

City of
Capitola Recreation

Department

Winter 2016



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www.cityofcapitola.org/recreation

Jan. 4 - Feb. 19

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ABOUT OUR COVER:

**Kalae Miles is back with his
popular ukulele classes!**

See page 7.

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](https://apm.activecommunities.com/capitolarecreation)

Email us at:

capitolarecreation@ci.capitola.ca.us

[https://www.facebook.com/
capitola.recreation](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**PRE-BALLET I**

6 weeks

Jeani Mitchell

3-6 years

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

Capitola Community Center

R: \$70 / NR: \$84

#5020.101 Fri 4-4:45 pm 1/8-2/12

PRE-BALLET II

6 weeks

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.

Capitola Community Center

R: \$70 / NR: \$84

#6013.101 Fri 4:45-5:45 pm 1/8-2/12

BALLET: MOM / DAD & ME

6 wks

Jeani Mitchell

2-3 yrs

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

Capitola Community Center

R: \$70 / NR: \$84

#5010.101 Thur 4-4:45 pm 1/7-2/11

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

5 wks

Charmaine Moniz

1-4 & 1-10 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

#5051.101 1-4 Tues 10-10:45 am 1/5-2/2

#5051.102 1-10 Sat 10-10:45 am 1/9-2/6

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.

Te Hau Nui Dance Studio
 924 Soquel Avenue, Santa Cruz
 R: \$61 / NR: \$75
 #6092.101 Thur 5-5:50 pm 1/7-2/4



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, self-esteem, coordination and confidence. *Class can be taken through the recreation department once.*

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

Class for 4-5 years:
 #5011.101 T & Th 3:10-3:55 pm 1/5-2/11
Class for ages 6-9 years:
 #6130.101 T & Th 4-4:55 pm 1/5-2/11
Classes for ages 10-14 years:
 #6131.101 T & Th 5-5:55 pm 1/5-2/11

KOREAN MARTIAL ARTS:

TAE KWON DO

6 weeks
 Grand Master Jin 3.5-15 years
 This class introduces young children to safe falling, kicks, tumbling, coordination, flexibility and self-confidence. Your child will also learn social skills, playground skills, focus, patience, self-control, and the importance of never initiating violence. *This class is introductory only, and can be taken through the recreation department once.* Uniforms are not required for this first class. Grand Master Jin is an 8th Degree Black Belt.

Korean Martial Arts Academy
 3702 Portola Drive, Santa Cruz
Class for 3.5-5 years: R: \$93 / NR: \$107
 #5016.101 T / Th 3-3:30 pm 1/5-2/11
Class for 6-9 years: R: \$98 / NR: \$112
 #6016.101 T / Th 4:30-5:20 pm 1/5-2/11
Class for 10-15 years: R: \$98 / NR: \$112
 #6017.101 T / Th 5:30-6:20 pm 1/5-2/11

BIZZY BODIES: HEALTH AND FITNESS THROUGH PLAY

4 weeks
 Marcella Yvarra (408-515-8812) 3-6 years
 Help your child make new friends and get stoked about being healthy, strong and active! Children will have the opportunity to explore fitness through play, with an energizing aerobic warm-up, a main activity that changes weekly, and a fun, relaxing cool-down - all done using fun equipment, props and awesome music. With each weekly activity will be a new muscle and bone to learn and a sign language word to use. Activities will focus on utilizing various motor skills important for young children. This will be an extremely fun and highly motivating experience for the little ones! Please note, parents do not participate in this class.

Capitola Community Center
 R: \$55 / NR: \$79
 #5023.101 Tues 9:15-10 am 1/5-1/26

RED BALL TENNIS

6 weeks
 Fred Charlebois 5-8 years
 FredsTennisRx@gmail.com

Introduce your child to the joys of tennis in this fun class which follows the USTA youth guidelines: Smaller courts, shorter racquets and balls that bounce lower. Now it's easier for kids to play the game and develop a love for the sport right from the start. Coach Fred will expose the student to all aspects of the game and teach proper grip, stroke production, tennis rules, and etiquette, through games, drills and lots of fun. A **\$10 materials fee** is payable at the first class.

