

City of  
**Capitola Recreation**

Department

Late Fall 2016



 Find us on  
Facebook

[www.cityofcapitola.org/recreation](http://www.cityofcapitola.org/recreation)

**Oct. 24 - Dec. 2**

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**ABOUT OUR COVER:**

Fall is here, and it's a great time to focus in and take some classes! Thanks to our Class Coordinator, Marcia Smith, for the pretty fall photo from the Eastern Sierras.

**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](mailto: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. *No class 11/24.*

**Capitola Community Center**  
**R: \$70 / NR: \$84**  
**#5010.601 Thur 4-4:45 pm 10/27-12/8**

**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. *No class 11/25.*

**Capitola Community Center**  
**R: \$70 / NR: \$84**  
**#5020.601 Fri 4-4:45 pm 10/28-12/9**



**PRE-BALLET II** 6 wks

*Jeani Mitchell* 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. No class 11/24.*

**Capitola Community Center**  
**R: \$70 / NR: \$84**  
**#6013.601 Thur 4:45-5:45 pm 10/27-12/8**



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

4 wks

Cheryl Peterson

18 months - 3 yrs

capeterson16@outlook.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

#6071.601 Thur 10-10:45 am 10/27-11/17

## \*\* 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. *No class 11/23.*

Capitola Community Center

R: \$76 / NR: \$90

#6001.601 Wed 4:30-5:10 pm 10/26-12/7

## 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 11/24.*

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$61 / NR: \$75

#6092.601 Thur 5-5:45 pm 10/27-12/1

## 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. *No class Saturday, 11/26.*

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$60 / NR: \$74

#5051.601 Tue 10-10:45 am 10/25-11/29

#5051.602 Sat 10-10:45 am 10/29-12/10



## BRAZILIAN JIU-JITSU

6 weeks

Claudio Franca (476-7650)

4-14 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.*

*\*\* No class Thursday, 11/24.*

Claudio Franca Brazillian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$96 / NR: \$110

Class for Ages 4-6:

#5011.601 T / Th 3:10-3:55 pm 10/25-12/1

Class for Ages 6-9:

#6130.601 T / Th 4-4:55 pm 10/25-12/1

Class for Ages 10-14:

#6131.601 T / Th 5-5:55 pm 10/25-12/1

See page 4 for more

Pre-School &amp; School-Age Classes

**\*\* 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.

**Capitola Community Center**

**R: \$67 / NR: \$81**

**#6034.601 Mon 4-5 pm 11/7-12/12**

**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 only be taken through the recreation department once; after that, sign up directly with the Brazilian Jiu Jitsu Academy.*

**Claudio Franca Brazilian Jiu Jitsu**

**1658 Soquel Drive, Suite C, Santa Cruz**

**R: \$76 / NR: \$90**

**#6132.601 M & W 4-4:55 pm 10/24-11/30**

**KOREAN MARTIAL ARTS:**

**TAE KWON DO** 6 weeks

3.5-15 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. \*\*No class 11/24.*

**Korean Martial Arts Academy**

**3702 Portola Drive, Santa Cruz**

**Class for 3.5-5 years: R: \$93 / NR: \$107**

**#5016.601 T / Th 3-3:30 pm 10/25-12/1**

**Class for 6-9 years: R: \$98 / NR: \$112**

**#6016.601 M / W 4:30-5:20 pm 10/24-11/30**

**Class for 10-15 years: R: \$98 / NR: \$112**

**#6016.602 M / W 5:30-6:20 pm 10/24-11/30**

*For information regarding tennis, contact us at [capitolarecreation@ci.capitola.ca.us](mailto:capitolarecreation@ci.capitola.ca.us)*

**\*\*NEW! - HOLIDAY SUCCULENT PLANTER WORKSHOP**

*Nancy Howells* 1 day  
 18 yrs & up  
[www.paintedchairstudio.com](http://www.paintedchairstudio.com) / 425-1602

In this afternoon workshop you can complete an artful mosaic Succulent Planter. You will learn the basics of Mosaic art, using tiles, plates and cups. It is a lovely Holiday gift for yourself or friends! A small starter succulent will be included. A **\$10 materials fee** is payable to instructor at the class.

