City of Mountain View
Community Services Department
Recreation Division

RECREATION

Creating community through people, parks and programs

www.mountainview.gov
Winter 2006/Spring 2007

Graham Sports Complex & Reservoir Dedication

The City of Mountain View and Mountain View-Whisman School District will celebrate the opening and dedication of the Graham Reservoir and Sports Complex located at 1185 Castro Street on December 16, 2006 from 11:00am to 1:00pm. All are invited to join, Mountain View Mayor Nick Galiotto, members of the City Council and MVWSD Board as they cut the ribbon officially opening the track and fields for play. The dedication will include activities on the fields and around the track, entertainment, food and more.

The Graham Sports Complex and Reservoir includes two main components:

· New playing fields above the covered reservoir including an all weather regulation track, two soccer fields (one soccer field doubles as a football field), a baseball/ softball field as well as basketball and volleyball courts.

· An 8 million gallon covered underground reservoir with a new 1 million gallon per day groundwater well.

For more information regarding the dedication of the Graham Sports Complex and Reservoir, call the Community Services Department at (650) 903-6331.

Recreation Plan

The preparation of a Recreation Plan (Plan) was adopted by the City Council as a major City goal in May 2005. A Recreation Plan is a flexible document that guides the orderly and systematic development of public recreation and community services programs and facilities, striving to meet the needs of residents and implemented over a 10-year period. The Plan answers the question of how recreation can best serve the community at large or the greater good with limited resources whether funding, people, or facilities. The Mountain View Recreation Plan will be a community based plan that has used various public outreach tools to identify the recreational needs of residents, considers growth trends, demography and socio-economic indicators as well as the current inventory of programs and facilities, including the distribution and condition of those resources.

Phase One of the Plan development has been completed. This included: two Community Workshops held on June 7 and September 27, 2006; stakeholder interviews, participant, community group and athletic facility user group surveys. Phase Two of the Plan is underway. Focus groups will meet in December to discuss common themes identified in the information gathering stage. Phase Three involves the creation of the document, including recommended strategic goals and actions to address the needs over the 10-year life of the Plan. A draft of the Plan is scheduled to be completed in March 2007, at which time it will be submitted to the City Council by the Parks and Recreation Commission for review and approval.
For updated information on the Recreation Plan and related documents are located at www.mountainview.gov or contact Regina Maurantonio, Senior Administrative Analyst at (650) 903-6254.

Parks & Recreation Commission

Todd Fernandez (Chair), Ivan John (Vice Chair), Alicia Henderson, John Inks and Ed Mussman II.

The Parks and Recreation Commission meets the second Wednesday of the month at 7:00 p.m. at the Mountain View Public Library, 585 Franklin Street.

The meeting dates for the next few months are: December 13, 2006; January 10 and February 14, 2007.

Program Holidays *

Monday, January 15 – Martin Luther King Jr.
Monday, February 19 – President's Day
Monday, May 28 – Memorial Day
* Lap Swim holiday hours may vary; contact Eagle pool for schedule.

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Facility Rentals

We've got the perfect space for you!

The brand new, "Lodge Style" Mountain View Senior Center features meeting and activity rooms, and banquet facilities for parties of up to 200 persons. Located at 266 Escuela Avenue, the Mountain View Senior Center is one of the most beautiful facilities in the Bay Area, offering elegance suitable for the perfect wedding as well as the fun and friendly space for your birthday party!

But wait...there's more! The Community Center is the perfect facility for a birthday party, baby shower, business meeting, or any special occasion. The Mountain View Community Center is located at 201 South Rengstorff Avenue. This versatile facility can accommodate groups from 25 to 200 for dining.

For a more private event, the Historic Adobe building is ideal for an intimate wedding or family gathering. The building is located at 157 Moffett Boulevard and can accommodate groups up to 100. The building was restored in 2001 and has a large great room and beautiful adjacent garden area.

And there's always one of the many beautiful picnic areas in our parks! If you are looking for a memorable place to hold your child's birthday party, company picnic or family reunion, Rengstorff and Cuesta Parks can accommodate groups from 8 to 250 and are available for reservation. These large group and family BBQ areas are available for rent from May 1 through October 31, 2007. The first day to make reservations for the 2007 season is Tuesday, March 6, 2007.

For more information please visit our website at *www.mountainview.gov*

PARK SITES

1. Thaddeus Park
2. San Veron Park
3. Whisman Park
4. Monta Loma Park
5. Stevenson Park
6. Rex Manor Park
7. Jackson Park
8. Klein Park
9. Rengstorff Park/Pool
10. Eagle Park/Pool
11. Pioneer Park
12. Dana Park
13. Fairmont Park
14. Landels Park
15. Sylvan Park
16. Gemello Park
17. McKelvey Park
18. Bubb Park
19. Varsity Park
20. Cuesta Park
21. Cooper Park
22. Charleston Park
23. Creekside Park
24. Castro Park
25. Chetwood Park
26. Magnolia Park
27. Dog Park
28. Huff School / Park
29. Mercy-Bush Park
30. Slater School / Park
31. Springer School / Park
32. Devonshire Park*

*Completion date January 2007

FACILITIES KEY

A. Shoreline at Mountain View
B. Whisman Sports Center at Crittenden Middle School
C. Parks Division Office
D.Mountain View Community Center/Recreation Division
E. Mountain View Senior Center
F. Mountain View Sports Pavilion at Graham Middle School
G. Public Library, City Hall, Performing Arts
H.Deer Hollow Farm
I. Mountain View High School
J. Teen Center
K. Willowgate Garden

FACILITY DIRECTORY

Adobe Building
157 Moffett Boulevard.....903-6407

Cala Center Dojang (Cala Center)
1111 El Camino Real West #117...730-2534

Community Center (CC)
201 South Rengstorff Avenue.....903-6331

- Rm 1–Room 1
- Rm 2–Room 2
- Rm 3–Room 3
- AUD-Auditorium
- LSH-Lower Social Hall

California Fencing Academy (CFA)
950 S Rengstorff Ave Suite G.866-737-4903

Cooper Park
500 Chesley Avenue.....903-6331

Cuesta Park Tennis Center
685 Cuesta Drive 967-5955

Eagle Park Pool
650 Franklin Street 903-6413

Enkuban Dojo (Aikido)
209 West Evelyn Avenue 966-1447

KMVT 15 Studio
1400 Terra Bella Avenue.....968-1540

Mountain View Sports Pavilion (MVSP)
1185 Castro Street.....903-6819

Peninsula Youth Theater (PYT)
2500 Old Middlefield Way.....988-8798

Rengstorff Park Pool
201 South Rengstorff Avenue.....903-6414

Senior Center
266 Escuela Avenue.....903-6330

Shoreline At Mountain View
2600 North Shoreline Boulevard

- Administration 903-6392
- Amphitheatre Box Office.....967-4040
- Golf Links.....903-4653
- Lakeside Café 965-1745
- Michaels at Shoreline.....962-1014
- Sailing Lake.....965-7474

Whisman Sports Center (WSC)
1500 Middlefield Road 903-6626

Annual Tree Lighting Celebration

Monday, December 4, 2006
6:00 p.m. to 8:00 p.m.
Civic Center Plaza

Celebrate the holidays with friends and family. Enjoy live holiday music, refreshments, lights and the arrival of Santa Claus. Children can visit and have their picture taken with Santa. This is a free event. Guests are encouraged to bring a can of food to help build the giving tree which benefits the Mountain View Community Services Agency. More information available at *www.mountainview.gov.*

Spring Middle School Dance

Friday, March 30, 2007
7:00 p.m. to 10:00 p.m.
Community Center

Hang out with your friends, or make new ones, and dance the night away in a safe, exciting, and well-supervised environment. This dance has it all—DJ playing, lights, coatroom and a snack bar. Middle School dances are sponsored by the City of Mountain View Recreation Division. Dances are limited to students who live within the Mountain View-Whisman School District boundaries.

All dance sales are pre-sale. Pick up a registration form starting Monday, March 12, 2007. Cost is $5.00 with a student ID card. NO Mountain View-Whisman School ID, NO entry into the dance. For more information, please call (650) 903-6410.

Volunteer and Job Opportunities

What can volunteering do for you? Promote your health by doing good!

Hear what one of our Mountain View volunteers is saying –

"The joy of helping people, feeling useful and providing a service. It makes me feel worthwhile and good inside " - Eva Stern, Senior Center volunteer

Volunteering is great for your community and makes the world a better place, and it can boost your own health at the same time!

A few of the health benefits from volunteering are

- builds your confidence
- introduce you to new friends
- create more fun in your life
- improve your health
- boost career options

There is evidence that volunteering can improve your health. In "The Healing Power of Doing Good," Allan Luks found medical and scientific documentation supporting the health benefits of volunteering –

- a heightened sense of well-being
- an improvement in insomnia
- a stronger immune system
- speedier recovery from surgery

"Keeping Citizens Connected, Keeps Communities Stronger!"

The City of Mountain View Volunteer Services Program gives you the opportunity to turn your special talents and abilities into positive action. Make the connection and give your time and talents to bring about community spirit and pride! The Volunteer Services Office is committed to citizen participation by matching citizens to volunteer opportunities that enhance City programs and services. Check out how you can get involved and connected in your community today! Call the Volunteer Services Office at (650) 903-6607 or check out our City website at *www.mountainview.gov.*

Check out how you can get involved today!

Have you been looking for a way to get involved in the Mountain View community but have little time? Do you have 1-2 hours of free time each month? The Library is reigniting their SOS - Special Outreach Program to Mountain View residents.

The City of Mountain View is looking for volunteers to deliver library materials to individuals who are homebound and living in Mountain View. Deliveries are made once a month during a regularly designated week (day and time of delivery is flexible within that week). To find out more about this program, you can contact Amy O'Connor at the City of Mountain View Public Library (650) 903-7034 or Rae Blasquez at the Volunteer Services Office, (650) 903-6607.

City of Mountain View Public Library SOS - Special Outreach Services

SOS is a Library service available to residents of Mountain View. The purpose of this community service is to provide delivery of materials (including books, large-print books, books-on-CD, etc.) to seniors or others who, because of illness or physical disability, are homebound and unable to visit the Library.

This service is conducted primarily through partnership with community volunteers who deliver and pick up Library materials during a designated week each month. In many cases the volunteers will also select the materials to be delivered based on "Patron Profile" information gathered by Library staff. It is hoped that through this experience both the patron and the volunteer will enjoy a mutually rewarding experience.

To request SOS service, please contact:
Amy O'Connor (650) 526-7034
amy.oconnor@mountainview.gov

RECREATION LEADERS WANTED!

Work for the City of Mountain View as a Recreation Leader in our preschool, elementary or teen programs!

Recreation Leaders supervise youth in a wide variety of summer recreation activities, including arts, crafts, sports, active games, singing, storytelling, nature walks, field trips and swimming. We're looking for energetic, organized, enthusiastic, mature individuals who think ahead and use good judgment. Recreation Leaders create community through people, parks and programs!

You must be at least 16 years old to apply for this position.

If you need an application and more information: Visit our website at *www.mountainview.gov* and click on "Employee Services," or pick up an application at the City of Mountain View Community Center, 201 South Rengstorff Avenue, Mountain View, CA. You can also call (650) 903-6331.

