

LATE SPRING 2015 BROCHURE



APRIL 13 – MAY 22

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OUR OFFICE HOURS

Monday - Friday 8:30 am - 4:30 pm

CONTACT INFO:

475-5935 General Info
475-6115 Class Registration
475-6573 Class Coordinator

REGISTER ONLINE:

<https://apm.activecommunities.com/capitolarecreation>

EMAIL US:

capitolarecreation@ci.capitola.ca.us

FACEBOOK PAGE:

<https://www.facebook.com/capitola.recreation>

CLASS PRICES: R & NR

R stands for Resident, NR for Non-Resident

WHO PAYS THE RESIDENT PRICE?

Anyone residing within the boundaries of the City of Capitola and the Soquel Elementary School District: approximately 38th Avenue to Santa Cruz Gardens to Cabrillo College, inclusive. If you are unsure, give us a call.

ABOUT OUR COVER:

One of the many beautiful pieces of Art on display at the Capitola Community Center, by artists in Hanya Foja's Realistic Painting class.

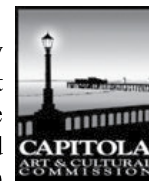
Capitola-Soquel Chamber of Commerce Events

The Chamber's mission is to promote economic vitality by serving as a resource to help our local businesses connect, learn, grow and succeed; and to provide opportunities that celebrate the unique charm of our community. As part of that, the Chamber sponsors events such as the Capitola Village Easter Egg Hunt (March 19), the Begonia Festival, the Art & Wine Festival, the Capitola Village Children's Halloween Parade, and Surfin' Santa. For more information on these and other Chamber events, contact the Capitola-Soquel Chamber of Commerce at (831) 475-6522 or check out their website at www.capitolachamber.com.



The Capitola Art & Cultural Commission

The Art & Cultural Commission has a rich tradition of providing the community with a variety of visual and performing art events. The Wednesday night Twilight Concerts are held throughout the summer months in Esplanade Park, featuring live bands and musical styles from jazz, western, Latin and swing, to blues and good old rock & roll. Select summer Sundays offer Sunday Art & Music at the Beach events, with quality art vendors and live music. Family-friendly Movies on the Beach arrive Friday evenings in August and September. For more information and to check out their full calendar of events, go to: <http://www.cityofcapitola.org/acc/page/art-cultural-commission-summer-events>.



The Capitola Historical Museum

The Capitola Historical Museum maintains extensive collections of photographs and artifacts related to Capitola's history, and offers changing exhibits on the history and art of the area, as well as on special seasonal and topical themes. The museum is located next to Capitola City Hall; the museum grounds include a reconstructed cottage from the early 20th century beach resort, and a wash house. Museum hours: Noon to 4 pm, Wednesdays, Fridays, Saturdays & Sundays. View their website and upcoming exhibits at: www.cityofcapitola.org/capitola-museum.

Coming Soon: Postmarked Capitola: A History Through Postcards

Opening Reception: Saturday, March 21, 2015, noon to 2 p.m. Come and explore the fascinating history of Capitola as told through 100 years of picture postcards.

**BALLET: MOM / DAD & ME** 6 wks

Jeani Mitchell

2-3 yrs

Introduce your child to the world of dance! Through basic ballet technique your child will develop gross and fine motor skills. He or she will develop movement, rhythm, and the ability to follow directions and work with a group. Children will be enchanted with lots of wings, wands, and tutus. *Children may take this class beyond 3 years of age if they are not ready to participate in Pre-ballet by themselves.* An **\$8 materials fee** is payable at the first class.

Capitola Community Center**R: \$64 / NR: \$78**

#5010.301 Thur 4-4:45 pm 4/16-5/21

PRE-BALLET I

6 weeks

Jeani Mitchell

3-6 years

These classes will cover basic ballet positions and technique. Classes are designed to introduce basic balletic stretches and proper posture and alignment. Children learn to follow instructions and class etiquette. There is a time for creative expression and students will be able to create their own dances. An **\$8 materials fee** is payable to the instructor at the first class.

Capitola Community Center**R: \$64 / NR: \$78**

#5020.301 Fri 4-4:45 pm 4/17-5/22

**PRE-BALLET II**

6 weeks

Jeani Mitchell

5-8 years

This class is for continuing Pre-Ballet I students as well as new students; it introduces more structure, correct placement, and basic ballet movements and technique. Emphasis will be placed on proper posture and body alignment. An **\$8 materials fee** is payable to the instructor at the first class.

Capitola Community Center**R: \$64 / NR: \$78**

#6013.301 Fri 4:45-5:45 pm 4/17-5/22

BRAZILIAN JIU-JITSU**LITTLE JAGUARS**

6 weeks

Claudio Franca (476-7650)

4-6 years

The Claudio Franca Academy provides a fun, encouraging environment where youth learn the fundamental skills of sport and self-defense Brazilian Jiu-Jitsu. Improve discipline, self-esteem, coordination and confidence. *Class can be taken through the recreation department once.*

Claudio Franca Brazilian Jiu Jitsu**1658 Soquel Drive, Suite C, Santa Cruz****R: \$96 / NR: \$110**

#5011.301 T & Th 3:10-3:55 pm 4/14-5/21

**HULA & TAHITIAN DANCE & SONGS FOR MOMMY & ME**

5 wks

Charmaine Moniz

2-5 years

www.alohacharmaine@yahoo.com

Share the joy of hula with your child as you learn foundation steps along with related Hawaiian language! You will learn a hula that can be shared together and hopefully be inspired to continue your studies in this sacred and festive dance form. Instructor Charmaine Moniz dances with Te Hau Nui School of Hula and Tahitian Dance in Santa Cruz.

Te Hau Nui Dance Studio**924 Soquel Avenue, Santa Cruz****R: \$60 / NR: \$74**

#5051.301 Tues 10-10:45 am 4/14-5/12

#5051.302 Sat 10-10:45 am 4/18-5/16

KOREAN MARTIAL ARTS:**TAE KWON DO**

6 weeks

Grand Master Jin

3.5-5 years

This class introduces young children to safe falling, kicks, tumbling, coordination, flexibility and self-confidence. Your child will also learn social skills, playground skills, focus, patience, self-control, and the importance of never initiating violence. Uniforms are not required for this first class. *This class is introductory only; and can be taken through the recreation department once.* Grand Master Jin is an 8th degree black belt.

Korean Martial Arts Academy**3702 Portola Drive, Santa Cruz****R: \$93 / NR: \$107**

#5016.301 T / Th 3-3:30 pm 4/14-5/21

The Capitola Junior Lifeguard program is a very active, physically challenging, competitive program which provides instruction in the basic fundamentals of ocean water safety, first aid, lifesaving, fitness, and good sportsmanship.

Jr. Guards are required to swim or be involved in ocean-oriented activities every day, so they must be comfortable swimming in the ocean before enrolling in the program. All Jr. Guards (ages 9 & up) will be required to pass a swim test on the first day of the program; they must be able to swim

100 yards (about 4 lengths of a pool) under 2:30 minutes without help and be able to tread water for at least 5 minutes. A Little Guard (ages 6-8) must be comfortable in the ocean, willing to submerge his head/face in the water, and able to tread water. Swim lessons prior to enrolling in the program are highly recommended. Junior Guards who are unable to pass the swim test may be dropped from the program. Activities include open water swimming, paddle boarding, body surfing, surfboard riding, races, mock rescues, beach & water games, calisthenics and work-outs, and competitions. Program fees include instruction, official t-shirt, and discounts with local merchants.



CAPTAINS CORPS

This rewarding work-training program for Guards ages 16 & 17 includes instruction in leadership, safety, working with children, and effectively supervising activities to prepare participants to be future Junior Lifeguard Instructors. Captains will receive training in first aid and CPR. Tower time and a commitment to assisting each week with the afternoon Divisions is required. **You must have participated in Junior Lifeguards for at least 2 years to be eligible for Captains Corps.**

All participants: \$130 per session; \$250 all summer



SESSION DATES

Session 1 (5 weeks): 6/15-7/17

No program on Friday, 7/3.

Session 2 (4 weeks): 7/20-8/14

PRICES

“R” denotes the resident price. A “resident” is anyone residing within the boundaries of the City of Capitola. The resident boundaries have changed since last year.

