

City of
Capitola Recreation
Department

Summer 2015



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Facebook

www.cityofcapitola.org/recreation **June 15 - Aug. 14**

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ABOUT OUR COVERS:

Our Late Spring cover: Many thanks to Realistic Painting student Mary Mike McTeague for providing the art for our Late Spring cover!

This cover: Highlighting Summer fun for kids: Camp, Brazilian Jiu Jitsu, Junior Guards, Lacrosse, Hula, Ballet



OUR OFFICE HOURS

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

CONTACT INFO:

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

REGISTER ONLINE:

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

EMAIL US:

capitolarecreation@ci.capitola.ca.us

FACEBOOK PAGE:

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

CLASS PRICES: R & NR

R stands for Resident, NR for Non-Resident

WHO PAYS THE RESIDENT PRICE?

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

Capitola-Soquel Chamber of Commerce Events

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



The Capitola Art & Cultural Commission

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



The Capitola Historical Museum

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

**BALLET: MOM / DAD & ME** 5 wks

Jeani Mitchell 2-3 yrs

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

Capitola Community Center

R: \$64 / NR: \$78

#5010.401 Thur 4-4:45 pm 6/18-7/16

#5010.402 Thur 4-4:45 pm 7/23-8/20

PRE-BALLET I

Jeani Mitchell 3-6 years

These classes will cover basic ballet positions and technique. Classes are designed to introduce basic balletic stretches and proper posture and alignment. Children learn to follow instructions and class etiquette. There is a time for creative expression and students will be able to create their own dances. An **\$8 materials fee** is payable to the instructor at the first class. *No class 7/3.*

Capitola Community Center

R: \$64 / NR: \$78

#5020.401 Fri 4-4:45 pm 6/12-7/17

#5020.402 Fri 4-4:45 pm 7/24-8/21

**PRE-BALLET II**

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

No class 7/3.

Capitola Community Center

R: \$64 / NR: \$78

#6013.401 Fri 4:45-5:45 pm 6/12-7/17

#6013.402 Fri 4:45-5:45 pm 7/24-8/21

BRAZILIAN JIU-JITSU**LITTLE JAGUARS**

Claudio Franca (476-7650) 6 weeks 4-6 years

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

Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$96 / NR: \$110

#5011.401 T & Th 3:10-3:55 pm 6/2-7/16

#5011.402 T & Th 3:10-3:55 pm 7/21-8/27

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

Charmaine Moniz 4 wks 2-5 years

www.alohacharmaine@yahoo.com

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

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$52 / NR: \$66

#5051.401 Tues 10-10:45 am 8/4-8/25

#5051.402 Sat 10-10:45 am 8/1-8/22

KOREAN MARTIAL ARTS:**TAE KWON DO**

Grand Master Jin 5 or 6 weeks 3.5-5 yrs

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

6 Weeks: R: \$93 / NR: \$107

#5016.401 T / Th 3-3:30 pm 6/16-7/23

5 Weeks: R: \$80 / NR: \$94

#5016.402 T / Th 3-3:30 pm 7/28-8/27

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

Jr. Guards are required to swim or be involved in ocean-oriented activities every day, so they must be comfortable swimming in the ocean before enrolling in the program. All Jr. Guards (ages 9 & up) will be required to pass a swim test on the first day of the program; they must be able to swim 100 yards (about 4 lengths of a pool) under 2:30 minutes without help and be able to tread water for at least 5 minutes. A Little Guard (ages 6-8) must be comfortable in the ocean, willing to submerge his or her head/face in the water, and able to tread water. Swim lessons prior to enrolling in the program are highly recommended. Junior Guards who are unable to pass the swim test may be dropped from the program. Activities include open water swimming, paddle boarding, body surfing, surfboard riding, races, mock rescues, beach & water games, calisthenics and work-outs, and competitions. Program fees include instruction, official t-shirt, and discounts with local merchants.



CAPTAINS CORPS

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

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



SESSION DATES

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

No program on Friday, 7/3.

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

SESSION DAYS & TIMES

Please Note: Most groups in Session 1 are full; please call us at 475-5935 to check availability.

