bring the kids by for a fun creative hip hop/ jazz dance class. Students will learn basic dance steps as well as fun movement games & a dance recital routine. Call 338-4144 to register

MOTHERSONG

Date: Ongoing Tues.
Time: 10:30-11:30am
Location: Redwood Elementary D2
Cost: \$ 5-\$10 sliding scale per adult; babies free
Age: Babies and children up to 3 years old and their families
Multicultural sing along for families with babies and young children. The group focuses on singing songs from around the world with the family. Contact: Amy Carlson 831-336-8460

TUMBLING CLASS

Date: Tues. Please call for more info.
Time: 12-12:45pm Age: 2-4yrs.
Time: 1-1:45pm Age: 4-6yrs. Cost: \$60 monthly for 4 wk
We emphasize safety, strength, coordination, and tumbling progressions. This is a fun and exciting gymnastics movement experience. Varied tumbling apparatus and music to improve rhythm, balance and coordination. Call Barry Brooks 831-423-7406 or 338-4144

TINY TOT TAP BALLET

Date: Wed. Time: see below Call ahead
10:45-11:15am 18mo-3yrs
12pm-1pm beginner ballet/tap 4-6 yrs
1:45-2:45pm youth tap/ballet 5-8 yrs
Cost: \$14
Miss Terry has taught around the Bay Area for many years. Children will learn tap and ballet techniques as well as music appreciation in a fun and playful way.
Must pre-register Call 338-4144 or Terry 247-2252

YOUTH ENRICHMENT

NEW! ART JAM CLASS

Date: Sat. starts Feb. 25th
Time: 12:00 -2pm
Cost: \$10 drop in \$50 for pre-registering all 6 sessions
Let's spark new creative horizons together with simple and fun printmaking and painting on paper, recycled materials, wood and fabric. Open to all levels and diversity in the classroom. Please wear loose old clothes. We use non toxic materials.
Contact: Sheila Baptist 831-338-6357 shebdzn@earthlink.net

BASKETBALL PROGRAM

Date: Tues. and Thurs starts March 5.
Time: 5 p.m. to 5:50p.m. Cost: \$10 per session
What to expect: Anything from learning the basics of the game, to playing fun games and competitions.
Contact: Stephen Johnson (Coach Johnson)
johnsonbean10@yahoo.com (831) 359-8034

BASKETBALL SHOOTING CLINIC

For coaches, adults, and serious youth players ages 12 and up . We are very fortunate to have world-renowned Tom Nordland offer this basketball clinic. Tom developed a shooting technique, SWISH, that will greatly improve your basketball shooting skills. To sign-up for camps and clinics Contact Tom@swish.com or 338-6013
www.Swish22.com

BREAKDANCING CLASS

Date: Fri. starts March 2 Age: 6-10 yrs.
Time: 3:30-4:30 annex room Cost: \$10 per class
Learning the fundamentals of Breakdancing thru internalized rhythm, natural exercise, and stretching. The class will progress form move to move learning both timing and movement with correct posture as a group. Not only will students leave with a better understanding of the dance but will have a heightened understanding and knowledge of where it came from and where it's going.
Alec Morin imjustabbboy@gmail.com

CAPOEIRA

Date: Fri
Time: 3:30-4:30pm Gym
Age: 12 and under Cost: \$40/ 4wk session or \$12 drop in
The main focus of this Brazilian Martial arts class is to develop students' body movements through kicks, escapes, and acrobatics. Also, children will develop body expression while increasing overall strength, endurance, agility, flexibility, coordination, and balance.
Katelyn 297-2399

CRUMBS COOKING CLASS

Date: Thurs. Ongoing
Time: 12:30-2pm Age: 3-6 yrs. Cost: \$40 per 4wk session
Time: 3-4:30pm Age: 7-up reservation required
This class inspires, excites, and feeds the curiosity of our growing gourmet. Kids have the opportunity to cook and have fun in the kitchen. Registration 338-4144

IMAGINE ARCHITECTURE

Date: Friday March 2- May 25 no class spring break week
Time: 10-4pm Age: 12+
Location: Redwood Elementary Room D2
Cost \$ 500 student for 12 weeks + \$100 material fee
Students explore and design active natural sustainable living energy systems. 3d Model, hands-on, building experience. Topics include; safety, codes, CAD, solar, wind water power systems, ancient building materials, and community development concerns & design principles. Learn to have fun while thinking outside the box and in nature. Deborah Fetzer 831-336-9466 ecodoula@hotmail.com

JUST DANCE – HIP HOP- JAZZ

Date: Tues.
Time: 3- 4pm 6- 9 yrs.
4-5pm 10- 14 yrs.
Age: See above Cost: \$36 per month or \$10 drop in
Hip Hop, funk, jazzy, and creative movement routines will keep you moving. We work with one another to create a dance that's fun and rewarding for every student. Students are encouraged to choreograph parts of the routines.

