

City of
Capitola Recreation

Department

Early Fall 2016



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www.cityofcapitola.org/recreation

Sept. 6 - Oct. 14

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ABOUT OUR COVER:

Mandalas are just one of our great art classes! See pages 5 & 6 for Watercolor Tree Mandalas, Zentangles, Mosaics, Painting, Bead Restraining & more!

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
475-3598 Sports Leagues
475-6279 Fax Machine

Register online at:

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

Email us at:

capitolarecreation@ci.capitola.ca.us
<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.

PRE-SCHOOL / SCHOOL-AGE CLASSES

BALLET: MOM / DAD & ME 6 wks

Jeani Mitchell 2-3 years

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: \$70 / NR: \$84

#5010.501 Thur 4-4:45 pm 9/8-10/13

PRE-BALLET I

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: \$70 / NR: \$84

#5020.501 Fri 4-4:45 pm 9/9-10/14

**PRE-BALLET II**

Jeani Mitchell

6 wks

5-10 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 over 30 years. She is currently working at Santa Cruz High as an instructional tech.

Capitola Community Center

R: \$70 / NR: \$84

#6013.501 Thur 4:45-5:45 pm 9/8-10/13

**** NEW! - FAMILY MUSIC****FOR TODDLERS**

6 weeks

Angela Brumfield

15 months - 3 yrs

sproutingkindness@gmail.com

These weekly classes are action-filled for busy toddlers and their caregivers. Together you'll sing, chant, move, dance, listen and play simple



instruments - all activities that bridge the natural connection between music and movement. Each lesson features movement activities for coordination, body awareness, impulse control and exploration of space. Learning continues at home with the use of Musikgarten®'s "Sing With Me" Family Packet, which includes a CD, parent booklet and 2 pairs of rhythm sticks. A **\$35 materials fee** is payable to the instructor at the first class. Angela has over 20 years of experience working with young children and their families as a care provider, dance instructor and music teacher. She has a Bachelor's Degree in Music from UCSC, 18 units of study in Early Childhood Education, and is a Certified Musikgarten® Teacher.

Capitola Community Center**R: \$76 / NR: \$90**

#6001.501 Wed 4:30-5:10 pm 9/7-10/12

*See page 4 for more classes for
Pre-School & School-age kids!*

BRAZILIAN JIU-JITSU**LITTLE JAGUARS**

6 weeks

Claudio Franca (476-7650)

4-5 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, coordination, self-esteem and confidence. *These classes are introductory, and can only be taken through the recreation department once.* Claudio Franca 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.

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

#5011.501 T & Th 3:10-3:55 pm 9/6-10/13

**** NEW! - YOUNG AT ART:****A PARENT & TODDLER ART EXPERIENCE**

4 wks

Cheryl Peterson

18 months - 3 yrs

cher17@yahoo.com

Parents and toddlers will have the opportunity to rotate through three "creation stations." Each station will be set up to explore a variety of developmentally appropriate art materials focusing on the process of art rather than the end product (although each class will have at least one item to take home). Some activities will be messy, so dress your child accordingly, as smocks will not be provided. Afterwards, we will gather together for a short session of songs, movement, and maybe a story! A **\$10 materials fee** is payable to the instructor at the first class. Cheryl has a B.A. in Child Development, extensive experience working in preschools, Head Start, and the Early Care and Education Unit at San Jose Public Library.

Capitola Community Center**R: \$51 / NR: \$65**

#6071.501 Thur 10-10:45 am 9/15-10/6

KEIKI HULA & TAHITIAN DANCE & MORE!

5 weeks

Kumu Lorraine Kalei Kinnamon/staff 4.5-11 yrs

www.tehaunuidance.com / tehaunui@cruzio.com

Join Lorraine at her new studio and introduce your child to the graceful and fun basics of the sacred and festive dances of Hawaii, Tahiti and New Zealand. Lorraine grew up in Hawaii and studied dance in Hawaii and California; she is the founder and director of the Te Hau Nui Polynesian Dance Company in Santa Cruz. A **\$10 materials fee** is payable to the instructor at the first class.

No class 9/15.

Te Hau Nui Dance Studio**924 Soquel Avenue, Santa Cruz****R: \$61 / NR: \$75**

#6092.501 Thur 5-5:45 pm 9/8-10/13

HULA & TAHITIAN DANCE & SONGS FOR MOMMY & ME

5 wks

Charmaine Moniz

1-4 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. A **\$10 materials fee** is payable to the instructor at the first class.

