

City of
Capitola Recreation

Department

Winter 2017



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Jan. 4 - Feb. 12

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OUR OFFICE HOURS

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

CONTACT INFO:

475-5935 General Info
475-6115 Class Registration
475-6573 Class Coordinator
475-3598 Sports Leagues
475-6279 Fax Machine

Register online at:

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

Email us at:

capitolarecreation@ci.capitola.ca.us
<https://www.facebook.com/capitola.recreation>

ABOUT OUR COVER:

Kumu Lorraine Kalei Kinnaman grew up in Hawaii and studied dance in Hawaii and California; she is the founder and director of the Te Hau Nui School of Hula & Tahitian Dance in Santa Cruz. See pages 4 & 5 for kids classes and page 13 for teen/adult classes.

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.

2017 Junior Lifeguards & Camp Capitola (Tentative Schedule)

Generally, registration for Junior Guards and Camp starts in mid- to late-March. We will be using online registration only again for Junior Guards. Continue to check our brochures and website, cityofcapitola.org/recreation, for updates. Updates will also be posted to our Facebook page, <https://www.facebook.com/capitola.recreation>.

2017 JUNIOR LIFEGUARDS

**** All dates are tentative at this time.**

- Session 1: June 12 - July 14; no program on Tuesday, July 4 (Note: program may start one week later)
- Session 2: July 18 - August 12
- Seacliff Competition: Wednesday, June 28 (Little Guards) & Thursday, June 29 (Jr. Guards)
- Capitola Competition: Wednesday, July 5 (Little Guards) & Thursday, July 6 (Jr. Guards, ages 9 & up)
- Norcal Competition at Santa Cruz Main Beach: Wed, Aug. 2 (Little Guards) & Thur, Aug. 3 (Jr. Guards)

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 2017 Junior Lifeguard program. The applications are generally due by the end of February for either Session. The guidelines for applying and 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 12 and running through August 11, 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.



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

Jeani Mitchell 2-3 years

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

Capitola Community Center

R: \$70 / NR: \$84

#5010.101 Thur 4-4:45 pm 1/12-2/16

**** NEW! - YOUNG AT ART:
A PARENT & TODDLER ART
EXPERIENCE**Cheryl Peterson 4 wks
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

#6071.101 Thur 10-10:45 am 1/26-2/16

See page 4 for more
Pre-School & School-Age Classes

PRE-BALLET I

Jeani Mitchell 6 weeks

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 1/13-2/17

PRE-BALLET II

Jeani Mitchell 6 wks

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.

Capitola Community Center

R: \$70 / NR: \$84

#6013.101 Fri 4:45-5:45 pm 1/13-2/17

**HULA & TAHITIAN DANCE &
SONGS FOR MOMMY & ME** 5 wksCharmaine 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 at the first class.

Te Hau Nui School of Hula & Tahitian Dance
924 Soquel Avenue, Santa Cruz

R: \$60 / NR: \$74

#5051.101 Tue 10-10:45 am 1/10-2/7

#5051.102 Sat 10-10:45 am 1/14-2/11

****NEW! - PRE-TAP DANCE
& TUMBLING**Debbie Rocha 6 wks
3-4 years

This class is comprised of 40 minutes of tap instruction and 20 minutes of tumbling, while learning classroom protocol. Your child will be developing rhythm, coordination, and musicality. The tumbling portion of the class will teach fundamental "acro" movements as well as integrating large motor skills and fun! **Tap shoes are optional.** Debbie has been teaching dance for 20 years. She has a Secondary Teaching Credential, and was a former studio owner and choreographer.

Capitola Community Center

R: \$66 / NR: \$80

#5014.101 Tues 4-5 pm 1/10-2/14



KOREAN MARTIAL ARTS: 6 weeks TAE KWON DO 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. Students wishing to continue after that, will sign up directly through the Academy.*

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 1/10-2/16

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

#6016.101 M / W 4:30-5:20 pm 1/9-2/15

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

#6016.102 M / W 5:30-6:20 pm 1/9-2/15



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 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 School of Hula & Tahitian Dance in Santa Cruz. A **\$10 materials fee** is payable to the instructor at the first class.