Deer Hollow Farm:
A WALK IN THE WILDERNESS

It's time to put on your walking shoes and enjoy a low-impact activity that is good for all ages! Step out into the crisp winter weather on a 1-mile moderate stroll to Deer Hollow Farm. During your journey to this historical homestead, you can explore the wildlife and plant life found in the 3,800-acre Rancho San Antonio Open Space Preserve surrounding the Farm. If you choose to take a more vigorous trip, there are 23 miles of trails open to hikers and runners.

Visitors to Deer Hollow Farm are welcome to take a self-guided tour of the barnyard where livestock and a productive orchard and garden can be viewed. This is an excellent opportunity for children and adults to be reminded that people once raised or produced the food that they ate.

For more information, directions and hours, please visit the Deer Hollow Farm website at *www.mountainview.gov* or call (650) 903-6440.

MIDDLE SCHOOL AFTER-SCHOOL PROGRAMS

After-School Programs located at Graham and Crittenden Middle Schools are free, supervised drop-in programs offered by the City of Mountain View and the Mountain View-Whisman School District. The After-School Program includes a homework study hall and Tween Time Recreation. An instructional aide supervises the school homework study hall and the Tween Time Recreation is supervised by trained Recreation Leaders. Each teen rotates to different activities from the time school is released until 6:00 pm, Monday through Friday.

Program flyers and registration forms are available in the front offices of Graham and Crittenden Middle Schools and the City of Mountain View Community Center. For more information, call (650) 903-6410.

MOUNTAIN VIEW TEEN CENTER FOR MIDDLE SCHOOL STUDENTS

The City of Mountain View Teen Center, located at 298 Escuela Avenue, is currently closed for facility upgrades. The Teen Center is a FREE, supervised, registration program for middle school teens. The center provides a safe place for teens to enjoy FREE snacks, table games (ping pong, pool table, air hockey, foosball, double shot basketball), two big screen TVs, PlayStation 2, movies, cooking projects, music backyard area and much much more!

The Teen Center is for City of Mountain View middle school students only. For more information, please call the Youth and Teen Programs Hotline at (650) 903-6417.

Re-Grand Opening to be announced!

TEEN PROGRAMS SUMMER PREVIEW

Rec'ing Crew is a summer camp for middle school students. Spectacular adventures all summer long. Participants experience a safe place with fantastic recreation leader role models, a variety of events, activities and many field trips around the Bay Area. Rec'ing Crew takes place this summer at the Mountain View Sports Pavilion.

Teen Extreme is a weeklong excursion camp during 4th of July week! Teens depart on bigger trips, longer days and UNLIMITED FUN!! What more could you want? Teen Extreme Adventure participants will meet at the Mountain View Sports Pavilion.

Accessible Programs and Facilities

Reasonable accommodations in facilities, policies, procedures and/or practices will be made, if necessary, to ensure full and equal access and enjoyment of all programs and activities for individuals with a disability in accordance with the Americans with Disabilities Act (ADA). Individuals with disabilities should contact the Recreation Division at (650) 903-6331 to discuss meeting accessibility.

COMMUNITY GARDENS

Fresh: *recently produced, made, or harvested.*

This is what you will find at the Willowgate Community Garden located at the end of Andsbury Avenue in Mountain View. The roughly one-acre field, free of chemical pesticides and herbicides, holds 84 plots lush with vines, vegetables, herbs and flowers, and has been a beloved getaway for local green thumbs for 24 years. Apart from the homegrown produce, many also appreciate the social and cultural aspects of a community garden. Mountain View's Willowgate Community Garden holds several events throughout the year to bring out gardeners of all skill levels, cultural backgrounds, and ages. The gardeners share their passion for homegrown produce along with tools, neighborly chats and sound pieces of advice with dozens of plot neighbors who unite through their common interest. Willowgate Garden is one of the many programs that help the Recreation Division to create community through People, Parks and Programs. For more information, call (650) 903-6331 or visit the Community Gardens website at www.mountainview.gov.

LEADER IN TRAINING

Too old for camp and too young to be a recreation leader?

If you are mature, energetic, outgoing, enthusiastic, creative, and between the age of 13 and 15 years old, apply now to be part of the Leader in Training (LIT) program! Learn about leadership, responsibility and service to others while gaining valuable work experience for future jobs!

LITs assist Recreation Leaders with summer day camps and help lead games, sports, crafts and field trips to various locations. Pick up an application at the City of Mountain View Community Center and at Graham or Crittenden Middle School starting in March 2007. Applications are due no later than Friday, April 20, 2007, 5:00 p.m. For more information, call (650) 903-6410.

Recreation Class Financial Assistance Program (FAP)

The City provides eligible low-income residents limited financial assistance, to register for recreation classes and enjoy the benefits of recreation. In order to qualify, you must be a Mountain View resident and: (a) qualify for the Free or Reduced Lunch Program through the Mountain View-Whisman School District; or (b) qualify through the Community Services Agency (CSA) Screening Process (subject to Santa Clara County HUD guidelines). The original of either the MVWSD APPROVAL LETTER or the CSA VOUCHER must be submitted the first time you register for recreation classes each year. A $5 withdrawal fee shall be deducted for each class cancellation and subtracted from the customer's FAP allocation. No amount will be returned to existing FAP balance once its has been applied towards class registration unless class is cancelled by the Recreation Division. FAP is good for one year and does not apply to Tennis, Golf and Special Events.

Senior Center

Our mission is to provide programs that meet the individual needs of seniors, promote personal growth and socialization, and foster feelings of achievement, companionship and well-being.

Seniors Feel At Home

Seniors are settling into their new permanent location at 266 Escuela Avenue. The 25,000 square foot facility provides seniors with all the amenities the old Senior Center and interim facility offered and more: a comfortable lobby and lounge area, a dining hall able to accommodate up to 200 people for lunch, classrooms filled with natural light, pool tables, table tennis and a computer lab, which now hosts a variety of computer instruction courses. Please visit our new and improved website for more information at *www.mountainview.gov.*

Classes at the Senior Center

Enjoy Senior Center classes offered through Mountain View-Los Altos Adult Education and Foothill-De Anza Community College District by registering for oils and acrylics, watercolor, ceramics, general conditioning, aerobics, arthritis exercise and much more. Attend a free class with volunteer instructors, including creative stitchery, woodcarving, line dance, knitting & crocheting, and square dancing.

Drop-In-Activities

The Senior Center offers many free activities. Drop-in and enjoy free billiards, table tennis and card games. Daily word puzzles are available or just come and sit down and enjoy a cup of coffee and meet someone new. Seniors are welcome to drop in and use the free exercise room that offers treadmills, stationary bicycles, elliptical trainer and free weights. Prior to using the exercise equipment, each participant must attend exercise orientation offered by appointment only. A computer lab with Internet-ready computers is available for use.

Nutrition Program

The Senior Nutrition Program provides subsidized hot lunches each weekday to clients over the age of 60. These lunches offer a time for nutrition, socializing and education. There are dances every Monday and Friday from 10:30 a.m. to 12:00 noon. Lunches are prepared daily on-site and the suggested donation is $2.00. Meals are served Monday through Friday at 12:00 noon. Check-in for lunch prior to 11:45 a.m. No reservations are required. The Nutrition Program is offered in conjunction with the Community Services Agency of Mountain View-Los Altos and the County of Santa Clara. For more information on the Nutrition Program, please call (650) 964-6586.

Health and Social Services

Throughout the year, many free social services are available such as blood pressure checks, legal referrals, renter's assistance, hearing screenings, income tax preparation, flu shots, health insurance counseling and podiatry screenings. Once a month, a case manager from the Community Services Agency is available for drop-in appointments to meet with individuals and families to discuss life changes. For more information or to make an appointment, please call (650) 903-6330.

Senior Center Volunteer Opportunities

The Senior Center offers volunteer placement to seniors and other interested citizens. Currently, the Senior Center seeks volunteer registered nurses to provide free blood pressure checks to seniors once a month at the Senior Center. If you are interested, please call (650) 903-6330.

For more information about the programs and services offered at the Mountain View Senior Center, call (650) 903-6330. You may also go online to view the monthly newsletter called The Prime Time News and the quarterly class guide at *www.mountainview.gov.*

Senior Center Hours

Monday through Friday
8:30 a.m.-5:00 p.m.

Monday, Wednesday, and Friday from 6:30 p.m. through 9:00 p.m. and by reservation.

Aquatics

Local Swim Clubs

Mountain View Masters (MVM) is a swim program for the adult community aged 18 and older of all swimming ability levels. MVM offers coached practices, stroke instruction, private lessons, group clinics, lap swimming, local swim competitions and fun social events year round and has a triathlon club. Practices are mornings, Monday through Saturday at Eagle Pool. Monthly dues include access to all MVM practices and City lap swim program. All members must register with Pacific Masters Swimming (PMS); annual dues are $35. Drop-in fee for PMS registered swimmers is $7.00. For more information, including current monthly dues, practice schedule and sample practices, visit the club website, *www.mvm.org* or *email- mail@mvm.org* or call (408) 735-1326.

Los Altos-Mountain View Aquatic Club (LAMVAC), sanctioned by United States Swimming, Inc., offers year-round competitive swimming for boys and girls ages 5 to 18, novice through advanced. All practice sessions are coached by experienced certified coaches and instructor at Eagle Pool. For more information, visit us at *www.lamvac.org* or call (650 599-2213.

AQUA-CISE (18+ yrs)

Join the Aqua-cise community in a medium-paced, low-impact water aerobic conditioning class designed to improve cardiovascular fitness as well as tone muscles and increase flexibility. No swimming skills necessary. Instructor: Recreation Staff. Location: Eagle Park Pool unless otherwise notified. Class 10666,10667 and 10668 are Beginning classes. NO CLASS 1/15, 2/19, 5/28.

10666	M,W,F	12:00 -12:55PM	1/3-1/31	R$30.25/NR$41.50	SR$8.25/SNR$19.50
10667	M,W,F	12:00 -12:55PM	2/2-2/28	R$30.25/NR$41.50	SR$8.25/SNR$19.50
10668	M,W,F	12:00 -12:55PM	3/2-3/30	R$38.50/NR$49.75	SR$10.50/SNR$21.75
10763	M,W,F	12:00 -12:55PM	4/2-4/30	R$33.00/NR$44.25	SR$9.00/SNR$20.25
10764	M,W,F	12:00 - 12:55PM	5/2-5/30	R$35.75/NR$47.00	SR$9.75/SNR$21.00
10765	M,W,F	12:00 - 12:55PM	6/1-6/29	R$35.75/NR$47.00	SR$9.75/SNR$21.00

AQUATIC FITNESS (18+ yrs)

Join the exhilaration and fun of a total exercise program! No swimming skills required. Exercises are designed to develop muscle tone, strength, and flexibility as the body moves against the resistance of the water. Instructor: Mary Beth Wilson. Location: Eagle Park Pool, unless otherwise notified. NO CLASS 1/15, 2/19, 5/28.