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

#5051.501 Tue 10-10:45 am 9/6-10/4

#5051.502 Sat 10-10:45 am 9/10-10/8

**** NEW! - 'UKULELE FOR KIDS**

Kalae Miles

6 weeks

kalaemiles@gmail.com

8-12 years

If you have never played the 'ukulele before and are interested in learning to strum basic chords



and sing-a-long to the tunes of Hawaiian melodies and lyrics, this class is for you. This class will focus on building an introduction to the instrument, using easy beginning chords, and having fun. *Students must bring their own 'ukulele and a music stand to class.* A **\$5 materials fee** for class handouts

is payable to the instructor at the first class. An ambassador of Aloha, Kalae has performed and taught 'ukulele over the past 20 years in Hawaii and throughout the West Coast. *No class 10/10.*

Capitola Community Center**R: \$67 / NR: \$81****#6034.501 Mon 4-5 pm 9/12-10/24****KIDS KICKBOXING**

6 weeks

Claudio Franca (476-7650)

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 only be taken through the recreation department once. Students wishing to continue after the introductory class can sign up directly with the Brazilian Jiu Jitsu Academy. Class starts on Wednesday.*

Claudio Franca Brazilian Jiu Jitsu**1658 Soquel Drive, Suite C, Santa Cruz****R: \$76 / NR: \$90****#6132.501 M & W 4-4:55 pm 9/7-10/12****KOREAN MARTIAL ARTS:**

6 weeks

TAE KWON DO 3.5-5 / 6-9 / 10-15 years

Grand Master Jin, 8th degree black belt

This class introduces young children to Tae Kwon Do, focusing on safe falling, kicks, and tumbling. The class will help to develop 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. Students wishing to continue after this class can sign up directly with the Academy.*

Korean Martial Arts Academy**3702 Portola Drive, Santa Cruz****Class for 3.5-5 years: R: \$93 / NR: \$107****#5016.501 T / Th 3-3:30 pm 9/6-10/13****Class for 6-9 years: R: \$98 / NR: \$112****#6016.501 M / W 4:30-5:20 pm 9/5-10/12****Class for 10-15 years: R: \$98 / NR: \$112****#6016.502 M / W 5:30-6:20 pm 9/5-10/12****CAPITOLA SOCCER SCHOOL**

Leigh Ryan Davies

6 weeks

www.prostarsoccer.org 5-6, 7-8 & 9-11 years

The CAPITOLA SOCCER SCHOOL is a fun, exciting & challenging way to learn and play the beautiful game of soccer. For kids aged 5 to 11, who are at the beginner level & would like to learn the basic fundamental skills, and for kids who are at the intermediate level, and wish to improve their skills. Classes are 60 minutes, consisting of an energetic and fun curriculum, which includes: learning technical skills in game related challenging activities; developing coordination & awareness in exciting competitions; and understanding the game in fun mini soccer matches. The School's goal is to develop a child's passion for soccer at an early age, providing a fun & creative environment for players to learn & enjoy this wonderful team sport. Coaching is delivered by Leigh Ryan Davies, a Capitola resident, who has extensive experience in developing soccer players, from young children at the grass roots level, to senior players in the collegiate & professional arena. Leigh holds the esteemed U.E.F.A Pro-A License from Europe, the U.S.S.F A License, & a BSc in Kinesiology. Players will be assigned to mini activity groups within class, to ensure their learning environment is developmentally appropriate, at their current level of ability. Players should bring a soccer ball and shin guards, and wear suitable athletic footwear & apparel.

Jade Street Park, Capitola**R: \$96 / NR: \$110****#5027.501 5-6 yr Thur 4-5 pm 9/8-10/13****#6146.501 7-8 yr Thur 5-6 pm 9/8-10/13****#6147.501 9-11 yr Thur 6-7 pm 9/8-10/13****JR. TENNIS ACADEMY**

6 weeks

David Cobabe

9-15 years

dscobabe@mac.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 work on all aspects of the technical and tactical development through on-court training to improve their strokes, footwork, and game play strategies. *Must have instructor's permission if under 9 years of age or older than 15.* A **\$10 materials fee** is payable at the first class.

Jade Street Park Tennis Courts**Price for 1x/week: R: \$92 / NR: \$106****#6045.503 T or Th 4-5:30 pm 9/13-10/17****Price for 2x/week: R: \$122 / NR: \$136****#6045.504 T & Th 4-5:30 pm 9/13-10/17**

MOSAIC STEPPING STONE 1 day

Nancy Howells 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

#7064.501	Sat	1-4 pm	9/3
#7064.502	Wed	1-4 pm	9/14
#7064.503	Wed	1-4 pm	10/12

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

#7006.501	Sat	12-5 pm	9/17
#7006.502	Sat	12-5 pm	10/8

****NEW! - MODERN MOSAICS** 1 day

Nancy Howells 18 yrs & up
www.paintedchairstudio.com/425-1602

Glass tile mosaics had a renaissance in mid-Century America, especially in California. Now you have an opportunity to work with vitreous glass tiles and create your own vision of the future. Instruction will be given in the use of glass tile nippers, adhesives and grouts. In this class you will complete a wall plaque that can be displayed indoors or outside. A **\$15 materials fee** is payable to the instructor at the class.

