



# VIRTUAL CLASS GUIDE

*Youth & Adult*

[www.mountainview.gov/register](http://www.mountainview.gov/register)

**FALL**

# READY TO REGISTER?

## Read me first

Registration forms can be found on the back page

# Registration Opens

Tuesday, September 1  
at 8:30 a.m.

## How to Enroll



### ONLINE REGISTRATION

Visit [www.mountainview.gov/register](http://www.mountainview.gov/register)

Click on "Register Online" under the "How to Register" section.

Sign in or Create an Account.



### EMAIL

[recreation@mountainview.gov](mailto:recreation@mountainview.gov)

Complete the registration form (back page), scan or take a picture of the completed form, and email it to the address above.



### MAIL

City of Mountain View Recreation  
Class Registration  
P.O. Box 7540  
Mountain View, CA 94039-7540

Do not mail cash.

### Acceptable forms of payment

Cash • Check payable to "City of Mountain View"  
Visa • MasterCard • American Express • Discover

## Proof of Mountain View Residency

From time to time we may need to request proof of residency. Acceptable forms of proof include: Current California Driver's License or Identification, a recent utility bill, car registration, bank statement, or rental agreement on property management letterhead with a current address. Temporary DMV Change of Address cards, Post Office boxes, personal checks, letters, or flyers are not acceptable. The proof of residence must match the name and address on the registration form.

**Class Attendance and Registration** • You're excited and we're excited that you're ready to jump into an activity. Before you do, though, make sure you're already registered to participate. Registration does not happen in class, please make sure to register online. Please note that no refund or make-up classes will be issued for any missed activity.

**Waitlist** • Drats! You were this close to getting in! Your name will be placed on a waitlist if the class is full. At the program supervisors discretion, another class may be added to accommodate for participants on the waitlist. You will be given a 24-hour deadline to submit your Registration Form and payment. If your Registration Form and payment are not submitted by the given deadline, you will be removed from the waitlist and the next person on the list will be contacted.

**Age/Birth Date** • To register, participants must be within the required minimum and maximum age by the first day of class. All participants 17 years of age or younger must provide their date of birth. Proof of age may be requested.

**Transfer** • Need to transfer from one activity to another? You may transfer to another activity as long as you meet the minimum age requirement, there is space available, and you send your written request three (3) business days before the first day of class. So that means if class starts on Monday, you have the Wednesday before to transfer. E-mail your transfer request to [recreation@mountainview.gov](mailto:recreation@mountainview.gov). You will be assessed a \$10 processing fee per visit.

**Withdrawal** • If you need to withdraw from an activity and receive a refund, e-mail us at [recreation@mountainview.gov](mailto:recreation@mountainview.gov) no less than five (5) business days before the first day of class. You may also submit a Withdrawal Request Form that you can download by visiting [www.mountainview.gov/register](http://www.mountainview.gov/register). Just so we're on the same page, if your class starts on Monday, your last day to withdraw is the Monday before that class. You will be assessed a \$10 processing fee per visit.

**Missed a day?** • Unfortunately, no refund or make-up classes will be issued for any missed activity by the participant.

**Once a class begins, can I still join or transfer?** • Yes! We do not prorate any of the days that have already taken place, though. You just need to catch up with everyone else at the next class!

**Behavior Violation** • Participants receiving three (3) behavior violations will be removed from the specific program.



## Wait, what? You canceled my activity?!

Classes not meeting minimum registration levels will be canceled. Participants will be notified approximately three (3) business days before class begins and issued a full refund, or be eligible to transfer to another class if space is available. Participants transferring will be responsible for any additional fees.

# VIRTUAL LEARNING TIPS

Whether you're new to online programs or a Zoom-pert (aka a Zoom expert, a new word we made up), we recommend taking a look at the below tips and things to consider. Virtual programming is a little new for our Department and contractors. After all, we're Parks & Rec! We thrive in the real world, community oriented environment. We've been working for months to create enriching programs that work for YOU at home. We hope you enjoy the City of Mountain View's virtual offerings. Below are some things to consider when starting your virtual class adventure:

## Devices

Consider which devices you'll be using to access the virtual class. Is it a shared, family device? Will it be accessible for the class time? We recommend creating a family calendar for shared devices so that you have ample time to prepare for and take your class.

## Supplies

It's always a good idea to come to class prepared! This means wearing appropriate clothing (jeans don't work well for a yoga class) and bringing necessary supplies (got the guitar tuned?). We recommend having a notebook and pen/pencil ready for notes at a minimum.

## Time

You don't want to rush into your class, so prepare your station at least 5 minutes prior to class beginning. This will give you time to log into the online classroom and get settled before class starts.

## Safety

Set up a safe environment - free of obstructions and with appropriate supervision (as necessary for youth). With the virtual environment, you have the ability to turn the video and audio off. Make sure to explore the online conferencing options so you are comfortable muting and turning video off when necessary. All use of third-party apps (Zoom, Microsoft Teams, Google Meet, etc) is done at your own risk.