**Painted Chair Studio**

**421 Gharkey Street, Santa Cruz**

**R: \$45 / NR: \$59**

**#7099.601 Sat 1-4 pm 11/5**

**#7099.602 Wed 1-4 pm 11/16**

**#7099.603 Sat 1-4 pm 12/3**

**#7099.604 Sun 1-4 pm 12/4**

**MOSAIC STEPPING STONE**

*Nancy Howells* 1 day  
 18 yrs & up  
[www.paintedchairstudio.com](http://www.paintedchairstudio.com) / 425-1602

A mosaic stepping stone is a wonderful first project. You will learn the art of cutting tiles and plates, and the secret to great grouting. A large, colorful selection of plates and tiles will bring out your creativity! Make a mosaic for your own garden or as a lovely gift. This afternoon class is perfect for a group of friends to enjoy this Holiday season. A **\$10 materials fee** is payable at the class.

**Painted Chair Studio**

**421 Gharkey Street, Santa Cruz**

**R: \$50 / NR: \$64**

**#7064.601 Wed 1-4 pm 11/9**

**#7064.602 Wed 1-4 pm 12/14**

**GLASS ON GLASS MOSAIC**

*Nancy Howells* 1 day  
 18 yrs & up  
[www.paintedchairstudio.com](http://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**

**#7102.601 Sat 12-5 pm 11/19**

## **SUPER BROKEN PLATE MOSAICS**

Nancy Howells

1 day

18 yrs & up

[www.paintedchairstudio.com](http://www.paintedchairstudio.com) / 425-1602

This class is suitable for the beginner or mosaic student who would like to add to their skill set.



A choice of unique class projects will give you the information you need to create everything from wall planters to Mosaic pots and birdbaths. Instruction will be given in the use of nippers, adhesives and grout.

You will take a home a

beautiful mosaic! A **\$10 materials fee** is payable to the instructor at the class.

**Painted Chair Studio**

421 Gharkey Street, Santa Cruz

R: \$65 / NR: \$79

#7006.601 Sat 12-5 pm 11/12

#7006.602 Sat 12-5 pm 12/10



## **\*\*NEW! - ZENTANGLED® AND DECORATED ALPHABET**

Jodi Christiansen

1 day

14 yrs & up

(831) 277-1014 / [jodiczt@mail.com](mailto:jodiczt@mail.com)

Have you ever wanted your very own, uniquely personal fun and fanciful decorated font to use on handmade cards and as artwork for addressing special envelopes? Join us for an afternoon of Zentangle® delight as we embellish existing fonts (or one of your own making) with Zentangle® patterns.

No previous experience is necessary - everything you'll need to know will be taught in this class. We will use waterproof black pens, #2 pencil, tortillions or blending stumps on heavy drawing or watercolor paper. The (optional) supply kit contains everything a beginner will need to do the project and may be purchased in class for \$15. Experienced 'Tanglers may want to bring color media as well - color pencils, watercolors, markers, embellishments, etc.



**Capitola Community Center**

R: \$60 / NR: \$67

#7091.601 Sat 12-4 pm 11/5

## **\*\*NEW - TOMBOWS AND WATERCOLOR**

Anouk Johanna

4 weeks

15 years & up

(831) 338-7716 / [anouk@anoukjohanna.com](mailto:anouk@anoukjohanna.com)

Don't miss the opportunity to get familiar and skilled with the exciting Tombow ink pens in this four week intensive. Whether you are a beginner or have previous experience you will enjoy this challenging and experimental class. We will explore how to pull washes out of the ink lines



and create expressive ink paintings. Tombows are an excellent way to establish a range of values and make the transition from drawing to painting. We will combine

the lines and ink-washes with watercolor paints to create even more fascinating effects. Along the way we will address basic paint techniques, composition and textures and special techniques Anouk has developed for Tombows. We'll start with black Tombows, then progress to multi-color and finally combine them with watercolor paints. All levels are welcome but basic knowledge of color mixing and brushwork is required. There will be a demo and a constructive critique of student work at the beginning of each class. Please call Anouk at 338-7716 or email her at [anouk@anoukjohanna.com](mailto:anouk@anoukjohanna.com) for the materials list. The list is kept at minimum cost; students can upgrade if they wish. A **\$6 hand-outs fee** is payable at the first class. If you have any questions about the class don't hesitate to contact Anouk. Check out her work at [www.anoukjohanna.com](http://www.anoukjohanna.com).