10669	M,W,F	8:05 - 9:00AM	1/3-1/31	R$27.50/NR$38.75	SR$8.25/SNR$19.50
10670	M,W,F	8:05 - 9:00AM	2/2-2/28	R$30.25/NR$41.50	SR$8.25/SNR$19.50
10671	M,W,F	8:05 - 9:00AM	3/2-3/30	R$35.00/NR$46.25	SR$10.50/SNR$21.75
10766	M,W,F	8:05 - 9:00AM	4/2-4/30	R$30.00/NR$41.25	SR$9.00/SNR$20.25
10767	M,W,F	8:05 - 9:00AM	5/2-5/30	R$32.50/NR$43.75	SR$9.75/SNR$21.00
10768	M,W,F	8:05 - 9:00AM	6/1-6/29	R$32.50/NR$43.75	SR$9.75/SNR$21.00

DEEP WATER EXERCISE (18+ yrs)

Aerobic and strengthening exercises are performed in deep water with the assistance of a flotation device. Deep Water Exercise provides the benefits of aerobic exercise without the negative impact. Participants must be comfortable in deep water, but ability to swim is not required. Flotation devices will be provided. Instructor: Sharon Klaisner. Location: Eagle Park Pool, unless otherwise notified.

10672	T,Th	8:05 - 8:55AM	1/2-1/30	R$24.75/NR$36.00	SR$6.75/SNR$18.00
10673	T,Th	8:05 - 8:55AM	2/1-2/27	R$22.00/NR$33.25	SR$6.00/SNR$17.25
10674	T,Th	8:05 - 8:55AM	3/1-3/29	R$24.75/NR $36.00	SR$6.75/SNR$18.00
10769	T,Th	8:05 - 8:55AM	4/3-4/26	R$22.00/NR$33.25	SR$6.00/SNR$17.25
10770	T,Th	8:05 - 8:55AM	5/1-5/31	R$24.75/NR$36.00	SR$6.75/SNR$18.00
10771	T,Th	8:05 - 8:55AM	6/5-6/29	R$24.75/NR$36.00	SR$6.75/SNR$18.00

LIFEGUARD TRAINING

This course is specifically designed to prepare students for eligibility to apply for Lifeguard employment. Upon successful completion of this course, students will receive the following certifications: CPR for the Professional Rescuer, AED, First Aid training and Lifeguard Training certification. Participants must be **15 years old by the last date of the class** and able to swim 500 yards continuously, tread water for two minutes and retrieve a 10-pound brick from the bottom of the pool. ATTENDANCE IS MANDATORY AT ALL CLASSES. Bring a swimsuit and a towel to every class. Fee includes books and certifications. Location: Eagle Park Pool unless otherwise notified.

10760	F	5:00 - 9:00PM	4/13 & 4/20	R$155.00/NR$166.25
	Sa	8:30AM -5:30PM	4/14 & 4/21	
	Su	8:30AM-5:30PM	4/15 & 4/22	
10761	F	5:00 - 9:00PM	5/4 & 5/18	R$155.00/NR$166.25
	Sa	8:30AM - 5:30PM	5/5 & 5/19	
	Su	8:30AM - 5:30PM	5/6 & 5/20	

WATER SAFETY INSTRUCTOR

This class will train instructor candidates to teach American Red Cross Learn to Swim, infant/pre-school programs and Community Water Safety courses. Prerequisites: **must be 16 years old by April 13, 2007** and pass a pretest consisting of water safety and swimming skills on the first day of class. ATTENDANCE IS MANDATORY AT ALL CLASSES. Bring a swimsuit and towel to every class. Fee includes books and certification. Location: Eagle Pool unless otherwise notified.

10762	M,Tu,W,Th,F	8:30AM - 5:30PM	4/9-4/13	R$155.00/NR$166.25

LAP SWIM (18+ yrs)

Lap Swimming is a great opportunity available for adults aged 18 and up to increase their health and wellness. Schedule is subject to change due to holidays and routine pool maintenance. Please visit *www.mountainview.gov* for schedule updates. Lap Swim Cards and Day Passes may be purchased at the following locations:

- Mountain View Community Center (201 South Rengstorff Avenue)
- City Hall Finance Department (500 Castro Street)
- Eagle Park Pool during Lap Swim hours only. (Please have exact change or check) or
- By mail (include a self-addressed stamped envelope)

Mountain View Residents must provide proof of residency.

EAGLE POOL	SCHEDULE CHANGES	FEES
Weekdays: 10:30a.m.-1:30p.m.	Closed: 1/1	Adult: R$47/NR$57
6:00-8:00p.m.	Limited Schedule: 1/15, 2/19,	Senior: R$13/NR$23
Weekends: 9:00-11:45am	5/28, 7/4, 9/3	Day Pass: R$2.50/NR$3.50

Dance Classes and Preschool

Dance Force teaches a variety of styles of dance classes which include ballet, tap, jazz, hip hop, cheerleading, acrobatics, tiny tots, mommy & me classes, pre-ballet, combo classes, ethnic-style dancing, and more. We teach children from the age of 10 months to adults. Dancing is a great way for your child to learn coordination, grace, balance, confidence, and helps to build their self-esteem. Sign your child up for one of our classes and let them experience the joy and fun of dance! For more specific information on classes, call Dance Force at (408) 371-5678 or e-mail us at: *danceforceinfo@aol.com*

***Denotes dance recital participation. All costume fees are included in the registration cost.**

BALLET

This ballet class will teach the fundamentals of ballet with a focus on technique, and will introduce your child to terminology of steps. Instructor: Kristin Greene (Mondays, Wednesdays and Saturdays), and Dance Force Staff (Tuesdays)

10675	3 - 4 yrs	M	2:30 - 3:15PM	Rm 3	3/5-6/4	R$106.50/NR$117.75
10676	3.5 - 5 yrs	T	10:15 - 11:00AM	Rm 3	3/6-5/29	R$106.50/NR$117.75
10677	2.5 - 3.5 yrs	T	11.15 - 11.45AM	Rm 3	3/6-5/29	R$91.50/NR$102.75
10851	2.5 - 3.5 yrs	W	5:30 - 6:00PM	Rm 3	3/7-5/30	R$91.50/NR$102.75
10877*	5 - 7 yrs	W	4:30 - 5:15PM	Rm 3	3/7-6/6	R$131.50/NR$142.75
10852	2.5 - 3.5 yrs	Sa	10:00 -10:30AM	WSC-Auxiliary Rm	3/10-6/2	R$91.50/NR$102.75
10853*	5 - 7 yrs	Sa	12:45 - 1:30PM	WSC-Auxiliary Rm	3/10-6/2	R$131.50/NR$142.75

CHEERLEADING/KIDS HIP HOP

This class has it all! Your child will learn cheerleading motions, cheers, chants, jumps and techniques and use pom poms. They will also learn basic jazz and hip hop moves to music like Radio Disney and Kids Bop! Instructor: Kristin Greene (Mondays) and Dance Force Staff (Tuesdays)

10884*	5 - 7 yrs	M	5:30 - 6:15PM	Rm 3	3/5-6/4	R$131.50/NR$142.75
10679*	5 - 7 yrs	T	3:30 - 4:15PM	Rm 3	3/6-5/29	R$131.50/NR$142.75
10855*	7 - 9 yrs	T	4:30 - 5:15PM	Rm 3	3/6-5/29	R$131.50/NR$142.75

COMBO (BALLET/TAP/JAZZ)

This is a great class which introduces your child to ballet, tap and jazz steps. Children will use props, scarves and wands and will begin to understand dance terminology. COMBO II (Tap and Jazz): A progression of the Combo I class. 10686 is a Combo II class. Instructor: Kristin Greene.

10680*	5 - 7 yrs	M	3:30 - 4:15PM	Rm 3	3/5-6/4	R$131.50/NR$142.75
10681	3.5 - 5.5 yrs	M	4:30 - 5:15PM	Rm 3	3/5-6/4	R$106.50/NR$117.75
10683*	8 - 12 yrs	W	6:15 - 7:00PM	Rm 3	3/7-5/30	R$131.50/NR$142.75
10684	3.5 - 5.5 yrs	Sa	10:45 -11:30AM	WSC-Auxiliary Rm	3/10-6/2	R$106.50/NR$117.75
10685*	5 - 7 yrs	Sa	11:45 -12:30PM	WSC-Auxiliary Rm	3/10-6/2	R$131.50/NR$142.75
10686*	6 - 9 yrs	Sa	1:45 - 2:30PM	WSC-Auxiliary Rm	3/10-6/2	R$131.50/NR$142.75

KID'S HIP HOP AND JAZZ

Kids' Hip Hop & Jazz is designed for younger children. This class teaches age-appropriate dance moves in a fun and action-packed environment. They will learn basic jazz and hip hop moves to music like Radio Disney and Kids Bop! Instructor: Dance Force Staff

10687*	8 - 11 yrs	T	5:30 - 6:15PM	Rm 3	3/6-5/29	R$131.50/NR$142.75
10688*	11 - 16 yrs	T	6:30 - 7:15PM	Rm 3	3/6-5/29	R$131.50/NR$142.75
10856*	5 - 7 yrs	W	3:30 - 4:15PM	Rm 3	3/7-5/30	R$131.50/NR$142.75

ME AND MY SHADOW BALLET

This is a parent or caretaker participation class. You will come with your dancer and explore the world of dance together. You will both have a great time dancing to fun tiny tot music and will be using a variety of dance props like magic wands, rainbow scarves, teddy bears, and more! Instructor: Dance Force Staff

10857	1.5 - 2.5 yrs	T	9:30 - 10:00AM	Rm 3	3/6-5/29	R$91.50/NR$102.75

Annual Recreation Dance Recital

This year, the fun and excitement of our Annual Dance Recital is set for Wednesday, June 6, 2007! Students registered in classes for ages 5 and up will participate in the dance recital to be held at the Mountain View Center for the Performing Arts. All other classes will have an in-class performance at the last class meeting. More dance recital information will be available after classes begin. Look for the asterisk (*) symbol next to each class number which denotes what classes will be participating in the Annual Dance Recital. All costume fees are included in the registration cost.

PRESCHOOL CLASSES

Prior registration has been taken for the 2006-2007 school year and classes are full with a wait list at this time. For more information and to place your child on the waitlist, visit the Community Center during regular business hours. All participants must be "potty-trained." Submit copy of the birth certificate and current immunization. PLAYSCHOOLERS MUST HAVE BEEN BORN BETWEEN DECEMBER 3, 2001 AND DECEMBER 2, 2002. TOT TIMERS MUST HAVE BEEN BORN BETWEEN DECEMBER 3, 2002 AND DECEMBER 2, 2003. Instructors: Miss Mary and Miss Molly.

Our creative play-based curriculum encourages age-appropriate growth of emotional, social, cognitive and physical development to prepare the individual child for kindergarten readiness. We provide the opportunity for each child to learn at their own pace through project time, indoor and outdoor play, circle time where there will be singing, games, and stories. Tot time class introduces the basics of early childhood education, while Playschool class fine-tunes the skills necessary for Kindergarten.

Fall 2007-2008 Preschool class information will be featured in the Summer Activity Guide. To schedule a classroom visit, please contact Molly Given or Mary Freeman at (650) 903-6408.

Building Strong Preschoolers for the Future

As a community, we all want our children to grow up to be the best they can be, get along with others, be healthy, be athletic, do well in school, feel safe and valued by their community. This article, presents a variety of ways to enrich your child's experience and build a stronger future.