Session 1 (5 weeks): R: \$242 / NR: \$275

Session 2 (4 weeks): R: \$192 / NR: \$220

Entire Group Photo: \$12 each session



COMPETITIONS

Capitola:

July 8, Little Guards (ages 6-8), 9 am - 3 pm

**** No JG program this day.****

July 9, Jr. Guards (ages 9 & up), 9 am - 4 pm

**** No LG program this day.****

Seacliff: June 24 (LG's) & June 25 (JG's)

Santa Cruz: Aug 5 (LG's) & Aug 6 (JG's)

Regionals: Friday, July 24, at Huntington State Beach

SESSION I

Mornings

#2001.400 Captains Corps, All summer

#2001.401 Captains Corps, Session 1 only

#2002.401 A's 14-15 yrs M-F 9-Noon

#2003.401 B's 12-13 yrs M-F 9-Noon

#2008.401 C's 11 years M-F 9-Noon

#2011.401 LG's 6-8 yrs M-F 9-Noon

Afternoons

#2004.401 C's 9-11 yrs M-F 1-4 pm

#2005.401 LG's 6 years M-F 1-4 pm

#2006.401 LG's 7 years M-F 1-4 pm

#2007.401 LG's 8 years M-F 1-4 pm

SESSION II

Mornings

#2001.402 Captains Corps, Session 2 only

#2002.402 A's 14-15 yrs M-F 9-Noon

#2003.402 B's 12-13 yrs M-F 9-Noon

#2008.402 C's 9-11 yrs M-F 9-Noon

#2011.402 LG's 6-8 yrs M-F 9-Noon

Afternoons

#2004.402 C's 9-11 yrs M-F 1-4 pm

#2005.402 LG's 6 years M-F 1-4 pm

#2006.402 LG's 7 years M-F 1-4 pm

#2007.402 LG's 8 years M-F 1-4 pm

**JUNIOR GUARDS PHONE
AT CAPITOLA BEACH
462-3956**

*** REGISTRATION INFORMATION FOR 2015 ***

❖ **RETURNING GUARDS: MARCH 16 - APRIL 10**

Your child is considered a returning Guard if he or she participated in the program in 2014. Register your child with the group that corresponds to his or her age as of July 1, 2015. Registration for returning Guards will be accepted **March 16th - April 3rd**; you must register during this time to retain your priority registration. You can visit our website at www.cityofcapitola.org/recreation and download the registration forms, Parents Information Packet and Calendars. We cannot accept online registration, but you can print out the forms and mail them in or bring them in to our office with your payment. **For legal reasons, we must have original forms; please do not fax in or email scanned forms. Faxed-in or emailed forms will be returned to you and your child will not be registered until we receive original forms.**

**** FOR JG FAMILIES:** If you are registering a returning Guard and have another child who is a new Guard to also register, we will accept both registration during this time.

❖ **NEW GUARDS, Ages 6-11: BEGINS APRIL 13**

Registration is first-come, first-served, and opens **Monday, April 13th**. You can register Monday-Friday, 8:30 a.m. to 4 p.m., at the Capitola Recreation office, 4400 Jade Street, Capitola. You can visit our website at www.cityofcapitola.org/recreation and download the registration forms, Parents Information Packet and Calendars. We cannot accept online registration, but you can print out the forms and mail them in or bring them in to our office with your payment. **For legal reasons, we must have original forms; please do not fax in forms. Faxed-in forms will be returned to you and your child will not be registered until we receive original forms.**

- Register your child with the age group that corresponds to his or her age as of July 1, 2015.
- If you are registering in person, please bring your child's birth certificate with you to the office.
- If you are registering by mail, please provide a copy of your child's birth certificate.

*** REFUND POLICY - PLEASE READ BEFORE SIGNING UP ***

Please realize that the recreation department has to arrange staffing, supplies and equipment needs for the entire summer at the beginning of the summer; refunds can have a significant impact on the program and staff. Please be sure your child wants to attend before signing him or her up, especially for both sessions. **If your child is unsure about Session 2, please wait to register until later in the summer; we will guarantee a spot for your child in Session 2 if he or she is enrolled in Session 1.** Please review the refund policies outlined below before registering:

- There is a \$50 fee for refunds given prior to May 29th for Session 1 and July 2nd for Session 2.
- A refund, less 50% of the fees, will be given if requested June 1st – June 16th for Session 1 and July 6th – July 21 for Session 2 (this is 2 weeks prior to the start of the program and through the second day of the program).
- **After the second day of the program, no refunds will be given.**
- If a child becomes sick or injured during the program dates and is unable to continue in the program, the department will issue a pro-rated refund based upon the remaining number of days in the program, including the date of injury. You may be required to provide documentation regarding an injury.
- There is no refund of fees for students who are suspended or removed from the program for disciplinary reasons.

JUNIOR LIFEGUARDS PARENTS CLUB

The Junior Lifeguards Parents Club provides support for the program and the participants, especially during competitions. All JG parents are invited to join the Parents' Club.

JUNIOR GUARDS GEAR & APPAREL

The Parents Club sells a variety of Junior Guards apparel and gear, including sweatshirts, sweatpants, water bottles, towels and more. They will be available at the Capitola Community Center and at the beach the first 2 days of each session. Payment is made out to the "Junior Lifeguards Parents Club."

FOR MORE INFORMATION ABOUT THE PARENTS CLUB

Contact Parents Club President Denise White at: dwhitehavens@msn.com

Camp Capitola at Jade Street Park

Camp Capitola, for **kids ages 6-11**, is held at Jade Street Park and uses the outdoor environment and the Capitola Community Center to provide kids with an awesome summer experience! Activities include sports, arts and crafts projects, water games, drama productions, beach days, theme days/weeks, specialty camps, clubs, carnivals, and more! There is a regular daily schedule with several different types of activities going on (indoor, outdoor, arts and crafts, active & quiet games, age-specific activities, etc.), and kids can choose which activities to participate in.



We offer half-day (mornings or afternoons) or all-day care, with extended care hours (for children enrolled in Camp only). Our Camp is designed to run in 2-week or 3-week sessions; **we cannot offer daily or weekly Camp or prorating for days your child will not attend. No Camp 7/3.**

The session dates are as follows:

Session 1:	6/15-6/26	(2 weeks)
Session 2:	6/29-7/17	(3 weeks)
Session 3:	7/20-7/31	(2 weeks)
Session 4:	8/3-8/14	(2 weeks)

Transport for kids enrolled in Camp & Jr. Guards: If your child is enrolled in both Camp and Junior Guards, and you are unable to transport him or her between the programs, you can enroll him or her in Transport and we will do it for you. At lunch time, staff walk the children between the programs, at Capitola Beach and Jade Street Park, to provide them the opportunity to participate in both programs. If your child is in Guards in the afternoon, pick him or her up at Capitola Beach. If he or she is in Camp in the afternoon, pick him/her up at Jade Street Park. We are not able to transport children to other beaches on competition days; you will have to arrange transportation on those days.

TO REGISTER:

Camp is for kids ages 6-11; **your child must be 6 years old before the program starts or entering 1st grade in September.** You can visit our website at www.cityofcapitola.org/recreation and download the registration forms and the Parents Information Packet, but we cannot accept online registration. You can print out the forms and mail them in or bring them in to our office with your payment. **For legal reasons, we must have original forms; please do not fax in or email scanned forms. Faxed-in or emailed forms will be returned to you and your child will not be registered until we receive original forms.**

- Your child must be 6 years old before the program starts or entering 1st grade in September.
- If you are registering in person, please bring your child's birth certificate with you to the office.
- If you are registering by mail, please provide a copy of your child's birth certificate.
- If your child is enrolled in Camp and Junior Lifeguards, make sure you read the information related to Transport and complete the separate enrollment form.

NOTE: Please read our refund policy, and be sure your child wants to attend Camp before signing them up, especially for several sessions. **We highly recommend waiting and paying just prior to the start of each session; we will guarantee your child a spot in the program.**

CAMP CAPITOLA JUNIOR LEADER VOLUNTEER PROGRAM

The Camp Capitola Junior Leader Volunteer program is offered for a limited number of teens ages 14-17 who are interested in training to be a Camp Leader when they are older. Under the direction of the Coordinators, Junior Leaders support senior staff with activities and supervision of campers. In addition, Junior Leaders will participate in workshops focused on such topics as: leading Camp activities, working with children, resumé writing, applying and interviewing for jobs, college planning, and leadership. This position is volunteer based; there is no salary, although a small stipend may be available. Junior Leaders will be evaluated throughout the program, and a letter of recommendation from the Coordinator will be available upon request near the end of the program.

Summer Fun!



PRICE FOR 1/2-DAY & ALL DAY CAMP:

We know that arranging care for kids in the summer can be expensive, so we strive to keep our prices affordable. All-day Camp is only \$3.17/hour for City of Capitola residents, and slightly higher for non-residents. And **you do not have to sign up for all the sessions in advance; you can pay as you go, through the summer (we highly recommend this)**. Please note, however, that enrollment fees do not include field trip expenses; these entail additional fees. You will be notified of those in Camp's weekly bulletin, and can decide if you want your child to participate or not.

		Sessions 1, 3, & 4 (2 weeks each)	Session 2 (3 weeks)
Full Day	9 am - 4:30 pm	R: \$238 / NR: \$262 per session	R: \$353 / NR: \$389
Mornings Only	9 am - 12:30 pm	R: \$135 / NR: \$152 per session	R: \$184 / NR: \$201
Afternoons Only	1-4:30 pm	R: \$135 / NR: \$152 per session	R: \$184 / NR: \$201

PRICE FOR EXTENDED CARE:

Mornings: 7:30-9 am

2-week Session: \$70

3-week Session: \$105

Afternoons: 4:30-6 pm

2-week Session: \$70

3-week Session: \$105



PRICE FOR JUNIOR GUARDS TRANSPORT:

\$54 for 1st Session of Guards

\$42 for 2nd Session of Guards

*** REFUND POLICY - PLEASE READ BEFORE SIGNING UP ***

Please realize that the recreation department has to arrange staffing, supplies and equipment needs for the entire summer at the beginning of the summer; refunds can have a significant impact on the program and staff. Please be sure your child wants to attend before signing him or her up. **If your child is unsure, please wait to register until later in the summer.** Please review the refund policies outlined below before registering:

- There is a \$50 fee for refunds given prior to May 29th for Sessions 1 & 2 and July 2nd for Sessions 3 & 4.
- A refund, less 50% of the fees, will be given if requested 2 weeks prior to the start of the session and through the second day of the session.
- After the second day of the program, no refunds will be given.
- If a child becomes sick or injured during the program dates and is unable to continue in the program, the department will issue a pro-rated refund based upon the remaining number of days in the program, including the date of injury. You may be required to provide documentation regarding an injury.
- There is no refund of fees for students who are suspended or removed from the program for disciplinary reasons.