Jade Street Park Tennis Courts
 R: \$85 / NR: \$99
 #6048.101 Sat 10-11 am 1/9-2/13

JR. TENNIS ACADEMY

6 weeks
 Fred Charlebois 10-15 years
 FredsTennisRx@gmail.com

This class is intended for all junior players interested in learning tennis or perfecting their tennis skills. It will emphasize the integration of proper footwork with stroke production. Juniors will 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 Fred's permission if under 9 years of age or older than 15.* A **\$10 materials fee** is payable at the first class. Fred is a dedicated and skilled tennis professional, with over 20 years experience in the tennis industry.

Classes are offered at Jade Street Park tennis courts the following days, times & dates:

| | | |
|----------|-------------|----------|
| Tuesday | 4-5:30 pm | 1/5-2/9 |
| Thursday | 4-5:30 pm | 1/7-2/11 |
| Saturday | 11-12:30 pm | 1/9-2/13 |

Students will sign up for 1, 2, or 3 times/week, and coordinate days with Fred. Contact Fred before registering to make sure the days & times that work for you are available:

| | | |
|-----------|---------|----------------------|
| #6045.101 | 1x / wk | R: \$90 / NR: \$104 |
| #6045.102 | 2x / wk | R: \$115 / NR: \$129 |
| #6045.103 | 3x / wk | R: \$165 / NR: \$179 |



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

#7006.101 Sat 12-5 pm 1/16

GLASS ON GLASS MOSAIC 1 day 18 yrs & up

Nancy Howells 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

#7102.101 Sat 12-5 pm 2/13



THE JOY OF WATERCOLOR

Dawn Maclaughlin 6 weeks
16 yrs & up
(831) 239-3688

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

Capitola Community Center

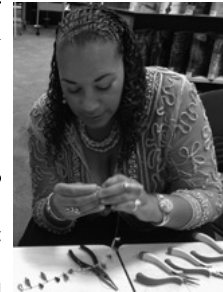
R: \$123 / NR: \$137

#7034.101 Tues 10 am-1 pm 1/26-3/1

JEWELRY WORKSHOPS 1 day 18 years & up

Chelsee Robinson Come learn the ancient Art of Jewelry Making with Jewelry Extraordinaire Chelsee Robinson.

Use real gemstones, crystals, and art glass beads to construct your own masterpiece! In all classes, you're welcome to bring old, even broken, jewelry for us to restring, reuse, reinvent! A **\$65 materials fee** is payable to the instructor at the class for a jewelry-making kit (includes 2 kinds of pliers, tiger-tail spool, clasps and crimps, head pins, earring hooks and bead pack); the kit can be used for more than one class.



Location: Capitola Community Center

Price for Each Class: \$58

Intro to Stringing Necklace & Bracelets

In this class, you will learn the art of constructing a necklace and/or bracelet with the string style.

#7056.101 Mon 1-2:30 pm 1/4

Intermediate Necklaces, Bracelets, Triple Strands & More!

In this class, you will create a Triple Strand Necklace reminiscent of a Cleopatra Collar.

#7057.101 Mon 1-2:30 pm 1/11

Introduction To Earrings

In this class, you will learn the artful techniques of constructing your own simple drop earrings.

#7058.101 Wed 1-2:30 pm 1/6

Intermediate Earrings: Chandeliers

In this class, you will learn to masterfully construct an ornate earring in the chandelier-style, like that of the Spanish Flamenco dancers.

#7059.101 Wed 1-2:30 pm 1/13



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

#7064.101 Wed 1-4 pm 1/13

#7064.102 Wed 1-4 pm 2/10

****NEW - PAINTING
& TISSUE PAPER**

Anouk Johanna 4 weeks
16 years & up
www.anoukjohanna.com

(831) 338-7716 / anouk@anoukjohanna.com
Want to approach mixing colors in a different and exciting way? Give this four-week class a try! We will use overlapping pieces of colored tissue paper in combination with watercolor paint to create interesting, luminous colors, shapes, patterns and textures ... think about the radiance of a stained glass window. We will also be making our own embellished and painted paper to add extra interest to our artwork. Special attention will be paid to composition and other basics along the way. This class is perfect for a beginning painter but can be taken to a next level easily for the more intermediate painter. Please call or email Anouk for a material list or if you have any questions about the class. The material list is kept at a minimum cost; students can upgrade if they wish. A **\$6 material fee** is payable at the first class.