PRICES

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

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

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

Entire Group Photo: \$12 each session



COMPETITIONS

Capitola:

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

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

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

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

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

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

Regionals: Friday, July 24, at Huntington State Beach

SESSION I

Mornings

#2001.400 Captains Corps, All summer

#2001.401 Captains Corps, Session 1 only

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

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

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

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

Afternoons

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

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

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

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

SESSION II

Mornings

#2001.402 Captains Corps, Session 2 only

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

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

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

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

Afternoons

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

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

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

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

*** REGISTRATION INFORMATION ***

- Registration is first-come, first-served, during regular business hours, Monday-Friday, 8:30 a.m. to 4 p.m., at the Capitola Recreation office, 4400 Jade Street, Capitola.
- Visit our website at www.cityofcapitola.org/recreation to download the registration forms.
- We cannot accept online or faxed-in registration, but you can print out the forms and mail them in or bring them in to our office with your payment.
- Register your child with the age group that corresponds to his or her age as of July 1, 2015.
- “Residents” are considered those who reside within the boundaries of the City of Capitola and the Soquel Elementary School District.
- If you are registering in person, and your child has not participated in our programs before, please bring your child’s birth certificate with you.
- If you are registering by mail, please provide a copy of your child’s birth certificate (we will shred it after verifying his or her age).
- Make sure to also print out or pick up the Parents Information Packet, which includes important information for you, rules of conduct, Parents Club information, and calendars.

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

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

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

JUNIOR GUARDS
PHONE
AT CAPITOLA BEACH
462-3956



JUNIOR LIFEGUARDS PARENTS CLUB

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

JUNIOR GUARDS GEAR & APPAREL

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

FOR MORE INFORMATION ABOUT THE PARENTS CLUB

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

Camp Capitola at Jade Street Park

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



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

The session dates are as follows:

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

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

TO REGISTER:

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

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

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

CAMP CAPITOLA JUNIOR LEADER VOLUNTEER PROGRAM

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

Summer Fun!



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

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

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

PRICE FOR EXTENDED CARE:

Mornings: 7:30-9 am

2-week Session: \$70

3-week Session: \$105

Afternoons: 4:30-6 pm

2-week Session: \$70

3-week Session: \$105



PRICE FOR JUNIOR GUARDS TRANSPORT:

\$54 for 1st Session of Guards

\$42 for 2nd Session of Guards

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

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

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

****NEW! - CERAMICS:****HAND BUILDING**

4 weeks

John Albrecht

10-14 years

www.goodlifeceramics.com(831) 515-7560 / glconportola@gmail.com

This class will provide beginning level instruction in clay process, covering handbuilding methods and glazing. "Handbuilding" is working with clay by hand using only simple tools, not a pottery wheel. Before potters had the wheel, they were creating beautiful pots and clay forms using clay, their hands and fingers, and basic hand tools. Explore creative design and technical problem-solving as we work on the 4-5 projects scheduled. Classes are held during closed studio time at Good Life Ceramics.

Good Life Ceramics**3717 Portola Drive, Santa Cruz****R: \$401 / NR: \$415**

#6145.401 T & Th 9 am - Noon 6/16-7/9

#6145.402 T & Th 12-3 pm 6/16-7/9

BEACH VOLLEYBALL CAMP 1 wk

Mark Mattern (831) 763-1548 10-13 years

www.surfcityvolleyballclub.net

This coed camp is for young players interested in learning volleyball. We will work on all aspects of the game - serving, passing, setting, hitting, as well as specific beach play. Games are played every day. A **\$2 materials fee** is payable at the first class. Mark is a two-time medal-winning coach at the Junior National Tournaments and the director of the Surf City Volleyball Club. *Players younger than 10 may enroll with instructor's permission.*

Capitola Beach Courts**R: \$70 / NR: \$84**

#6089.401 Mon-Fri 10 am - Noon 6/15-6/19

**SANTA CRUZ SPIKERS BEACH VOLLEYBALL CAMP**

1 week

Christina Canavan

9-14 years

www.santacruzspikers.com

Santa Cruz Spikers Beach Volleyball Camp is designed for beginning and intermediate skill levels. Athletes will be instructed in skill development, including spiking, digging, serving and serve receive. In addition, athletes will develop leadership and sportsmanship skills while fostering new friendships. All in a fun, beach environment! A **\$10 fee** is payable to the instructor at the first class. Check out their website or contact Christina at santacruzspikers@gmail.com for more information.