**Dedicated to  
Recreation  
even from a  
*distance***

## FINANCIAL ASSISTANCE

### Recreation Class Financial Assistance Program (FAP)

The City provides eligible, low-income Mountain View families limited financial assistance to register children for recreation classes. To qualify, applicants must be a Mountain View resident and qualify through the Community Services Agency (CSA) screening process (subject to Santa Clara County HUD guidelines). Upon eligibility, recipients will either receive a 90% Financial Assistance Waiver up to \$500 per child (10% of the class price must be paid out of pocket) OR a 75% Financial Assistance Waiver up to \$400 per child (25% of the class price must be paid out of pocket). FAP allocations do not cover any material fees. Material fees must be paid out of pocket. FAP is good for one year (September 1 through August 31) and does not apply to Adult Classes, Golf, Tennis, Lap Swims, and Special Events.



204 Stierlin Road  
(650) 968-0836

By appointment only.  
*Solo por cita.*

### Programa de Ayuda Financiera para Las Clases de Recreación

La Ciudad de Mountain View provee asistencia financiera limitada, a las familias elegibles y de bajos ingresos de Mountain View, para inscribir a los niños en clases recreativas. Para calificar, los solicitantes deben ser residentes de Mountain View y calificar a través del proceso de selección de la Agencia de Servicios Comunitarios (CSA) (sujeto a las pautas del Departamento de Vivienda y Desarrollo Urbano del Condado de Santa Clara- en inglés HUD). Al ser elegible, los beneficiarios recibirán un 90% de exención de asistencia financiera de hasta \$500 por niño (el 10% del precio de la clase se pagará de su bolsillo) o un 75% de exención de asistencia financiera hasta \$400 por niño (25% del precio debe ser pagado de su bolsillo). Las cantidades asignadas (asistencia financiera- FAP), no cubren honorarios para materiales. Los honorarios para materiales deben ser pagados de su bolsillo. La cantidad asignada como parte de la asistencia financiera (FAP) es válida por un año (del 1 de septiembre al 31 de agosto) y no se aplica a Clases para Adultos, Golf, Tennis, Natación y Eventos Especiales.

# YOUTH PROGRAMS



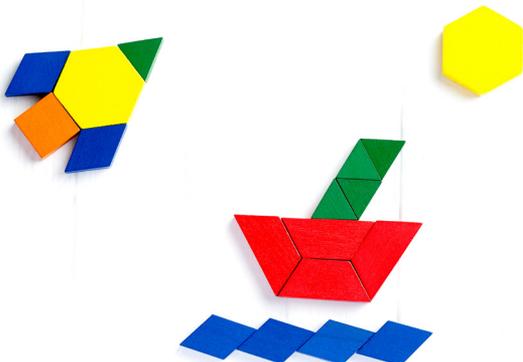
## EDUCATION & ENRICHMENT

### Math Music Motion

Math Music Motion is an interactive, hands-on program that fuses motion and music to expose children at an early age to various math concepts. Children participate in sensory-rich learning experiences that foster growth in all early childhood development areas: social, emotional, physical, and cognitive. A child's simultaneous engagement in math, music, and motion strengthens brain structure and function, developing strong neurological cross-communication. This virtual class includes an activity kit that contains manipulatives, activity guidelines, and class materials that will be mailed to you. *Register by 10/21.* Instructor: Math Music Motion. **No class 11/26.**

#### Virtual Program

Ages 3 to 5			R/NR
14194	Th	3:30pm - 4:20pm	10/29 - 12/10 <b>\$228/\$285</b>
14195	M	9:30am - 10:20am	11/2 - 12/14 <b>\$228/\$285</b>



## MUSIC

### Little Mozart

Students will be introduced to musical concepts, symbols and notation, various instruments, famous composers, and much more. Our playful, fun and creative lessons are taught through singing, playing instruments, and movement activities. *Parent/caregiver participation is required.* Instructor: Joyful Melodies Music School.

#### Virtual Program

Ages 2 to 4			R/NR
14199	F	11:20am - 12:00pm	9/18 - 10/16 <b>\$103/\$129</b>
14196	Sa	10:50am - 11:30am	9/19 - 10/17 <b>\$103/\$129</b>
14197	F	11:20am - 12:00pm	10/23 - 11/20 <b>\$103/\$129</b>
14198	Sa	10:50am - 11:30am	10/24 - 11/21 <b>\$103/\$129</b>

### Bilingual Chinese and English Music Class

This is a fun and creative environment for children to explore music and learn Chinese through songs, rhymes, body movements, rhythm, flash cards, instrument playing and much more! This class will be taught by a fluent Chinese speaker who will use both English and Chinese (Mandarin) to expose students to Chinese music, culture and history. *Parent/caregiver participation is required.* Instructor: Joyful Melodies Music School.

#### Virtual Program

Ages 2 to 4			R/NR
14212	F	10:30am - 11:10am	9/18 - 10/17 <b>\$103/\$129</b>
14213	F	10:30am - 11:10am	10/23 - 11/20 <b>\$103/\$129</b>

## Beethoven Beginners

Learn piano with Beethoven Bear and Mozart Mouse! Students will learn music theory and piano basics in a fun and positive environment. *Access to piano/keyboard at home is essential. Parent participation required.* Instructor: Joyful Melodies Music School.

### Virtual Program

Ages 3 to 4			R/NR	
14206	Sa	10:50am - 11:30am	9/19 - 10/17	\$180/\$225
14205	Sa	10:50am - 10:30am	10/24 - 11/21	\$180/\$225

## Group Keyboard - Level 1

Have a piano at home, but don't know where to start? Learn how to play the piano today! Join this class designed for students with limited or no previous experience. Students will learn basic piano technique, music theory, sight-reading, rhythm exercises. *Access to a piano/keyboard at home is essential.* Instructor: Joyful Melodies Music School.