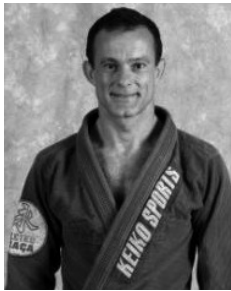
PRE-BALLET II

Jeani Mitchell

6 weeks

5-8 years

This class is for continuing Pre-Ballet I students as well as new students; it introduces more structure, correct placement, and basic ballet movements and technique. Emphasis will be placed on proper posture and body alignment. There is a time for creative expression and students will be able to create their own dances. An **\$8 materials fee** is payable to the instructor at the first class. Jeani Mitchell has a secondary teaching credential in Physical Education with an emphasis in Dance and has been teaching in Santa Cruz for 33 years.

Capitola Community Center**R: \$64 / NR: \$78****#6013.301 Fri 4:45-5:45 pm 4/17-5/22****BRAZILIAN JIU-JITSU**

Claudio Franca (476-7650)

6 weeks

6-14 years

<http://claudiofrancabjj.com>

Learn the fundamental skills of sport and self-defense Brazilian Jiu-Jitsu. Improve discipline, self-esteem, coordination and confidence. The classes provide a fun, encouraging environment where young children learn the fundamentals with an emphasis on rolling, falling, ground movement, and body awareness. *These classes are introductory, and can be taken through the recreation department once.*

Claudio Franca**Brazilian Jiu Jitsu****1658 Soquel Drive, Suite C, Santa Cruz****R: \$96 / NR: \$110****Classes for ages 6-9 years:****#6130.301 T & Th 4-4:55 pm 4/14-5/21****Classes for ages 10-14 years:****#6131.301 T & Th 5-5:55 pm 4/14-5/21****KIDS KICKBOXING**

Claudio Franca (476-7650)

6 weeks

6-15 years

The goal of this program is to introduce kids to self-defense ready kickboxing while building confidence, self esteem and discipline. They will learn to punch, kick, knee, elbow, and drill various striking art takedowns in a controlled, safe, and non-competitive environment. *These classes are introductory, and can be taken through the recreation department once.*

Claudio Franca Brazilian Jiu Jitsu**1658 Soquel Drive, Suite C, Santa Cruz****R: \$76 / NR: \$90****#6132.301 M & W 4-4:55 pm 4/13-5/20****KEIKI HULA & TAHITIAN DANCE & MORE!**

5 weeks

Kumu Lorraine Kalei Kinnamon/staff 5-11 yrs

www.tehaunuidance.com / tehaunui@cruzio.com

Introduce your child to the graceful and fun foundation moves of Hula, Tahitian and Maori Dance. Kumu Lorraine Kalei grew up on O'ahu and studied in Hawai'i, Tahiti and California. She currently teaches at UCSC as well as the Te Hau Nui Dance Studio in Santa Cruz, and is director of the popular Te Hau Nui School of Hula and Tahitian Dance in Santa Cruz. A **\$10 materials fee** is payable at the first class.

**Te Hau Nui Dance Studio****924 Soquel Avenue, Santa Cruz****R: \$60 / NR: \$74****#6092.301 Thur 5-5:50 pm 4/16-5/14****HULA & TAHITIAN DANCE & SONGS FOR MOM/DAD/ME**

5 wks

Charmaine Moniz

6-11 yrs

[www.alohacharmaine@yahoo.com](mailto:alohacharmaine@yahoo.com)

Share the joy of hula with your child as you learn foundation steps along with related Hawaiian language! You will learn a hula that can be shared together and hopefully be inspired to continue your studies in this sacred and festive dance form. Instructor Charmaine Moniz dances with Te Hau Nui School of Hula and Tahitian Dance in Santa Cruz.

Te Hau Nui Dance Studio**924 Soquel Avenue, Santa Cruz****R: \$60 / NR: \$74****#6098.301 Sat 11-11:55 pm 4/18-5/16**

KOREAN MARTIAL ARTS:**TAE KWON DO**

6 weeks

Grand Master Jin

6-9 / 10-15 years

This class introduces young children to safe falling, kicks, tumbling, coordination, flexibility and self-confidence. Your child will also learn social skills, playground skills, focus, patience, self-control, and the importance of never initiating violence. Uniforms are not required for this first class. *This class is introductory only; and can be taken through the recreation department once.* Grand Master Jin is an 8th degree black belt.

Korean Martial Arts Academy**3702 Portola Drive, Santa Cruz****Class for 6-9 years: R: \$98 / NR: \$112****#6016.301 T / Th 4:30-5:20 pm 4/14-5/21****Class for 10-15 years: R: \$98 / NR: \$112****#6016.302 T / Th 5:30-6:20 pm 4/14-5/21****GIRLS LACROSSE
EXPERIENCE**

6 weeks

Lauren Junker

6-14 yrs

laurenunjunker@gmail.com

Learn the basics of girls lacrosse or hone in your skills in this fun class! Coach Lauren Junker will teach basic to advanced skills each week combined with fun games and exciting lacrosse drills. This is the perfect class for the beginner who wants to see what girls lacrosse is about or the returning player who wants to work on stick skills and learn a few cool new moves! Lacrosse stick and protective eye wear will be provided; **each participant needs to bring a molded mouth guard and wear comfortable clothing.** A \$10 materials fee is payable at the first class. *If younger than 6 years old, please contact Lauren first, for permission to enroll.*

Jade Street Park, Capitola**R: \$96 / NR: \$110****#6023.301 Thur 4-5:15 pm 4/9-5/14****10 & UNDER TENNIS**

6 weeks

Fred Charlebois

7-10 years

FredsTennisRx@gmail.com

Smaller courts, shorter racquets and balls that bounce lower. Now it's easier for kids to play the game and develop a love for the sport right from the start. Coach Fred will expose the student to all aspects of the game and teach proper grip, stroke production, tennis rules and etiquette, through games, drills and lots of fun. An **\$8 materials fee** is payable at the first class.

Jade Street Park Tennis Courts**R: \$85 / NR: \$99****#6048.301 Sat 10-11:30 am 4/18-5/23****JR. TENNIS ACADEMY**

6 weeks

Fred Charlebois

10-15 years

FredsTennisRx@gmail.com

This class is intended for all junior players interested in learning tennis or perfecting their tennis skills. It will emphasize the integration of proper footwork with stroke production. Juniors will have the opportunity to play matches and develop match play skills. *Must have Fred's permission to enroll if under 10 years of age or older than 15.* An **\$8 materials fee** is payable at the first class.

Jade Street Park Tennis Courts**R: \$85 / NR: \$99****#6044.301 Wed 4-5:30 pm 4/15-5/20****#6044.302 Sat 11:30 am - 1 pm 4/18-5/23****Save money & sign up for both days:****#6044.303 R: \$105 / NR: \$119****JR. ELITE ACADEMY**

6 weeks

Fred Charlebois

7-15 yrs

FredsTennisRx@gmail.com

This after-school program is for goal-oriented intermediate and advanced juniors who are dedicated to improving their tennis, striving to play more matches, and who may be interested in competitive tennis. Students will work on all aspects of the technical and tactical development through on-court and off-court training to improve their strokes, footwork, speed, agility, strength and flexibility as well as the mental aspects of their game. *Students must have Fred's permission to enroll.* An **\$8 materials fee** payable at first class.

Classes are offered the following days, times & dates:

Monday 4-5:30 pm 4/13-5/18

Tuesday 4-5:30 pm 4/14-5/19

Wednesday 4-5:30 pm 4/15-5/20

Thursday 4-5:30 pm 4/16-5/21

Saturday 1-2:30 pm 4/18-5/23

Students will sign up for 2, 3, 4 or 5 times/week, and coordinate days with Fred. Contact Fred before registering to make sure the days & times that work for you are available:

Jade Street Park Tennis Courts**#6045.301 2x / wk R: \$105 / NR: \$119****#6045.302 3x / wk R: \$155 / NR: \$169****#6045.303 4x / wk R: \$200 / NR: \$214****#6045.304 5x / wk R: \$250 / NR: \$264**

SUPER BROKEN PLATE**MOSAICS**

Nancy Howells

1 day

18 yrs & up

www.paintedchairstudio.com / 425-1602

In this class we will use broken plates and tiles, from a large colorful selection, to create a mosaic on a flat or three-dimensional surface. This class is suitable for either the beginner or mosaic student who would like to add to their skill set. The projects you may choose from include: a table top bird bath, flower pot, "tea cup" herb planter, stepping stones and wall plaques. You may also bring your own project that is suitable to complete in class time. Instruction will be given in the use of the tile nippers, mixing adhesives and grout. Come and enjoy an afternoon in the studio! A **\$15 materials fee** is payable at the class.

Painted Chair Studio**421 Gharkey Street, Santa Cruz****R: \$65 / NR: \$79**

#7006.301 Sat 12-5 pm 4/18

**STAINED GLASS ON GLASS****MOSAIC**

Nancy Howells

1 day

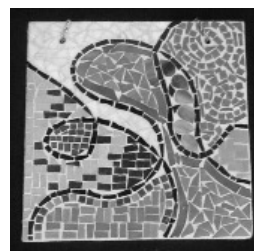
18 yrs & up

www.paintedchairstudio.com / 425-1602

In this class, we will use stained glass and glass tiles to create a "stained glass" style mosaic that can be displayed in a window. This class is designed for both new and experienced students. We will be working with glass-cutting tools and wheeled glass nippers. Using the mosaic pieces, you will create your design on a piece of clear glass, using adhesives and grout to complete the project in class. Instruction and the use of tools will be given at the beginning of class. A **\$20 materials fee** is payable at the class.