Capitola Beach Courts**R: \$156 / NR: \$170**

#6082.401 Mon-Fri 9 am - Noon 6/22-6/26

#6082.402 Mon-Fri 12:30-3:30 6/29-7/3

#6082.403 Mon-Fri 9 am - Noon 7/20-7/24

KEIKI HULA & TAHITIAN**DANCE & MORE!**

4 weeks

Kumu Lorraine Kalei Kinnamon/staff

5-11 yrs

www.tehaunuidance.com / tehaunui@cruzio.com

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

**Te Hau Nui Dance Studio****924 Soquel Avenue, Santa Cruz****R: \$52 / NR: \$66**

#6092.401 Thur 5-5:50 pm 8/6-8/27

HULA & TAHITIAN DANCE & SONGS FOR MOM/DAD/ME

4 wks

Charmaine Moniz

6-11 yrs

www.alohacharmaine@yahoo.com

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

Te Hau Nui Dance Studio**924 Soquel Avenue, Santa Cruz****R: \$52 / NR: \$66**

#6098.401 Sat 11-11:55 pm 8/1-8/22

KOREAN MARTIAL ARTS:**TAE KWON DO**

5/6 weeks

Grand Master Jin

6-9 / 10-15 yrs

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

#6016.401 T / Th 4:30-5:20 pm 6/16-7/23

5 Weeks: R: \$85 / NR: \$99

#6016.402 T / Th 4:30-5:20 pm 7/28-8/27

Class for 10-15 years:**6 Weeks: R: \$98 / NR: \$112**

#6017.401 T / Th 5:30-6:20 pm 6/16-7/23

5 Weeks: R: \$85 / NR: \$99

#6017.402 T / Th 5:30-6:20 pm 7/28-8/27

KIDS KICKBOXING

6 weeks

Claudio Franca (476-7650)

6-15 years

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

Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$76 / NR: \$90

#6132.401 M & W 4-4:55 pm 6/1-7/15

#6132.402 M & W 4-4:55 pm 7/20-8/26

GIRLS LACROSSE CAMP

4 days

Lauren Junker

6-15 years

laurenjunker@gmail.com

Come play the fastest game on two feet! Beginners and players with experience are welcome; camp will be tailored for all levels of lacrosse skill. If you've played boys lacrosse and are curious about the girls game, if you're looking to hone in your skills for the next season or you want to try out lacrosse for the first time, this is the camp for you! We will combine drills and games to learn skills like passing, catching, defense, ground ball pick up, shooting, defensive position and more. For the more advanced player we will focus on refining stick skills, shooting technique, defensive tactics as well as different game situations. A girl's specific stick and goggles will be provided for each participant and all players will need to bring a molded mouth guard to each day of camp. Mouth guards can be purchased at any sporting goods store. Interested in playing goalie? We have all the gear and a goalie coach to teach you! **A \$15 materials fee** is payable to the instructors at the first class. *Note: If you want to enroll a child who is younger than 6, contact Lauren for permission.*

Jade Street Park, Capitola**R: \$125 / NR: \$139**

#6023.401 M-Th 9 am-Noon 7/6-7/9

LEGO BEGINNING ENGINEERING

1 week

Cindy Zimmerman

6 yrs & up

(831) 462-1978 / czimmerman@hotmail.com

What creations will you build with thousands of LEGO's and electric motors? In this class, children will be introduced to simple machines while having fun learning about mechanical building concepts. Using special Lego kits and easy-to-follow instructions, children will get hands-on experience working with gears, pulleys, and electrical motors. Build boats, bridges, an amusement park ride, cranes, a miniature table saw, creatures that walk, and a variety of cars. Use special pieces to create your own unique designs! This is an ideal way to prepare young builders for the challenge of Lego Robotics.