### Virtual Program

Ages 5 to 7			R/NR	
14200	F	5:10pm - 6:00pm	9/18 - 10/16	\$180/\$225
14201	F	5:10pm - 6:00pm	10/23 - 11/20	\$180/\$225

## Group Ukulele for Youth

This is a beginners class for all who would like to learn to play this popular instrument. No prior experience needed. If you have a ukulele at home, great! Come join the fun of making music together! *If you do not have access to a ukulele, Joyful Melodies can rent one to you (rental fee of \$10/week and a refundable deposit of \$100).* Instructor: Joyful Melodies Music School.

### Virtual Program

Ages 6 to 12			R/NR	
14207	Sa	9:40am - 10:30am	9/19 - 10/17	\$180/\$225
14208	Sa	9:40am - 10:30am	10/24 - 11/21	\$180/\$225

## Group Guitar for Youth

Join this class to learn the fundamentals of guitar and the music of your generation! In this class, you'll learn everything you need to know about how to become a great guitar player: chords, progressions, scales and even entire songs from the artists and bands you enjoy. No experience necessary. *Access to a guitar at home is essential.* Instructor: Joyful Melodies Music School.

### Virtual Program

Ages 7 to 13			R/NR	
14203	Sa	4:00pm - 4:50pm	9/19 - 10/17	\$180/\$225
14202	Sa	4:00pm - 4:50pm	10/24 - 11/21	\$180/\$225

# BREAKFAST WITH SANTA

A Virtual Experience

Saturday, December 5, 2020  
8:30 a.m.

Visit with  
SANTA

Virtual Activities  
& STORYTIME  
with Elves

WINTER  
activity kit

\$16

Activity Code 14104

Wear your pajamas, bring a holly jolly breakfast, and login for an interactive and live experience. With your registration, you will get an access pass to the live event and supplies for one winter activity craft. Additional craft kits available for purchase - \$10 per kit (activity code #14171).

Register online at [MountainView.gov/Register](http://MountainView.gov/Register).

# SCIENCE & ENGINEERING

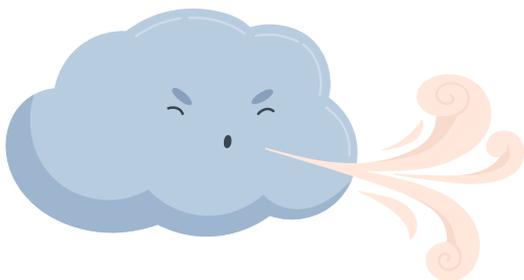
## Mad Science: Light, Sight, Sound

Mad Science doesn't get much better than this series of eight classes! See what makes white light and see beautiful rainbows in Lights, Color, Action! Discover some amazing and funny sound effects and learn about sound in Sonic Sounds! Use your energy as you learn about heat, and then use your own body heat to make things disappear. Learn how nutrition and fitness can be fun and take home a great fitness tool to count your steps. Make your hair stand up as you learn about static electricity in Watts-Up! Test to see if you have a magnetic personality in Magnetic Magic! Finally, you'll see it, but you might not believe it, in Optical Illusions! *Activity materials will be available to pick-up at the Mountain View Community Center on 9/18.*

Instructor: Mad Science Of The Bay Area.

### Virtual Program

Ages 6 to 11				R/NR
14192	Tu	3:00pm - 4:00pm	9/22 - 11/10	\$225/\$281



## Mad Science: Earth, Wind & Inspire

Neither rain, nor sleet, nor snow will stop us from having a great time in this session of Mad Science! We'll explore how weather works and investigate how our planet was formed. We'll also discover how science is used to solve crimes and use your own I.D. kits. With a rocket racer, we'll learn all about pulleys, levers, and catapults. After all that, we'll move onto chemical reactions, movie special effects, the science behind your favorite toys and more. You won't want to miss a minute of this exciting series! *Activity materials will be available to pick-up at the Mountain View Community Center on 9/18.*

Instructor: Mad Science Of The Bay Area.

**No class 11/11.**

### Virtual Program

Ages 6 to 11				R/NR
14193	W	3:00pm - 4:00pm	9/23 - 11/18	\$225/\$281

# SPORTS & FITNESS

## Mommy/Daddy & Me Soccer

Here is your chance to join in your toddler's introduction to world's most popular sport. You'll participate in fun, age-appropriate activities and help your child develop their motor and socialization skills. Each week, coaches will introduce and demonstrate several soccer-themed games over Zoom. *Parent participation is required.*

Instructor: Kidz Love Soccer. **No class 11/28.**

### Virtual Program

Ages 2 to 3.5				R/NR
14217	Sa	9:00am - 9:30am	9/12 - 10/3	\$43/\$54
14218	Sa	9:00am - 9:30am	10/10 - 10/31	\$43/\$54
14219	Sa	9:00am - 9:30am	11/14 - 12/12	\$43/\$54

## Tot Soccer

Learn core skills and develop a soccer foundation while playing at home with a parent as we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development. Tot Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Rainbow Quest! *Parent participation is required.* Instructor: Kidz Love Soccer. **No class 11/28.**

### Virtual Program

Ages 3.5 to 4				R/NR
14229	Sa	9:40am - 10:10am	9/12 - 10/3	\$43/\$54
14230	Sa	9:40am - 10:10am	10/10 - 10/31	\$43/\$54
14231	Sa	9:40am - 10:10am	11/14 - 12/12	\$43/\$54

## Pre-Soccer

Learn core skills and develop a soccer foundation while playing at home with a parent as we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development. Pre-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Downtown Traffic! *Parent participation is required.* Instructor: Kidz Love Soccer.