Is your preschooler active and always on the go? If so, they are showing signs of a healthy and active child. Studies show that preschoolers ages 3-5 years of age need to engage in one hour of unstructured physical activities and one hour of adult led activities each day. Studies also show that children should not be inactive for more than one hour at a time except for when they are sleeping. It is recommended that they watch less than 30 minutes of TV each day. Having regular scheduled planned activities is very important for your preschooler physically, mentally, and socially. Have them help in planning the activities for the day as this will help them build a sense of purpose and their self-esteem.

Your preschooler is looking to you for guidance, reassurance, and someone to play with.

Here are some ways for you and your Preschooler to Build a Healthy Lifestyle Together:

- Invest in a hobby together (Introduce your favorite or find one together)
- Eat Healthy foods and make sure they are getting a balanced diet recommended by the USDA.
- Participate in Safe Bike/Tricycle riding
- Walk to the park versus driving
- Enroll them in sport activities and/or Parent/Tot classes with the City of Mountain View
- Have them help with food preparation or in the kitchen
- Arrange for them to be involved in preschool, playgroups and/or play dates
- Take them hiking or on nature walks
- Avoid just watching and become active with them on the playground.
- Teach and play fun games with them like hopscotch, jump rope, catch, kick ball and other games you played when you were a child
- Make sure the activities you participate in together are age-appropriate and that they feel a sense of pride while participating in them.

For this content and related information, please visit: *www.kidshealth.org* and *www.usda.gov.*

BE MY VALENTINE!

Join our staff for creative activities constructing Valentine cards, decorations and crafts for your family and friends. All participants must be potty trained. Instructor: Recreation Staff. Class will be in Rm 1.

10749	3.5 - 6 yrs	Sa	10:00AM -12:00PM	2/10-2/10	R$10.00/NR$21.25

EXPLORING ART TOGETHER

This class will provide both you and your child with the opportunity to meet new friends while participating in an art-based play group setting. Each week our staff will lead fun activities based on weekly themes. You and your child will have fun while you listen to stories, sing songs, play games and do a craft together with new friends.
Instructor: Recreation Staff. Classes will be held in Rm 1.

10848	1.5 - 3.5 yrs	Sa	9:00 -10:30AM	1/13-2/3	R$56.00/NR$67.25

HOP INTO SPRING - NEW!

Create, learn and explore the season of spring. Your child will spend the afternoon filled with singing, crafts and a yummy snack. All participants must be potty-trained. Instructor: Recreation Staff. Class will be held in Rm 1.

10874	3 - 6 yrs	Sa	1:00 - 3:00PM	3/31-3/31	R$10.00/NR$21.25

SPANISH EXPLORATION - NEW!

Come and join Adriana Faiman, as she teaches her passion for the culture and language of her native heritage. While in class, your child will have the opportunity to learn Spanish in a fun, recreational environment through music, games, crafts, storytelling and dramatic play. This class is open to all children wanting to participate in a friendly and innovative educational setting. Each child must be accompanied by one adult. Please, no siblings. Children enrolled in Class #10872 will receive priority registration for Class # 10873. Instructor: Adriana Faiman. Class will be held in Rm 3. NO CLASS ON 2/19 AND 5/28.

10872	3 - 5 yrs	M	1:00 - 1:40PM	1/22-3/19	R$135.00/NR$146.25
10873	3 - 5 yrs	M	1:00 - 1:40PM	4/16-6/11	R$135.00/NR$146.25

STORY TIME WITH MISS MARY & MISS MOLLY

Come and rediscover the warmth and wonder of an Eric Carle storybook! We will be retelling three of Carle's finest stories with flannel boards, fingerplays, and songs. Each child will create a story-related keepsake and fond memories to last a lifetime! Each child must be accompanied by one adult. Please, no siblings. Class will be held in Rm 1.

10821	3 - 6 yrs	W	1:00 - 2:00PM	3/7-3/21	R$13.50/NR$24.75

Family Time Capsules

Capture the precious memories of your preschooler as they grow into adolescents. This project can have many different variations and can be done indoors or outdoors. This can be a family project or just one for the kids. Each time capsule should be personalized and contain memorable information about the maker.

Supplies Needed:

·2-Liter bottle with top (dried out or an envelop, folder or scrapbook)

·Craft products such as adhesive tape or glue, paper, markers, crayons, pens

Things to include:

·Child's artwork

·Their height and/or height

·List of their favorite color, food, animal, sport, book, movie, etc.

·Friends names

·Pictures

·Hand or footprint

·Favorite toy (picture)

Instructions:

1.Decorate your capsule with child's name, age pictures, etc.

2.Gather what you and your child would like to put in it

3.Have fun and be creative.

Seal it up don't open it for a long, long time. The longer you wait the more fun it is. **Try to wait at least one year!**

SPECIAL INTEREST

ANIMATION WORKSHOP - NEW!

The animation workshop introduces students to stop-motion animation production. Animations are created using digital cameras and capture software and students learn about all aspects of the production process as they work in teams to write, direct and produce their own short film. Instructor: Children's Technology Workshop Staff. Classes will be held in Rm 3.

10836	8 - 10 yrs	Sa	9:00AM -12:00PM	1/27-1/27	R$67.50/NR$78.75
10837	11 - 14 yrs	Sa	1:00 - 4:00PM	1/27-1/27	R$67.50/NR$78.75
10838	8 -10 yrs	Sa	9:00AM -12:00PM	3/24-3/24	R$67.50/NR$78.75
10839	11 - 14 yrs	Sa	1:00 - 4:00PM	3/24-3/24	R$67.50/NR$78.75
10840	8 - 10 yrs	Sa	9:00AM -12:00PM	5/5-5/5	R$67.50/NR$78.75
10841	11 - 14 yrs	Sa	1:00 -4:00PM	5/5-5/5	R$67.50/NR$78.75

WORKSHOP WHIZARD - NEW!

The Workshop Whizard program introduces participants to a variety of mechanical concepts. Students will learn about topics such as gear ratios, locomotions and energy as they construct a variety of mechanisms using LEGO and other hands-on and take home building materials. Classes will be held in Rm 2.

10845	8 - 11 yrs	T,Th	3:30 - 4:15PM	3/6-3/29	R$67.50/NR$78.75

VIDEO GAME CREATION - NEW!

Participants will create a variety of age-appropriate computer games using the Children's Technology Workshop Game Maker program. Learn how to create characters, make them move throughout the game and interact with other game objects. At the end of the workshop, students will take home a CD-ROM containing their game files so that they may play their games at home. Classes will be held in Rm 1.

10842	11 - 14 yrs	W	3:30 - 6:30PM	2/7-2/7	R$67.50/NR$78.75
10843	11 - 14 yrs	W	3:30 - 6:30PM	3/28-3/28	R$67.50/NR$78.75
10844	11 - 14 yrs	W	3:30 - 6:30PM	4/25-4/25	R$67.50/NR$78.75

BABYSITTER'S TRAINING

The American Red Cross gives the knowledge, skills and confidence to care for infants and school-age children. This course teaches rescue breathing, first aid for choking and bleeding and basic care (diapering, holding, feeding, dressing) for infants and small children; participants learn how to interview for a babysitting job; make responsible decisions; supervise children and stay safe. Participants receive a Red Cross handbook, and supply bag with first-aid supplies, flashlight, and emergency information forms. Upon completion, you will earn a Babysitter's Training Certification. Instructor: Palo Alto Red Cross. Classes will be held at the Teen Center.

10772	11 - 16 yrs	M	4:00 - 6:00PM	5/7-5/21	R$73.50/NR$84.75

WHEN I'M IN CHARGE

This 2.5 hour course teaches children to be more aware of potential dangers they could face when home alone, as well as teaching responsibility for personal safety and well being. Topics include: keeping your house key safe, door safety, dealing with fires and gas leaks, phone and Internet safety, how to get help, and other related topics. Parents are invited to attend the last 30 minutes of class for the family communication lesson. Instructor: Palo Alto Red Cross Staff. Classes will be held in Rm 2.

10869	9 - 14 yrs	Sa	10:00AM -12:30PM	2/17-2/17	R$30.50/NR$41.75
10870	9 - 14 yrs	Sa	10:00AM -12:30PM	3/10-3/10	R$30.50/NR$41.75
10871	9 - 14 yrs	Sa	10:00AM -12:30PM	4/28-4/28	R$30.50/NR$41.75

KIDS CAFE

This delicious class offers children the opportunity to do what they love to do - eat! The workshops focus on food preparation, kitchen safety, nutritious eating and presentation. You don't want to miss this tasty class! Instructor: Recreation Staff. Classes will be held in the Lower Social Hall.

10696	8 - 12 yrs	Sa	10:00AM -12:00PM	2/3-2/17	R$45.00/NR$56.25
10824	8 - 12 yrs	Sa	10:00AM -12:00PM	5/12-5/26	R$45.00/NR$56.25

WILD IMAGINEERS

Does your child have a wild imagination? If so, this hands-on class is what you're looking for! Your child will have the opportunity to create unique projects based on weekly themes in a safe and rewarding environment. Themes include "Things that Fly", "Things that are Gooey", "Things that Grow", and "Things that are Edible". Don't miss out on this exciting, hands-on class. Instructor: Recreation Staff. Classes will be held in Rm 1 for the Saturday class and Rm 2 for the Wednesday class.

10847	7 - 11 yrs	W	3:30 - 4:15PM	3/7-3/28	R$56.00/NR$67.25
10846	3 - 6 yrs	Sa	10:00AM -12:00PM	3/17-3/31	R$56.00/NR$67.25

PARENTS NIGHT OUT, KIDS NIGHT IN! - NEW!

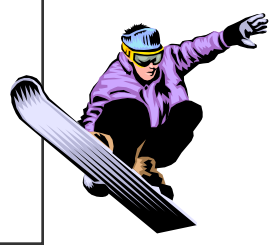
ATTENTION PARENTS! Celebrate Valentine's Day early by bringing your children to the Mountain View Community Center while you and your special someone enjoy a night out alone. Here's your chance to celebrate a Friday night out while your kids have fun creating crafts, playing games, and baking! Each participant will be provided with a pizza dinner and drink. Enjoy your night out! Classes will be held in the Lower Social Hall.

10868	7 - 11 yrs	F	5:30 - 8:30PM	2/9-2/9	R$20.00/NR$31.25

SKI AND SNOWBOARD TRIP FOR TEENS

Come and hit the slopes with us for a great day of boarding or skiing at Northstar and,or Sierra! The City of Mountain View Recreation Division and Bay Area Ski Bus will provide supervision, luxury bus transportation, lift ticket for the day, snacks on the bus, movies and giveaways! Teens must bring equipment with them (no rentals at resort). Departure time is 4:00 a.m. from the Mountain View Community Center. Return time is approximately 9:30 p.m. Registration deadline is January 21, 2007. At the time of registration a liability waiver form and behavior contract must be signed and an information packet will be issued. Instructor: Recreation Staff. Drop-off at the Community Center Lobby.