Capitola Community Center**R: \$116 / NR: \$130**

#6051.401 Mon-Fri 12-3 pm 8/17-8/21

FRED'S SUMMER TENNIS

Introducing a new FLEXIBLE summer tennis program designed for busy families. Get a jump start on your summer by starting after school on June 1st!

JR. TENNIS ACADEMY

2 weeks

Fred Charlebois

7-15 years

FredsTennisRx@gmail.com

This summer camp class is intended for beginner to intermediate level students. It will emphasize the integration of proper footwork with stroke production. Each student will get hands-on training to improve their strokes, footwork and match play strategies. Drills, games and match play will be used to help the player reach a better level of play. A one-time **\$10 ball fee** is payable to the instructor at the first class.

No classes the week of August 10.

Please Note: Do your summer plans conflict with these session dates? Please contact Fred by email to arrange flexible scheduling!

Price for 1.5 hour Classes - R: \$90 / NR: \$104**Price for 2-hour Classes - R: \$120 / NR: \$134**

#6045.401 M-Th 4-5:30 pm 6/1-6/11

#6045.402 M-Th 3:30-5:30 pm 6/15-6/25

#6045.403 M-Th 3:30-5:30 pm 6/29-7/9

#6045.404 M-Th 3:30-5:30 pm 7/13-7/23

#6045.405 M-Th 3:30-5:30 pm 7/27-8/6

#6045.406 M-Th 4-5:30 pm 8/17-8/27

**JUNIOR ELITE TENNIS**

2 weeks

Fred Charlebois

7-15 yrs

FredsTennisRx@gmail.com

This summer program is for goal-oriented juniors who are dedicated to improving their tennis, striving to play more matches, and who may be interested in competitive tennis. Students will work on all aspects of the technical and tactical development through on-court and off-court training to improve their strokes, footwork, speed, agility, strength and flexibility as well as the mental aspects of their game. *Students must have Fred's permission to register.* A one-time **\$10 ball fee** is payable at the first class.

No classes the week of August 10.

Please Note: Do your summer plans conflict with these session dates? Please contact Fred by email to arrange flexible scheduling!

Price for 1.5 hour Classes - R: \$90 / NR: \$104**Price for 2-hour Classes - R: \$150 / NR: \$164**

#6044.401 M-Th 4-5:30 pm 6/1-6/12

& Fri 9 am - Noon

#6044.402 M-Th 3:30-5:30 pm 6/15-6/26

& Fri 9 am - Noon

#6044.403 M-Th 3:30-5:30 pm 6/29-7/10

& Fri 9 am - Noon

#6044.404 M-Th 3:30-5:30 pm 7/13-7/24

& Fri 9 am - Noon

#6044.405 M-Th 3:30-5:30 pm 7/27-8/7

& Fri 9 am - Noon

#6044.406 M-Th 4-5:30 pm 8/17-8/28

& Fri 9 am - Noon

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**

#7006.401	Sat	12-5 pm	6/6
#7006.402	Sat	12-5 pm	7/18
#7006.401	Sat	12-5 pm	8/8

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

Nancy Howells

1 day

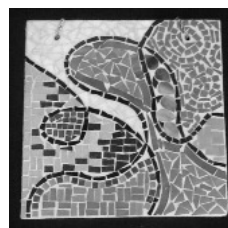
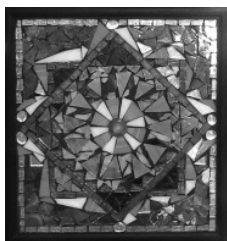
18 yrs & up

www.paintedchairstudio.com / 425-1602

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

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

#7102.301	Sat	12-5 pm	5/30
#7102.401	Sat	12-5 pm	7/11
#7102.402	Sat	12-5 pm	8/15

**MID-CENTURY MODERN****MOSAICS MEETS ZENTANGLES®**

Nancy Howells

1 day / 18 yrs & up

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

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

#7005.401	Sat	12-5 pm	6/13
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**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**