**No class 11/28.**

### Virtual Program

Ages 4 to 5				R/NR
14220	Sa	10:20am - 10:50am	9/12 - 10/3	\$43/\$54
14221	Sa	10:20am - 10:50am	10/10 - 10/31	\$43/\$54
14222	Sa	10:20am - 10:50am	11/14 - 12/12	\$43/\$54

## Soccer 1

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. This class is perfect for first time players while also being fun and engaging for players with some experience. Parents are invited to play along. Instructor: Kidz Love Soccer. **No class 11/28.**

### Virtual Program

Ages 5 to 6				R/NR
14223	Sa	11:00am - 11:30am	9/12 - 10/3	\$43/\$54
14224	Sa	11:00am - 11:30am	10/10 - 10/31	\$43/\$54
14225	Sa	11:00am - 11:30am	11/14 - 12/12	\$43/\$54

## Soccer 2

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of soccer matches will be introduced. This class is perfect for first time players while also being fun and engaging for players with some experience. Parents are invited to play along. Instructor: Kidz Love Soccer. **No class 11/28.**

### Virtual Program

Ages 7 to 10				R/NR
14226	Sa	11:40am - 12:10pm	9/12 - 10/3	\$43/\$54
14227	Sa	11:40am - 12:10pm	10/10 - 10/31	\$43/\$54
14228	Sa	11:40am - 12:10pm	11/14 - 12/12	\$43/\$54

# VACATION BREAK CAMPS

## Music Camp with Joyful Melodies

Joyful Melodies Music Camp is a perfect opportunity for your child to explore music in a fun and exciting way. Our camp is catered to all musical backgrounds, especially absolute beginners. Each camp week also has a unique theme to help excite the learning process and draw focus to a specific topic of our world and how it relates to music. Week One Theme: Recorder & Keyboard. If you have these instruments at home, great! *Please reach out to Joyful Melodies if you would like to rent an instrument.* Instructor: Joyful Melodies Music School.

### Virtual Program

Ages 6 to 10				R/NR
14214	M-Th	10:00am - 12:00pm	12/21 - 12/24	\$206/\$258

## Music Camp with Joyful Melodies

Joyful Melodies Music Camp is a perfect opportunity for your child to explore music in a fun and exciting way. Our camp is catered to all musical backgrounds, especially absolute beginners. Each camp week also has a unique theme to help excite the learning process and draw focus to a specific topic of our world and how it relates to music. Week Two Theme: Recorder & Ukulele. If you have these instruments at home, great! *Please reach out to Joyful Melodies if you would like to rent an instrument.* Instructor: Joyful Melodies Music School.

### Virtual Program

Ages 6 to 10				R/NR
14215	M-Th	10:00am - 12:00pm	12/28 - 12/31	\$206/\$258





# BOO in a BOX

A special at-home Monster Bash experience.

They'll put a spell on you! Boo-in-a-Box was created by the City of Mountain View Recreation team as a fun way to experience howling Halloween activities from the comfort of your own haunt. Each ghoulish kit contains at least 3 hands-on, creative activities for one goblin and includes all the necessary supplies with an instruction sheet. Kit curbside pick-up during designated days/times. No refunds after the box is picked-up.

### Ages 3-6

Kit Includes:

- Mini-Pumpkin Decorating Kit
- Make-A-Monster
- Spooky Ghost Pops
- Plus more mystery activities!

Activity #14235  
Price: \$20

### Ages 7-11

Kit Includes:

- Mini-Pumpkin Decorating Kit
- Caramel Apple Kit
- Candy Tower Set
- Plus more mystery activities!

Activity #14236  
Price: \$20

Register for your BOO-in-a-BOX at [mountainview.gov/register](http://mountainview.gov/register)

# ADULT & TEEN PROGRAMS



## DANCE & FITNESS

### Salsa Bachata To-Go

Want a fun and exciting way to get your body moving and dancing now? This virtual class is just what you'll need to give you a boost of good feeling Latin energy. This online tool is great for dancers who are on the go, new dancers or for those who simply want to improve their skills. In this class you will learn moves that are a must, fun footwork and body styling ready to go. Best of all you will get access to video recordings wherever you are. Visit [www.artistadance.com](http://www.artistadance.com) for additional information. Instructor: Artista Dance.

#### Virtual Program

Ages 18+				R/NR
14216	F	6:30pm - 7:30pm	9/18 - 11/20	\$51/\$64

### Yin Yoga

Yin Yoga stretches and relaxes the body deeper than the muscles at the level of the fascia (connective tissue), where stuck energy can be released for healing and calming. The perfect complement to other forms of yoga, sport and exercise, Yin poses create stillness in the body and mind while releasing tightness and tension for better posture and movement. *No prior yoga experience required. Please have a mat and a blanket large enough to cover yourself. One to two 4" yoga blocks are recommended.* Instructor: Kate Griffin. **No class 11/5 & 11/26.**

#### Virtual Program

Ages 18+				R/NR
14232	Th	5:30pm - 6:30pm	10/15 - 12/3	\$80/\$100

## MUSIC

### Group Keyboard for Adults

It's never too late to learn how to play the piano! Our adult group keyboard class is designed for adults who have little to no experience in piano playing. This class offers a structured yet relaxed environment for you to learn fundamental musical concepts, including musical notation, theory and rhythm. Our patient and supportive instructors will teach you to play a variety of pieces and styles. In addition, your musical knowledge can help your children develop their own interest in music. *Access to piano/keyboard at home is essential.* Instructor: Joyful Melodies Music School.