Painted Chair Studio**421 Gharkey Street, Santa Cruz****R: \$65 / NR: \$79**

#7102.301 Sat 12-5 pm 5/30

**** NEW - MID-CENTURY MODERN MOSAICS MEETS ZENTANGLES!**

Nancy Howells

1 day / 18 yrs & up

As both art form and hobby, mosaics had a renaissance in Mid-century America, especially in California, where some of the most famous artists made their home. Now you can have the opportunity and unique approach to using vitreous glass tiles, stained glass and glass pieces, to create a mosaic that also incorporates Zentangle design elements. The compliment of styles is a fun and easy way to begin creating colorful mosaics. Your own unique designs can also be created in class. Instructions will be given in the use of glass nippers, adhesives and grout to complete your project. A **\$15 materials fee** is payable at the class.

Painted Chair Studio**421 Gharkey Street, Santa Cruz****R: \$65 / NR: \$79**

#7005.301 Sat 12-5 pm 5/9

**MOSAIC STEPPING STONE**

Nancy Howells

1 day

18 yrs & up

www.paintedchairstudio.com / 425-1602

In this afternoon class you will acquire all the information and one-on-one instruction needed to complete a mosaic stepping stone. No previous experience is necessary. This is also a great class to brush up on your mosaic skills. You will enjoy picking out colorful tiles and plates, from a very large selection, to make a beautiful garden mosaic! Designing a "quilt" style mosaic will also be explored. Come enjoy an afternoon of creativity in the studio! Instruction will be given in the use of the tile nippers, mixing adhesives and grout to complete your project. A **\$10 materials fee** is payable at the class.

Painted Chair Studio**421 Gharkey Street, Santa Cruz****R: \$50 / NR: \$64**

#7064.301 Wed 1-4 pm 4/15

#7064.302 Wed 1-4 pm 5/6

#7064.303 Wed 1-4 pm 5/27



**** NEW - DESIGN IT, STITCH IT:
HAND EMBROIDERY**

5 wks

Beth Mastrude 16 yrs & up
fibermavenbeth@gmail.com / 252-0649

Learn how to hand embroider with decorative flair! Explore hand embroidery for a fun, relaxing way to bring your inspirations to life! Join Textile Artist Beth Mastrude, and learn essential techniques that ensure your stitches are consistent every time you pick up a project. Refresh your basic skills with smooth satin stitches that won't pucker and French Knots that always stay put, and use whipped and threaded stitches for an impressive look with easy execution. Master tricky knotted, looped and fill stitches like the fishbone, cretan and bouillon for polished designs, and learn to transfer any design to fabric. Beth will also show you how to embellish a T-shirt with dazzling stitched detail as you learn stabilizing strategies for stretchy knits, and create your own patterns. If you're a beginner or experienced embroiderer and you really want to improve and expand, these classes are ideal. If you look at embroidery as a hobby or craft, this is a great investment that will give you a lifetime of pleasure. Beth Mastrude is an award-winning textile artist, a 2014 Open Studios participant, and a facilitator sharing her passion for textile arts with others. Come experience the fun!

Capitola Community Center

R: \$66 / NR: \$80

#7437.301 Tues 6:30-8:30 pm 4/14-5/12



Encaustic Painting

**INTRODUCTION TO SHIBORI
& INDIGO DYEING**

1 day

Beth Mastrude 16 yrs & up
fibermavenbeth@gmail.com / 252-0649

Want some child-like magic back in your life? Let's experiment with Shibori, the ancient Japanese art of dyeing natural fabrics by using resist techniques (folding, clamping, stitching).

This is a 6-hour hands-on exploration of indigo dyeing where you will learn the fundamentals of this historic pattern making process. Dye natural fiber goods in a plant derived indigo vat, yielding amazing shades of blue. You will experiment with various techniques on small pieces of cloth, then choose a pattern to create and dye a square tea towel and a silk scarf to take home. No experience necessary and there will be some surprises along the way! Indigo dye and tools are covered in the class fee and additional \$25 materials fee payable to the instructor at the time of workshop. Bring a sack lunch and wear comfortable clothes you do not mind getting blue. Beth Mastrude is an award-winning textile artist, a 2014 Open Studios participant, and a facilitator sharing her passion for textile arts with others. Be prepared to fall in love with indigo!



17th Avenue Studios, 980 17th Avenue

Bldg 2, Studio 22, Santa Cruz

R: \$66 / NR: \$73

#7436.301	Sat	10 am - 4 pm	4/25
#7436.302	Sat	10 am - 4 pm	5/23

**** NEW - BASIC ENCAUSTIC
(BEESWAX) PAINTING**

1 day

Terry Dowell (831) 708-2826 18 years & up

Come along and experience an exciting, ancient and cutting-edge art form. Painting with pigmented molten beeswax is beyond fun and also forgiving and versatile. The possibilities are endless with mixed media: collage, stencils, stamps, ink, oil paints, watercolors, photography and so much more. You will create three original encaustic paintings in this one-day workshop. Explore and learn through demonstrations how to mix paint, fuse layers of wax, apply oil and chalk pastels, embed photos, and apply image transfers. You will learn to work safely and will leave with a printout containing all the information you need. Artists of all media will enjoy the limitless possibilities and wonder encaustic has to offer ... no drawing skills necessary. Pack a lunch for the mid-day break. A \$35 materials fee is payable to the instructor at the class; all materials provided. Terry defines herself as a mixed media artist specializing in encaustic work. Her work can be seen in private collections nationwide and in juried shows in Northern California.

Instructor's Studio, Aptos

R: \$98 / NR: \$105

#7052.301	Sat	10 am - 4:30 pm	4/11
#7052.302	Sat	10 am - 4:30 pm	4/18
#7052.303	Sat	10 am - 4:30 pm	5/16
#7052.304	Sat	10 am - 4:30 pm	5/30

REALISTIC PAINTING: WATERCOLOR

Hanya Fojaco 6 weeks
18 yrs & up
(831) 475-3591 / hanya@hanyafojaco.com
www.hanyafojaco.com

Develop your painting skills and personal expression within a realistic painting context. All levels are welcome in this safe and supportive class. Students will work from a reference photo of their choice or from their own compositions. The first class will include a discussion, demonstration, and some technique practice. During the following classes each student will receive individual instruction along with demonstrations and lectures. You will be encouraged to ask questions so as to clarify the process for you and make your painting class experience a positive and enjoyable one. Hanya has made a life out of art. She has a degree from the School of the Art Institute of Chicago and has been active both in art and crafts for many years. To see examples of her paintings go to her website, www.hanyafojaco.com. For the first class please bring: Writing materials to take notes, a choice of simple reference photos you would like to paint, and any supplies you may already have for evaluation. Watercolor paper and paint will be available for the first orientation class and a complete materials list will be provided. A **materials fee of \$5** is payable at the first class for new students only. You may preview the list at www.hanyafojaco.com/blog. If you have any questions, please feel free to email Hanya.

Capitola Community Center

R: \$78 / NR: \$92

#7070.301 Wed 9:30 am-12:30 4/15-5/20

#7070.302 Thur 9:30 am-12:30 4/16-5/21

MANDALAS & THE UNFOLDING LOTUS

Michele Faia 6 weeks
16 years & up
www.michelefaia.com / 662-8857

This is both fun and a unique watercolor painting experience. We will learn the basics of both watercolor and mandala making and more. A mandala is an ancient tool used for awakening the inner self and often has at its center a lotus, symbolizing the self's blossoming. We will paint from our hearts while exploring the vast symbolism of the lotus. No experience is necessary. Really! Michele has BA & MA degrees in art and has been teaching and painting mandalas for many years, using them in her own healing. Her book, *Art in My Heart: The Power of Watercolor Mandala Making*, will be available at a student discount. For a list of what to bring to the first class, see www.michelefaia.com/classes/class-schedule or email Michele at mandalas@michelefaia.com.

Capitola Community Center

R: \$86 / NR: \$100

#7068.301 Thur 1-3:30 pm 4/16-5/21



THE JOY OF WATERCOLOR 6 wks

Dawn Maclaughlin 16 yrs & up
(831) 239-3688

This class is designed to help you learn to paint in watercolor. Dawn will teach by demonstration, with students painting after each demo, step-by-step; this will get everyone painting in every class, and finishing multiple paintings in the session. During the demonstrations, she will teach: color mixing, creating a dynamic value range, wet-in-wet to create beautiful skies, scumbling, softening an edge, wet brush on dry paper, charging in color and more. Bring in photos you have taken and Dawn will work with you to turn them into beautiful watercolors. Beginner and intermediate painters welcome. *Contact Dawn for a materials list before the first class.*



Capitola Community Center

R: \$120 / NR: \$134

#7034.301 Tues 10-1 pm 4/21-5/26



WATERCOLOR AND MIXED MEDIA

Anouk Johanna 6 weeks
16 years & up
(338-7716) www.anoukjohanna.com /
anouk@anoukjohanna.com

Do you love watercolor but would like to take a different approach and still honor traditional watercolor practices? Then this class is for you! We'll work with a variety of mediums in addition to watercolors, such as graphite, conte, charcoal, Tombow ink pens, oil pastels, color pencils and more. We will also experiment with watercolor collage, applying pieces of watercolor paintings as well as rice papers. All these approaches are used to give more depth, interest and excitement to your watercolors. Anouk encourages her students not to be afraid to make a mistake (what mistake? some people will love your mistake...), because that's how we learn, progress and produce spontaneous, expressive and original art. Please call Anouk at 338-7716 or email her at anouk@anoukjohanna.com for the materials list. The list includes ordinary, inexpensive art materials, to keep the expenses at minimum cost; students can upgrade if they wish. *No class 4/24.*

Capitola Community Center

R: \$128 / NR: \$142

#7071.301 Fri 1-4 pm 4/17-5/29

BRAZILIAN PORTUGUESE: BEGINNING

Ana Lucia Davidson

6 weeks
13 yrs & up

Did you get excited with the World Cup? Do you think of Brazil as being a far-off exotic land? Come and learn the basics of the Brazilian Portuguese Romance language with a "carioca" - native from Rio - and make your plans to go to the enchanting and romantic land of Brazil! Did you know the 2016 Summer Olympics will take place in Brazil?