#7064.303	Wed	1 pm - 4 pm	5/27
#7064.401	Wed	1 pm - 4 pm	6/10
#7064.402	Sat	1 pm - 4 pm	6/20
#7064.403	Wed	1 pm - 4 pm	7/8
#7064.404	Sat	1 pm - 4 pm	8/1
#7064.405	Wed	1 pm - 4 pm	8/12

DESIGN IT, STITCH IT: HAND EMBROIDERY

Beth Mastrude 4 weeks
15 yrs & up
fibermavenbeth@gmail.com / 252-0649

Learn how to hand embroider with decorative flair! Explore hand embroidery for a fun, relaxing way to bring your inspirations to life! Join Textile Artist Beth Mastrude, and learn essential techniques that ensure your stitches are consistent every time you pick up a project. Refresh your basic skills with smooth satin stitches that won't pucker and French Knots that always stay put, and use whipped and threaded stitches for an impressive look with easy execution. Master tricky knotted, looped and fill stitches like the fishbone, cretan and bouillon for polished designs, and learn to transfer any design to fabric. Beth will also show you how to embellish a T-shirt with dazzling stitched detail as you learn stabilizing strategies for stretchy knits, and create your own patterns. If you're a beginner or experienced embroiderer and you really want to improve and expand, these classes are ideal. If you look at embroidery as a hobby or craft, this is a great investment that will give you a lifetime of pleasure. A **\$15 materials fee** is payable to the instructor at the first class. Beth Mastrude is an award-winning textile artist, a 2014 Open Studios participant, and a facilitator sharing her passion for textile arts with others. Come experience the fun!

Capitola Community Center

R: \$66 / NR: \$80

#7437.401	Tues	6:30-8:30 pm	6/9-6/30
#7437.402	Tues	6:30-8:30 pm	7/7-7/28

BASIC ENCAUSTIC (BEESWAX) PAINTING

Terry Dowell 1 day
18 years & up
708-2826 / www.rocketencaustic.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 original encaustic paintings in this one-day workshop. Explore and learn through demonstrations how to mix paint, fuse layers of wax, apply oil and chalk pastels, embed photos, and apply image transfers. You will learn to work safely and will leave with a printout containing all the information you need. Artists of all media will enjoy the limitless possibilities and wonder encaustic has to offer ... no drawing skills necessary. Pack a lunch for the mid-day break. A **\$35 materials fee** is payable to the instructor at the class; all materials provided. Terry defines herself as a mixed media artist specializing in encaustic work. Her work can be seen in private collections nationwide and in juried shows in Northern California.

Instructor's Studio, Aptos

R: \$98 / NR: \$105

#7052.401	Sat	10 am - 4:30 pm	6/27
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INTRODUCTION TO SHIBORI & INDIGO DYEING

Beth Mastrude 1 day
16 yrs & up
fibermavenbeth@gmail.com / 252-0649

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

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



17th Avenue Studios, 980 17th Avenue

Bldg 2, Studio 22, Santa Cruz

R: \$66 / NR: \$73

#7436.401	Sat	10 am - 4 pm	6/27
#7436.402	Sat	10 am - 4 pm	7/25

GELLI PLATE MONOPRINTS 1 day

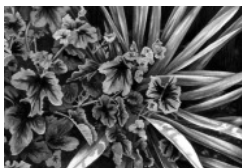
Beth Mastrude 15 yrs & up
fibermavenbeth@gmail.com / 252-0649

Monoprinting with Gelli Plates is a fun, easy way to print without a press. This is very much like making gelatin slabs for printing. You will create amazing designs on fabric or paper, your very own works of original art, even if you think you are not an artist. By the end of class you will be printing like a pro, without using a press. Prints can be just one layer or have layer after layer building up the pattern and color to create one-of-a-kind designs. Some of what you will learn in this workshop: how to get layers of color in one single pull, using homemade and purchased stencils, getting texture on the Gelli Plate with found objects, getting subtle or bold effects when you want and where you want, building a composition using layers on the Gelli Plate, combining multiple techniques in one print, and how to be free and experience all the joy in playing with monoprints. No experience necessary. Come play and experience the joy found in creating! A **\$10 materials fee** is payable to the instructor at the class. Beth Mastrude is an award-winning textile artist, a 2014 Open Studios artist and a facilitator for sharing her passion for textile arts with others.