Painted Chair Studio

421 Gharkey Street, Santa Cruz

R: \$65 / NR: \$79

#7108.501	Sat	12-5 pm	10/15
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**** NEW! - THE ENERGY OF IMAGES**

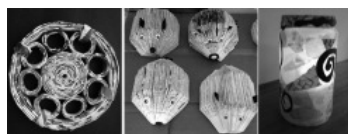
Madrone D'Ardenne 6 weeks
 16 years & up
madronedardenne@gmail.com

Images have a lot of power! They grab our attention, or are worth a thousand words. They are all around us, and they arise within us in our imagination, memories and dreams. Explore the language, wisdom and alchemy of your personal "image lineage" in this six-session class. We will use many paths to discover, and connect with, the amazing stories of the imagery in our own lives including collage, guided visualization, creative writing and journaling, the Lightning Dreamwork Game and more!

**Capitola Community Center**

R: \$76 / NR: \$90

#7001.501	Tues	10 am - Noon	9/13-10/18
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**ART OF RECYCLING**

Deborah Wu 1 day
 12 years & up
debbiestuff@icloud.com

Create artwork from recycled materials and found objects, and transform stuff we usually toss out into something new, interesting and fun! We'll cut, glue, collage, sculpt and transform old into new. Come for an evening of creativity and exploration. A **\$5 materials fee** is payable to the instructor at the class. Projects may include:

- Recycled Paper Quilling: make a coaster, bowl or decorative item.
- Collage/Decoupage a lantern or vase.
- Altered Books, including folded book animals.
- Eco-Creatures made from natural or found items.

Capitola Community Center

R: \$45 / NR: \$52

#7114.501	Fri	6-9 pm	9/30
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ZENTANGLE® 101

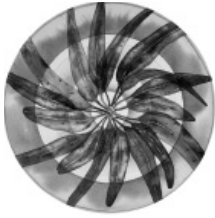
Jodi Christiansen 1 day
 14 yrs & up
 (831) 477-1014 / jodiczt@mail.com

Learn how to create pretty patterned drawings with the Zentangle® method. Find a sense of peace and inspiration making small deliberate strokes with a pen on high-quality paper tiles. This is the first class of the Zentangle® For Everyone series. *You do not need to be able to draw to enjoy this art form!* Contact Jodi for a materials list for the class. A materials kit may also be purchased in class for \$15. Jodi recently completed the certification program for Zentangle® teachers and is very pleased to be able to share this wondrous art form and relaxation technique with others.

**Capitola Community Center**

R: \$60 / NR: \$67

#7077.401	Sat	12-4 pm	10/8
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WATERCOLOR TREE MANDALAS

Michele Faia

6 weeks
16 years & up

www.michelefaia.com / 662-8857

Want to experience a new and very inspiring watercolor class? Learn to paint sacred circle tree mandalas, using the tree as a symbol for inner spiritual growth. From the seed, to the root, to the sprout, to the leaves, to the flowering and bearing fruit. We will explore what the tree can teach us about ourselves. In this class we will experiment with the basics of free-flowing watercolor as well as sacred geometry patterns. All in an environment which is fun, supportive, process-oriented and non-judgmental. Beginners are welcomed and encouraged to jump in, suspend self-judgement and play! **Bring to the first class:** One round watercolor brush (Simply Simmons is good, size 6); watercolor pigments (either a Prang palette or small watercolor tubes with a portable, lidded rectangular palette); a pad of watercolor paper (Strathmore 11"x15" or 12"x12") or bring whatever you have. More materials will be discussed at the first meeting.

Capitola Community Center

R: \$86 / NR: \$100

#7068.501 Thur 1-3:30 pm 9/8-10/13

REALISTIC PAINTING: WATERCOLOR

Hanya Fojaco

7 weeks
18 yrs & up

hanya@hanyafojaco.com

Develop your painting skills within a realistic painting context. The first class will include discussion, demonstration and some technique practice. During the remaining classes Hanya will



clarify the painting process for you and make your experience a positive and enjoyable one. View some of her paintings on her website, www.hanyafojaco.com.

For the first class please bring: a folding plastic palette; #6 round synthetic sable watercolor brush; and any supplies you might already have. **New students:** Please contact Hanya before signing up. There is a **\$5 materials fee** payable at the first class for new students only. A complete materials list will be provided at the first class or you may see the entire list at: www.hanyafojaco.com/blog.

Capitola Community Center

R: \$95 / NR: \$109

#7070.501 Wed 9:30 am-12:30 9/7-10/19

PEARL & BEAD RESTRINGING MADE SIMPLE

Estelle Drinkhaus

4 weeks
12 yrs & up

pearlestelle@yahoo.com / 239-2828

If you have been wondering how to repair your broken strands of pearls and beads yourself, now is your chance to learn "The Lost Art of Hand Knotting."

Three methods of attaching your clasp will be taught. Using basic design theory, recycle and combine to redesign beautiful new bead creations and repair broken strands of grandma's pearls.



A **\$40 materials fee** is payable to the instructor at the first class for a starter kit that will be provided for practicing techniques. It includes all necessary tools, beads, and findings you will need to learn the methods in class, plus extra findings to repair your own broken strands of pearls and beads from home. Additional materials will be available for purchase during class. Estelle Drinkhaus has been a professional pearl and bead stringer in the Santa Cruz community for 33 years. She considers it a privilege and a joy to teach "The Lost Art of Hand Knotting" to people who are eager to create gifts and repair their own cherished beads and pearls. Estelle works with most of the jewelry shops in Santa Cruz County, picking up and delivering on a weekly basis.