Capitola Community Center

R: \$85 / NR: \$99

#7072.101 Fri 12-3 pm 1/15-2/5



SEED MANDALAS

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

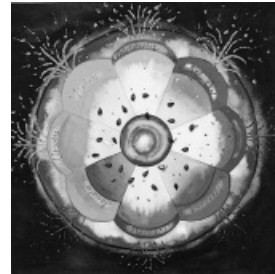
What seeds will you plant this year? Health, balance, creativity, peace, spiritual connection, joy or even humor? Join us in this unique watercolor class where we will explore the basics of both watercolor and mandala making. Within the sacred space of the mandala, you can "plant" your intentions creatively, nurture them and watch them grow. There is no better time than the New Year to free your creativity, and this class is the place to let it flow, in an environment of support, encouragement and fun. No experience necessary! Michele has been painting, teaching and using mandalas for her own healing for over 20 years.

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

#7068.101 Thur 1-3:30 pm 1/7-2/11



**REALISTIC PAINTING:
WATERCOLOR**

Hanya Fojaco 8 weeks
18 yrs & up
(831) 475-3591 / hanya@hanyafojaco.com

Develop your painting skills and personal expression within a realistic painting context. All levels are welcome in this safe and supportive class. The first class will include a discussion, demonstration and some technique practice. A complete materials list will be provided. In the following classes each student will receive individual attention along with demonstrations and lectures. **For the first class please bring:** writing materials to take notes; a choice of simple reference photos; a sheet of 140 lb. cold press watercolor paper such as Arches 22"x 30"; a folding plastic palette; a #6 or #8 round synthetic sable watercolor brush; a 4H pencil; and any supplies you might already have. A **\$5 materials fee** is payable at the first class for new students only. A complete materials list is posted at www.hanyafojaco.com/blog.

Capitola Community Center

R: \$106 / NR: \$120

#7070.101 Wed 9:30 am-12:30 1/6-2/24



BEGINNING GUITAR I

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

This is 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 B.A. degree, Professional Music, at the highly regarded Berklee College of Music in Boston. 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

#7420.101 Thur 6-7:15 pm 1/7-2/4



INTERMEDIATE GUITAR: GYPSY JAZZ

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

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

#7452.101 Thur 7:30-8:45 pm 1/7-2/4

INTRO TO ACOUSTIC FINGERSTYLE GUITAR

Lanakila Iesu 6 weeks
16 years & up
lanakila@lanakilamusic.com

This is a beginning/intermediate level guitar course, for the guitarist who has basic skills playing rhythm guitar (chords and strumming) and would like to learn a more nuanced approach to the instrument. We'll begin with the basics of reading and writing tablature, then learn some beginning picking patterns and pieces. We'll also touch on ergonomics for efficient learning and safe playing, and how to apply picking patterns to other songs you may wish to play. Bring your own guitar; other materials will be provided. A **\$5 materials fee** is payable to the instructor at the first class.



New Brighton Middle School Rm #10

R: \$96 / NR: \$110

#7447.101 Wed 6:15-7:30 pm 1/6-2/10

EXPRESS & CONNECT WITH SONGWRITING

Lanakila Iesu 6 weeks
16 years & up

This class is for players of any instrument or style of music, whether new to songwriting or experienced. Learn fresh creative approaches to help you start writing a song, whether your first or your hundredth. Break through the creative blocks and dilemmas that keep you from finishing a songwriting project. Learn practical tools and new perspectives



to make the process and the product alike more meaningful, satisfying, and fun. If you have a piece in progress and/or an easily portable instrument you may wish to bring these to class, but neither is required. Materials will be provided. A **\$5 materials fee** is payable to the instructor at the first class.

New Brighton Middle School Rm #10

R: \$96 / NR: \$110

#7446.101 Wed 7:45-9 pm 1/6-2/10



Ravi's Guitar Class

**COMMUNITY SING**

6 weeks

Paula Bliss

18 yrs & up

blissongs.com / paulabliss@sbcglobal.net

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

New Brighton Middle School, #10

R: \$98 / NR: \$112

#7463.101 Tues 6:30-7:45 pm 1/12-2/16

'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** 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

#7458.101 Wed 5-6 pm 1/6-2/10

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

6 weeks

Kalae Miles

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.

Capitola Community Center

R: \$67 / NR: \$81

#7465.101 Wed 6-7 pm 1/6-2/10

**'UKULELE: INTERMEDIATE**

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.