Combine a trip with participating in the live enjoyment of cheering on your favorite team and athlete! A **\$20 materials fee** for a workbook and CD is payable at the first class. Ana Lucia was born in Rio de Janeiro and has taught Portuguese in Brazil and in the United States.

Capitola Community Center

R: \$59 / NR: \$73

#7325.301 Wed 7-8:30 pm 4/15-5/20

EXPLORE THE MULTI- FACETED SELF THROUGH SOULCOLLAGE®

Wendy Nolan

6 weeks
16 yrs & up

(831) 234-8147 / wendynolan11@gmail.com

Using the process of SoulCollage®, explore the many facets of your personality by creating a special collage for each one. We each have an Inner Child, Inner Critic, a Joyful Self, a Peaceful Self, an Explorer, maybe even an Inner Goddess a Clown or a Mother Hen. These are just a few of the many names we can give to the facets of our personalities as we develop the Committee Suit in SoulCollage. Each class has a guided meditation connecting you with your inner wisdom and encouraging you to listen. Then we express these energies by creating 5"x8" SoulCollage cards and giving voice to them in a group sharing time.

Please bring scissors, glue stick, & magazine images for collage if you prefer, but these materials will be provided. A **\$10 materials fee is payable to instructor at the first class**. Wendy Nolan is a trained SoulCollage® Facilitator, Yoga Teacher, Reiki Master, and Artist. Visit my website www.mandalawendy.com or www.soulcollage.com for more information about SoulCollage®.

Capitola Community Center

R: \$106 / NR: \$120

#7104.301 Tues 1:30-4:30 pm 4/14-5/19



JAPANESE: BEGINNING

Yoshie Morrissey

5 weeks

13 yrs & up

A basic introduction for first-time students through learning the alphabet, greetings, simple grammar, the writing system, and more. A **\$2 materials fee** is payable at the first class. Yoshie is native-born Japanese; she has been teaching for over 11 years. Her class provides approachable language lessons and plenty of cultural input to meet individual interests.

Capitola Community Center

R: \$52 / NR: \$66

#7302.301 Wed 7-8:30 pm 4/8-5/6



WHAT YOU WANT & NEED TO KNOW ABOUT YOUR SLR CAMERA

Dave Clark (763-7632)

4 wks

18 yrs & up

www.daveclarkimages.net

Get started shooting great photos! All levels are welcome in this class. **Use of a single lens reflex (SLR) digital camera or 35mm film SLR camera with interchangeable lenses will be covered.** Dave will teach you techniques in composition and equipment use, fine-tune your eye for detail and develop your skills to achieve an enhanced artistic view. Dave will explain exposure, apertures and shutter speeds, as well as camera care and digital formats. Bring all your questions to class! We will also explore artful approaches to black and white photos. Enjoy weekly shooting assignments and a guided Saturday outing. Together, we will review and discuss photographs you have taken. **NOTE: A camera with manual settings is required** and if using film, be prepared to shoot several rolls during this course. Dave has 28 years as a professional photographer. An **\$8 materials fee** is payable to the instructor at the first class.

Capitola Community Center

R: \$65 / NR: \$79

#7498.301 Thur 6:30-8:45 pm 5/7-5/28



COMMUNITY SING

Paula Bliss *6 weeks*
18 yrs & up
blissongs.com / paulabliss@sbcglobal.net

Come experience the joy of singing and connecting with community! No experience necessary! We will focus on good vocal production with warm-ups and sing our hearts out with fun and positive material. As we progress, we will sing in rounds, learn harmonies and counter melodies exploring pop, folk, and jazz standards, either a cappella or with guitar accompaniment. Paula Bliss is a long time performer and teacher in Santa Cruz. She teaches dance at San Jose State University, music at Mountain Elementary School and regularly performs and teaches for Tandy Beal and Company. A **\$1 materials fee** is payable to the instructor at the first class.

New Brighton Middle School, #10

R: \$98 / NR: \$112

#7463.301 Tues 6:30-7:45 pm 4/21-5/26

THE HEALING POWER OF ESSENTIAL OILS

Colleen Burke, L.Ac. *1 day*
16 yrs & up

Have you been curious about essential oils but didn't know where to start or how to use them? The many uses of essential oils include stress reduction; relief from colds, infections or allergies; hormone balance; digestive assistance and much more. Not only do these powerful substances from plants have strong healing abilities, but they smell great too! In this introductory workshop you will learn the history, benefits and applications of essential oils, with an in-depth experience and exploration of at least 5 individual oils. You will also create your own take-home blend to address any physical or emotional concerns that you may have. Colleen Burke, L.Ac. is a local acupuncturist and healer who has been working with essential oils in her practice for the past 10 years. She loves to share her knowledge and delight of these oils with others. A **\$15 materials fee** will be payable to the instructor at the class.



Capitola Community Center

R: \$58 / NR: \$65

#7431.301 Tues 1-4 pm 4/21

BEGINNING GUITAR I

Ravi Lamb *6 weeks*
www.ravilambmusic.com *15 yrs & up*
RaviVanHalen@gmail.com

A beginning guitar course that is designed to give the student an understanding of basic guitar skills and technique as well as beginning music theory. This course covers identifying the main parts of the guitar, reading notes on the staff, major scales, playing basic chords and songs. All instructional materials will be provided, students are required to bring their own guitars. Ravi Lamb earned a BA degree, Professional Music, at the highly regarded Berklee College of Music in Boston.

New Brighton Middle School, Rm #10

R: \$95 / NR: \$109

#7420.301 Thur 6-7:15 pm 4/16-5/21



JAZZ / BLUES GUITAR

Ravi Lamb *6 weeks*
16 yrs & up
RaviVanHalen@gmail.com

This is an intermediate-level guitar course that is designed to give the student a basic introduction to blues and jazz guitar technique and music theory. The course covers basic song form, rhythm section and chord changes, reading notes on the staff, playing melodies, and an introduction to jazz improvisation concepts and techniques. Students will be required to practice weekly and perform/improvise in class. All instructional materials will be provided; students are required to bring their own guitars. Ravi Lamb earned a BA degree, Professional Music, at the highly regarded Berklee College of Music in Boston, MA. He is very passionate about music and it is his goal to change peoples' lives with the power of music.

New Brighton Middle School, Rm #10

R: \$95 / NR: \$109

#7424.301 Thur 7:30-8:45 pm 4/16-5/21



BELLYDANCE BASICS

6 weeks

SeSe Geddes

14 yrs & up

BellyDanceBasics.com

Discover the dancer within you! In this fun class for beginners as well as those who have taken some bellydance classes, we'll focus on basic steps, isolations and shimmies and explore the art of finger cymbals and balancing. Bellydance is an ancient woman's art that promotes self-expression, flexibility and strength. Shake off your inhibitions and join the fun! A materials list will be provided at the first class.

Music Together Studio**3709 Portola Drive, Santa Cruz****R: \$52 / NR: \$66**

#7534.301 Wed 7:35-8:35 pm 4/15-5/20

EAST COAST SWING:**LEVEL 1 & 2**

6 weeks

Becky Adams (475-4134)

13 yrs & up

We will begin with East Coast Swing Level 1 and progress to early intermediate combinations that you will enjoy for a lifetime. You will not only learn the basics, but lead and follow as well as add variety and confidence for your enjoyment of the many Swing bands and events in the Monterey Bay Area. This course is highly recommended for anyone with a wedding, a cruise or plans to enjoy dancing at the Esplanade this summer. *Singles and couples welcome.* Contact Becky with further questions.

Capitola Community Center**R: \$48 / NR: \$62**

#7529.301 Thur 6-7 pm 4/16-5/21

**COUNTRY LINE DANCING:****BEGINNING**

6 weeks

Bruce Ink / bink@att.net

12 yrs & up

If you like Country music and are looking for a really fun way to get some excellent low impact exercise, then Country line dancing is for you! In this series you will get step-by-step instruction in some of the easier line dances that contain basic steps that can be applied to most of the popular line dances today. Come dance to the sounds of the most popular artists in country music today as well some old favorites! No partner necessary.

Capitola Community Center**R: \$52 / NR: \$66**

#7525.301 Thur 7:15-8:30 pm 4/16-5/21

CONTEMPORARY**LINE DANCE**

6 weeks

Sandy Marrujo

18 yrs & up

sandysfootsteps@yahoo.com

Think line dancing only goes with country western music? Come learn fun upbeat line dances to a variety of music that could include the Beach Boys, Michael Jackson, Santana, Frank Sinatra, Lady Gaga, Enrique Iglesias & more. Using beginning to advanced steps & Sandy's 20 years teaching experience, this class will surely get you moving & having a great time! A **\$2 materials fee** is payable to the instructor at the first class.

Capitola Community Center**R: \$52 / NR: \$66**

#7536.301 Tues 6:30-7:45 pm 4/14-5/19

HULA & TAHITIAN**DANCE & MORE!**

5 weeks

Kumu Lorraine Kalei Kinnamon

12 yrs & up

www.tehaunuidance.com / tehaunui@cruzio.com

Here is your opportunity to learn the foundation of the traditional and festive dances of Hawaii and Tahiti! Join Kumu Lorraine at her new Te Hau Nui Dance studio where she is director, and learn dances, along with related language and culture. Kumu Lorraine Kalei grew up on O'ahu and studied in Hawai'i, Tahiti and California and studies under Loea Frank Kawaikapu Hewett, also from O'ahu. A **\$10 materials fee** is payable at the first class.