Te Hau Nui School of Hula & Tahitian Dance

924 Soquel Avenue, Santa Cruz

R: \$61 / NR: \$75

#6092.101 Thur 5:15-6 pm 1/12-2/9

Tennis is Back! Come enjoy playing on the new courts!

INSTRUCTOR DAVID COBABE

As a young tennis player, after years of dedicated practice, David became a state of Illinois doubles champion. He began teaching privately while attending Stanford as an undergraduate; he has been teaching on and off since that time, and still enjoys competing. He has also received extensive training in the Alexander Technique. He focuses on teaching tennis technique that is functionally sound, both to optimize performance and protect the body from injury.



JR. TENNIS ACADEMY

6 weeks

David Cobabe

9-15 years

dscobabe@mac.com

This class is intended for all junior players interested in learning tennis or perfecting their tennis skills. It will emphasize the integration of proper footwork with stroke production. Juniors will work on all aspects of the technical and tactical development through on-court training to improve their strokes, footwork, and game play strategies. *Must have instructor's permission if under 9 years of age or older than 15.* A **\$10 materials fee** is payable at the first class.

Jade Street Park Tennis Courts

Price for 1x/week: R: \$92 / NR: \$106

#6045.101 Tues 4-5:30 pm 1/10-2/14

#6045.102 Thur 4-5:30 pm 1/12-2/16

Price for 2x/week: R: \$122 / NR: \$136

#6045.103 T & Th 4-5:30 pm 1/10-2/16



GLASS ON GLASS MOSAIC *1 day*

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

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



Painted Chair Studio

421 Gharkey Street, Santa Cruz

R: \$65 / NR: \$79

#7102.101 Sat 12-5 pm 1/21

SUCCULENT PLANTER WORKSHOP

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

In this afternoon workshop you can complete a Mosaic Planter for Starter Succulents. The hanging planter will add a vibrant and colorful addition to your home or garden. Tiles, plates and ceramic pieces will be used in tandem with instruction in making mosaics. 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

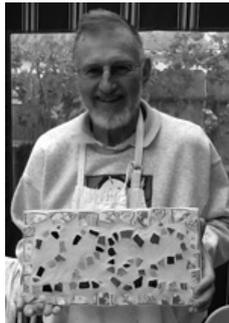
#7099.101 Sat 1-4 pm 1/7

#7099.102 Sat 1-4 pm 2/11

MOSAIC STEPPING STONE *1 day*

Nancy Howells *18 yrs & up*
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 together.



A \$10 materials fee is payable at the class.

Painted Chair Studio

421 Gharkey Street, Santa Cruz

R: \$65 / NR: \$79

#7064.101 Wed 1-4 pm 1/11

#7064.102 Sat 1-4 pm 2/4

#7064.103 Wed 1-4 pm 2/15

SUPER BROKEN PLATE MOSAICS

Nancy Howells *1 day*
18 yrs & up
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 \$15 materials fee is payable to the instructor at the class.

Painted Chair Studio

421 Gharkey Street, Santa Cruz

R: \$65 / NR: \$79

#7006.101 Sat 12-5 pm 1/14

#7006.102 Sat 12-5 pm 2/18



REALISTIC PAINTING: WATERCOLOR

Hanya Fojaco *8 weeks*
18 yrs & up
hanya@hanyafojaco.com

Develop your painting skills within a realistic painting context. The first class will include discussion, demonstration and some technique practice. During the remaining classes Hanya will clarify the painting process for you and make your experience a positive and enjoyable one. View some of her paintings on her website, www.hanyafojaco.com. **For the first class please bring:** a folding plastic palette; #6 round synthetic sable watercolor brush; and any supplies you might already have. 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.