Capitola Community Center

R: \$67 / NR: \$81

#7466.101 Wed 7-8 pm 1/6-2/10



**SLR PHOTOGRAPHY:
Learn More About Your Camera
And Take Great Photos**

4 weeks
Dave Clark (763-7632) *18 yrs & up*
www.daveclarkimages.net

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

Capitola Community Center
R: \$65 / NR: \$79
#7498.101 Mon 6-8:30 pm 1/11-2/1

**BRAZILIAN PORTUGUESE:
BEGINNING**

6 weeks
Ana Lucia Davidson *13 yrs & up*

Did you know the 2016 Summer Olympics will take place in Brazil? Do you think of Brazil as being a far-off exotic land? Come and learn the basics of the Brazilian Portuguese romance language with a 'carioca' - native from Rio - and make your plans to go to the enchanting and romantic land of Brazil! Combine a trip with participating in the live enjoyment of cheering on your favorite team and athlete!!



A **\$20 materials fee** for a work book and CD is payable at the first class. Ana Lucia was born in Rio de Janeiro and has taught in Brazil and in the United States for over 30 years.

Capitola Community Center
R: \$59 / NR: \$73
#7325.101 Thur 7-8:30 pm 1/7-2/11

BEGINNER MAH-JONGG *3 weeks*
Paula Suzuki *18 yrs & up*
psuz2@comcast.net

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
#7425.101 T/Th 10-11:30 am 1/12-1/28

**JAPANESE: BASICS &
TRAVEL PHRASES**

5 weeks
Yoshie Morrissey *13 yrs & up*

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

Capitola Community Center
R: \$54 / NR: \$68
#7302.101 Wed 7-8:30 pm 1/6-2/10

**INTRODUCTION TO
MINDFULNESS**

6 weeks
Carol Morgan, M.A. *18 yrs & up*

www.mindfulnessmessenger.org
carolmorganis@hotmail.com

We all experience stress. We cannot eliminate stress from our lives, but we can learn to manage it better. Mindfulness is a skillful response to stress that can lead to greater well-being. This class offers an opportunity to experience the benefits of a mindfulness practice, first-hand. Each 2-hour class will include different moving and guided meditations. Instruction and information will come through short teachings and discussion. There will also be time for sharing our progress and group support. Home assignments will encourage learning and insights throughout the week. A **\$15 materials fee** is payable to the instructor at the first class for handouts and recordings. Carol has a Master's degree in Counseling Psychology and has worked in that field for many years. She has studied and taught Mindfulness Based Stress Reduction (MBSR) in Santa Cruz and Los Gatos.

Capitola Community Center
R: \$104 / NR: \$118
#7227.101 Tues 5:30-7:30 pm 1/5-2/9

BRAZILIAN JIU-JITSU:**CAPOEIRA**

6 weeks

Claudio Franca (476-7650) 16-55 years

Capoeira is a martial art that was created by the Africans in the mid 1600's in Bahia Brazil, which was further developed by their Afro-Brazilian descendants. It became a sport, art culture and a lifestyle of Brazil and today is practiced internationally. *Class meets 3 times a week: Monday from 5-6 pm; Tuesday from 8-9 pm and Friday from 8-9 pm.*

Claudio Franca Brazilian Jiu Jitsu**1658 Soquel Drive, Suite C, Santa Cruz****R: \$120 / NR: \$134****#7809.101 Mon / Tues / Fri 1/4-2/12****BRAZILIAN JIU-JITSU:****WOMEN'S SELF-DEFENSE**

6 weeks

Claudio Franca (476-7650) 16-55 years

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

Claudio Franca Brazilian Jiu Jitsu**1658 Soquel Drive, Suite C, Santa Cruz****R: \$74 / NR: \$88****#7450.101 Fri 5-6 pm 1/8-2/12****KOREAN MARTIAL ARTS:****TAE KWON DO**

6 weeks

Grand Master Sang Un Jin 15 yrs & up

Grandmaster Jin's Korean Martial Arts Academy offers adults a comprehensive fitness program with the added benefit of self-defense skills and an increase in mental and emotional strength. Adult students enjoy: improved endurance, flexibility, and strength; a health option for stress relief; positive relationships with enthusiastic and motivated people; greater variety than in traditional exercise programs; and self-defense skills and awareness for greater personal security. Grand Master Jin is an 8th Degree Black Belt.