Capitola Community Center

R: \$62 / NR: \$76

#7082.501 Tues 6:30-8:30 pm 9/6-9/27

THE JOY OF WATERCOLOR

Dawn MacLaughlin

6 weeks

(831) 332-5514

16 yrs & up

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: \$123 / NR: \$137

#7034.501 Tues 10 am-1 pm 9/6-10/11

*Visit our Facebook page:
[https://www.facebook.com/
capitola.recreation](https://www.facebook.com/capitola.recreation)*

BEGINNER MAH-JONGG 2 or 3 wks

Paula Suzuki (psuz2@comcast.net) 18 yrs & up
Mah Jongg is a Chinese game of skill, strategy, and calculation. The game originated in China, and has been brought here and adapted through the National Mah Jongg League, Inc., in New York.



The game is usually played by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy. This class will teach you how to identify; to start and set up; and finally, play the game of Mah Jongg. Anyone and everyone can learn! If you have a Mah Jongg set, please bring it to show and share. An **optional \$2 materials fee** is payable to the instructor at the first class if the class wants snacks.

Capitola Community Center

R: \$64 / NR: \$71

#7425.501 T / Th 10-11:30 am 9/6-9/22

#7425.502 T / Th 9-11:30 am 10/4-10/13

**PODCASTING: FROM ZERO TO LAUNCH IN 5 WEEKS**

5 weeks

Michael Neeley

16 yrs & up

Michael@MichaelNeeley.com

Podcasting began shortly after the iPod was released and it stands for "P"ersonal "O"n "D"emand broad "CAST." It's like broadcast radio with an independent flair since everyone can do it, it doesn't cost much to get started, and let's face it - we've all got something to say, don't we? In this 5-week intensive class, Michael will guide you through everything you need to know to get your podcast up and running and showcased in iTunes. This includes: choosing your niche and getting your artwork designed (required if you want to be available in iTunes), picking the style of your show (interview format, co-hosted or just you talking), helping you pick out the equipment you'll need (and how you can get started for less than \$100), finding the right hosting service, creating your intro and outro as well as finding your royalty-free music, getting accepted to iTunes, launching, and even how to make money at it. Michael is the host of the popular iTunes podcast, *Consciously Speaking*, and the founder of *The Conscious Life Network*. Check out his website, www.MichaelNeeley.com, for more about Michael.

Capitola Community Center

R: \$96 / NR: \$110

#7441.501 Thur 6:30-8:30 pm 9/8-10/6

JAPANESE: DAILY & TRAVEL**EXPRESSIONS & CULTURE** 4 wks

Yoshie Morrissey

13 yrs & up

If you are traveling to Japan, or just want to learn more about the country, language and culture, this class will provide you with some basic information. Yoshie Morrissey, a native-born instructor, will give you not only education and insights, but the ability to navigate through a country so rich in culture and history. She will review the alphabet, greetings, simple grammar, the writing system, travel-related words and phrases and more.

Capitola Community Center

R: \$56 / NR: \$70

#7302.501 Wed 6-8 pm 9/14-10/5

**** NEW! - VEGAN COOKING:****ADVENTURES WITH TOFU**

1 day

David Gabbe, (503) 246-0472

16 yrs & up

www.davidsvegankitchen.com

Not sure what to do with tofu or are you looking for new dishes to make with it? Come see how easy it is to expand your tofu knowledge and tofu repertoire of plant-based recipes - all gluten-free. The class is presented in a demo-style and includes handouts, recipes, and food samples.

Capitola Community Center

R: \$53 / NR: \$60

#7470.501 Fri 6-8 pm 9/23

**** NEW! - VEGAN COOKING:****FULL OF BEANS & GRAINS**

1 day

David Gabbe, (503) 246-0472

16 yrs & up

www.davidsvegankitchen.com

Come see how ordinary beans and whole grains can easily be prepared and fashioned into a variety of plant-based dishes (including desserts) - all gluten-free. The class is presented in a demo-style and includes handouts, recipes, and food samples.

Capitola Community Center

R: \$53 / NR: \$60

#7471.501 Fri 6-8 pm 10/7

VEGAN COOKING: CHEESES &**MILKS - DAIRY FREE**

1 day

David Gabbe, (503) 246-0472

16 yrs & up

www.davidsvegankitchen.com

Using wholesome ingredients, preparing hard blocks of "cheese," and rich, creamy "milks" is easier than you'd think. All recipes are plant-based and gluten-free. The class is presented in a demo-style and includes handouts, recipes, and food samples. David has been happily involved in writing (he has written 6 books related to vegetarian and vegan eating and cooking) and teaching on the subject of vegan cooking since 1990. He favors meals that are quick and easy to prepare, that use a minimum of ingredients and instructions, and that use familiar ingredients that are used again and again in many other dishes, too.