10854	12 - 18 yrs	Sa	4:00AM - 9:00PM	2/3-2/3	R$95.25/NR$106.50
10867	12 - 18 yrs	Sa	4:00AM - 9:00PM	3/3-3/3	R$95.25/NR$106.50



KMVT and Vacation Camps

KMVT
Mountain View's Community Television Station

KMVT ORIENTATION (17+ yrs.)

Find out what Community-Produced Television is all about! Learn how you can be involved directly with what you see on your local television station. Acquaint yourself with KMVT policies and procedures, training opportunities and services. Classes are held at KMVT15 Studio.

*This Orientation is a prerequisite to most adult production-oriented workshop offerings.

11007	Tu	4:00 - 5:00PM	1/2-1/2	Free
11008	Sa	10:00 - 11:00AM	1/20-1/20	Free
11009	M	4:00 - 5:00PM	2/5-2/5	Free
11010	Sa	10:00 - 11:00AM	2/17-2/17	Free

TELEVISION ACTING FOR ADULTS (17+ yrs.)

Workshop offered for amateurs, semi-professionals and professionals alike, providing a unique opportunity to learn, practice and refine acting skills in a television studio setting. KMVT's professional lighting and video coverage will provide live video feedback for rehearsing lines and scenes, making this an invaluable tool for actors, whether for stage or screen. Classes are held at KMVT15 Studio.

11011	Sa	3:00 - 4:30PM	1/6-3/10	$250.00

TELEVISION ACTING FOR YOUTH (12-14 yrs.)

10-week workshop provides unique opportunity to learn, practice and refine acting skills in a television studio setting using professional lighting and video coverage. Each student's favorite acting video will be aired on KMVT15. Classes are held at KMVT15 Studio

11006	M	6:15 - 7:45PM	1/8 - 3/12	$250.00

STUDIO PRODUCTION FOR ADULTS (17+ yrs.)

Learn the basics of studio production, including camera operation, floor direction, audio engineering, technical directing, tape operation and direction. Participants have hands-on practice with all equipment crew positions. Final class session produces two programs to be seen on KMVT15 entitled "Random Access." Classes are held at KMVT15 Studio.
*Prerequisite: Orientation

11012	W	6:30 - 9:30PM	1/3 - 1/24	$85.00
11013	W	6:30 - 9:30PM	2/7 - 2/28	$85.00
11014	W	6:30 - 9:30PM	3/7 - 2/28	$85.00

VIDEO PRODUCTION FOR YOUTH (12-14 yrs.)

An introduction to video production using professional studio and equipment. Students will gain basic skills in screenwriting, storyboarding, camera work, lighting, directing, sound design and editing. Class production will be aired on KMVT15. Classes are held at KMVT15 Studio.

11002	M,W	4:00 - 6:00PM	1/8 - 2/14	$250.00
11003	T, Th	4:00 - 6:00PM	1/9 - 2/15	$250.00
11004	M, W	4:00 - 6:00PM	2/19 - 3/28	$250.00
11005	T, Th	4:00 - 6:00PM	2/20 - 3/29	$250.00

FIELD CAMCORDER PRODUCTION (17+ yrs.)

Training to introduce students to use the Sony PD-170 digital camcorder and other equipment needed in field production. Learn how to set up the camcorder and operate the portable equipment for on-location shooting methods and techniques. Classes are held at KMVT15 Studio. *Prerequisite: Orientation

11015	Sa	12:00 - 3:00PM	1/20-1/20	$50.00
11016	Sa	12:00 - 3:00PM	2/17-2/17	$50.00
11017	Sa	12:00 - 3:00PM	3/17-3/17	$50.00

NON-LINEAR EDITING (17+ yrs.)

Hands-on workshop teaches you how to use the Pinnacle Liquid Edition Pro non-linear editing system. Class covers timelines, digitizing, and basic editing aesthetics and techniques. Classes are held at KMVT15 Studio. *Prerequisite: Orientation

11018	M	6:30 - 9:30PM	1/8-1/15	$60.00
11019	M	6:30 - 9:30PM	2/12-2/19	$60.00
11020	M	6:30 - 9:30PM	3/12-3/19	$60.00

PRODUCER'S TRAINING (17+ yrs.)

Learn strategies to effectively plan and produce a public access television show. Participants should either be currently producing a show or have an idea for a show. Pre-production, budgeting, scripting, securing crew and postproduction will be addressed. Classes are held at KMVT Studio. *Prerequisite: Orientation.

11021	Th	6:30 - 9:30 PM	1/4-1/4	$40.00
11022	Th	6:30 - 9:30 PM	2/1-2/1	$40.00
11023	Th	6:30 - 9:30 PM	3/1-3/1	$40.00

Please check KMVT website *www.kmvt15.org* or call (650) 968-1540 for updated schedule information.

VACATION CAMPS

THE MOUNTAIN VIEW
RECREATION DIVISION INVITES
YOU TO .....
SPRING INTO CAMP!

Would outdoor games, craft projects, and fun field trips put a spring in your child's step? If so, your child will love Spring Into Camp! This week-long camp is designed to keep your child active and having fun. Children must bring a bag lunch and drink each day. Snacks are provided and field trip fees are included in the registration cost. Instructor: Recreation Staff. Classes will be held at the Community Center Auditorium and will be from Monday until Friday.

10777	8:30AM - 4:30PM R$84.00/NR$95.25	4/9-4/13 6-10 yrs.

PENINSULA YOUTH THEATRE
VACATION CAMPS

Peninsula Youth Theatre (PYT) has just the way to shake up the vacation blues. Spend your break acting, creating skits and playing theater games as well as creating props and costumes. Culminating in a demonstration for parents and friends, this camp is sure to spice up your break! Please send a bag lunch and drink with your child each day. Instructor: PYT Staff. Classes will be held at PYT and will be from Monday until Friday.

10497	8:30AM - 3:30PM R$235.50/NR$246.75	2/19-2/23 8-10 yrs.
10776	8:30AM - 3:30PM R$235.50/NR$246.75	4/9-4/13 8-10 yrs.

AIKIDO (Beginning/Continuing)

Aikido is a form of Japanese martial arts that harmonizes energy through non-competitive training with partners, not opponents. Participants improve focus, build self-confidence, trust and strength. You will safely study rolls, throws, pins and fluid movements. Come 15 minutes early. Wear loose-fitting clothing (no blue jeans). Uniforms are available later for purchase. Instructor: Enkuban Dojo Staff. * Class 10744 is a Beginning class.

10743	7 - 13 yrs	F	6:00 - 7:00PM	Enkuban Dojo	1/5-3/2	R$50.50/NR$61.75
10744*	7 - 13 yrs	Sa	9:00 - 10:00AM	Enkuban Dojo	1/6-3/3	R$50.50/NR$61.75
10745	7 - 13 yrs	Sa	10:20 - 11:20AM	Enkuban Dojo	1/6-3/3	R$50.50/NR$61.75
10746	14 - 17 yrs	T	7:00 - 8:00PM	Enkuban Dojo	1/9-3/6	R$50.50/NR$61.75
10811	7 - 13 yrs	F	6:00 - 7:00PM	Enkuban Dojo	4/20-6/8	R$50.50/NR$61.75
10812	7 - 13 yrs	Sa	9:00 - 10:00AM	Enkuban Dojo	4/21-6/9	R$50.50/NR$61.75
10813	7 - 13 yrs	Sa	10:20 - 11:20AM	Enkuban Dojo	4/21-6/9	R$50.50/NR$61.75
10814	14 - 17 yrs	T	7:00 - 8:00PM	Enkuban Dojo	4/24-6/12	R$50.50/NR$61.75

BEGINNING FENCING

EN GARDE-TOUCHE! Modern Olympic fencing is one of the coolest, most exciting, fun sports available! We play many fun developmental games, do paired drills, and you even get to fence each day! You will learn the basic rules, safety, and manners of the sport, how to advance and retreat, to attack and lunge, parry and riposte, counter riposte, and to execute feint attacks and actions on the blade. Through fencing, you can develop both physical and mental fitness, gain self-discipline, and great sportsmanship skills. After you complete the beginning class you receive a certificate of accomplishment, and may choose to continue by becoming a member of the academy. Wear athletic clothing and shoes please. Check us out at *www.calfencingacademy.com*, or email questions to *classes@calfencingacademy.com*. Instructor: California Fencing Academy Staff.

10858	Super Youth	6 - 8 yrs.	M	4:30 - 5:25PM	CFA	2/5-3/12	R$118.50/NR$129.75
10859	Youth	9 - 13 yrs	M	5:30 - 6:25PM	CFA	2/5-3/12	R$118.50/NR$129.75
10860	Teen	14 - 18 yrs	M	6:30 - 7:30PM	CFA	2/5-3/12	R$118.50/NR$129.75
10861	Super Youth	6 - 8 yrs	Sa	9:30 - 10:25AM	CFA	2/10-3/17	R$118.50/NR$129.75
10862	Youth	9 - 13 yrs	Sa	9:30 - 10:25AM	CFA	2/10-3/17	R$118.50/NR$129.75
10863	Teen	14 - 18 yrs	Sa	10:30 - 11:25AM	CFA	2/10-3/17	R$118.50/NR$129.75
10864	Super Youth	6 - 8 yrs	Sa	9:30 - 10:25AM	CFA	4/14-5/19	R$118.50/NR$129.75
10865	Youth	9 - 13 yrs	Sa	9:30 - 10:25AM	CFA	4/14-5/19	R$118.50/NR$129.75
10866	Teen	14 - 18 yrs	Sa	10:30 - 11:25AM	CFA	4/14-5/19	R$118.50/NR$129.75
11042	Super Youth	6 - 8 yrs	M	4:30 - 5:25PM	CFA	4/16-5/21	R$118.50/NR$129.75
11043	Youth	9 - 13 yrs	M	5:30 - 6:25PM	CFA	4/16-5/21	R$118.50/NR$129.75
11044	Teen	14 - 18 yrs	M	6:30 - 7:30PM	CFA	4/16-5/21	R$118.50/NR$129.75

KARATE FOR FITNESS

Karate is a form of Japanese martial arts. Students will learn proper stretching, basic blocks, stances, punches, kicks, self-defense, and basic sparring (Kumite) techniques. Training will help students to develop better mental focus, coordination, discipline, respect, strength and stamina. This is a great way to get in shape and reduce stress. A uniform fee of $45.00 is due to the instructor by second class meeting. Instructor: Chris Hung.