Capitola Community Center

R: \$111 / NR: \$125

#7070.101 Wed 9:30 am-12:30 1/4-2/22



*Come Celebrate Michele Faia's
Art & Her New Book,
Awakened By The Flowers
Art Show & Book Signing
Friday, December 9, 2016
Art Exhibit opens at 6 pm
Talk & Book Signing at 7:30 pm
Capitola Community Center
4400 Jade Street, Capitola*

MANDALAS & THE "ANGELS" AMONG US

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

A mandala is an ancient spiritual tool, a magic circle, for traveling a path to one's deepest heart. In this very unique class, watercolor will be our medium and mandalas our format, and the basics of both will be taught. We will learn to paint from our hearts and create mandalas of the love, energy and guidance from the "angels" among us - those human or otherwise, along our journey, who have helped us, and who we have helped. We will ask for, listen to and paint our communications of love in a circle of support. Beginners welcome. We keep it simple and fun! **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, 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 1st class.

Capitola Community Center

R: \$86 / NR: \$100

#7068.101 Thur 1-3:30 pm 1/12-2/16

THE JOY OF WATERCOLOR

Dawn Maclaughlin *6 weeks*
16 yrs & up
(831) 332-5514

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. Beginner and intermediate painters welcome. *Call the recreation department at 475-5935, for a materials list before the first class.*



Capitola Community Center

R: \$123 / NR: \$137

#7034.101 Tues 10 am-1 pm 1/24-2/28



Michele Faia Mandala Class

WATERCOLOR JOURNALING

Anouk Johanna *4 weeks*
16 years & up
www.anoukjohanna.com / anouk@msn.com

Wouldn't it be nice to paint what we see around us in and around our house, garden, on a trip or even on a restaurant terrace? If this is up your alley, then this class is for you! In this 4-week



class we will learn to journal our adventures with watercolor, pencil and pen and ink. Some knowledge of watercolor and drawing skill is needed, however, Anouk can show you some valuable short-cuts that will make it easier. This is not about perfection or competition but about developing your own personal style, simplifying and having fun doing it! Along the way we'll be learning about color mixing, composition, brush strokes and many other basic techniques. We'll be working from your personal pictures and inspiring hand-outs. Through Anouk's weekly demos and feedback on your work from her as well as your classmates, you will gain the confidence to create memorable journals. There will be a **\$6 materials fee** payable at the first class. Materials will be kept to a minimum. Upgrades can be made when the need arises. Please call or email Anouk for the materials list and/or questions about the class. Visit www.anoukjohanna.com to see her work.

Capitola Community Center

R: \$85 / NR: \$99

#7112.101 Fri 12-3 pm 1/27-2/17

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[https://www.facebook.com/
capitola.recreation](https://www.facebook.com/capitola.recreation)*



BASIC ENCAUSTIC (BEESWAX) PAINTING WORKSHOP

2 days

Terry Dowell 18 years & up
(831) 708-2826 / www.rocketencaustic.com
elevenelevens01@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

#7052.101 Sat/Sun 10 am - 3:30 1/21 & 1/22

****NEW! - BEGINNING SPANISH LEVEL I**

6 weeks

Edith Leni 16 yrs & up

The primary focus of this class is to develop students' proficiency in Spanish such as introductions, providing and obtaining information, expressing feelings and emotions, asking and responding to questions and instructions, telling time and engaging in basic interactions with Spanish speakers. Prior Spanish not required. Edith Leni is a native Chilean; she holds a PhD in Spanish from Stanford University and has taught Spanish language and culture from Beginning-level to Introduction to Spanish Literature. A **\$10 materials fee** is payable to the instructor at the first class.