Capitola Community Center

R: \$53 / NR: \$60

#7472.501 Sat 11 am - 1 pm 10/1

BEGINNING GUITAR I

Ravi Lamb 5 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

#7420.501 Thur 6-7:15 pm 9/8-10/6

INTERMEDIATE GUITAR:**GYPSY JAZZ**

Ravi Lamb 5 weeks
 RaviVanHalen@gmail.com 16 yrs & up

This is an intermediate guitar course (not for beginners) that is an introduction to the fun world of Gypsy Jazz Guitar. We will be studying the music and techniques of Django Reinhardt, Gypsy, who brought this wonderful music to America and the world. His style of playing inspired an entire sub-genre of jazz, one that is unmistakable in its hard swinging rhythm guitar and passionate lead improvisations. 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

#7452.501 Thur 7:30-8:45 pm 9/8-10/6

'UKULELE: BEGINNING I

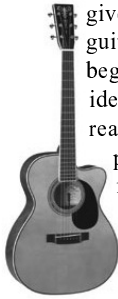
Kalae Miles 6 weeks
 kalaemiles@gmail.com 12 years & up

If you have never played the 'ukulele before and are interested in learning to strum basic chords and sing-a-long to the tunes of Hawaiian melodies and lyrics, this class is for you. This class will focus on building an introduction to the instrument, using easy beginning chords, learning to play the Hawaiian vamp and having fun. *Students must bring their own 'ukulele and a music stand to class.* A **\$5 materials fee** for class handouts is payable to the instructor at the first class. Kalae has performed and taught 'ukulele over the past 20 years in Hawaii and throughout the West Coast. *No class 10/10.*

Capitola Community Center

R: \$67 / NR: \$81

#7458.501 Mon 5-6 pm 9/12-10/24

**'UKULELE:****HAWAIIAN SONGS**

Kalae Miles 6 weeks
 12 years & up

This class is for those who have several chords (3 or more) under their belt. You must have a working knowledge of playing the Hawaiian & Alternate Vamps, be familiar with the basic "up/down" strum and have a basic fundamental background with strumming any stringed instrument. This class is for you if you are interested in building a repertoire in Traditional Hawaiian songs. *Participants must bring their own ukulele to class; if you have a music stand, please bring that also.* There is a **\$15 materials fee** for anyone who has not already purchased materials used in the class. Kalae is a gifted singer of traditional Hawaiian music; over the last several years he has performed extensively in the U.S. and Japan, taking the Aloha Spirit wherever he goes. An ambassador of Aloha, Kalae has performed and taught 'ukulele over the past 20 years in Hawaii and throughout the West Coast. *No class 10/10.*

Capitola Community Center

R: \$67 / NR: \$81

#7465.501 Mon 6-7 pm 9/12-10/24

**'UKULELE: BEGINNING II / III**

Kalae Miles 6 weeks
 kalaemiles@gmail.com 12 years & up

Having a working knowledge of how to play the Hawaiian Vamp, this class will continue building skill to learn more chords, to practice transitioning from one chord to the next, while putting together strumming and singing using Hawaiian lyrics. *Students must bring their own 'ukulele and a music stand to class.* A **\$15 materials fee** to cover a music book and CD is payable to the instructor at the first class. Kalae is a gifted singer of traditional Hawaiian music; over the last several years he has performed extensively in the U.S. and Japan, taking the Aloha Spirit wherever he goes. An ambassador of Aloha, Kalae has performed and taught 'ukulele over the past 20 years in Hawaii and throughout the West Coast. *No class 10/10.*

Capitola Community Center

R: \$67 / NR: \$81

#7466.501 Mon 7-8 pm 9/12-10/24

COMMUNITY SING

6 weeks

Paula Bliss

18 yrs & up

[blissongs.com / paulabliss@sbcglobal.net](mailto: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 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****#7463.501 Tues 6:30-7:45 pm 9/13-10/18****TAHITIAN DRUMMING**

6 weeks

Siaosi Sele-Ama (831-332-3900)

10 yrs & up

Learn to play the beats of Tahiti with Siaosi Sele-Ama! Feel the spirit and the Mana of the Polynesian Log Drum the Tahitians call the Toere.

During this course you will learn 6 to 8 Tahitian beats while drumming in a small group context. Siaosi has studied percussion since childhood. He has played professionally for numerous performances and competitions since 1987. In addition to Tahitian drumming and Samoan Log drumming, Siaosi has studied African Djembe drumming and the Middle Eastern Dumbek in depth. Class size is limited to 10 students and there is no minimum number of students. Several drums will be provided at the class. If you have a Toere, bring it.