10880	7 - 13 yrs	W	4:15 - 5:00PM	Cala Center	1/10-2/28	R$75.50/NR$86.75
10878	4 - 6 yrs	F	3:30 - 4:15PM	Cala Center	1/12-3/2	R$75.50/NR$86.75
10879	7 - 13 yrs	F	4:15 - 5:00PM	Cala Center	1/12-3/2	R$75.50/NR$86.75
10881	7 - 13 yrs	W	4:15 - 5:00PM	Cala Center	3/14-5/2	R$75.50/NR$86.75
10882	4 - 6 yrs	F	3:30 - 4:15PM	Cala Center	3/16-5/4	R$75.50/NR$86.75
10883	7 - 13 yrs	F	4:15 - 5:00PM	Cala Center	3/16-5/4	R$75.50/NR$86.75

KIDZ LOVE SOCCER (WINTER WARRIORS)

Join Kidz Love Soccer for eight Saturdays of “Muddy Fun” as boys and girls will play alongside their favorite teammates in a format of ‘6 v 6’ play. This format provides players multiple touches on the ball, lots of running and super soccer action! Each team has a maximum of nine players. Participants may request to play with specific friends, or sign up individually and be placed on a team. Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. Players will receive a Winter Warriors t-shirt in their team’s color. NO CLASS 12/23 & 12/30. Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10331	5 - 6 yrs	Sa	9:00 - 9:45AM	Rengstorff Park	12/2-2/3	R$68.00/NR$79.25
10332	7 - 8 yrs	Sa	10:00 - 10:45AM	Rengstorff Park	12/2-2/3	R$68.00/NR$79.25
10333	9 - 12 yrs	Sa	11:00AM - 12:00PM	Rengstorff Park	12/2-2/3	R$68.00/NR$79.25

MOMMY/DADDY & ME SOCCER

Introduce yourself and your toddler to the “World’s Most Popular Game!” As you and your child participate in our fun age-appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field and in Mommy/Daddy and Me Soccer, you won’t have to watch from the sidelines. Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10715	2 - 3.5 yrs	F	11:00AM -11:30AM	Cooper Park	1/12-3/2	R$72.00/NR$83.25
10716	2 - 3.5 yrs	Sa	4:00 - 4:30PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10717	2 - 3.5 yrs	Sa	3:30 - 4:00PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10778	2 - 3.5 yrs	Sa	3:30 - 4:00PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10779	2 - 3.5 yrs	Sa	4:00 - 4:30PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10780	2 - 3.5 yrs	F	11:00 -11:30AM	Cooper Park	4/6-5/25	R$72.00/NR$83.25
10781	2 - 3.5 yrs	F	11:30AM -12:00PM	Cooper Park	4/6-5/25	R$72.00/NR$83.25

Adult Open Gym Volleyball Mountain View Sports Pavilion

The Mountain View Sports Pavilion is open Sundays on a drop-in basis for volleyball from 5:00 to 7:00 p.m. Activity passes are sold at $11.00 for 10 visits and $22.00 for 20 visits or day pass/drop-in fee for $2.00 per visit.

Passes may be purchased at the City of Mountain View Community Center, 201 South Rengstorff Avenue, Monday through Friday from 8:30 am to 5:00 pm or Sunday evenings at the Pavilion. **Exact change only**. This facility is open to Mountain View residents or employees of Mountain View businesses only. Proof of Mountain View residency is required.

PRE SOCCER

Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin Guards are required by second meeting. Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10724	4 - 5 yrs	Th	9:30 - 10:05AM	Cooper Park	1/11-3/1	R$72.00/NR$83.25
10725	4 - 5 yrs	Th	2:45 - 3:20PM	Cooper Park	1/11-3/1	R$72.00/NR$83.25
10726	4 - 5 yrs	F	9:30 - 10:05AM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10727	4 - 5 yrs	F	2:45 - 3:20PM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10728	4 - 5 yrs	Sa	1:45 - 2:20PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10787	4 - 5 yrs	Sa	1:45 - 2:20PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10788	4 - 5 yrs	Th	9:30 - 10:05AM	Cooper Park	4/5-5/24	R$72.00/NR$83.25
10789	4 - 5 yrs	Th	2:45 - 3:20PM	Cooper Park	4/5-5/24	R$72.00/NR$83.25
10790	4 - 5 yrs	F	9:30 - 10:05AM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25
10791	4 - 5 yrs	F	2:45 - 3:20PM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25
10965	4 - 5 yrs	F	12:00 - 12:35PM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25

ROCK CLIMBING

Your child will enjoy a soft, fun and colorful physical adventure. Students work on gymnastics, motor skills, rhythmic activities and basic sports skills in a fun, age-appropriate class that blends physical, cognitive, and daily living skills. Classes are taught by a creative, expert/certified teacher. Instructor: Twisters Rock Climbing Coach

10885	5 - 7 yrs	Th	4:00 - 5:00PM	Twister's Gym	1/18-2/15	R$50.00/NR$61.25
10886	5 - 7 yrs	Th	4:00 - 5:00PM	Twister's Gym	4/19-5/17	R$50.00/NR$61.25

SOCCER 1

Beginning players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Small-sided soccer matches will be introduced gradually. Shin Guards are required by second meeting. Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10729	5 - 6 yrs	Th	3:20 - 4:05PM	Cooper Park	1/11-3/1	R$72.00/NR$83.25
10730	5 - 6 yrs	F	3:20 - 4:05PM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10731	5 - 6 yrs	Sa	2:20 - 3:05PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10792	5 - 6 yrs	Sa	2:20 - 3:05PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10793	5 - 6 yrs	Th	3:20 - 4:05PM	Cooper Park	4/5-5/24	R$72.00/NR$83.25
10794	5 - 6 yrs	F	3:20 - 4:05PM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25

SOCCER 2

Explore the sport in an instructional and nurturing environment. Be challenged by real soccer situations and venture into the fun tactical side of scrimmaging. Players will enjoy age-appropriate soccer matches and be guided through the possibilities by a Kidz Love Soccer youth specialist. Shin guards are required by the second meeting.
Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10732	7 - 8 yrs	Th	4:05 - 4:50PM	Cooper Park	1/11-3/1	R$72.00/NR$83.25
10733	7 - 8 yrs	F	4:05 - 4:50PM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10734	7 - 8 yrs	Sa	3:05 - 3:50PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10795	7 - 8 yrs	Sa	3:05 - 3:50PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10796	7 - 8 yrs	Th	4:05 - 4:50PM	Cooper Park	4/5-5/24	R$72.00/NR$83.25
10798	7 - 8 yrs	F	4:05 - 4:50PM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25

SOCCER 3

Play the exciting game of Soccer! Be challenged by real soccer situations and venture into the fun tactical side of scrimmaging. Players will enjoy age-appropriate soccer matches and be guided through the possibilities. Attack and Scoring goals! Pace and Possession! Defense and Transition! Shin guards are required by the second meeting. Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10735	9 - 12 yrs	F	4:05 - 5:05PM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10736	9 - 12 yrs	Sa	3:05 - 4:05PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10800	9 - 12 yrs	Sa	3:05 - 4:05PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10799	9 - 12 yrs	F	4:05 - 5:05PM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25

TAE KWON DO (Beg/Continuing)

Tae Kwon Do is a form of Korean martial arts that concentrates on powerful blocks, kicks and punches for self-defense. The goal of training is the full development of an individual's self-confidence, strength and focus. Uniforms will be distributed to students the second week of class. The cost of the uniform is $20. Make checks payable to 'Mountain View Tae Kwon Do.' PRIORITY REGISTRATION GIVEN TO THOSE CURRENTLY ENROLLED. Instructor: Mountain View School of Tae Kwon Do Staff.

10747	9 - 17 yrs	T,Th	6:00 - 7:00PM	WSC-Auxiliary	1/9-4/5	R$35.50/NR$46.75
10815	9 - 17 yrs	T,Th	6:00 - 7:00PM	WSC-Auxiliary	4/17-6/7	R$35.50/NR$46.75

Youth Classes Support a Healthy Lifestyle!

The City of Mountain View Recreation Division offers many classes for youth that support a healthy lifestyle. By participating in classes, not only do youth have the opportunity to build self-esteem by increasing developmental skills, but they also have the opportunity to exercise, learn about safety, and grasp the importance of healthy nutrition. Enrolling your child in a class is a step towards shaping their positive perspective of health.

TEEN OPEN GYM FOR MIDDLE AND HIGH SCHOOL STUDENTS

FREE supervised drop-in recreation activities are available for High and Middle school students. Youth 11 to 18 years old are invited to attend Teen Open Gym at Whisman Sports Center 1500 Middlefield Road, which is open during the school year every Saturday from 6:30 to 9:30pm except holiday weekends. Recreation staff offers activities, including basketball, volleyball, indoor soccer, ping pong and other gym sports. ID is required for admittance to the program.

T-BALL FOR PARENT AND TOT

Come enjoy the outdoors with us! Throwing, batting, catching, fielding and rules will be part of this fun, noncompetitive, introductory class. No equipment or experience necessary. Each child must be accompanied by one adult.
Instructor: Recreation Staff.

10801	3 - 5 yrs	Sa	9:30 -10:15AM	Rengstorff Park	4/14-5/5	R$20.00/NR$31.25
10802	3 - 5 yrs	Sa	10:30 -11:15AM	Rengstorff Park	4/14-5/5	R$20.00/NR$31.25
10803	3 - 5 yrs	Sa	9:30 -10:15AM	Eagle Park	5/12-6/2	R$20.00/NR$31.25
10804	3 - 5 yrs	Sa	10:30 -11:15AM	Eagle Park	5/12-6/2	R$20.00/NR$31.25

TOT SOCCER

Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin Guards are required by second meeting. Instructor: The Kidz Staff. RAINOUT HOTLINE PHONE NUMBER IS (800) 871-2275.

10719	3.5 - 4 yrs	Th	10:05 -10:35AM	Cooper Park	1/11-3/1	R$72.00/NR$83.25
10720	3.5 - 4 yrs	Th	4:50 - 5:20PM	Cooper Park	1/11-3/1	R$72.00/NR$83.25
10721	3.5 - 4 yrs	F	2:15 - 2:45PM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10722	3.5 - 4 yrs	F	10:05 -10:35AM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10964	3.5 - 4 yrs	F	5:05 - 5:35PM	Rengstorff Park	1/12-3/2	R$72.00/NR$83.25
10723	3.5 - 4 yrs	Sa	4:05 - 4:35PM	Rengstorff Park	1/13-3/3	R$72.00/NR$83.25
10782	3.5 - 4 yrs	Sa	4:05 - 4:35PM	Rengstorff Park	3/31-5/19	R$72.00/NR$83.25
10783	3.5 - 4 yrs	Th	10:05 -10:35AM	Cooper Park	4/5-5/19	R$72.00/NR$83.25
10784	3.5 - 4 yrs	Th	4:50 - 5:20PM	Cooper Park	4/5-5/19	R$72.00/NR$83.25
10785	3.5 - 4 yrs	F	10:05 -10:35AM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25
10786	3.5 - 4 yrs	F	5:05 - 5:35PM	Rengstorff Park	4/6-5/25	R$72.00/NR$83.25

TWISTER'S GYMNASTICS

Tiny Twisters Gym A - Your child will playfully learn gymnastics, motor skills, rhythm and basic sports skills in fun, age-appropriate classes that blend physical, cognitive and daily living skills. Classes are taught by our creative, certified instructors and are properly paced for curious 3 - 4.5 years. old. Instructor: Twisters Staff

10737	3 - 4.5 yrs	W	10:00 -10:55AM	Twister's Gym	1/24-3/28	R$75.00/NR$86.25
10738	3 - 4.5 yrs	F	10:00 -10:55AM	Twister's Gym	1/26-3/30	R$75.00/NR$86.25
10805	3 - 4.5 yrs	T	10:00 -10:55AM	Twister's Gym	4/10-6/5	R$75.00/NR$86.25
10806	3 - 4.5 yrs	F	10:00 -10:55AM	Twister's Gym	4/6-6/1	R$75.00/NR$86.25