Capitola Community Center

R: \$33 / NR: \$40

#7098.401	Wed	1-4 pm	6/17
#7098.402	Wed	1-4 pm	7/15



REALISTIC PAINTING: WATERCOLOR

8 weeks

Hanya Fojaco

18 yrs & up

(831) 475-3591 / hanya@hanyafojaco.comwww.hanyafojaco.com

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

Capitola Community Center**R: \$106 / NR: \$120** (8-week class)

#7070.401 Wed 9:30 am-12:30 6/3-7/22

#7070.402 Thur 9:30 am-12:30 6/4-7/23

#7070.501 Wed 9:30 am-12:30 8/19-10/7

THE JOY OF ACRYLICS

5 wks

Dawn Maclaughlin

16 yrs & up

(831) 239-3688

This class is designed to help you learn to paint in water-soluble acrylics. We will use acrylic paints that are safe to use, and since they are water-based, they are easy to clean with soap and water, without the use of any toxic cleaning chemicals. Dawn will teach by demonstration, with students painting after each demo; this will get everyone painting in every class. She will cover drawing, composition, dynamic color, value patterns, brush technique and more. Dawn has been teaching for over 10 years and has found this to be the best method for someone to learn to paint quickly. Beginner and intermediate painters welcome. *Contact Dawn for a materials list before the first class.*

Capitola Community Center**R: \$123 / NR: \$137**

#7034.401 Tues 10-1 pm 6/16-7/14

#7034.402 Tues 10-1 pm 7/28-8/25

**NEW - PAINTING LARGE WITH HOUSE PAINT

4 weeks

Anouk Johanna (338-7716)

16 years & up

www.anoukjohanna.com /anouk@anoukjohanna.com

A totally free way of painting expressive artwork using house paint over other media to obscure and reconfigure your composition. In this four-week intensive we will "attack" a large surface (paper, board or canvas) with an initial drawing using graphite, water soluble ink pens, oil pastels and/or conte. Then we will work into it and over it with white house paint to recreate a whole new point of view. With a focus on basic drawing, composition, textures and various techniques, both representational and abstract subject matter will be explored. Hand-outs and your personal resources will serve as inspiration. This class is for intermediate level students. Call Anouk if you are interested but not sure you can do it. Please call Anouk at 338-7716 or email her at anouk@anoukjohanna.com for the material list. The list is kept at minimum cost; students can upgrade if they wish. A **\$6 materials fee** is payable at the first class.

**Capitola Community Center****R: \$85 / NR: \$99**

#7072.401 Fri 1-4 pm 8/7-8/28

**NEW - TOMBOWS! DRAWING / PAINTING WITH INK PENS

4 weeks

Anouk Johanna (338-7716)

16 years & up

www.anoukjohanna.com /anouk@anoukjohanna.com

Let's explore drawing with the super exciting Tombow pens and learn how to pull washes out of the ink lines to create fascinating and expressive artwork. These ink pens are an excellent way to establish a range of values and make the transition from drawing to painting.



Along the way we will address composition, texture and other techniques. This is a unique opportunity to get familiar and skilled with

an exciting ink pen medium in this four-week intensive. We'll start out drawing with graphite pencils and progress to black and color Tombow pens and learn to fine tune the balance between "letting it happen and making it happen" with this very loose medium similar to watercolor but with quite a different and unique effect! Some knowledge of color mixing is required. Please call Anouk at 338-7716 or email her at anouk@anoukjohanna.com for the materials list or if you have any questions. The list is kept at minimum cost; students can upgrade if they wish. A **\$6 materials fee** is payable at the first class.