Te Hau Nui Dance Studio**924 Soquel Avenue, Santa Cruz****R: \$60 / NR: \$74**

#7504.301 Thur 6-6:55 pm 4/16-5/14

CONTINUING BEGINNING HULA & TAHITIAN DANCE CLASS

5 weeks

Kumu Lorraine Kalei Kinnamon

12 yrs & up

www.tehaunuidance.com / tehaunui@cruzio.com

This class adds on the foundation of the beginning five week dance series, increasing technique, choreography and language skills in hula and tahitian dance. Beginning five week series is suggested prior to taking this class. A **\$10 materials fee** is payable at the first class.

Te Hau Nui Dance Studio**924 Soquel Avenue, Santa Cruz****R: \$60 / NR: \$74**

#7537.301 Thur 7-7:55 pm 4/16-5/14

WEST COAST SWING:**BEGINNING**

6 weeks

Chuck Dicks & Pat Evans

16 yrs & up

(831) 479-4826 / chuckdicks@mac.com

West Coast Swing is the official California State Dance. It is a smooth form of swing that can be danced to rhythm and blues, Country Western and/or big band music. Come learn the basics so that you can go out dancing with total confidence. No partner necessary.

Capitola Community Center**R: \$54 / NR: \$68**

#7530.301 Mon 7-8:30 pm 4/13-5/18

BEGINNING SEA KAYAKING:**ELKHORN SLOUGH**

1 day

Dave Johnston (427-2267)

14 yrs & up

www.kayaksantacruz.com

Learn to kayak in the calm waters of Elkhorn Slough. After a short lesson in kayak handling, we'll explore the waterways and enjoy the wildlife - the slough provides habitat for a variety of plants and animals, including more than 340 species of birds. Single and double sea kayaks are available. All equipment will be provided; please bring a snack and lunch,



and you may want to bring some extra layers in case it's windy or foggy. Dave has been a member of 9 U.S. Surf Kayak Teams including 3 World Championship Teams. Contact him if you have questions.

R: \$76 / NR: \$90**Public Boat Launch****North Harbor, Moss Landing**

#7701.301 Sat 9 am - 1 pm 5/23

**KAYAKING: WHALE WATCHING**

Dave Johnston (427-2267)

14 yrs & up

www.kayaksantacruz.com

Join us for a truly amazing adventure! In the Spring, the Grey Whales' migration brings them close to our coastline. At Davenport Landing, kayaks can easily access the open ocean and encounter whales very close to shore. A spotter will be scouting the sea from the cliffs and contacting the kayaks by radio with whale locations. The paddle lasts about two to three hours. We use big, stable double kayaks; kayaking experience is suggested, but gung-ho beginners are welcome. A peak experience! Call Dave if you have questions. Dave is a national and world champion kayaker.

Meet at Davenport Landing Rd, Davenport**R: \$72 / NR: \$86**

#7706.301 Sat 7:30 -11 am 5/9

**BASIC SAILING & SEAMANSHIP****On the Monterey Bay National****Marine Sanctuary**

2 days

Marc D. Kraft (423-7245)

12 yrs & up

www.pacificsail.com

Learn the fundamentals of sailing and seamanship and be treated to encounters with dolphins, otters, seals, pelicans, and possibly whales. A total of 12 hours of onboard instruction will provide you with the skills and confidence you need to safely skipper and crew a 22' to 27' tiller sailboat in light to moderate wind and sea conditions on lakes or other protected bodies of water. All instruction is onboard our 27-30 foot keelboats. You'll be sailing on the Monterey Bay both days. The Basic Sailing and Seamanship Course is the first two days of our 8-day American Sailing Association (ASA) nationally recognized certification program taught by our USCG licensed instructors. **Bring:** soft soled shoes, a windbreaker, fleece type jacket, sunscreen, sunglasses, hat, drinking water, and a lunch. Gloves are also recommended (bicycling, golf, weight-training, or garden gloves work). We provide comfortable lifejackets. An optional textbook, *Sailing Fundamentals* is not included in the fee, though is available at the Pacific Yachting office for \$25. Parking permits are also available at \$5 per day.

Pacific Yachting & Sailing**790 Mariner Parkway, Santa Cruz****R: \$192 / NR: \$206**

#7703.301 Sat/Sun 10 am-4 pm 4/25 & 4/26

#7703.302 Sat/Sun 10 am-4 pm 5/9 & 5/10

#7703.303 Sat/Sun 10 am-4 pm 5/16 & 5/17

#7703.304 Sat/Sun 10 am-4 pm 5/23 & 5/24

#7703.305 Sat/Sun 10 am-4 pm 5/30 & 5/31



PILATES MAT

6 weeks

Aimee Fitzgerald

12 yrs & up

www.aimeefitzgerald.com / (415) 734-1194

Aimee's Pilates Mat class will strengthen the core through an inclusive full-body workout including traditional and contemporary Pilates exercises. Mat students will work to incorporate the breath, increase flexibility, and strengthen the complete core (transverse abdominals, oblique abdominals, glute and back muscles). Group class will be modified depending on who is in class and options are offered as necessary to ensure that all students have a challenging yet safe experience. This class is suitable for beginners and people healing lower back issues. Bring a mat or one will be provided. Students who are pregnant or have osteoporosis should contact Aimee before the class.

Capitola Community Center**R: \$52 / NR: \$66****#7580.301 Tues 1:30-2:15 pm 4/14-5/19**
**A MATTER OF BALANCE:
BEGINNING & CONTINUING
T'AI CHI CHIH**

7 weeks

Helena Fox-Beaudoin, M.S.

18 yrs & up

(408) 656-4763 / helenafx@aol.com

Looking for FLOW in your life? Tai Chi Chih has something for everyone: physical exercise, philosophy, guidelines for living with greater ease, and ancient wisdom that's practical for today. T'ai Chi Chih is a series of 19 non-strenuous, flowing movements based on ancient principles of activating, balancing, and circulating the natural energy in your body known as Chi," or "Vital Life Force." The Mayo Clinic found that people who practiced Tai Chi had *reduced* anxiety, depression, blood pressure and inflammation, and *improved* balance, stability, muscle strength and feelings of well-being. T'ai Chi Chih is easy to learn, fun, and suitable for all ages and fitness levels. All movements can be practiced standing or seated. Helena is experienced in working with mature adults in the areas of T'ai Chi Chih, health, wellness, Adaptive Physical Education, and Life Skills. She is an accredited T'ai Chi Chih instructor.

Capitola Community Center**R: \$78 / NR: \$92****#7571.301 T & Th 12:15-1:15 pm 4/14-5/28****MID-DAY YOGA**

6 weeks

Aimee Fitzgerald

12 yrs & up

www.aimeefitzgerald.com / (415) 734-1194

Everyone can benefit from practicing yoga! This is typically a more gentle, beginner class, but all levels are welcome. Yoga promotes muscle strength, balance, flexibility, coordination, relaxation, better digestion, and a higher level of overall comfort in your body. Commit to this class and feel great! Even once a week can make a difference. Aimee Fitzgerald completed the 500-hour Yoga Teacher Training program at the Iyengar Yoga Institute of San Francisco in 2006. She studies yoga in Santa Cruz with Kofi Busia, and completed his 110-hour Yoga Teacher Training program in 2007. Aimee completed a 50-hour Pilates Mat teaching certificate with ITT of San Francisco in 2006 and continued her education with the Pacific Movement Center of Santa Cruz/Monterey, completing a second 110-hour Mat certificate, a 110-hour Pilates Apparatus certificate, and 100-hour Pilates Apparatus apprenticeship in 2007. Aimee earned a Zumba certificate in 2007 as well.

Capitola Community Center**R: \$52 / NR: \$66****#7215.301 Fri 12-12:45 pm 4/17-5/22****BEGINNING YOGA**

5 weeks

Suellen McCutchen (475-7550)

14 yrs & up

In this small, comfortable, class, we will focus on easy exercises, with a special emphasis on low back strength. Everyone is welcome, no matter how inflexible or limited in your range of motion you are. Most of the exercises and stretches will be done on the floor, with some standing postures. Each person will work at his or her own level, and there will be extensive individual attention. Yoga mats are optional.

Musical Me Studio**3709 Portola Drive, Santa Cruz****R: \$71 / NR: \$85****#7204.301 Mon 7-8 pm 4/13-5/11***For Registration Information**See page 22*



THERAPILATES® WITH SHERRI BETZ

PT, GCS, CEEAA, PMA®-CPT

www.therapilates.com / sherri@therapilates.com

The Pilates and Bone Builder classes listed on these two pages are offered through Sherri Betz's Therapilates® program. Sherri Betz, PT, GCS, CEEAA, PMA®-CPT has been a physical therapist since 1991, is an APTA board certified Geriatric Specialist, PMA® Certified Pilates teacher, and director of TheraPilates® Physical Therapy Clinic since 2001.