#### Virtual Program

Ages 14+				R/NR
14210	Th	5:00pm - 5:50pm	9/17 - 10/15	\$180/\$225
14211	Th	5:00pm - 5:50pm	10/22 - 11/19	\$180/\$225

### Group Guitar for Adults

Join this class to learn the fundamentals of guitar and the music of your generation! In this class, you'll learn everything you need to know about how to become a great guitar player: chords, progressions, scales and even entire songs from the artists and bands you enjoy. No experience necessary. *Access to a guitar at home is essential.* Instructor: Joyful Melodies Music School.

#### Virtual Program

Ages 14+				R/NR
14204	Sa	5:00pm - 5:50pm	9/19 - 10/17	\$180/\$225
14209	Sa	5:00pm - 5:50pm	10/24 - 11/21	\$180/\$225

# TEEN WORKSHOPS

## Tutoring for Teens

The View Teen Center is providing FREE tutoring for Junior High and High School teens. Register for an appointment by emailing [theviewteencenter@mountainview.gov](mailto:theviewteencenter@mountainview.gov).

Instructor: The View Teen Center Staff & Volunteers

### Virtual Program

Ages 13-17				Cost
ONLINE	M/W	4:00pm - 6:00pm	10/5-12/9	FREE

## Self Care for Teens

Self care is not selfish. Teens are invited to join a virtual workshop overviewing self care techniques and how to fit them into a busy schedule. Register for an appointment by emailing [theviewteencenter@mountainview.gov](mailto:theviewteencenter@mountainview.gov).

Instructor: The View Teen Center Staff & Volunteers

### Virtual Program

Ages 13-17				Cost
ONLINE	M/W	4:00pm - 6:00pm	10/5-12/9	FREE

## Holiday Mask Decorating Workshops

Decorate your mask for Halloween, fall, winter, and the new year! Register by emailing your name & grade to [theviewteencenter@mountainview.gov](mailto:theviewteencenter@mountainview.gov).

Instructor: The View Teen Center Staff

### Virtual Program

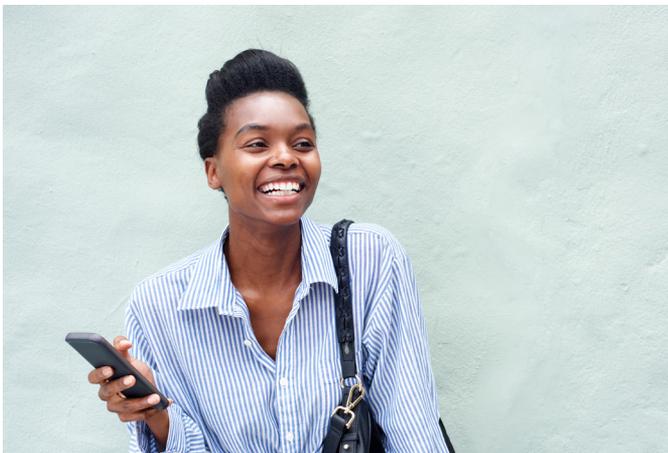
Ages 13-17				Cost
ONLINE	Tu	3:45pm - 5:00pm	10/20	FREE
ONLINE	Tu	3:45pm - 5:00pm	11/10	FREE
ONLINE	Tu	3:45pm - 5:00pm	12/08	FREE
ONLINE	Tu	3:45pm - 5:00pm	12/15	FREE

## Teen Budgeting

Learn different ways to manage money during your teen years. Register by emailing your name & grade to [theviewteencenter@mountainview.gov](mailto:theviewteencenter@mountainview.gov). Instructor: Helen Grays-Jones

### Virtual Program

Ages 13-17				Cost
ONLINE	Tu	3:45pm - 4:45pm	11/17	FREE



## Sign-up for the 55+ workshops

- Email [senior.center@mountainview.gov](mailto:senior.center@mountainview.gov) with the workshop title you'd like to attend **OR**
- Call 650-903-6330

Most workshops use Zoom, a virtual conferencing website. Need help getting started with Zoom? Visit [mountainview.gov/zoom](http://mountainview.gov/zoom) for tips.

# 55+ WORKSHOPS

## Wildlife at Shoreline at Mountain View

Due to its strategic location at the southern end of the San Francisco Bay and its mosaic of ecosystems, Shoreline at Mountain View is home to approximately 22 protected species and a vast array of native animals and plants, several of which are endemic and found no-where else in the world except the Bay Area. This workshop will provide an overview of the ecology and diversity of some of these unique species that call Mountain View home.

Instructor: Phil Higgins, City Wildlife Preservation Coordinator

### Virtual Program

Ages 55+				Cost
ONLINE	Tu	1:00pm	9/1	FREE

## Chronic Obstructive Pulmonary Disease

Learn about Chronic Obstructive Pulmonary Disease (COPD), how it affects senior health, and how to better manage life with COPD.