**Te Hau Nui Dance Studio****924 Soquel Avenue, Santa Cruz****R: \$106 / NR: \$120****#7435.501 Thur 7:30-8:30 pm 9/15-10/20****HAPPY JOINTS QI GONG**

6 wks

Andrew Porter, MTCM, CMT, MQT, LS

18 yrs & up

arporter@fivebranches.edu

Happy Joints Qigong is a sequence of movements inspired by the reeling of Chinese silk that gently stretches and opens all of the major joint segments of the body from head to toe, granting greater range of motion, improved circulation, relief from arthritis discomfort, and increased bone density. The deep abdominal breathing that naturally accompanies this Qigong will additionally enhance gut motility, improve lymphatic circulation, and decrease stress. Andrew Porter has been studying and teaching Taiji and Qi Gong for over 10 years, including 7 years of training as a healer in Classical Taoist medicine and teaching in remote retreat centers in Alaska. *No class 10/14.*

Capitola Community Center**R: \$60 / NR: \$74****#7255.501 Fri 10-11 am 9/9-10/21**

~ Qi Gong ~
*Promoting Health
 in Mind & Body*

SMILING HEART QI GONG

Andrew Porter, MTCM, CMT, MQT, LS

6 wks

arporter@fivebranches.edu

18 yrs & up

Qi Gong in general is a very simple enjoyable way to promote health in mind and body. Also known as "longevity exercise," practicing Qi Gong on a daily basis will assist the practitioner in improving many chronic health problems including, but not limited to, neck & back pain, osteoarthritis, hypertension, asthma, and many digestive disorders. In addition, 10-20 minutes of daily practice will elicit strong feelings of overall well-being that can make all the difference in managing the stressors in one's life. In this 8-week course, participants will be led through 10-15 different Qi Gong movements each designed to relax and soften the neck and shoulders while gently building strength in the back and legs. The 'Smiling Heart Qi Gong' is so-named because of its strong tendency to generate feelings of happiness and openness in the learner. This moving meditation focuses on deep abdominal breathing and movements to encourage healing Qi & blood circulation to and from the heart. Andrew Porter has been studying and teaching Taiji and Qi Gong for over 10 years, including 7 years of training as a healer in Classical Taoist medicine.

*No class 10/10.***Capitola Community Center****R: \$60 / NR: \$74****#7245.501 Mon 4:45-5:45 pm 9/12-10/24******NEW! - 8 BROCADE****SEATED QI GONG**

6 weeks

Andrew Porter, CMT, MQT, LS

18 yrs & up

arporter@fivebranches.edu

In this class we will focus on the 8-10 primary movements in Qigong practice that gently stretch the arms and legs, nourish the vital organs of the body, & generate an abiding sense of calm & stillness; all while comfortably seated on a cushion or chair. This 8-week course is designed to accommodate practitioners interested in movement/meditation who might otherwise feel uncomfortable standing for an hour, as in the "Smiling Heart" and "Happy Joints" classes. Bring an optional meditation cushion or floor mat, or chairs are available at class. Andrew Porter has been studying and teaching Taiji and Qi Gong for over 10 years, including 7 years of training as a healer in Classical Taoist medicine and teaching in remote retreat centers in Alaska. *No class 10/14.*

Capitola Community Center**R: \$60 / NR: \$74****#7246.501 Fri 11 am - Noon 9/9-10/21**



THERAPILATES® WITH SHERRI BETZ

PT, GCS, CEEAA, PMA®-CPT

www.therapilates.com / sherri@therapilates.com / 476-3100

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.

Sherri specializes in exercise programs for older adults, serves on the Board of Directors of American Bone Health, hosts the American Bone Health Lecture Series in Santa Cruz, and is the Chair of the American Physical Therapy Association's Bone Health Special Interest Group. View her website for more information.

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

6 weeks

Katrina Lake, BA, DPT

18 yrs & up

Developed and supervised by Sherri Betz

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 for a brief orientation.

Therapilates Studio, 920 41st Ave., Suite A

R: \$72 / NR: \$86

#7551.501 Thur 8:30-9:25 am 9/15-10/20

#7551.502 Thur 9:30-10:25 am 9/15-10/20

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."

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!

Therapilates Studio, 920 41st Ave., Suite A

R: \$72 / NR: \$84

#7553.501 Thur 10:30-11:30 am 9/15-10/20

THERAPILATES® FOR BONE BUILDING & INJURIES (LEVEL 2)

18 yrs & up

Gina Enriquez, C.P.T. & Katrina Lake, BA, DPT

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

Pre-requisite: "Intro to TheraPilates® & Yoga," 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 Monday, 10/10.

Capitola Community Center

R: \$77 / NR: \$91 (11 classes)

#7560.501 M / W 10-11 am 9/12-10/19



THERAPILATES® NEXT LEVEL

MAT CLASS (LEVEL 2/3)

18 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

Gina Enriquez, C.P.T. & Katrina Lake, BA, DPT

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 at 10:00 on Mondays and Wednesdays.

No class Monday, 10/10.

Capitola Community Center

R: \$77 / NR: \$91 (11 classes)

#7552.501 M / W 8:45-9:45 am 9/12-10/19



BETTER BONES & BALANCE

60 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT
Gina Enriquez, C.P.T. & Katrina Lake, BA, DPT
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.

Please Note: Class participation is contingent upon approval of instructors, based on their evaluation of a participant's ability to successfully and safely perform exercises.

No class Monday, 10/10.