INTRO TO THERAPILATES® & YOGA FOR BONE BUILDING & INJURIES: (LEVEL 1)

6 weeks

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

sherri@therapilates.com / 476-3100 18 yrs & up

Before you can take Pilates for Bone Building, you must attend this 6-class series. In this class you will learn: principles of proper breathing; postural alignment and self-correction techniques; foot, knee, and hip alignment for preparation of weight-bearing and strength training exercises; spinal alignment for fracture prevention and spinal bone building exercises; and core control of the deep abdominals and trunk. All of these principles will help you to be able to exercise safely and without pain to affected joints so that you can begin to add weight and resistance for bone building exercises. Sherri will be sending you a link by email to an online lecture to view before the first class. **Please Note:** All participants must sign a Liability & Medical Release Agreement. **New Students:** Please come to the first class 15 minutes early to complete the paperwork and have a brief orientation. **No class 5/21.**

Therapilates Studio

920 41st Ave., Suite A, Santa Cruz

R: \$72 / NR: \$86

#7551.301 Thur 9-10 am 4/23-6/4

THERAPILATES® FOR BONE BUILDING & INJURIES (LEVEL 2)

6 weeks

18 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

sherri@therapilates.com / 476-3100

Pre-requisite: "Intro to TheraPilates® & Yoga" or "Restore Your Core" class, or Instructor's permission. Join us for a Pilates-based bone building class using foam rollers, exercise tubes, bands and free weights. The class will focus on body awareness, alignment, breathing and core control with exercises that involve weight-bearing, standing balance, and spinal mobility. Special focus is on postural correction, form, balance, spine extension, hip extension, fracture prevention and FUNCTIONal fitness! You must be able to get down to and up from the floor for mat exercises to participate. Mats (\$15), exercise bands (\$6), and foam rollers (\$25) will be available to purchase at the class or you may bring your own.

No class 5/20 & 5/25.

Capitola Community Center

R: \$82 / NR: \$96

#7560.301 M / W 10-11 am 4/20-6/3

THERAPILATES® YOGA FOR BONE BUILDING & INJURIES (LEVEL 2)

6 weeks / 18 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

sherri@therapilates.com / 476-3100

Pre-requisite: "Intro to TheraPilates® & Yoga" or "Restore Your Core" class.

Work with a physical therapist to learn to adapt traditional Yoga postures to make them safe and effective for biomechanical alignment and bone health! We will review and revise the Sun Salutation Series, standing poses, and floor poses found in most Yoga traditions. The irony of Yoga is that it can be the most detrimental to bones and the most effective for stimulation of bones! By practicing the ideal asanas and avoiding risky asanas, we will prevent fractures, avoid injuries, decrease pain, and improve posture, strength, balance and bone density! **Note:** All participants must sign a Liability & Medical Release Agreement. **New Students:** Please come to the first class 15 minutes early to complete the paperwork and have a brief orientation. **No class 5/21.**

R: \$72 / NR: \$86

Therapilates Studio

920 41st Ave., Suite A, Santa Cruz

#7553.301 Thur 10:15-11:15 am 4/23-6/4

THERAPILATES® NEXT LEVEL 6 wks MAT CLASS (LEVEL 3)

18 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

sherri@therapilates.com / 476-3100

Pre-requisite: TheraPilates® For Bone Building & Injuries Class & Instructor's permission. Move your challenge to the next level in our faster-paced, flowing, more advanced TheraPilates® mat class! This class will be safe for osteoporosis as long as participants have no injuries and have mastery of core control, spinal alignment, shoulder girdle stability, leg alignment and balance. We will build upon the skills gained in the TheraPilates® for Bone-Building and Injuries Intermediate Level 2 classes taught on Mondays and Wednesdays at 8:45 and 10:00. **No class 5/20 & 5/25.**

Capitola Community Center

R: \$82 / NR: \$96

#7552.302 M / W 8:45-9:45 am 4/20-6/3





BETTER BONES & BALANCE

6 weeks

60 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT
sherri@therapilates.com / 476-3100

Halt bone loss and restore bone mass! The exercises in this class will help to correct posture, strengthen muscles of the torso, shoulders, legs, and feet, improve standing balance and increase flexibility, all using exercise tubes and bands. Exercises will be done in a seated or standing position next to a chair and using a wooden dowel for balance. If you have difficulty getting up and down from the floor, then this is the class for you. Special focus is on using Pilates-based exercises to prevent osteoporotic fractures, make daily tasks easier and to incorporate FUNCTIONAL fitness. Exercise bands and tubes (\$6) will be available to purchase at the class or you may bring your own. No class 5/20 & 5/25.

Capitola Community Center

R: \$82 / NR: \$96

#7531.301 M/W 11:15 am-12:15 4/20-6/3



BRAZILIAN JIU-JITSU:

WOMEN'S SELF-DEFENSE

6 weeks

Claudio Franca (476-7650)

16-55 years

This is an ongoing all-women Brazilian Jiu-Jitsu class with an emphasis on self-defense. Have fun, get a great workout and learn practical techniques to help protect yourself from an attacker. BJJ is particularly beneficial for women, as it relies on technique rather than brute strength. We'll warm up with exercises that strengthen your core, such as crunches, leg lifts, & squats. Some aerobic and gentle stretching are also a part of the class. This class is for new students and can only be taken through the recreation department once.

Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$74 / NR: \$88

#7450.301 Fri 5-6 pm 4/17-5/22

BRAZILIAN JIU-JITSU

6 weeks

Claudio Franca (476-7650)

16-55 yrs

An adult co-ed class that incorporates sport and self-defense aspects of Brazilian Jiu-Jitsu into a structure designed to help you develop fundamental skills, which will help you get into great shape and could save your life some day. *Note: These classes are introductory, and can only be taken through the recreation department once.* Claudio Franca came to Santa Cruz from Rio de Janeiro, Brazil, in 1995. He has studied BJJ



since the age of seven and holds a 5th degree Black Belt from Master Francisco Mansor, who is a 9th degree red belt certified by the Confederation of Brazilian Jiu-Jitsu in Rio de Janeiro. Professor Franca also holds a black belt in Judo from Gama Filho University in Rio de Janeiro.

Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$136 / NR: \$150

#7804.301 T / Th 6-7:30 pm 4/14-5/21

#7804.302 W / F 9-10:30 am 4/15-5/22

**NEW - BRAZILIAN JIU-JITSU:

CAPOEIRA

6 weeks

Claudio Franca (476-7650)

16-55 years

Capoeira is a martial art that was created by the Africans in the mid 1600's in Bahia Brazil, which was further developed by their Afro-Brazilian descendants. It became a sport, art culture and a lifestyle of Brazil and today is practiced internationally. *Class meets 3 times a week.*

Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$120 / NR: \$134

#7809.301 Mon/Tues/Fri 4/13-5/22

Mon: 5-6 pm | Tues: 8-9 pm | Fri: 8-9 pm

KOREAN MARTIAL ARTS:

TAE KWON DO

6 weeks

Grand Master Sang Un Jin

15 yrs & up

Grandmaster Jin's Korean Martial Arts Academy offers adults a comprehensive fitness program with the added benefit of self-defense skills and an increase in mental and emotional strength. Adult students enjoy: improved endurance, flexibility, and strength; a health option for stress relief; positive relationships with enthusiastic and motivated people; greater variety than in traditional exercise programs; and self-defense skills and awareness for greater personal security. *This class is introductory only; and can be taken through the recreation department once.* Grand Master Jin is an 8th degree black belt.

Korean Martial Arts Academy

3702 Portola Drive, Santa Cruz

R: \$98 / NR: \$112

#7509.301 T / Th 6:30-7:20 pm 4/14-5/21



FREE WEIGHT STRENGTH & CORE STABILITY

Trenise Pot 9 weeks
40 yrs & up
www.trulytoned.com / trenise@trulytoned.com

Gain confidence in your ability to maintain an exercise program while being consistently challenged. This class guarantees noticeable results, including core strength, better balance and well-toned muscles. A one-time materials fee of \$12-\$22 is payable at the first class, unless you have your own elastic band. Trenise is nationally certified with the IFPA and the AFAA. *Participants must sign a Liability Release & Medical Treatment Agreement each session.* **New students:** Come to the first class 10 minutes early to complete the paperwork and have a brief orientation.



Capitola Community Center

R: \$126 / NR: \$140 (9 weeks)

#7539.301 T / Th 7:25-8:25 am 4/14-6/11

STATIC STRETCHING

Trenise Pot 9 weeks
40 yrs & up
trenise@trulytoned.com / (831) 247-7069

Static stretching is a low-impact exercise, which is the safest way to stretch. Stretching improves flexibility and circulation, releases tension and prevents injuries, among other benefits. These exercises are relaxing, alleviating stress and releasing endorphins which give you a sense of well-being. Trenise is nationally certified with the IFPA and the AFAA. *Participants must sign a Liability Release & Medical Treatment Agreement each session. Please bring a mat and towel to class.*

Capitola Community Center

R: \$62 / NR: \$76 (9 weeks)

#7554.301 T & Th 8:30-9 am 4/14-6/11

ZUMBA GOLD: LOW IMPACT DANCE PARTY

Adrienne Harrell 3 weeks
18 yrs & up
535-8255 / adrienne@soulfulceremonies.com

Come to the Monday and Wednesday night Zumba Gold Fitness Party! Zumba Gold takes the ZUMBA formula and modifies the moves and pacing to meet the needs of the active older participant, as well as those just starting their journey to a fit lifestyle and/or with limited mobility. Zumba Gold features zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton and easy-to-follow moves in a party-like atmosphere. This Zumba GOLD class is a dance-fitness party that is friendly, relaxed and fun! Come join us and party on at your own pace! Adrienne Harrell is a licensed Zumba and Zumba Gold Fitness Instructor and member of the Zumba Instructor Network.



Capitola Community Center

R: \$62 / NR: \$76

#7582.301 M / W 6-6:50 pm 4/13-4/29

CAPITOLA RECREATION ADULT SOFTBALL & FIELD RENTALS



The recreation department will be offering adult Summer Softball leagues at Jade Street and Monterey Parks. Registration information for these leagues will be available soon; contact us if you are interested.