Instructor: Breathe California

### Virtual Program

Ages 55+				Cost
ONLINE	Th	1:00pm	9/3	FREE

## Financial Management for Seniors

We cannot manage our financial situation without measuring. This workshop provides a process for attendees to collect their income and expense information, to organize that information, and to develop a budget, so that you can manage your financial situation.

Instructor: Curt Helvey

### Virtual Program

Ages 55+				Cost
ONLINE	Tu	1:00pm	9/8	FREE

## Rental Protection in Mountain View

A City staff member from the Community Stabilization and Fair Rent Act program will be providing a virtual workshop to inform those about rent stabilization and eviction protections in Mountain View.

Instructor: City Staff

### Virtual Program

Ages 55+				R/NR
ONLINE	Th	1:00pm	9/10	<b>FREE</b>

## Homeowner Protection

Learn how senior homeowners can protect the equity in their homes. The presentation will cover scams, reverse mortgages, transfer on death deeds, and Medi-Cal recovery.

Instructor: Beatrice Lopez, Seniors Adults Legal Assistance

### Virtual Program

Ages 55+				R/NR
ONLINE	Tu	1:00pm	9/22	<b>FREE</b>

## Introduction to Medicare for Medicare/Medi-Cal Beneficiaries

A comprehensive introduction for both Medicare and Medi-Cal for eligible Santa Clara County residents.

Instructor: Health Insurance Counseling & Advocacy Program (HICAP)

### Virtual Program

Ages 55+				R/NR
ONLINE	Tu	1:00pm	9/29	<b>FREE</b>

## Top 10 Habits of Successful Gardening

What do happy and successful gardeners have in common? How do they get those green thumbs anyway? This informal talk combines a little gardening philosophy with practical, science-based concepts and methods that form the foundation of successful gardening. Whether you are a beginner putting your first plants in the ground or you have many years of gardening under your trowel, you'll find something in this talk to enhance your gardening experience.

Instructor: UC Master Gardeners of Santa Clara County

### Virtual Program

Ages 55+				R/NR
ONLINE	Th	1:00pm	10/8	<b>FREE</b>

**MOUNTAIN VIEW MOVERS CLUB**

A **FREE** community club that encourages an active lifestyle for the whole family.

Club members will get exclusive access to

- LEADERBOARD UPDATES
- TIPS AND TRICKS
- MONTHLY CHALLENGES
- TRAIL RECOMMENDATIONS
- COMMUNITY ACCOMPLISHMENTS
- AND MORE!

Register today at [www.mountainview.gov/MoversClub](http://www.mountainview.gov/MoversClub)

## Medicare's 2020 Annual Enrollment Period and 2021 Updates

A presentation on Medicare's 2020 Annual Enrollment Period (AEP) and Updates for 2021.

Instructor: Health Insurance Counseling & Advocacy Program (HICAP)

### Virtual Program

Ages 55+				R/NR
ONLINE	Th	1:00pm	10/29	<b>FREE</b>

## Frauds & Scams

Learn how to protect yourself from frauds and scams in the digital age from a local fraud specialist who has been in this field for over 15 years.

Instructor: Jack Minard

### Virtual Program

Ages 55+				R/NR
ONLINE	Th	1:00pm	11/5	<b>FREE</b>

## Using Medications Wisely

A virtual workshop that educates on the safe use of all medications, including over the counter.

Instructor: Breathe California

### Virtual Program

Ages 55+				R/NR
ONLINE	Th	1:00pm	11/12	<b>FREE</b>

## Sign-up for the 55+ workshops

- Email [senior.center@mountainview.gov](mailto:senior.center@mountainview.gov) with the workshop title you'd like to attend **OR**
- Call 650-903-6330

Most workshops use Zoom, a virtual conferencing website. Need help getting started with Zoom? Visit [mountainview.gov/zoom](http://mountainview.gov/zoom) for tips.

# LISTO PARA REGISTRARSE?

Léeme primero

## Registro Abierto

martes 1 de septiembre  
a las 8:30 a.m.

### Cómo inscribirse



#### REGISTRO EN LÍNEA

Visit [www.mountainview.gov/register](http://www.mountainview.gov/register)

Haga clic en "Register Online" en la sección "How to Register."

Iniciar sesión o Crear una cuenta.



#### CORREO ELECTRÓNICO

[recreation@mountainview.gov](mailto:recreation@mountainview.gov)

Complete el formulario de registro que se encuentra en la última página. Escanee o tome una foto del formulario completo. Envíelo por correo electrónico a nuestra dirección de correo electrónico arriba.



#### CORREO

City of Mountain View Recreation  
Class Registration  
P.O. Box 7540  
Mountain View, CA 94039-7540

No envíe dinero en efectivo.

#### Formas de pago

Efectivo - Cheque escrito  
pagable a "City of Mountain View"

Visa • MasterCard • American Express • Discover

#### Prueba de Residencia en Mountain View

De vez en cuando es posible que necesitemos pedir prueba de residencia. Las formas aceptables de prueba incluyen: Licencia de Conducir Actual de California o Identificación, una factura reciente, registro del auto, estado de cuenta bancario o contrato de alquiler con el nombre del dueño de la propiedad con una dirección actual. Tarjeta del DMV de Cambio temporal de dirección, apartados de correos, cheques personales, cartas o folletos no son aceptables. La prueba de residencia debe coincidir con el nombre y dirección en el formulario de inscripción.