**Capitola Community Center**

R: \$85 / NR: \$99

#7109.601 Fri 12-3 pm 10/28-11/18

## **\*\*NEW! - STEAMPUNK-STYLE ZENTANGLE® ART**

Jodi Christiansen

1 day

14 yrs & up

(831) 277-1014 / [jodiczt@mail.com](mailto:jodiczt@mail.com)

Come and learn Steampunk style Zentangle® patterns and create one or more finished drawings in the class. You need no Zentangle® experience to be a complete success.

Can't draw? It doesn't matter, everything you need to know will be taught in this one afternoon class. We will use waterproof black pens, #2 pencil, tortillions



or blending stumps on heavy drawing paper or watercolor paper. The (optional) supply kit contains everything a beginner will need to do the project and may be purchased in class for \$15. Zentangle® is a relaxing and joyful artform easily learned by anyone. Experienced 'Tanglers may want to bring color media as well - color pencils, watercolors, markers, embellishments, etc.

**Capitola Community Center**

R: \$60 / NR: \$67

#7090.601 Sat 12-4 pm 12/3

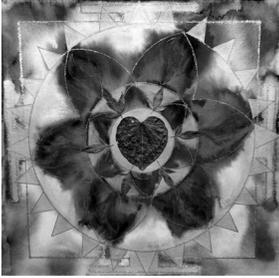
**WATERCOLOR MANDALAS****& THE PEACEFUL HEART** 6 weeks

Michele Faia

16 years &amp; up

[www.michelefaia.com](http://www.michelefaia.com) / 662-8857

Emphasizing the fun of loose and flowing watercolor, this unique class will teach the basics of watercolor and much more. Learn to create personal mandalas from ancient mandala traditions primarily Native American. Connect your heart to the heart of the earth and infuse your mandalas with nature's energy and beauty. Explore painting from your high self, learning from the earth, from the 4 elements and 4 directions, receiving from and giving back to the earth. Beginners are welcome! **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 rectangular portable palette); a pad of watercolor paper (Strathmore 11"x15" or 12"x12") or bring whatever you have. Additional supplies will be discussed at the first class. *No class 11/24.*

**Capitola Community Center****R: \$86 / NR: \$100****#7068.601 Thur 1-3:30 pm 10/27-12/8****REALISTIC PAINTING:  
WATERCOLOR**

Hanya Fojaco

7 weeks  
18 yrs & up[hanya@hanyafojaco.com](mailto: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](http://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. 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 view it at: [www.hanyafojaco.com/blog](http://www.hanyafojaco.com/blog).

**\*\* No class on 11/23.****Capitola Community Center****R: \$95 / NR: \$109****#7070.601 Wed 9:30 am-12:30 11/2-12/21****BASIC ENCAUSTIC (BEESWAX)  
PAINTING WORKSHOP** 2 days

Terry Dowell

18 years &amp; up

(831) 708-2826 / [www.rocketencaustic.com](http://www.rocketencaustic.com)[eleveneleven501@hotmail.com](mailto:eleveneleven501@hotmail.com)

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 or more original encaustic paintings in this two-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 creatively and then leave with a printout containing all the information you need to continue working after the class is completed. Artists of all media will enjoy the limitless possibilities and wonder that encaustic has to offer. All are welcome. No drawing skills necessary. Pack a lunch for the mid-day break. A **\$60 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: \$203 / NR: \$210****#7052.601 Sat/Sun 10 am - 3:30 11/5 & 11/6****THE JOY OF WATERCOLOR**

Dawn Maclaughlin

5 weeks

(831) 332-5514

16 yrs &amp; 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. *Call the recreation department, 475-5935, for a materials list before the first class.*