Capitola Community Center

R: \$96 / NR: \$110

#7306.101 Tues 6-7:30 pm 1/10-2/14

****NEW - PRIME-TIME HEALTH**

COACHING & NUTRITION 6 wks

Eugenia Rice, CHC, BA 30 years & up
Cuth49@gmail.com / 831-818-2130

A Prime-Time Health Coach can guide and educate you about healthy eating habits. This class will provide you with nutrition education on how to



prepare simple but nutritious meals (even when in a rush), help you understand which type of vitamins are best for you, the effects of good oils, how to keep your endocrine system healthy, and teach techniques to help manage diabetes and hypertension. You will learn how to remove waste from your waist, the importance of getting more

antioxidants from foods, and how to keep you and your family healthy and energized. Eugenia is a certified Health Coach of the Dr. Sears Wellness Institute and this class is a science-based plan to improve health and help you stay younger. Dr. William Sears has over 30 years of experience in pediatric medicine and has appeared on popular TV shows such as The Doctors, the Oprah Winfrey Show, Today Show, Morning America, Dateline, the Dr. Phil Show, and he is an online pediatrician for Parenting.com. Eugenia also holds a degree in Speech-Language Pathology from San Jose State University. She is a Zin certified Zumba instructor, and teaches Soca, Chunev (Soca and Bollywood genres) and world music in Santa Cruz and the Bay area. You should not miss this class and you are guaranteed to learn a tremendous amount of information. See you soon! A **\$15 materials fee** is payable to the instructor at the first class.

Capitola Community Center

R: \$100 / NR: \$114

#7487.101 Tues 11 am - Noon 1/10-2/14

****NEW! - BEGINNING SPANISH LEVEL II**

6 weeks

Edith Leni 16 yrs & up

This class continues your introduction to the Spanish language. While working on basic listening, speaking, reading and writing skills, this class focuses on studying key verbs to express actions in the present tense and to express future plans. It supports vocabulary building through a communicative approach to Iberian and Spanish cultures. **Prerequisite:** some previous study of Spanish. Edith Leni is a native Chilean; she holds a PhD in Spanish from Stanford University and has taught Spanish language and culture from Beginning-level to Introduction to Spanish Literature. A **\$10 materials fee** is payable to the instructor at the first class.

Capitola Community Center

R: \$96 / NR: \$110

#7307.101 Thur 6-7:30 pm 1/12-2/16

COMMUNITY SING

Paula Bliss

6 weeks

18 yrs & up

[blissongs.com / paulabliss@sbcglobal.net](http://blissongs.com/paulabliss@sbcglobal.net)

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

New Brighton Middle School, #10

R: \$98 / NR: \$112

#7463.101 Tues 6:30-7:45 pm 1/10-2/14

**BEGINNING GUITAR I**

Ravi Lamb

5 weeks

www.ravilambmusic.com

16 yrs & up

RaviVanHalen@gmail.com

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

New Brighton Middle School, Rm #10

R: \$95 / NR: \$109

#7420.101 Thur 6-7:15 pm 1/12-2/9

JAPANESE: DAILY & TRAVEL EXPRESSIONS & CULTURE

5 wks

Yoshie Morrissey

13 yrs & up

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

Capitola Community Center

R: \$66 / NR: \$80

#7302.101 Mon 6-8 pm 1/23-2/20

INTRO TO RUMI

Fereshteh Fatemi

4 weeks

18 yrs & up

ferangelika@mac.com

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.

Capitola Community Center

R: \$96 / NR: \$110

#7402.101 Wed 6:45-8:15 pm 1/11-2/1

**INTERMEDIATE GUITAR: GYPSY JAZZ**

Ravi Lamb

5 weeks

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 its power to change peoples' lives.

New Brighton Middle School, Rm #10

R: \$95 / NR: \$109

#7452.101 Thur 7:30-8:45 pm 1/12-2/9





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

Helena Fox-Beaudoin, M.S. 6 weeks
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 catch on? This class is your passport to the world of Healing Arts! Welcome to "T'ai Chi Chih with Helena" (www.helenafx.com). Tai Chi Chih (www.taichichih.org) offers 19 gentle, flowing, movements that may be done by almost anyone. Practicing the form can be done standing, seated or a combination of both! The ancient, anchor principles of shifting your weight from one leg to the other while making slow, circular motions with your arms helps to improve balance, flexibility, and strength. Student 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 instructional DVD has helped hundreds of students and is available at her website or in class.