*No class 7/3.***Capitola Community Center****R: \$85 / NR: \$99**

#7071.401 Fri 1-4 pm 6/19-7/17

INTRODUCTION TO SOULCOLLAGE®

Wendy Nolan 1 day
16 yrs & up
(831) 234-8147 / wendynolan11@gmail.com

Discover your wisdom and change your world! If you are restless, or are searching for something you don't understand, or wanting to know your purpose in life, or what direction to take, SoulCollage® may be for you. Using the process of SoulCollage®, explore the many facets of your personality by creating special collages on small 5"x8" card stock using images from magazines. These collaged "cards" become part of a card deck you will build over time and then use for guidance. The cards you make are similar to creating your very own Tarot deck, but with your vision, your voice, your creativity. A complete explanation of the SoulCollage® process is offered. Beginners are encouraged to come and experience the depth & magic of SoulCollage® in this 3-hour workshop. All materials included and a **\$5 materials fee** is payable to instructor the day of class. Wendy Nolan is a trained SoulCollage® Facilitator, Yoga Teacher, Reiki Master, and Artist. Visit her website, www.mandalawendy.com, or www.soulcollage.com for more information.

R: \$32 / NR: \$39

Capitola Community Center:

#7104.401 Wed 1-4 pm 6/24

17th Avenue Studios

980 17th Ave., Bldg 3, Santa Cruz:

#7104.402 Sat 9 am - Noon 7/11



PHOTOSHOP EDITING BASICS

Dave Clark 3 weeks
18 yrs & up
Studio: (831) 763-7632 / dcimages1@aol.com

Learn creative ways to enhance your pictures without the need to struggle line-by-line from a 360-page book. Dave will guide you, hands on, as you work on the same image together to utilize the basic key Photoshop Elements. You will learn the steps to enhance, fix, adjust, tone, correct colors, crop, rotate, resize, shortcuts and tricks, and so much more. Follow along, move by move, tool by tool into an easy, fun and creative experience. Personal attention will be given as class size and time allows. **This class requires that you bring a laptop computer and its power cord loaded with Photoshop Elements or newer versions.** If you have any questions prior to signing up give me a call at my studio and mention you are taking this class. This class does not cover the full functions of advanced Photoshop or other editing programs.

Capitola Community Center

R: \$65 / NR: \$79

#7051.401 Thur 6-8:30 pm 8/6-8/20

BEGINNING JEWELRY

Jessica Richards 4 weeks
10 years & up
www.JessKayDesigns.com

Have you ever wanted to create your own jewelry? And to have accessories that perfectly match your outfits? This is an introductory class for beginners, where you will learn how to create your own jewelry. Students will be taught the basic skills needed to string, wire wrap and finish jewelry. Beaded bracelets, earrings and necklaces are examples of what you can learn to handcraft in this class.



Supplies are provided, and a **\$15 materials fee** is payable to the instructor at the first class. You will leave the class with at least one completed piece of jewelry and a small set of your own jewelry tools. Taught by Jewelry Designer Jessica Richards, who has had her jewelry appear on both celebrities and TV shows. Visit her website for more information about her and to view her designs.

Capitola Community Center

R: \$63 / NR: \$77

#7081.401 Tues 2-4 pm 6/2-6/23

SOULCOLLAGE® SUMMER MAGIC

Wendy Nolan 1 day
16 yrs & up
(831) 234-8147 / wendynolan11@gmail.com

Mysteries will be revealed in this summer workshop exploring the Female Archetype of the Magician. Seen as an entertainer, the Magician produces results outside the ordinary rules of life, whether causing people to fall in love or objects to disappear with flair! Play on your desires and transform your life using the process of SoulCollage®. Using images from magazines you will create special collages to express the energies of the Magician on small 5"x8" card stock. These



collaged "cards" become part of a card deck you will build over time and then use for guidance.

The cards you make are similar to creating your very own Tarot deck, but with your vision, your voice, your creativity. Beginners are encouraged to come and experience the depth & magic of

SoulCollage in this 3-hour workshop. All materials included and a **\$5 materials fee** is payable to instructor the day of class. Wendy Nolan is a trained SoulCollage® Facilitator, Yoga Teacher, Reiki Master, and Artist. Visit my website www.mandalawendy.com or www.soulcollage.com for more information about SoulCollage® & classes.