**\*\* No class 11/8.****Capitola Community Center****R: \$112 / NR: \$126****#7034.601 Tues 10 am-1 pm 10/18-11/22**

**ART, RUMI & THE SPIRITUAL HEART**

Fereshteh Fatemi

4 weeks  
18 yrs & up

ferangelika@mac.com

This class offers a unique experience designed to awaken your creative process, connect you to your heart, and uplift your spirit. Through hands-on artistic creations, experiential learning of life-skills, and the energy of Rumi (13th century Persian poet, scholar, and mystic, whose words transcend time and national boundaries), you'll gain tools to use in your daily life - from simple encounters with friends and coworkers to facing difficult challenges that block your creative flow and the manifestation of your life's dreams. This will be a fun class; at the same time it can be a life-changing experience. Through reading and exploring Rumi's poetry, we'll absorb the essence of the life-skills discussed each week. We then create collages or mandalas while we tap into the energy and inner learning from the covered materials. This process will deepen as we get more attuned to our own centers. The art created in this manner is healing, meditative, and revelatory. All materials will be provided. *No class 11/23.*

Capitola Community Center

R: \$106 / NR: \$120

#7401.601 Wed 1-4 pm 11/2-11/30

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

Yoshie Morrissey

4 wks  
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

#7302.601 Tues 6-8 pm 11/15-12/6

**BEGINNER MAH-JONGG**

Paula Suzuki (psuz2@comcast.net)

3 weeks  
15 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

#7425.601 T / Th 10-11:30 am 11/1-11/17

**VEGAN COOKING:****ADVENTURES WITH TOFU**

David Gabbe

1 day  
16 yrs & up

www.davidsvegankitchen.com

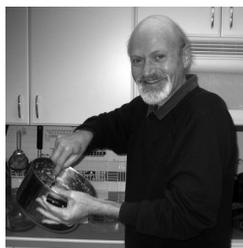
dagabbe@hotmail.com

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. David has written 6 books related to vegetarian and vegan eating and cooking and has been teaching since 1990.

Capitola Community Center

R: \$53 / NR: \$60

#7470.601 Fri 6-8 pm 10/28

**VEGAN COOKING:****FULL OF BEANS & GRAINS**

David Gabbe

1 day  
16 yrs & up

www.davidsvegankitchen.com

dagabbe@hotmail.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. David has written 6 books related to vegetarian and vegan eating and cooking and has been teaching since 1990.

Capitola Community Center

R: \$53 / NR: \$60

#7471.601 Sat 11 am - 1 pm 11/5

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

David Gabbe

1 day  
16 yrs & up

www.davidsvegankitchen.com

dagabbe@hotmail.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 written 6 books related to vegetarian and vegan eating and cooking and has been teaching 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

#7472.601 Fri 6-8 pm 11/18

**BEGINNING GUITAR I**

Ravi Lamb

www.ravilambmusic.com

RaviVanHalen@gmail.com

5 weeks

15 yrs &amp; up

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. *No class 11/24.*



New Brighton Middle School, Rm #10

R: \$95 / NR: \$109

#7420.601 Thur 6-7:15 pm 10/27-12/1

**JAZZ / BLUES GUITAR**

Ravi Lamb

RaviVanHalen@gmail.com

5 weeks

16 yrs &amp; up

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.

*No class 11/24.*

New Brighton Middle School, Rm #10

R: \$95 / NR: \$109

#7424.601 Thur 7:30-8:45 pm 10/27-12/1

**'UKULELE: BEGINNING I**

Kalae Miles

kalaemiles@gmail.com

6 weeks

12 years &amp; 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.

Capitola Community Center

R: \$67 / NR: \$81

#7458.601 Mon 5-6 pm 11/7-12/12

**'UKULELE: BEGINNING II / III**

Kalae Miles

kalaemiles@gmail.com

6 weeks

12 years &amp; 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.

Capitola Community Center

R: \$67 / NR: \$81

#7466.601 Mon 7-8 pm 11/7-12/12

**'UKULELE: HAWAIIAN SONGS**

Kalae Miles

kalaemiles@gmail.com

6 weeks

12 years &amp; 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 strung 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.

Capitola Community Center

R: \$67 / NR: \$81

#7465.601 Mon 6-7 pm 11/7-12/12

**HAPPY JOINTS QI GONG**

Andrew Porter, MTCM, CMT, MQT, LS 4 wks  
 arporter@fivebranches.edu 18 yrs & up

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.

Capitola Community Center

R: \$48 / NR: \$62

#7255.601 Fri 10-11 am 11/4-12/2

**COMMUNITY SING**

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

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.

\*\* No class 11/8.