Capitola Community Center

R: \$65 / NR: \$79

#7570.101 Tues 12:45-1:45 pm 1/10-2/14



TAI CHI CHIH: DON'T RETIRE - REFIRE YOUR CHII! CONTINUING CLASS

Helena Fox-Beaudoin, M.S. 6 wks
18 yrs & up
(408) 656-4763 / helenafx@aol.com

Don't retire inside this winter ... Refire your CHI in our continuing class! Experience the increased Chi energy 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. 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's Bio in T'ai Chi Chih Beginning class description or at Capitola recreation website. Visit her website at www.helenafx.com to preview her instructional DVD).

Capitola Community Center

R: \$70 / NR: \$84

#7571.101 T & Th 2-3 pm 1/10-2/16



BEGINNING YOGA

Suellen McCutchen (475-7550) 5 weeks
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 5:15-6:15 pm 1/23-2/20

MID-DAY YOGA

Aimee Fitzgerald 6 weeks
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: \$60 / NR: \$74

#7215.101 Thur 12-12:45 pm 1/12-2/16



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. 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) 18 yrs & up
Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

Before you can take Pilates for Bone Building, you must attend this 6-class series. In this class you will learn: principles of proper breathing; postural alignment and self-correction techniques; foot, knee, and hip alignment for preparation of weight-bearing and strength training exercises; spinal alignment for fracture prevention and spinal bone building exercises; and core control of the deep abdominals and trunk. All of these principles will help you to be able to exercise safely and without pain to affected joints so that you can begin to add weight and resistance for bone building exercises. Sherri will be sending you a link by email to an online lecture to view before the first class. **Please Note:** All participants must sign a Liability & Medical Release Agreement. **New Students:** Please come to the first class 15 minutes early for a brief orientation.

Therapilates Studio, 920 41st Ave., Suite A

R: \$72 / NR: \$86

#7551.101 Thur 8:30-9:25 am 1/5-2/9

#7551.102 Thur 9:30-10:25 am 1/5-2/9

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

6 weeks / 18 yrs & up
Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

sherri@therapilates.com / 476-3100

Pre-requisite: "Intro to TheraPilates® & Yoga."

Work with a physical therapist to learn to adapt traditional Yoga postures to make them safe and effective for biomechanical alignment and bone health! We will review and revise the Sun Salutation Series, standing poses, and floor poses found in most Yoga traditions. The irony of Yoga is that it can be the most detrimental to bones and the most effective for stimulation of bones! By practicing the ideal asanas and avoiding risky asanas, we will prevent fractures, avoid injuries, decrease pain, and improve posture, strength, balance and bone density!

Therapilates Studio, 920 41st Ave., Suite A

R: \$72 / NR: \$86

#7553.101 Thur 10:30-11:30 am 1/5-2/9

THERAPILATES® FOR BONE BUILDING & INJURIES (LEVEL 2)

18 yrs & up

Gina Enriquez, C.P.T. &

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.

Please Note: Class starts on Wednesday, 1/4 &

ends on Monday, 2/13.

Capitola Community Center

R: \$82 / NR: \$96 (12 classes)

#7560.101 M / W 10-11 am 1/4-2/13

THERAPILATES® NEXT LEVEL MAT CLASS (LEVEL 2/3)

18 yrs & up

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT &

Gina Enriquez, C.P.T.

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.

Please Note: Class starts on Wednesday, 1/4 &

ends on Monday, 2/13.

Capitola Community Center

R: \$82 / NR: \$96 (12 classes)

#7552.101 M / W 8:45-9:45 am 1/4-2/13



BETTER BONES & BALANCE

60 yrs & up

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

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

Please Note: Class starts on Wednesday, 1/4 & ends on Monday, 2/13.

Capitola Community Center

R: \$82 / NR: \$96 (12 classes)

#7531.101 M / W 11:15-12:15 1/4-2/13



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.