JUVENTUS SOCCER CLUB

Date: Ongoing Camps & Clinics
Time: Contact Instructor www.juventussc.com
Contact Head Coach Victor Martinez (831) 246-3072
or victor_juventussc@yahoo.com

SHE'S ALL THAT CLASS

Date: Wed. Annex room Ongoing
Time: 2-4pm Ages 8- 11yrs. Cost: \$48 4wk
Come let your mind wander. She's All That is an all-girls class for young women. Girl's will enjoy writing, hiking, dancing, arts/crafts, cooking, gardening, photos, & journal writing. Working towards putting out a magazine by May 2012.

TEENS - JUNIOR VOLUNTEERS

Date: Tue. Time: Tue.- 5-6pm
Ages: 11- 16 yrs. FREE PROGRAM
Ongoing open gym games, as well as space to work on art projects. Youth community projects are available and encouraged through our junior volunteer program.
Community service hours available. Call 338-4144

ADULT PROGRAMS

ACOUSTIC JAM FREE

Date: First Sat of the month 7:00pm
Cost: Free
Musicians of all ages and experience are welcome to join in, share, and play.

AFTERNOON TEA & CRAFTS FREE

Date: Tues. Ongoing
Time: 1:30-2:30pm
Cost: FREE Instructor: Becky Trudelle
Come enjoy afternoon tea, coffee, and crafts. This craft program is a social network for adults looking get involved with crafts that benefit the community.

BELLYDANCE CLASS

Date: Sun. Time: 11:30-12:30pm
Cost: \$10
If you are looking to get fit, train in bellydance, or just have a space to express your inner dancer, this class will be lots of fun! We will drill technique & play with dance combinations. A mixed level class appropriate for all levels. Please wear comfy dance clothes, bring a mat and water. Hip scarves are welcome!
Chandala Snow-Shiva chandalashiva@gmail.com

BODY-SCULPTING - All ages FREE

Date: Tues, Thurs. & Sat. Time: 7:15-8:15am Sat. Class 7-8am
Ages: All Cost: Free
Wake up your body with this early morning body sculpting class. Use any weights you want and enjoy the fact you will be burning calories the rest of the day. Instructor: Beatrice White

GUITAR CLASSES

DATE: We'll find the group that's right for you
Age: 8 - Adults
Cost: \$20 hour (weekly), paid monthly
Private lessons: \$40 an hour or \$35 for 45 min.
Learn chords, scales & rhythms for rock, folk, blues and much more. Steve Donato is a performance major graduate of Berklee College with kid (and adult) friendly, fundamentals-based approach. Contact Steve at 338-6764 Email: stephendonato@att.net

JUVENTUS SOCCER FITNESS~ 18 and up

FALL SOCCER FITNESS SCHEDULE TBA
Contact Victor Martinez
www.juventussc.com Victor_juventussc@yahoo.com

LINE DANCING ~ All ages

Date: Thurs. Ongoing
Time: 6:30-7pm Beginner- annex
7- 8pm intermediate beginner- gym
Cost: \$20 or drop in donation Line dancing classes incorporate fun while learning the basics of line dance. Great workout and an awesome way to get your cardiovascular exercise for the day.
Instructor: Amber Blavin 338-8990 danceamber@sbcglocal.net
www.dancebecauseyoucan.com

PILATES CLASS

Date: Tues. * Childcare available ongoing
Time: 10:30-11:30am
Ages: Adults Cost: \$10
The focus of pilates is to engage and stabilize deep core muscles. The core consists of many different muscles that stabilize the spine, pelvis and shoulder and provides a solid foundation for balanced body movement. Pilates also promotes effective breathing patterns which can alleviate stress which can be the cause of back problems.
Cathy Harrington OTR/L, SWC, is an Occupational Therapist and Certified Pilates Instructor.
831-588-5676 cathy@santacruzmountainpilates.com

HEALTHY SPINE with Hanna Somatic Education

Date: Mon.
Time: 6-7pm Cost: \$12 per class
This class teaches gentle, slow movements to release habitual, chronic holding patterns in the body. Learn how to differentiate & free muscles extending from our core known as our "somatic center." Gain a better understanding of how the muscles and nervous system work together while learning a set of exercises to help your flexibility and health.
People with chronic pain, postural problems, trauma or injury strongly suggested to come. Kelli Peacock is a Certified Hanna Somatic Educator and bodyworker. She has been in the healing and massage world for 14 years. Call Kelli at (831) 331-6595 for more information.

QIGONG/ TAI CHI

Date: Sat. first class is FREE
Time: 12 noon
Cost Breakdown \$35 - 4 classes \$60- 8 classes \$10 walk-in
Qigong are gentle energy exercises intended to optimize, channel, calm, cultivate, and balance life force. A steady practice in Qigong will bring comfort to your body, improve balance and relaxation. This class will begin instruction in a Qigong known as "Lift chi up & pour chi down." Instruction in Tai Chi could also be included if there is interest. Wear flat soled shoes.
Linda Parks-Gobets 338-3652 lindagobets@comcast.net