Tiny Twisters Gym B - Your child will explore challenging gymnastics and age-appropriate motor skill combinations, basic sports skills, rhythmical activities and critical thinking concepts involving facts about the alphabet, numbers, health, nutrition, good sportsmanship and more. Participants polish basic gymnastic and motor skills, ready to participate in Twister's exciting school-age gymnastics, Super-Twister's, tae kwon do and rock climbing classes by the end of the program. He/she will develop a strong foundation enhancing their future math, science, language, social and sports potential. Instructor: Twisters Staff

10739	4 - 5.5 yrs	T	11:00 - 11:55PM	Twister's Gym	1/23-3/27	R$75.00/NR$86.25
10740	4 - 5.5 yrs	F	2:00 - 2:55PM	Twister's Gym	1/26-3/30	R$75.00/NR$86.25
10807	4 - 5.5 yrs	T	11:00 - 11:55PM	Twister's Gym	4/3-6/5	R$75.00/NR$86.25
10808	4 - 5.5 yrs	F	2:00 - 2:55PM	Twister's Gym	4/6-6/1	R$75.00/NR$86.25

Tiny Twisters-Mom/Dad and Me

Tots and their adult partner enjoy fun, interesting and colorful adventures guided by a caring certified Twisters teacher. Help your child increase body awareness as well as improving gross and fine motor skills. Instructor: Twisters Gym Staff

10741	1 - 3 yrs	W	9:00 - 9:45AM	Twister's Gym	1/24-3/28	R$75.00/NR$86.25
10742	1 - 3 yrs	F	9:15 -10:00AM	Twister's Gym	1/26-3/30	R$75.00/NR$86.25
10809	1 - 3 yrs	W	9:00 - 9:45AM	Twister's Gym	4/4-5/30	R$75.00/NR$86.25
10810	1 - 3 yrs	F	9:15 -10:00AM	Twister's Gym	4/6-6/1	R$75.00/NR$86.25

Twister's Gymnastics for Girls

The gymnastics program is for **girls 6-12 years old (must be 6 before first class)**; designed for comprehensive body development and basic gymnastics skills. The class will cover balance, coordination, ability, body strength, fine and gross motor skills. Equipment used includes mini trampoline, mats, balance beams, bars, etc. Instructor: Twisters Gym Staff

10887	6 - 12 yrs	Th	3:45 - 4:55PM	Twister's Gym	1/25-3/29	R$80.00/NR$91.25
10888	6 - 12 yrs	Th	3:45 - 4:55PM	Twister's Gym	4/5-6/7	R$80.00/NR$91.25

ADULT SPORTS LEAGUE

Adult Softball

The Spring Summer Adult Softball season will begin April 2007. Softball games are played Sunday afternoons and Monday through Friday evenings. All games are played at Callahan or Crittenden Fields located at 1500 Middlefield Road. Team registration for the Spring Season will begin in February 2007. For more information, please call (650) 903-6404.

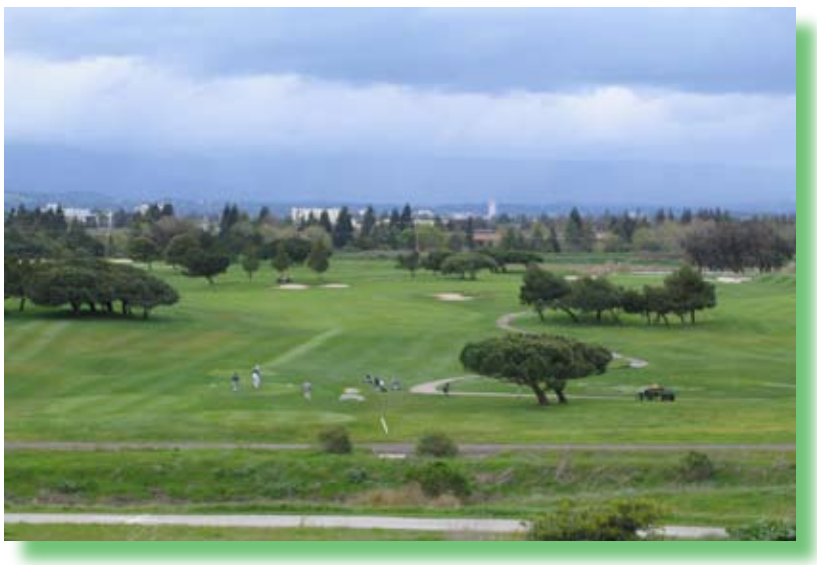
Coed Volleyball League

Coed Volleyball teams play Thursday evenings at the Mountain View Sports Pavilion during the winter season. Team registration for the 2007-2008 season will begin August 2007. For registration information, please call (650) 903-6404.

Men's Basketball League

Men's Basketball leagues play Tuesday evenings at the Whisman Sports Center and Wednesday evenings at the Mountain View Sports Pavilion during the winter season. Team Registration for the 2007-2008 season will begin August 2007. For more information, please call (650) 903-6404.

Shoreline Golf Links



ADULT GOLF CLASSES (18+ yrs)

LEVEL I

The Adult Golf Classes are structured with a goal in mind: playing better golf. Whether you have no experience or have been playing for the last 2 years, the fundamentals taught in Level I will help you PLAY BETTER. Level I curriculum will cover fundamentals from set-up (including neutral grip, stance, ball position) to ½ swing to full swing. Range balls are included. The mysteries of good putting will also be answered. Each class consists of four 1-hour sessions, the student/instructor ratio is between 3:1 and 6:1, minimum of 3 students. Make up classes are available. All participants are encouraged to continue with Level II classes

A701	1/7-1/28	Su	9:00-10:00AM	$100
A702	2/18-3/11	Su	9:00-10:00AM	$100
A703	4/1-4/22	Su	8:30-9:30AM	$100
A704	4/4-4/25	W	5:15-6:15PM	$100
A705	4/5-4/26	Th	6:00-7:00PM	$100
A706	4/29-5/20	Su	8:30-9:30AM	$100
A707	5/3-5/24	Th	5:30-6:30PM	$100
A708	5/30-6/20	W	6:30-7:30PM	$100
A709	5/31-6/21	Th	5:30-6:30PM	$100
A710	6/3-6/24	Su	8:30-9:30AM	$100

LEVEL II

The Adult Golf Classes are structured with a goal in mind: playing better golf. Whether you have no experience or have been playing for the last 2 years, the fundamentals taught in Level II will help you PLAY BETTER. The Level II class curriculum is practical application in full swing lesson with drivers, bunker shots, and hilly lies. Range balls are included. Discussion topics include: how. and where to purchase the correct golf clubs, golf course etiquette, Rules of Golf, and how to play on the course and not be in the way. Make up classes are available. Graduates of Level II are invited to participate in an on-course-playing clinic with the Shoreline Golf Links instructors. Each class consists of four 1-hour sessions. Student/instructor ratio is between 3:1 and 6:1, minimum of 3 students.

A701-L2	1/7-1/28	Su	10:15-11:15AM	$100
A702-L2	2/18-3/11	Su	10:15-11:15AM	$100
A703-L2	4/1-4/22	Su	9:45-10:45AM	$100
A704-L2	4/29-5/20	Su	9:45-10:45AM	$100
A705-L2	5/2-5/23	W	5:30-6:30PM	$100
A706-L2	5/3-5/24	Th	6:45-7:45PM	$100
A707-L2	5/31-6/21	Th	6:45-7:45PM	$100
A708-L2	6/3-6/24	Su	9:45-10:45AM	$100

FULL SWING REFRESHER AND REVIEW - LEVEL III

This class provides an intense analysis of all elements of the full swing. It will help identify your individual swing deficiencies and offer swing improvement solutions and training drills. It will help you identify your swing flaws and the swing compensators that prevent consistent ball striking. The four one-hour sessions will be conducted on a full length driving range. The student/instructor ratio is between 3:1 to 4:1, minimum three students, MAXIMUM 8 STUDENTS. Range balls are included.

AFS751	1/7-1/28	Su	11:30AM-12:30PM	$100
AFS752	2/18-3/11	Su	11:30AM-12:30PM	$100
AFS753	4/1-4/22	Su	11:00AM-12:00PM	$100
AFS754	4/4-4/25	W	6:30-7:30 PM	$100
AFS755	4/29-5/20	Su	11:00AM-12:00PM	$100
AFS756	5/2-5/23	W	6:45-7:45PM	$100
AFS757	6/3-6/24	Su	11:00AM-12:00PM	$100

ADULT GOLF CLASS LEVEL VI

The Level VI class curriculum is an in-depth effort at improving your short game. Each class consists of four 2-hour sessions. Each session will consist of concentrated instruction in the following components of the short game: putting, chipping, pitching and bunker play. You will be evaluated for current skill levels and based upon this evaluation, goals will be established. You receive instruction specific to improving and reinforcing the skills they need for each component. Range balls are included. Student/Instructor ratio is between 3:1 and 5:1, minimum of 3 students, maximum of 15 students.

SG701	1/6-1/27	Sa	2:00-4:00PM	$200
SG702	2/17-3/10	Sa	2:00-4:00PM	$200
SG703	3/31-4/21	Sa	2:45-4:45PM	$200

PARENT/CHILD GOLF CLASSES

This class will provide parents and children the opportunity to learn the basics of golf together and develop a mutual appreciation for an activity that they can enjoy for many years. Each session will encompass beginning levels of instruction in the following areas: full swing, putting, golf course etiquette and rules discussions. Range balls are included. Parent/child-to-instructor ratio of 3:1 (3 parents and 3 children to one instructor), minimum of 3 sets of parent/child. Children (ages 7 to 17). Fee is $75 per student.

PC701	1/7-1/28	Su	2:30-3:30PM	$75 / student
PC702	2/18-3/11	Su	2:30-3:30PM	$75 / student
PC703	4/1-4/22	Su	2:30-3:30PM	$75 / student
PC704	4/29-5/20	Su	2:30-3:30PM	$75 / student
PC705	6/3-6/24	Su	2:30-3:30PM	$75 / student

GOLF REGISTRATION FORM

PHONE (650) 903-GOLF (4653)

REGISTERING ADULT _____
First Last

ADDRESS _____ **CITY** _____ **ZIP CODE**_____

DAYTIME PHONE (____) _____ **EVENING PHONE** (____) _____ **EMAIL**_____

PARTICIPANT'S NAME	GENDER	HEIGHT	FIRST CHOICE CLASS	SECOND CHOICE CLASS

(UNLESS NOTIFIED, YOUR 1ST CHOICE IS ACCEPTED)

SUBMIT PAYMENT AND REGISTRATION FORM TO:

Shoreline Golf Links
2940 North Shoreline Blvd.
Mountain View, CA 94043

TENNIS LESSONS

CHILDREN AND ADULT RECREATION TENNIS LESSONS

Participants must bring their own tennis racquets and wear tennis shoes. If it rains and courts are wet, classes will be cancelled and rescheduled at the end of the session. MINIMUM PER CLASS: 4 STUDENTS; MAXIMUM PER CHILDREN'S BEGINNING FOR 7 TO 10 YEARS OLDS: 6; ALL OTHER CLASSES: MAXIMUM 8. A class with three or less students will be cancelled and students will be notified of other class options. **SESSIONS FROM SO1-SO11 RUN FROM 3/26 - 4/20 AND SESSIONS S12-S23 RUN FROM 4/23 - 5/18.**

Cuesta Tennis Center

CHILDREN AND ADULT RECREATION TENNIS LESSONS

Participants must bring their own tennis racquets and wear tennis shoes. If it rains and courts are wet, classes will be cancelled and rescheduled at the end of the session. MINIMUM PER CLASS: 4 STUDENTS; MAXIMUM PER CHILDREN'S BEGINNING FOR 7 TO 10 YEARS OLDS: 6; ALL OTHER CLASSES: MAXIMUM 8. A class with three or less students will be cancelled and students will be notified of other class options.