Korean Martial Arts Academy**3702 Portola Drive, Santa Cruz****R: \$98 / NR: \$112****#7509.101 T & Th 6:30-7:20 pm 1/5-2/11****SOCIAL SECURITY****FILING STRATEGIES**

1 day

Sharon Lacy, CFP®, CPWA® 40-70 years

(650) 964-7024 / sharon@bedrockcapital.com

When you file for Social Security may be the most important retirement income planning decision you make. The rules are complex and the options are many. Learn the basic rules and how to optimize your benefits based on your unique situation. Learn how to access and use a tool that



will tell you exactly when to file and the terms you will need to use when you file. Sharon received a Personal Financial Planning Certificate from the University of California at Santa Cruz in 2006. She is a member of the Financial Planning Association (FPA), National Academy of Social Insurance (NASI), where she is a financial planning liaison, and Investment Management Consultants Associations (IMCA).

Capitola Community Center**R: \$48 / NR: \$55****#7406.101 Fri 9 am - Noon 1/22****BEGINNING YOGA**

5 weeks

Suellen McCutchen (475-7550) 14 yrs & up

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

Musical Me Studio**3709 Portola Drive, Santa Cruz****R: \$71 / NR: \$85****#7204.101 Mon 7-8 pm 1/25-2/22****MID-DAY YOGA**

6 weeks

Aimee Fitzgerald 12 yrs & up

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

Everyone can benefit from practicing yoga! This is typically a more gentle, beginner class, but all levels are welcome. Yoga promotes muscle strength, balance, flexibility, coordination, relaxation, better digestion, and a higher level of overall comfort in your body. Commit to this class and feel great! Even once a week can make a difference.

Capitola Community Center**R: \$55 / NR: \$69****#7215.101 Thur 12-12:45 pm 1/7-2/11**



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 to complete the paperwork and have a brief orientation.

Therapilates Studio

920 41st Ave., Suite A, Santa Cruz

R: \$72 / NR: \$86

#7551.101 Thur 8:30-9:25 am 1/7-2/11

#7551.102 Thur 9:30-10:25 am 1/7-2/11

THERAPILATES® FOR BONE BUILDING & INJURIES

(LEVEL 2) 18 yrs & up

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

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

12 Sessions: R: \$82 / NR: \$96

#7560.101 M / W 10-11 am 1/4-2/10

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! **Note:** All participants must sign a Liability & Medical Release Agreement. **New Students:** Please come to the first class 15 minutes early to complete the paperwork and have a brief orientation.

R: \$72 / NR: \$86

Therapilates Studio

920 41st Ave., Suite A, Santa Cruz

#7553.101 Thur 10:30-11:30 am 1/7-2/11



THERAPILATES® NEXT LEVEL

MAT CLASS (LEVEL 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 on Mondays and Wednesdays at 8:45 and 10:00.

Capitola Community Center

12 Sessions: R: \$82 / NR: \$96

#7552.101 M / W 8:45-9:45 am 1/4-2/10



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. Instructors reserve the right to remove any participant from class who, in their estimation, is unable to participate safely.

Capitola Community Center
12 Sessions: R: \$82 / NR: \$96
#7531.101 M / W 11:15-12:15 1/4-2/10



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.

Capitola Community Center
R: \$115 / NR: \$129
#7539.101 T / Th 7:25-8:25 am 1/5-2/11

WOMEN ON THE TRAILS: Introduction To Trail Running For Women

4 weeks

Aracelly Bibl 18 yrs & up

This 4-week training program is designed for women who would like to take up the sport of trail running, and would like to do so in a safe and supportive group setting. We will meet once a week at various local Santa Cruz area trails. Runs will be 3-5 miles or 45-60 minutes; rain or shine. Class includes an informational talk on trail running safety, trail etiquette, running form and nutrition. Beginners are encouraged to participate. For more information and for details regarding where to meet for the first class, contact Aracelly at aracellymacko@gmail.com. Aracelly enjoys building friendships and community through exercise. She is a USA Track and Field coach, Personal Fitness Trainer and avid runner.