**Asistencia a Clase y Registro** • Usted está emocionado y nosotros estamos contentos de que esté listo para comenzar una clase. Antes de hacerlo, sin embargo, asegúrese de que usted ya esté registrado para participar. El registro para una clase no se lleva a cabo en la clase, sucede ya sea en línea. Tenga en cuenta que ningún reembolso o clases se emitirán para cualquier clase perdida.

**Lista de Espera** • Ahh! Usted estuvo muy cerca de estar en la clase! Su nombre será puesto en una lista de espera si su primera opción y segunda alternativa están llenas. Una vez que haya un lugar disponible, revisaremos la lista de espera en el orden en que los usuarios fueron añadido a dicha lista; si usted es el próximo, le llamaremos. Se le dará un plazo de 24 horas para enviar su formulario de inscripción y pago. Si su formulario de inscripción y pago no se envían en el plazo establecido, se le saca de la lista de espera y la siguiente persona en la lista será contactado.

**Edad/Fecha de Nacimiento** • Para inscribirse, los participantes deben estar dentro de la edades requeridas (mínima y máxima) en el primer día de clase. Todos los participantes de 17 años de edad o menos deben proporcionar su fecha de nacimiento. Prueba de edad se puede solicitar.

**Transferencia** • ¿Tiene necesidad de transferirse de una clase a otra? Usted puede transferir se a otra clase, siempre y cuando cumpla con el requisito de edad mínima, haya espacio disponible, y envíe su solicitud por escrito por lo menos (3) días hábiles antes del primer día de clase. Esto significa que si la clase comienza un lunes, tiene hasta el miércoles anterior a ese lunes para enviar su solicitud de transferencia por correo electrónico a [recreation@mountainview.gov](mailto:recreation@mountainview.gov). Se le cobrarán \$10 dólares por transacción.

**Dar de baja una clase** • Si tiene que darse de baja de una clase y recibir un reembolso, envíenos un correo electrónico a [recreation@mountainview.gov](mailto:recreation@mountainview.gov) por lo menos cinco (5) días hábiles antes del primer día de clase. También puede solicitar la baja a través de un formulario que puede descargar de [www.mountainview.gov/register](http://www.mountainview.gov/register). Como nota aclaratoria, si su clase comienza un lunes, el último día para darse de baja es el lunes anterior a esa clase. Se le cobrarán \$10 dólares por cada transacción.

**¿Ha faltado a una clase?** • Desafortunadamente no se emitirá ningún reembolso u oportunidad para reponer clases a las cuales usted haya faltado.

**Clase ya comenzó, ¿aun así puedo todavía unirme al grupo?** • ¡Sí! No se prorrate los días que ya han tenido lugar; sin embargo, sólo tiene que ponerse al día con todos los demás en la próxima clase!

**Violación de Comportamiento** • Los participantes que reciban tres (3) violaciones de comportamiento serán eliminados del programa específico. Un reembolso parcial de la clase podría concederse a discreción del supervisor del programa.



#### Espera, ¿qué? Ha cancelado mi clase?!

Clases que no cumplan los niveles mínimos de registro se cancelarán. Los participantes serán notificados aproximadamente con tres días hábiles antes del inicio de clases y se les dará un reembolso completo, o serán elegibles para transferirse a otra clase si hay espacio disponible. Los participantes que sean transferidos serán responsables de cualquier cargo adicional.



# Class Registration Form

E-mail: [recreation@mountainview.gov](mailto:recreation@mountainview.gov) Fax (650) 962-1069

## Parent/Legal Guardian Contact Information

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate \_\_\_/\_\_\_/\_\_\_ Gender  M  F  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip Code \_\_\_\_\_ E-mail Address \_\_\_\_\_  
 Primary Phone (\_\_\_\_) \_\_\_\_\_ Secondary Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Emergency Contact Name \_\_\_\_\_ Relationship to Participant \_\_\_\_\_  
 Emergency Primary Phone (\_\_\_\_) \_\_\_\_\_ Emergency Secondary Phone (\_\_\_\_) \_\_\_\_\_

## Class Registration

Participant Name (First and Last)	Birthdate	Gender	Class #	Class Name	Fee	Alternate Class #
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
<b>Total</b>					\$	

**Participant Allergies/Special Needs** To better assist all participants, please list any special needs for the participant(s) listed above.

Participant's Name \_\_\_\_\_ Special Needs/Allergies/Medications \_\_\_\_\_  
 Participant's Name \_\_\_\_\_ Special Needs/Allergies/Medications \_\_\_\_\_

## Payment

Credit Card (Visa, MasterCard, Amex, Discover)  Check (payable to "City of Mountain View")  Cash (do not mail cash)  
 Credit Card # \_\_\_\_\_ Exp. Date \_\_\_/\_\_\_ CVV #: \_\_\_\_\_  
 Name as it appears on Credit Card \_\_\_\_\_ Cardholder Signature X \_\_\_\_\_

## Liability Waiver and Photo 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.

I understand and acknowledge that if participating in a program listed in CA Health and Safety Code 124235, the enrolled participant is subject to concussion protocol as outlined in CA Health & Safety Code 124235 which includes "Return to Play" procedures.