PEEWEE TENNIS

PeeWee is designed to introduce 4 to 6 year olds to the game of tennis. PeeWee lessons are limited to 6 students.
PEEWEE 1–Prerequisite: none. A 21" racket is included in the registration fee.
PEEWEE 2–Prerequisite: Peewee 1. Must provide own racket.

Sa	9:00-10:00AM	Cuesta	SO1	S12
Sa	10:00-11:00AM	Cuesta	SO2	S13

BEGINNER I

Introduces the basics of the forehand, backhand and serve. By the end of class, graduating students are hitting balls tossed from the instructor with correct form and hitting serves over the net with correct form and moderate success. 7-10 yrs.

Sa	10:00-11:00AM	Cuesta	SO3	S14
M/W	6:00-7:00PM	Cuesta	SO4	S15

BEGINNER II

Develops the forehand and backhand ground strokes while introducing footwork and movement. Graduating students can have sustained rallies from inside the baseline. The service motion is developed with emphasis placed on accuracy. 7-10 yrs.

T/Th	6:00-7:00PM	Cuesta	SO5	S16

INTERMEDIATE

Intermediate classes develop the forehand and backhand ground strokes as students gradually learn to rally from baseline to baseline. Emphasis is placed on footwork. Power in the service is improved. The volley, lob and overhead are introduced. T/Th class is for 11-15 yrs and M/W class is for 16+ yrs.

T/Th	7:00-8:00PM	Cuesta	SO5	S17
M/W	7:00-8:00PM	Cuesta	SO6	S18

CARDIO TENNIS

Designed to improve the player's fitness through tennis drilling. Participants will benefit from improved stamina as well as improvement in footwork and the ability to hit on the run. 16+ yrs.

T/Th	8:00-9:00PM	Cuesta	SO7	S18

AFTER-SCHOOL TENNIS

A supervised play program for youths aged 8 to 15 years old. Participants will learn match strategies as well as fundamentals of the forehand, backhand, serve and volley. Classes meet Monday, Wednesday and Friday from 4:00 pm to 5:00 pm. 8-14 yrs.

M/W/F	4:00-5:00PM	Cuesta	SO9	S20
M/W/F	4:00-5:00PM	Cooper	S10	S21
M/W/F	4:00-5:00PM	Rengstorff	S11	S23

ADULT DOUBLES

A class focusing on rules and strategies of the game of doubles. Each class will consist of skill drills and the playing of doubles. 16+ yrs.

M/W	8:00-9:00PM	Cuesta	SO8	SO19

Adult Tennis Club

The Mountain View Tennis Club is open to Mountain View residents and nonresidents. Membership includes tournaments, interclub matches and special events. Forms available at the Recreation Division office and Cuesta Tennis Center. For additional information, call (650) 964-6224.

How To Register

Mail in a sealed envelope, the following items: Completed Cuesta Tennis Mail-in Registration Form, Proof of Mountain View Residency. (Checks are valid proof,) Check(s) payable to "Cuesta Tennis Center." Please, NO CASH or CREDIT CARDS, Stamped and Addressed envelope.

Mail to: Cuesta Tennis Center "Class Registration" 685 Cuesta Drive, Mountain View, CA 94040.

For more information, call (650) 967-5955

CUESTA TENNIS MAIL-IN REGISTRATION FORM

685 Cuesta Drive, Mountain View, CA 94040 Phone (650) 967-5955

PARTICIPANT'S NAME_____ **PARENT'S NAME**_____
First Last First Last

Address_____ City_____ Zip Code_____**Birth Date**_____Age_____M/F_____

Home Phone (_____) _____ Work Phone (_____) _____ Emergency Phone (_____) _____

CLASS #	FIRST CHOICE CLASS NAME	FEE	CLASS #	SECOND CHOICE CLASS NAME	FEE

The undersigned, in consideration of participation in this program, agrees to indemnify and hold the City and Cuesta Tennis harmless, and release the City and Cuesta Tennis from any and all liability for any injury which may be suffered by the above-named individual registered in this program, arising out of or in any way connected with participation in this program. I have read the above application and agreement, and fully understand that I assume all risks for any injuries received.

Date _____ Parent/Participant Signature_____ **Credit Cards Not Accepted**

Registration Deadlines

Resident-Only Priority Lottery:
Only Mountain View resident registration forms received by mail, fax or drop-off by December 7, 2006, 5:00pm. will be processed by daily lottery in date order received.

Resident and nonresident registration forms received by mail, fax or drop-off from December 13, 2006 to December 19, 2006, will be processed daily, in date order.

Walk-In Registration:
Begins Wednesday, December 20, 2006, 8:30 a.m. All walk-in, mail-in, fax or drop-off will be processed in the order received.

How To Register

Mail-In/Drop-Off: Mail or drop off in a sealed envelope the following items:

- Completed Registration Form. (Sign & date)
- List a second choice class in case the first choice is full.
- Proof of Mountain View Residency.
- Separate checks payable to "City of Mountain View" for each participant AND each Class, or complete VISA or MasterCard Information. Please, NO CASH.

Mail to: Recreation Class Registration
P.O. Box 7540
Mountain View, CA 94039-7540

Drop off during office hours, Monday - Friday 8:30 a.m. - 5:00 p.m.

Community Center
201 South Rengstorff Avenue
Mountain View, CA 94040

General Class Information

Questions: (650) 903-6331 during office hours.

Email: ***recreation@mountainview.gov***

Receipts: Registration confirmation and receipts will be mailed by Wednesday, December 20, 2006.

Incomplete Registration Form: Please complete all requested information on the registration form. Forms with incomplete or incorrect information or payment will be returned unprocessed.

Birth date/Age: To enroll, participants must provide their birth date and be the correct age by the first day of class. Proof of age may be required.

Returned Check Fee: $10 service charge on all returned checks.

Proof of Mountain View Residency: Residency is established each time you register. Acceptable forms of proof include: preprinted check, copy of driver's license, utility bill, phone bill, rental agreement, etc. with your name and current Mountain View address. A Post Office box is not acceptable.

Wait List: Your name will be placed on your first-choice wait list if both first and alternate class choices are full.

Receipt of Registration Form: We are unable to verify receipt of registration forms until: Wednesday, December 20,2006.

Coordination of Class Registrations: Due to the resident priority lottery, early and open registration processes, we cannot guarantee placement of participants into the same class. Please do not include multiple-family registrations in the same envelope.

Credit on Account: Credit balances may be requested for refund at any time by contacting the Recreation Division. Credits will be mailed to the home address on file approximately three weeks following the request.

Class Attendance: Attendance in class is limited to the registered participants. No registrations are accepted at class. Fees are not prorated for missed classes. No make-up classes offered.

Class Cancellation: Classes that do not meet the minimum registration level will be cancelled. Participants will be notified approximately three business days before class begins and will be issued a full refund or be eligible to transfer to another class based upon space availability. Participants will be responsible for any additional fees.

Class Transfers: Transfers may take place at any time based upon space availability. Participants will be responsible for any applicable fees.

Refunds: A $5 processing fee per class will be charged for all refunds requested up to five business days prior to a class start date. Refunds requested less than five business days, and up to the midpoint of the class, will be issued at 50 percent. No refunds will be granted after midpoint of a class.

Late Pick-up Fee: Parents and guardians who arrive late to pick up their children from any recreation program will be assessed a fee of $5 per 15 minutes late. Please make sure you plan accordingly so that you will arrive on time to pick up your children.

Behavior Violations: If a participant receives three behavior violations or late pick-up, the participant will be removed from the specific program. A partial refund may be granted at the discretion of the program supervisor.

Recreation Class Registration Form

Phone (650) 903-6331 **Fax (650) 962-1069** **Please print all information. Incomplete forms cannot be processed.**

PARENT OR REGISTERING ADULT _____ Parent ☐ Legal Guardian ☐ Self ☐
First Last

Address _____ City _____ Zip Code_____

Home Phone (____) _____ Work ☐/Cell Phone ☐ (____) _____ City Employee No/Dept._____

PARTICIPANT'S NAME- First and Last	BIRTHDATE	SEX	GRADE	CLASS #	CLASS NAME	FEE	ALTERNATE CLASS #
SEPARATE CHECKS REQUIRED FOR EACH PERSON AND EACH CLASS Your name will be placed on your first-choice class wait list if your first or second class choices are full.					TOTAL CLASS FEES		

EMERGENCY INFORMATION. Person(s) to contact in case of emergency other than the parent/guardian listed above:

NAME _____ RELATIONSHIP _____ PHONE (_____) _____

ARE THE ABOVE NAMED AUTHORIZED TO PICK UP YOUR CHILD FROM RECREATION PROGRAMS? YES ☐ NO ☐

IS PARTICIPANT TAKING OR ON ANY MEDICATION? YES ☐ NO ☐ IF YES, PLEASE LIST: PARTICIPANT'S NAME_____
MEDICATION(S) _____

DOES PARTICIPANT HAVE ANY ALLERGIES? YES ☐ NO ☐ IF YES, PLEASE LIST: PARTICIPANT'S NAME _____
ALLERGY(IES) _____

LIST ANY SPECIAL NEEDS, HEALTH CONCERNS, OR SUGGESTIONS TO ASSIST PROGRAM STAFF WITH PARTICIPANT: _____

PHOTO RELEASE. I agree and grant the City of Mountain View permission to use my and/or my child's photograph or likeness, or that of a pet or personal property, for promotional use in any City-related media. If this is not acceptable to you, please initial here _____

WAIVER & RELEASE. In consideration of participation in a class or activity offered by the Recreation Division of the City of Mountain View, I, the below signed, agree to indemnify and hold the City of Mountain View harmless and hereby waive, release and discharge any and all claims for loss or damage, for death, personal injury, bodily injury or property damage which I may have or which hereinafter may accrue to me against the City of Mountain View, its City Council, employees, agents, and volunteers for any liability arising out of or connected in any way with my participation in this class or activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above. I understand that accidents and injuries can arise from participation in this class or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of myself, my heirs and assigns and to release and to hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. Further, I understand that the City of Mountain View, its City Council, employees, agents and volunteers, are not responsible for the personal property of the participants in the class or activity. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on me and on my heirs and assigns. I have read and agree to the registration and program policies. By my signature below, I acknowledge that I have read this document and understand its contents.

I Authorize use of my Mastercard ☐ Visa ☐ Card Number: _____

Name as it appears on Card _____ Expiration Date (MO/YR) _____

Signature _____ **Date** _____ **(Not for Golf and Cuesta Tennis)**