New Brighton Middle School, #10

R: \$98 / NR: \$112

#7463.601 Tues 6:30-7:45 pm 10/25-12/6

**INTRO TO RUMI**

Fereshteh Fatemi 4 weeks  
 ferangelika@mac.com 18 yrs & up

This class offers a unique opportunity to study the poetry of Rumi (13th century Persian poet, scholar, and mystic, whose words transcend time and national boundaries), his message of Love, his teachings about the Universe we live in, and our inherent roles/responsibilities in it. Through guided discussions, we will tap into our own inner Self, and explore the possible meanings and messages hidden in the metaphors presented in the poems. Each week a new poem will be presented, in three forms: the original Farsi (Persian), a transliteration, and a translation in English. Fereshteh is a Soul-Centered coach with a BA in fine arts and an MA in Spiritual Psychology. She studied Rumi for 11 years in Farsi, her native language. No class 11/23.

Capitola Community Center

R: \$96 / NR: \$110

#7402.601 Wed 6:45-8:15 pm 11/2-11/30

~ Qi Gong ~  
 Promoting Health  
 in Mind & Body

**SMILING HEART QI GONG**

Andrew Porter, MTCM, CMT, MQT, LS 4 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.



Capitola Community Center

R: \$48 / NR: \$62

#7245.601 Mon 4:45-5:45 pm 11/7-11/28

**\*\*NEW! - 8 BROCADE****SEATED QI GONG**

Andrew Porter, CMT, MQT, LS 4 weeks  
 arporter@fivebranches.edu 18 yrs & up

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 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.

Capitola Community Center

R: \$48 / NR: \$62

#7246.601 Fri 11 am - Noon 11/4-12/2



## **THERAPILATES® WITH SHERRI BETZ PT, GCS, CEEAA, PMA®-CPT**

**[www.therapilates.com](http://www.therapilates.com) / [sherri@therapilates.com](mailto: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. Selected to serve on the Foundation for Osteoporosis Research and Education (FORE) Professional Education Committee and the NOF Exercise and Rehabilitation Advisory Council, Sherri is involved in improving awareness about bone health for the lay public, exercise teachers and for healthcare professionals. These committees review the latest updates in research, develop guidelines and design educational programs for physicians and allied health professionals. 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.

### **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. **No class 11/24.**

**Therapilates Studio, 920 41st Ave., Suite A**

**R: \$72 / NR: \$86**

**#7551.601 Thur 9:30-10:25 am 11/3-12/15**

### **THERAPILATES® YOGA FOR BONE BUILDING & INJURIES**

**(LEVEL 2)** 6 weeks / 18 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

[sherri@therapilates.com](mailto: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! **No class 11/24.**

**Therapilates Studio, 920 41st Ave., Suite A**

**R: \$72 / NR: \$86**

**#7553.601 Thur 10:30-11:30 am 11/3-12/15**

### **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.

**Capitola Community Center**

**R: \$93 / NR: \$107** (8 weeks, 16 classes)

**#7560.601 M / W 10-11 am 10/31-12/21**



### **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.

**Capitola Community Center**

**R: \$93 / NR: \$107** (8 weeks, 16 classes)

**#7552.601 M / W 8:45-9:45 am 10/31-12/21**



## BETTER BONES & BALANCE

60 yrs &amp; 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.

### Capitola Community Center

R: \$93 / NR: \$107 (8 weeks, 16 classes)

#7531.601 M / W 11:15-12:15 10/31-12/21



## 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 her website, [www.helenafx.com](http://www.helenafx.com)). No class 11/24.

### Capitola Community Center

R: \$77 / NR: \$91

#7571.601 T & Th 2-3 pm 10/25-12/6

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## T'AI CHI FOR THE REST OF US! BEGINNING - SEATED & STANDING

6 weeks

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

Have you ever tried to learn Tai Chi Chuan, or another healing art and had difficulty following the movements? Have you been curious about trying Tai Chi to improve your balance but think you may not be able to do it? This class is your passport to the world of Healing Arts! Welcome to "T'ai Chi Chih with Helena" ([www.taichichih.org](http://www.taichichih.org)). T'ai Chi Chih is only 19 gentle, flowing, movements that may be done by almost anyone and can be practiced standing and seated! The ancient, anchor principles of shifting your weight from one foot to the other while making circular motions with your arms helps to improve balance, flexibility, and strength. Students comments include, "I love the simplicity of it," and "My stability, balance, and self-confidence have improved dramatically! It's fun!" Helena has been working with mature adults in the areas of Tai 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 over a decade. She holds a Master of Science in Gerontology and a California teaching credential. Her Tai Chi Chih DVD is available at her website, [Helenafx.com](http://Helenafx.com)