Capitola Community Center

R: \$80 / NR: \$94

#7554.101 T & Th 8:30-9 am 1/10-2/16

****NEW! - BEGINNERS TRAIN FOR A 5K WALK / RUN**

4 weeks

Aracelly Bibl

18 yrs & up

aracellymacko@gmail.com

We will be training for the "Together With Love Run/Walk," which is a 3.1 mile road event that

will be held on Sunday, February 12th in Pacific Grove. It is a flat looped course along the beautiful Asilomar Coast! This group is designed for beginners who have an interest in power walking or running and would like to train in a safe and supportive setting with non-competitive individuals. **Please Note:** The event entry fee is not included in the class fee. The event fee is roughly \$35 depending on when you register. Aracelly enjoys building friendships and community through exercise. She is a USA Track and Field coach, Personal Fitness Trainer and avid runner.



Meet at "The Hook"

41st Avenue & East Cliff Drive

R: \$95 / NR: \$109

Class meets on Tuesday & Saturday. Class will not meet on Saturday, 2/11; the final "class" will be participating in the event on Sunday, 2/12.

#7575.101 Tues 5:30-6:30 pm 1/10-2/7
& Sat 8:30-9:30 am 1/14-2/4



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 1/10-2/16

BELLYDANCE BASICS

SeSe Geddes

BellyDanceBasics.com

6 weeks

14 yrs & up

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

Capitola Community Center

R: \$60 / NR: \$74

#7534.101 Wed 7-8 pm 1/11-2/15

**CONTEMPORARY LINE DANCE**

Sandy Marrajo

sandysfootsteps@yahoo.com

6 weeks

18 yrs & up

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 1/10-2/14

ZUMBA GOLD: LOW IMPACT DANCE PARTY

Adrienne Harrell

535-8255 / adrienne@soulfulceremonies.com

6 weeks

18 yrs & up

Come to the Zumba Gold Fitness Party! Zumba Gold takes the ZUMBA formula and modifies the moves and pacing to make for a lower-impact, easier-to-follow workout. Zumba Gold features zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton in a friendly, relaxed and fun party-like atmosphere that is also a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor.

No class Monday, 1/16.

Capitola Community Center

R: \$70 / NR: \$84

#7582.101 Mon 6-6:50 pm 1/9-2/20

#7582.102 Wed 6-6:50 pm 1/11-2/15

**COUNTRY LINE DANCING: BEGINNING**Bruce Ink / bink@att.net

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.

Capitola Community Center

R: \$52 / NR: \$66

#7525.101 Thur 7:15-8:30 pm 1/12-2/16

****NEW! - ADULT TAP DANCE BEGINNING**

Debbie Rocha

This class will cover beginning fundamental, beginning, and some intermediate tap dance steps, culminating in a complete tap routine. Additional benefits will be exercise, stress relief, and lots of fun! **Tap shoes are recommended.** Debbie has been teaching dance to all ages for over 20 years. She has a Secondary Teaching Credential, and was a former studio owner and choreographer.

Capitola Community Center

R: \$66 / NR: \$80

#7501.101 Tues 5:15-6:15 pm 1/10-2/14

WEST COAST SWING: BEGINNING

Chuck Dicks & Pat Evans

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

West Coast Swing is the official California State Dance. It is a smooth form of swing that can be danced to rhythm and blues, Country Western and/or big band music. Come learn the basics so that you can go out dancing with total confidence. No partner necessary. *No class 1/16.*

Capitola Community Center

R: \$54 / NR: \$68

#7530.101 Mon 7-8:30 pm 1/9-2/20

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 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 School of Hula & Tahitian Dance* in Santa Cruz.

Te Hau Nui School of Hula & Tahitian Dance
 924 Soquel Avenue, Santa Cruz
R: \$61 / NR: \$75
#7504.101 Thur 6:15-7:15 pm 1/12-2/9



Te Hau Nui means “forever peaceful” in Tahitian and through sharing this art form, the Te Hau Nui School of Hula & Tahitian Dance hopes to convey the beauty, grace, joy, and power of Polynesian dance.