Capitola Community Center

R: \$77 / NR: \$91 (11 classes)

#7531.501 M / W 11:15-12:15 9/12-10/19

A MATTER OF BALANCE: BEGINNING T'AI CHI CHIH

6 weeks

Helena Fox-Beaudoin, M.S. 18 yrs & up
(408) 656-4763 / helenafx@aol.com

Looking for Balance in your life? Tai chi is an ancient Chinese exercise that can help improve balance and lower your risk of falling. Studies have shown tai chi to reduce falls in seniors by up to 45%! What's the secret? Tai chi is an integrative approach that helps improve balance because it targets all the physical components needed to stay upright: (1) Leg strength, (2) Flexibility, (3) Range of Motion, and (4) Reflexes. The slow, shifting movement of your weight, back-and-forth, teaches your body to be more sensitive and have greater strength. This translates into being able to maintain better balance when you encounter uneven pavement while walking or when you navigate a busy sidewalk. "T'ai Chi Chih" (www.taichichih.org) developed by Master Justin Stone, is an easy to learn, user-friendly form, consisting of only 19-gentle movements. This form is suitable for all ages and fitness levels. Movements can be practiced standing or seated. Helena has been working with mature adults in the areas of T'ai Chi Chih, Health & Wellness, Adaptive Physical Education, and Life Skills for over 20 years. She is accredited in T'ai Chi Chih and has been teaching this form for 10 years. Students have purchased 200+ of her instructional T'ai Chi Chih DVD's. She holds a Master of Science in Gerontology and a California teaching credential.

Capitola Community Center

R: \$60 / NR: \$74

#7570.501 Tues 12:45-1:45 pm 9/6-10/11

JOY THROUGH MOVEMENT: CONTINUING TAI CHI CHIH

6 wks

Helena Fox-Beaudoin, M.S. 18 yrs & up
(408) 656-4763 / helenafx@aol.com

Discover the increased energy and enhanced Chi, by joining our continuing T'ai Chi Chih group practice! This class is for anyone who has practiced T'ai Chi Chih or any form of T'ai Chi. The form, developed by Master Justin Stone, in 1974, is a gentle, flowing of 19 continuous movements, strung together by our collective Chi. Most people who practice T'ai Chi Chih report that they



feel calmer, more balanced, and more energized. Stone explains, "The renewed energy conditions our whole way of life as joy re-emerges as our natural heritage." Class will offer a brief warm-up, guided practice, and closing meditation pose. Class practice can be done standing, seated or a combination of both. Activate, Balance, and Circulate your Chi in this class. Connect with others and have fun! (Please See Helena Fox's Bio in T'ai Chi Chih Beginning class description or at Capitola recreation website).

Capitola Community Center

R: \$72 / NR: \$84

#7571.501 T & Th 2-3 pm 9/6-10/13

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

#7204.501 Mon 5:15-6:15 pm 9/12-10/10

MID-DAY YOGA

7 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.

Capitola Community Center

R: \$65 / NR: \$79

#7215.501 Thur 12-12:45 pm 9/8-10/20

**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.

Capitola Community Center

R: \$60 / NR: \$74

#7534.501 Wed 7-8 pm 9/14-10/19

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

#7525.501 Thur 7:15-8:30 pm 9/1-10/6

ZUMBA GOLD: LOW IMPACT DANCE PARTY

6 weeks

Adrienne Harrell

18 yrs & up

535-8255 / adrienne@soulfulceremonies.com

Come to the Zumba Gold Fitness Party! Zumba Gold takes the ZUMBA formula and modifies the moves and pacing to make for a lower-impact, easier-to-follow workout. Zumba Gold features zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton in a friendly, relaxed and fun party-like atmosphere that is also a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor. No class Monday, 10/10.

Capitola Community Center

R: \$70 / NR: \$84

#7582.501 Mon 6-6:50 pm 9/12-10/24

#7582.502 Wed 6-6:50 pm 9/14-10/19

CONTEMPORARY**LINE DANCE**

6 weeks

Sandy Marujo

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: \$58 / NR: \$72

#7536.501 Tues 6:30-7:45 pm 9/6-10/11

**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 sacred and festive dances of Hawaii and Tahiti! Join Lorraine at her new studio and be introduced to the beautiful foundation of Hula and Tahitian dance, along with related language and culture. A \$10 materials fee is payable at the first class. Lorraine grew up in Hawaii and studied dance there; she is the founder and director of the *Te Hau Nui Polynesian Dance Company* in Santa Cruz. No class 9/15.

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$61 / NR: \$75

#7504.501 Thur 6:15-7:15 pm 9/8-10/13

BEG / INT BELLYDANCE WITH LIVE DRUMMING!

6 weeks

Yoloxochitl (Yola) Hunter

9 yrs & up

(831) 419-6124 / yolah24@yahoo.com

Come learn this sensuous, feminine dance form, while dancing to live Middle Eastern Dumbek drumming by Siao Si Sele-Ama. In this series, you will learn a complete and original Bellydance choreography by Yola. Focus will be given to body isolations, taxim undulations, belly rolls, floor work, drum solo, dancing as a soloist and with a group, and basic rhythms. Please come to class with a scarf or sarong to tie around your hips. Finger cymbals are recommended but not required.