The department also handles rentals for the Jade Street Park and Monterey Park fields. If you are interested in reserving the fields, contact our office; your group must have liability insurance in order to reserve the fields.

Phone: (831) 475-5935

Fax: (831) 475-6279

Email: elegare@ci.capitola.ca.us

www.cityofcapitola.org/recreation

TENNIS CLASSES WITH FRED CHARLEBOIS



Fred is a dedicated and skilled tennis professional, with over 20 years experience in the tennis industry, from Montreal to Santa Barbara. Fred earned national ranking as a junior player in Canada, and played #1 singles and doubles in college where he earned a B.S. in Athletic Therapy specializing in Exercise Science. Fred's teaching philosophy is to provide individualized attention to players of all ages, and find the perfect balance between progressive skill development, fitness, and, of course, FUN! In his year-round classes, clinics, and affordable private lessons, Fred is dedicated to helping you achieve your personal goals whether you are a first time player looking to have some healthy fun in the sun, or an experienced competitor looking to take your A-game to the next level.

Fred's Email: FredsTennisRx@gmail.com

PLEASE NOTE: ALL CLASSES ARE 6 WEEKS; DROP-INS ARE NOT ALLOWED.

Classes are for ages 16 & up. All classes are at Jade Street Park, Capitola.

An \$8 materials fee is payable to the instructor at the first class.

CLASS	LEVEL	DAYS	TIMES	PRICE	DATES
#8005.301	Int. / Adv.	M / W	10-11:30 am	\$105 / \$119	4/13-5/20
#8007.301	Advanced	T / Th	9-10:30 am	\$105 / \$119	4/14-5/21
#8006.301	Int. / Adv.	T / Th	5:30-7 pm	\$105 / \$119	4/14-5/21



Intermediate: If you are looking to improve your strokes and overall playing abilities, this class is for you. Through drills, improve your strokes, and game play will allow you to learn better strategies to improve your game.

Advanced: Through drills and games you will learn what the best Doubles tactics are and why. Learn these patterns, and you'll dramatically improve your game play. Knowing what to do in certain match situation is critical to improving your game.



PRIVATE TENNIS LESSONS

Contact Fred via email to set up a time. Make payment in advance to the Capitola Recreation office during regular business hours, Monday-Friday, 8:30-4:30, or online and bring your receipt with you to your lesson.

#8200.301 1-2 players, 1 hour \$60

#8201.301 3-6 players, 1½ hour \$90



Visit our website at:
www.cityofcapitola.org/recreation
 Register online at:
<https://apm.activecommunities.com/capitolarecreation>

REGISTRATION BEGINS NOW

- **ONLINE:** To register online, go to: <https://apm.activecommunities.com/capitolarecreation>.
- **PHONE-IN:** To register over the phone with a credit card, call (831) 475-6115 or 475-5935 between the hours of 8:30 am and 4:30 pm
- **MAIL-IN:** Complete the registration form on the back page and mail it with a check to Capitola Recreation, 4400 Jade Street, Capitola, CA. 95010
- **WALK-IN:** Register at our office, 8:30 am - 4:30 pm at the Capitola Community Center, 4400 Jade Street (off of 41st. Avenue), Capitola.

REGISTRATION

Register for classes in advance through the Capitola Recreation office only; please do not assume that you can register at the first class. Register at least one week prior to the start of your class.

INSTRUCTORS / COURSE CONTENT

Instructors are independent contractors. They determine the course content and course description and are not supervised by the City of Capitola Recreation Department. The Recreation Department does not test or independently evaluate their competency to teach the course content. The instructor's statement of qualification can be obtained at the Recreation Department offices.

REFUND POLICY

Refunds are given only when Capitola Recreation cancels a class. For Camp & Junior Guards refund policies, see those pages in the brochure.

CANCELLATIONS

Classes with under-minimum enrollment will be cancelled 24 hours prior to the first class, and a full refund will be given. You can expect a refund check within 4-6 weeks.

SENIOR DISCOUNT

If you are 62 or older, please request, at the time of your registration, your 10% discount on classes which are 4 weeks or longer. **The 10% discount is taken from the class price - resident or non-resident.**

Class Locations

- **Capitola Community Center, 4400 Jade Street, Capitola**
Take 41st Avenue towards the ocean, go through the Capitola Road intersection; turn left onto Jade Street at the next stoplight. The Center is at the end of Jade Street on the right-hand side.
- **Claudio Franca Brazilian Jiu Jitsu 1658 Soquel Drive, Suite C, Santa Cruz**
From Capitola, take Soquel Drive to Mission Drive (before Dominican Hospital). Turn right on Mission Drive. Turn right into parking area about half-way down the block.
- **17th Avenue Studio, 980 17th Avenue**
Heading toward the ocean on 17th Avenue, the studio is just across from Shoreline Middle School.
- **Korean Martial Arts Academy, 3702 Portola Drive, Santa Cruz.**
Take 41st Avenue towards the ocean, turn right onto Portola at the stop sign. The Academy is at 38th Avenue and Portola Drive in the El Rancho Shopping Center, next to Coffeetopia.
- **Musical Me Studio, 3709 Portola Drive, Santa Cruz**
From Highway 1, take the 41st. Avenue exit, come down 41st. Avenue to Portola Drive and turn right onto Portola. The studio is in the shopping center on the right, next to Mountain Mike's Pizza.
- **New Brighton Middle School, 504 Monterey Avenue, Capitola.**
From Hwy 1 South take the Park Avenue/Cabrillo College exit and turn right on Park. Turn right onto Kennedy at the first stop sign (Kennedy turns into Monterey). From the stop sign, the school is approximately 3/4 mile on the left side, across the street from St. Joseph's Church.
- **Painted Chair Studio, 421 Gharkey Street, Santa Cruz.**
Gharkey Street is on the West Side of Santa Cruz. Take Mission Street/HWY 1 north to Bay Avenue. Turn left on Bay (towards the beach), turn right on Centennial St, then left on Gharkey.
- **Te Hau Nui Dance Studio, 924 Soquel Avenue, Santa Cruz**
From Hwy 1, take the Morrissey exit; turn right on Soquel. Studio is across from Whole Foods.
- **TheraPilates Physical Therapy, 920-A 41st. Avenue, Santa Cruz**
Take 41st Avenue exit and head towards the ocean. TheraPilates Physical Therapy is located on the left side, next to Family Cycling Center, between Bain Ave. and Portola Dr.

MAIL-IN REGISTRATION FORM

Mail To: CAPITOLA RECREATION DEPARTMENT, 4400 JADE STREET, CAPITOLA, CA. 95010

Payer's Name: _____

Residence Address: _____

Mailing Address: _____

City / Zip: _____

Phone Numbers: _____

WHO PAYS THE RESIDENT PRICE?

Our brochure lists 2 prices; one for residents (R) and one for non-residents (NR).

A "resident" is anyone residing within the boundaries of the City of Capitola and the Soquel Elementary School District: approximately 38th Avenue to Santa Cruz Gardens to Cabrillo College, inclusive. If you are unsure, give us a call.

Participant's Name	Date of Birth	Class #	Name of Class	Day & Time	Price

Payment by Personal Check: Use this form to make payment with a personal check made out to "Capitola Recreation" only. Make sure you pay the proper price, Resident or Non-resident. If you are 62 years or older, you may take 10% off any classes that are 4 weeks or longer.

Total Amount Due

(Do not include materials fees):

Would you like a confirmation receipt?

YES: _____ NO: _____

Credit Card Payment:

If you would like to pay for a class with a credit card:

- Give us a call at (831) 475-5935 and you can register over the phone.
- Visit our online registration program at: <https://apm.activecommunities.com/capitolarecreation>.
- Payment may be made with a Visa, MasterCard, Discover card, or American Express card.
- Please do not write credit card numbers on this form.

If you have an email address, please provide it and we will email a confirmation to you:

City of Capitola
Recreation Department
Capitola Community Center
4400 Jade Street
Capitola, CA 95010
831-475-5935

28th Annual Santa Cruz County Bike Week May 1-8, 2015 Bike to Work/School Day, Thursday, May 7



Come join the fun and participate in the annual Bike Week and Bike to Work/School Day. Help decrease traffic congestion, reduce pollution, and improve your health by riding your bike during Bike Week. There are many fun, informative, and inclusive bicycle-related events throughout the week, including a FREE breakfast for cyclists on Bike to Work/School Day, Thursday, May 7, 6:30-9:30 a.m.

For more information: http://bike2work.com/s_cruz/week.html.

The Capitola Begonia Festival Spring 2015 Events Come Be Part of the Fun! Begoniafestival.com / Email: begoniafestival@gmail.com

The Capitola Begonia Festival has fun, free and family-friendly events over Labor Day Weekend, September 4- 7, culminating in the Nautical Float Parade. A community tradition for 62 years. Join the fun!

- Join the Festival Committee – it's fun and we make it happen! First Monday of the month, 6:15 pm, at Capitola City Hall, 420 Capitola Ave., Capitola
- Submit art for the 2015 poster. Theme: "Beach Blanket Begonias" Deadline: April 3.
- Blooming Begonias on Saturday, April 18, at the City-wide Garage Sale. Blooming begonias will be on display; vintage posters for sale.
- Plant a Begonia: Saturday, May 9, 11 am – 3 pm, at Esplanade Park. \$10 includes "grow kit" and a blooming plant.
- Consider sponsoring an event, building a float for the Nautical Parade, decorating your business, donating an auction item for, and attending, the August fundraiser.



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