**Tennis is Back!
 Come enjoy playing on the new courts!**

TENNIS CLASSES WITH DAVID COBABE

As a young tennis player, after years of dedicated practice, David became a state of Illinois doubles champion. He began teaching privately while attending Stanford as an undergraduate; he has been teaching on and off since that time, and still enjoys competing. He has also received extensive training in the Alexander Technique. He focuses on teaching tennis technique that is functionally sound, both to optimize performance and protect the body from injury. Questions? Contact David at dscobabe@mac.com.



PLEASE NOTE: ALL CLASSES ARE 6 WEEKS; DROP-INS ARE NOT ALLOWED.
 Classes are for ages 16 & up. All classes are at Jade Street Park, Capitola.
 A **\$10 materials fee** is payable to the instructor at the first class.

CLASS	LEVEL	DAYS	TIMES	PRICE	DATES
#8008.101	Stroke Fundamentals	Mon	6-7 pm	\$88 / \$102	1/9-2/13
#8010.101	Beginning Tennis	Mon	7-8 pm	\$88 / \$102	1/9-2/13
#8007.101	Morning Clinic (3.0 & up)	T / Th	9-10:30 am	\$116 / \$130	1/10-2/16
#8003.101	Intermediate Tennis	T / Th	10:30 am - Noon	\$116 / \$130	1/10-2/16

CLASS DESCRIPTIONS

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

Morning Clinic: Prerequisite for these clinics is a 3.0 or above USTA rating. Through drills and games you will learn what the best Doubles tactics are and why. Learn these patterns, and you'll dramatically improve your game play. Knowing what to do in certain match situations is critical to improving your game. Must have instructor's permission if prerequisite is not met.

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

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

PRIVATE TENNIS LESSONS

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

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

REGISTRATION BEGINS NOW

- **ONLINE:** Go to www.cityofcapitola.org/recreation; review the classes then click on "Register Online." That will bring you to our ActiveNet registration page.
Or go directly to: <https://apm.activecommunities.com/capitolarecreation/Home>.
- **PHONE-IN:** Call (831) 475-6115 or 475-5935 between the hours of 8:30 am and 4:30 pm
- **MAIL-IN:** Complete the registration form on the back page and enclose your check.
Mail it to Capitola Recreation, 4400 Jade Street, Capitola, CA. 95010.
- **WALK-IN:** Register at our office, 8:30 am - 4:30 pm at the address above.

REGISTRATION

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

INSTRUCTORS / COURSE CONTENT

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

REFUND POLICY

Refunds are given only when Capitola Recreation cancels a class. Camp & Junior Guards refund policies will be defined during those registration periods.

CANCELLATIONS

Classes with under-minimum enrollment will be cancelled 24 hours prior to the first class, and a full refund will be given. You can expect a refund check within 2-4 weeks.

SENIOR DISCOUNT

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

Class Locations

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

MAIL-IN REGISTRATION FORM

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

Payer's Name: _____
 Residence Address: _____
 Mailing Address: _____
 City / Zip: _____
 Phone Numbers: _____

WHO PAYS THE RESIDENT PRICE?

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

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

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.

Would you like a confirmation receipt?
 YES: _____ NO: _____

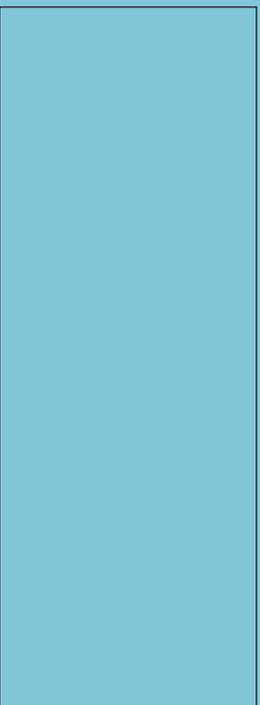
Credit Card Payment:

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

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

If you have an email address, please provide it and we will email your receipt to you:

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



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Come Celebrate Michele's New Book!
Art Show & Book Signing
Friday, December 9, 2016



Art Exhibit opens at 6 pm
Talk & Book Signing at 7:30 pm
Capitola Community Center
4400 Jade Street, Capitola