On Location
R: \$54 / NR: \$68
#7579.101 Mon 9-10:15 am 1/4-1/25

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. *Participants must be able to go from standing to sitting on the floor. Please bring a mat and towel to class.*

Capitola Community Center
R: \$80 / NR: \$94
#7554.101 T & Th 8:30-9 am 1/5-2/11

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CAPITOLA RECREATION

ADULT SOFTBALL & FIELD RENTALS

The softball season is done, but the recreation department is planning on offering adult Summer Softball leagues at Jade Street and Monterey Parks in 2016. Contact Staci Butcher for more info.

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

Phone: (831) 475-5935
Email: sbutcher@ci.capitola.ca.us
www.cityofcapitola.org/recreation

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BELLYDANCE BASICS

6 weeks

SeSe Geddes

14 yrs & up

BellyDanceBasics.com

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

**Music Together Studio****3709 Portola Drive, Santa Cruz****R: \$52 / NR: \$66****#7534.101 Wed 7:35-8:35 pm 1/13-2/17****CONTEMPORARY****LINE DANCE**

6 weeks

Sandy Marrujo

18 yrs & up

sandysfootsteps@yahoo.com

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

Capitola Community Center**R: \$58 / NR: \$72****#7536.101 Tues 6:30-7:45 pm 1/5-2/9****DANCE AEROBICS**

6 weeks

Sharon Barrett, M.S.

50 yrs & up

sbarrettfwf@gmail.com / (831) 476-7177

Work your body! Work your brain! Have fun as you experience the main aspects of fitness: 40 minutes of aerobic dance exercise, 20 minutes of resistance training and core exercises, and 15 minutes of stretching. Move to music from the 50's, 60's and 70's, Big Band, Latin, Country Western, 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 the Dominican PEP program.

Live Oak Grange**1900 17th Ave., Santa Cruz****R: \$82 / NR: \$96****#7587.101 M/W 10-11:15 am 1/4-2/10****COUNTRY LINE DANCING:****BEGINNING**

6 weeks

Bruce Ink / 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 some old favorites! No partner necessary.

Capitola Community Center**R: \$52 / NR: \$66****#7525.101 Thur 7:15-8:30 pm 1/7-2/11****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****#7530.101 Mon 7-8:30 pm 1/4-2/8****CHA CHA 1 & 2**

6 weeks

Becky Adams (831) 475-4134

13 yrs & up

Cha Cha is a versatile dance that is at home at a Night Club, Swing or Ballroom venue. We'll start at the beginning, add style and confidence, and move on toward Beginning/Intermediate combinations. Join singles and couples and add some variety to your Swing or Latin repertoire with a dance you can enjoy for the rest of your life. Singles and couples encouraged. 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. Contact her if you need more info.

Capitola Community Center**R: \$48 / NR: \$62****#7544.101 Thur 6-7 pm 1/7-2/11**

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 in Hawaii and in California. She is the founder and director of the *Te Hau Nui Polynesian Dance Company* in Santa Cruz.

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$61 / NR: \$75

#7504.101 Thur 6:15-7:15 pm 1/7-2/4

ZUMBA GOLD: LOW IMPACT DANCE PARTY

8 weeks

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

Come to the Wednesday night 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, 1/11.*

Capitola Community Center

R: \$80 / NR: \$94

#7582.101 Mon 6-6:50 pm 1/4-2/29

#7582.102 Wed 6-6:50 pm 1/6-2/24

TENNIS CLASSES WITH FRED CHARLEBOIS



Fred Charlebois has over 20 years experience of teaching tennis. He is a nationally ranked junior player and played #1 singles and doubles for John Abbott College in Montreal, Canada. He graduated from Concordia University with a Bachelors in Science, Athletic therapy with a specialization in Exercise Science. He's taught at the PT Tennis Academy in Saratoga, CA and was the Head Tennis Professional at the Cooper Fitness Center in McKinney, Texas. His teaching philosophy is to provide individualized attention to players of all ages, and find the perfect balance between progressive skill development, fitness, and, of course, FUN! **Fred's Email: FredsTennisRx@gmail.com**

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

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

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

| CLASS | LEVEL | DAYS | TIMES | PRICE | DATES |
|-----------|----------------------------|--------|-----------------|---------------|----------|
| #8008.101 | Cardio | Mon | 6-7 pm | \$90 / \$104 | 1/4-2/8 |
| #8005.101 | USTA Team | M / W | 10-11:30 am | \$115 / \$129 | 1/4-2/10 |
| #8007.101 | Morning Clinic (3.0 & up) | T / Th | 9-10:30 am | \$115 / \$129 | 1/5-2/11 |
| #8003.101 | Social Tennis | T / Th | 10:30 am - Noon | \$115 / \$129 | 1/5-2/11 |
| #8006.101 | Evening Clinic (3.0 & up) | T / Th | 5:30-7 pm | \$115 / \$129 | 1/5-2/11 |

CLASS DESCRIPTIONS

USTA Team: This class is designed exclusively for USTA League players. The focus will be on drills and game play strategies to help improve match performance.