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$106 / NR: \$120

#7573.501 Fri 6:45-8 pm 9/16-10/21



FREE WEIGHT STRENGTH & CORE STABILITY

Trenise Pot 6 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 \$18** 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.

Note: Class starts on Thursday, 9/8.

Capitola Community Center

R: \$115 / NR: \$129

#7539.501 T / Th 7:25-8:25 am 9/8-10/18

STATIC STRETCHING

Trenise Pot 6 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. *Participants must be able to go from standing to sitting on the floor. Please bring a mat and towel to class.* **Class starts on Thursday, 9/8.**

Capitola Community Center

R: \$80 / NR: \$94

#7554.501 T & Th 8:30-9 am 9/8-10/18

WEST COAST SWING:

BEGINNING

Chuck Dicks & Pat Evans 6 weeks
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. *No class 10/10.*

Capitola Community Center

R: \$54 / NR: \$68

#7530.501 Mon 7-8:30 pm 9/12-10/24

TENNIS CLASSES WITH DAVID COBABE

David focuses on teaching tennis technique that is functionally sound, both to optimize performance and protect the body from injury. Questions? Contact David at dscobabe@mac.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.

A **\$10 materials fee** is payable to the instructor at the first class.

CLASS	LEVEL	DAYS	TIMES	PRICE	DATES
#8008.501	Stroke Fundamentals	Mon	6-7 pm	\$88 / \$102	9/12-10/17
#8010.501	Beginning Tennis	Mon	7-8 pm	\$88 / \$102	9/12-10/17
#8007.501	Morning Clinic (3.0 & up)	T / Th	9-10:30 am	\$116 / \$130	9/13-10/20
#8003.501	Intermediate Tennis	T / Th	10:30 am - Noon	\$116 / \$130	9/13-10/20

CLASS DESCRIPTIONS

Beginning Tennis: New to the game? Learn the fundamentals of proper strokes, scoring, and etiquette; class includes fun drills & games.

Morning Clinic: Prerequisite for these clinics is a 3.0 or above USTA rating. 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 situations is critical to improving your game. Must have instructor's permission if prerequisite is not met.

Intermediate Tennis: If you know the basics and can sustain a 4-5 ball rally, then this class will help you improve your skills and overall playing abilities. Drills will help you improve your strokes, and game play will allow you to learn better strategies to improve your game.

Stroke Fundamentals & Technique: This course will cover stroke fundamentals and technique for all the basic strokes of tennis: baseline groundstrokes, volleying and the serve. Players of all levels are welcome, but some prior experience with tennis is necessary.

PRIVATE TENNIS LESSONS

Contact David via email, dscobabe@mac.com, to set up a time. Make payment in advance to the Capitola Recreation office. Register in our office during regular business hours, Monday-Friday, 8:30-4:30, or online, at: <https://apm.activecommunities.com/capitolarecreation>, and bring your receipt with you to your lesson.

#8200.501 1-2 players, 1 hour \$60 per hour

REGISTRATION BEGINS NOW

- **ONLINE:** Go to www.cityofcapitola.org/recreation; review the classes then click on "Register Online." That will bring you to our ActiveNet registration page.
Or go directly to: <https://apm.activecommunities.com/capitolarecreation/Home>.
- **PHONE-IN:** 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 enclose your check.
Mail it to Capitola Recreation, 4400 Jade Street, Capitola, CA. 95010.
- **WALK-IN:** Register at our office, 8:30 am - 4:30 pm at the address above.

REGISTRATION

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

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. Camp & Junior Guards refund policies will be defined during those registration periods.

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 2-4 weeks.

SENIOR DISCOUNT

- If you are 62 or older, please request the discount at the time of your registration,
- A 10% discount is offered 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.
- **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.
- **Music Together / 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?

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: _____

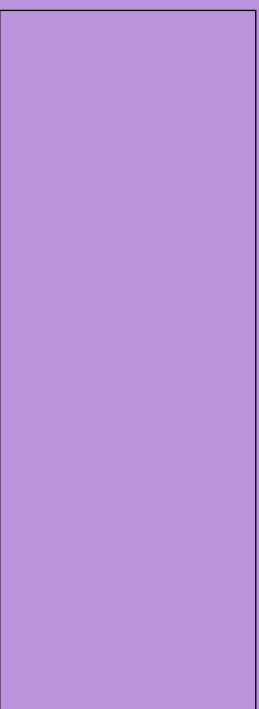
Credit Card Payment:

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 your receipt to you:

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



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**CONGRATULATIONS TO OUR
2016 SOFTBALL CHAMPIONS,
THE GOBI SOX & THE WHARF RATS!**



NEW CLASSES THIS SESSION!

- * Family Music For Toddlers
- * Young At Art: Parents & Toddlers
- * Ukulele for School-age Kids
- * The Energy of Images
- * Art of Recycling
- * Watercolor Tree Mandalas
- * Pearl & Bead Restringing
- * Podcasting
- * Adventures With Tofu
- * Full of Beans & Grains
- * Cheeses & Milks - Dairy Free