### Capitola Community Center

R: \$65 / NR: \$79

#7570.601 Tues 12:45-1:45 pm 10/25-11/29

## 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

#7204.601 Mon 5:15-6:15 pm 11/21-12/19

## MID-DAY YOGA

6 weeks

Aimee Fitzgerald 12 yrs & up  
[www.aimeefitzgerald.com](http://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.

\*\* No class 11/3 & 11/24.

### Capitola Community Center

R: \$60 / NR: \$74

#7215.601 Thur 12-12:45 pm 10/27-12/15

**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. *No class 11/23.*

Capitola Community Center

R: \$60 / NR: \$74

#7534.601 Wed 7-8 pm 10/26-12/7

**COUNTRY LINE DANCING:****BEGINNING** 6 weeks

Bruce Ink / [blink@att.net](mailto:blink@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 as some old favorites! No partner necessary.



*No class 11/24.*

Capitola Community Center

R: \$52 / NR: \$66

#7525.601 Thur 7:15-8:30 pm 10/27-12/8

**DANCE AEROBICS** 6 weeks

Sharon Barrett, M.S. 50 yrs & up  
[sharonbarrett287@gmail.com](mailto:sharonbarrett287@gmail.com) / (831) 476-7177

De-stress during the Holiday Season as you have fun getting fit! You will work your body and your brain with 40 minutes of aerobic dance exercise, 20 minutes of resistance training and core exercises, and 15 minutes of stretches and relaxation. Move to music from the 40's through the 80's, with Big Band, Latin, Country Western, Standards and more. You are invited to come observe before signing up. For more information, call or email Sharon. Sharon Barrett has a Master of Science degree in Physical Education and formerly taught at Cabrillo College and through the Dominican Hospital PEP program.

Live Oak Grange

1900 17th Ave., Santa Cruz

R: \$82 / NR: \$96

#7587.601 M/W 10-11:15 am 11/7-12/14

**CONTEMPORARY****LINE DANCE** 6 weeks

Sandy Marrujo 18 yrs & up

[sandysfootsteps@yahoo.com](mailto: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

#7536.601 Tues 6:30-7:45 pm 10/25-11/29

**HULA & TAHITIAN DANCE & MORE!**

Kumu Lorraine Kalei Kinnamon 12 yrs & up

[www.tehaunuidance.com](http://www.tehaunuidance.com) / [tehaunui@cruzio.com](mailto: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 11/24.*

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$61 / NR: \$75

#7504.601 Thur 6-7 pm 10/27-12/1

**BEG TAHITIAN DANCE WITH LIVE DRUMMING!** 6 weeks

Yoloxochitl (Yola) Hunter 9 yrs & up

(831) 419-6124 / [yolah24@yahoo.com](mailto:yolah24@yahoo.com)

Learn the exciting dance of Tahiti with Yola and enjoy live drumming by Siaoisi Sele-Ama! By the end of this series, you will know a complete and original Tahitian dance choreography by Yola and have a solid foundation in Tahitian dance. Focus will be given to strong hip circles and accents, leg-strengthening levels, body form, torso movements, and correct arm, hand, and feet positions. You will learn about dancing as a soloist and with a group. Please come to class with a *pareo* (any 2-yard length of material/sarong to tie around the hips). Experience the island rhythms of the ocean and the volcano through the *toere* (log drum), and feel the beat of Tahiti. Yola and Siaoisi are professional Tahitian dancers who have performed professionally since adolescence. They have won and placed in both solo and group competitions at the Tahiti Fete. *No class 11/25.*

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$106 / NR: \$120

#7576.601 Fri 5:15-6:30 pm 10/28-12/9

*For information regarding tennis, contact us at [capitolarecreation@ci.capitola.ca.us](mailto:capitolarecreation@ci.capitola.ca.us)*

### 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 Siaoisi 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. *No class 11/25.*

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$106 / NR: \$120

#7573.601 Fri 6:45-8 pm 10/28-12/9

### 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 on Monday, 10/31, and on Wednesday, 11/23.*



Capitola Community Center

R: \$70 / NR: \$84

#7582.601 Mon 6-6:50 pm 10/24-12/5

#7582.602 Wed 6-6:50 pm 10/26-12/7

### FREE WEIGHT STRENGTH & CORE STABILITY

6 weeks  
Trenise Pot 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.