Morning/Evening 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 Fred's permission if prerequisite is not met.

Social Tennis: All levels are welcome in this relaxed and fun atmosphere focused on improving general skills. If you are a player interested in joining USTA leagues in the future, this class is your first step. Lessons are tailored to the specific needs of each group.

Cardio Tennis (max 8): Cardio Tennis is a fun group activity featuring drills and games to give players of all abilities an ultimate, high energy workout. Come get a great cardio workout while improving your skills (and it's more fun than any treadmill...).

PRIVATE TENNIS LESSONS

Contact Fred via email 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.**

#8200.101 1-2 players, 1 hour \$60

#8201.101 3-6 players, 1½ hour \$90

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. For Camp & Junior Guards refund policies, see those pages in the brochure.

CANCELLATIONS

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

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

A "resident" is anyone living within the boundaries of the City of Capitola only.

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

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: _____

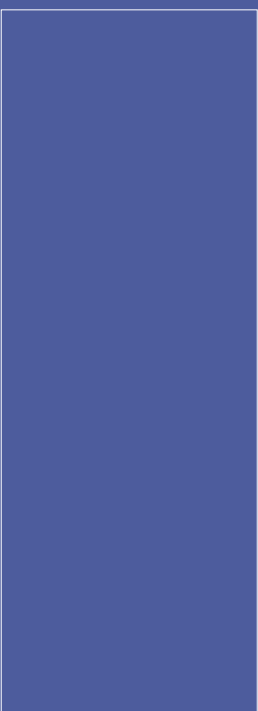
Credit Card Payment:

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



PRSRRT STD
U.S. POSTAGE
PAID
Complete Mailing
Service, Inc.

Summer 2016 Preview (Tentative Schedule)

GENERALLY, REGISTRATION FOR RETURNING GUARDS & NEW GUARDS AGES 12 & UP STARTS IN MID-MARCH, AND REGISTRATION FOR NEW GUARDS STARTS THE FIRST MONDAY IN APRIL. WE ARE CURRENTLY EXPLORING OPTIONS FOR ONLINE REGISTRATION FOR 2016. CONTINUE TO CHECK OUR BROCHURES AND WEBSITE, WWW.CITYOFCAPITOLA.ORG/RECREATION, AND CONNECT WITH US ON FACEBOOK AT [HTTPS://WWW.FACEBOOK.COM/CAPITOLA.RECREATION](https://www.facebook.com/capitola.recreation) FOR UPDATES.

2016 JUNIOR LIFE GUARDS

- w Session 1: June 13 - July 15; no program on Monday, July 4.
- w Session 2: July 18 - August 12
- w Seaciff Competition: Wednesday, June 22 (Little Guards) & Thursday, June 23 (Jr. Guards)
- w Capitola Competition: Wednesday, July 6 (Little Guards, 6-8 years) & Thursday, July 7 (Junior Guards, ages 9 & up)
- w Santa Cruz Norcal Competition at Santa Cruz Main Beach: Wednesday, Aug. 3 (Little Guards) & Thursday, Aug. 4 (Jr. Guards)
- w Regionals Competition: Friday, July 22 - Huntington State Beach

*** JUNIOR GUARDS SCHOLARSHIPS: The Junior Lifeguard Parents Club and the Capitola Public Safety & Community Service Foundation will be offering a limited number of scholarships for the 2016 Junior Lifeguard program. You must apply by February 26 for either Session. The application will be posted on our website, www.cityofcapitola.org/recreation in January.

CAMP CAPITOLA AT JADE STREET PARK

Camp is offered in 2-week or 3-week sessions starting June 13 and running through August 12, for kids ages 6-11. You can register for all-day, 1/2-day (mornings or afternoons), and for morning and afternoon Extended Care. We also provide lunch-time transportation for those children who participate in both Camp Capitola and Junior Lifeguards.