**By participating in video-recorded virtual programming, I grant the City of Mountain View and Contractor permission to record my and/or my child's image, comments, and questions during the sessions.**

**In addition, I give permission to the City of Mountain View 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.**

By my signature below, I acknowledge that I have read this document and understand its contents.

Signature X \_\_\_\_\_ Date \_\_\_\_\_  Parent  Legal Guardian  Participant



# Formulario de Inscripción de Clase

Correo Electrónico: [recreation@mountainview.gov](mailto:recreation@mountainview.gov) Fax (650) 962-1069

## Padre/ Información de Contacto del Guardián Legal

Nombre \_\_\_\_\_ Apellido \_\_\_\_\_ Fecha de Nacimiento \_\_\_/\_\_\_/\_\_\_ Sexo  M  F  
 Domicilio \_\_\_\_\_  
 Ciudad \_\_\_\_\_ Código Postal \_\_\_\_\_ Correo Electrónico \_\_\_\_\_  
 Teléfono Primario (\_\_\_\_) \_\_\_\_\_ Teléfono Secundario (\_\_\_\_) \_\_\_\_\_ Celular (\_\_\_\_) \_\_\_\_\_  
 Nombre de Contacto de Emergencia \_\_\_\_\_ Relación con el Participante \_\_\_\_\_  
 Numero Primario de Emergencia (\_\_\_\_) \_\_\_\_\_ Numero Secundario de Emergencia (\_\_\_\_) \_\_\_\_\_

## Registro de Clase

Nombre de Participante (Primero y Apellido)	Fecha de Nacimiento	Sexo	# de Clase	Nombre de Clase	Precio	# Clase Alternativa
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
	___/___/___	<input type="checkbox"/> M <input type="checkbox"/> F			\$	
Total					\$	

**Alergias/Necesidades Especiales del Participante** Para ayudar mejor a todos los participantes, por favor enumere alguna necesidad especial para el participante(s) que aparece arriba.

Nombre del Participante \_\_\_\_\_ Necesidades Especiales/Alergias/Medicamentos \_\_\_\_\_  
 Nombre del Participante \_\_\_\_\_ Necesidades Especiales/Alergias/Medicamentos \_\_\_\_\_

## Pago

Tarjeta de Crédito (Visa, Mastercard, Amex, Discover)  Cheque (a nombre de "City of Mountain View")  Efectivo (No envíe efectivo)

Tarjeta de Crédito # \_\_\_\_\_ Fecha de Vencimiento \_\_\_/\_\_\_ CW # \_\_\_\_\_  
 Nombre como aparece en la tarjeta \_\_\_\_\_ Firma X \_\_\_\_\_

## Renuncia de Responsabilidad y Publicación de Foto

Para considerar la participación en las clases o actividades que la División de Recreación de la Ciudad de Mountain View ofrece, yo, la persona que firma este documento, estoy de acuerdo en indemnizar y no culpar a la Ciudad de Mountain View y por la presente renuncio en presentar cargos y no hacer reclamaciones por pérdida o daño, por muerte, lesiones personales, lesiones corporales o daños a la propiedad que yo pueda tener ahora o en el futuro, en contra de la Ciudad de Mountain View, sus concejales, empleados, agentes y voluntarios por cualquier responsabilidad que surja o esté conectada de alguna manera con mi participación en esta clase o actividad, a pesar de que la responsabilidad pueda surgir por negligencia o descuido por parte de la persona o entidades mencionadas anteriormente. Yo entiendo que los accidentes y las lesiones pueden surgir de la participación en esta clase o actividad; sabiendo los riesgos, sin embargo, por la presente estoy de acuerdo en asumir esos riesgos en nombre de mí mismo, miembros de mi familia y mis asignados, y desistir en presentar cargos y eximir de responsabilidad a todas las personas o entidades mencionadas anteriormente que (por negligencia o descuido) podrían ser responsable por daños y perjuicios a mi persona (o mis herederos o cesionarios). Además, entiendo que la Ciudad de Mountain View, el Consejo de la Ciudad, empleados, agentes y voluntarios, no son responsables de los bienes personales de los participantes en la clase o actividad. Además, queda entendido y de acuerdo que esta renuncia, y liberación de responsabilidades y de los riesgos se ha firmado libremente y es un compromiso legal para mí y para mis herederos y cesionarios. He leído y estoy de acuerdo con la inscripción y las políticas de dicho programa.

Entiendo y acepto que si participo en un programa que se adhiere al Código de Salud y Seguridad de California 124235, el participante inscrito está sujeto al protocolo en caso de una conmoción cerebral como se describe en el Código de Salud y Seguridad de California 124235 que incluye procedimientos para "Volver a jugar".

**Al participar en la programación virtual grabada en video, otorgo permiso a la Ciudad de Mountain View y al Contratista para grabar la imagen, los comentarios y las preguntas de mí y / o mi hijo durante las sesiones.**

**Además, doy permiso a la Ciudad de Mountain View de utilizar fotografías de mí y/o de mi hijo/a o parecido, o la de una mascota o propiedad personal, para uso promocional en cualquier medio de comunicación de la Ciudad de Mountain View.**

Con mi firma abajo, reconozco que he leído este documento y entiendo su contenido.

Firma X \_\_\_\_\_ Fecha \_\_\_\_\_  Padre  Guardián Legal  Participante