\*\* No classes on 11/1, 11/3, & 11/24.

Capitola Community Center

R: \$115 / NR: \$129

#7539.601 T / Th 7:25-8:25 am 10/25-12/13

### INTERMEDIATE NIGHT CLUB TWO-STEP

6 weeks  
Becky Adams (475-4134) 13 yrs & up

If you know the basics of 'Night Club Two-Step' and want to learn more, this is the class for you. The Intermediate 'Night Club' class is for those who are comfortable with at least 4 basic patterns, or with experience learning other social dances. We will quickly review the Level 2 combinations, add styling and then move into intermediate combinations. Night Club Two-Step is a lilting dance done to contemporary slow music and is closely related to Rumba, Salsa and Cumbia. It is popular with Swing, Country and contemporary ballroom dancers alike. If you are not certain that you are ready for this class, please give Becky a call. Partners are encouraged, but not necessary for this class. Becky has been teaching Swing, Night Club dances, and Ballroom in the Santa Cruz area since 1986. Her emphasis is teaching social dance skills that can be enjoyed for a lifetime.

Capitola Community Center

R: \$48 / NR: \$62

#7540.601 Thur 6-7 pm 10/27-12/8

### 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

#7530.601 Mon 7-8:30 pm 11/7-12/12

### STATIC STRETCHING

6 weeks  
Trenise Pot 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 be able to go from standing to sitting on the floor. Please bring a mat and towel to class.*

\*\* No classes on 11/1, 11/3, & 11/24.

Capitola Community Center

R: \$80 / NR: \$94

#7554.601 T & Th 8:30-9 am 10/25-12/13



## REGISTRATION BEGINS NOW

- **ONLINE:** Go to [www.cityofcapitola.org/recreation](http://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

**Total Amount Due**  
 (Do not include materials fees):

**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.

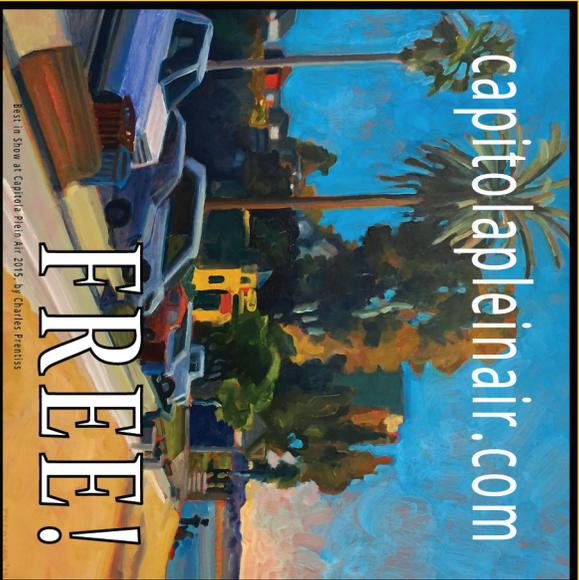
- Credit Card Payment:**  
 If you would like to pay for a class with a credit card:
- Give us a call at (831) 475-5935 and you can register over the phone.
  - Visit our online registration program at: <https://apm.activecommunities.com/capitolarecreation>.
  - Payment may be made with a Visa, MasterCard,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

**Would you like a confirmation receipt?**  
 YES: \_\_\_\_\_ NO: \_\_\_\_\_

**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



Best in Show at Capitola Plein Air 2015 by Charles Prentiss



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The Capitola Art & Cultural Commission Welcomes YOU to

# Capitola Plein Air

Sunday, Nov 6 10 am - 4 pm

New Brighton Middle School Performing Arts Center @ 250 Washburn Avenue

Saturday, November 5 - watch  
artists paint all around Capitola

Sunday, November 6 - Ribbons  
awarded, exhibition, fine art sale,  
hands-on art-making activities, live  
music and more!

Portion of proceeds from art sales benefit SPECTRA and arts education in Capitola