R: \$32 / NR: \$39

Capitola Community Center:

#7105.401 Wed 1-4 pm 7/22

17th Avenue Studios

980 17th Ave., Bldg 3, Santa Cruz:

#7105.402 Sat 9 am - Noon 8/8

COMMUNITY SING

5 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: \$85 / NR: \$99**

#7463.401 Tues 6:30-7:45 pm 6/2-6/30

**GET ON THE FUN TRAIN!****Women 50's & up - Put FUN back in your life!**

5 weeks

Coleen Douglas

50 yrs & up

(831) 325-7917 / cdouglas25@gmail.comwww.coleendouglas.com

Women in your 50s, 60s and 70s - Have you been taking care of others and forgetting to take care of yourself? Feeling too busy or responsible to have fun? Can't figure out what's fun for you at this point in your life? Get on the Fun Train with Coleen Douglas and activate your joy, creativity, and passion for life! Remember all that's fun for you. Release what's holding you back. Balance your schedule to include fun. Have fun with a great group of women. Each week includes music, fun, reflective exercises, talking, and connection. Feel alive with joy! Bring your journal or paper and pen to class. Coleen is a life coach who listens deeply and supports her clients with practical action-oriented guidance. With an MA in organizational development, she is an experienced and open-hearted group facilitator.

Capitola Community Center**R: \$79 / NR: \$93**

#7417.401 Wed 1-2:30 pm 7/1-7/29

**GUITAR: MUSIC OF THE BEATLES**

Ravi Lamb

4 weeks

www.ravilambmusic.com

16 yrs & up

During this 4-week, intermediate guitar course, we will explore the history and versatile guitar sound of the most influential rock band of our time. You will learn songs each week, perform in class, and take part in musical discussion and analysis. All instructional materials will be provided, students are required to bring their own guitars. Ravi Lamb earned a BA degree, Professional Music, at the highly regarded Berklee College of Music in Boston.

New Brighton Middle School, Rm #10**R: \$66 / NR: \$80**

#7451.401 Thur 6-7:15 pm 7/9-7/30

INTERMEDIATE GUITAR: GYPSY JAZZ

4 weeks

Ravi Lamb

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. 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: \$66 / NR: \$80**

#7452.401 Thur 7:30-8:45 pm 7/9-7/30

JAPANESE: BEGINNING

6 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: \$59 / NR: \$73**

#7302.401 Wed 7-8:30 pm 6/24-7/29

ART, RUMI & THE SPIRITUAL HEART*Fereshteh Fatemi**ferangelika@mac.com*

4 weeks

18 yrs & up

This class offers a unique experience designed to awaken your creative process, connect you to your heart, and uplift your spirit. Through a combination of hands-on artistic creations, experiential learning of life-skills, and the energy of Rumi (Jalāl ad-Dīn Rumi is the 13th century Persian poet, scholar, and mystic, whose words transcend time and national boundaries), you will be able to walk away with tools to use in your everyday life - from simple encounters with friends and co-workers to facing difficult challenges that block both your creative flow and the manifestation of your life's dreams. This will be a fun class, and at the same time it can be a life-changing experience. Each week we'll read and explore one of Rumi's magnificent poems, which will assist you in absorbing the essence of the life-skills discussed in that session. Then we'll create a collage or mandala while we tap into the energy and inner learning from the covered materials. This process will deepen each week, as we get more attuned to our own centers. The art created in this manner is healing and meditative, and a wonderful visual representation of your feelings and transformations. 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: \$106 / NR: \$120**

#7401.401 Wed 6:30-9 pm 7/8-7/29

THE HEALING POWER OF ESSENTIAL OILS*Colleen Burke, L.Ac.**www.healwithcolleen.com*

1 day

16 yrs & up

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

Capitola Community Center**R: \$58 / NR: \$65**

#7431.401 Mon 1-4 pm 6/22

BRAZILIAN PORTUGUESE: BEGINNING*Ana Lucia Davidson*

6 weeks

13 yrs & up

Did you get excited with the World Cup? Do you think of Brazil as being a far-off exotic land? Come and learn the basics of the Brazilian Portuguese Romance language with a "carioca" - native from Rio - and make your plans to go to the enchanting and romantic land of Brazil! Did you know the 2016 Summer Olympics will take place in Brazil? Combine a trip with participating in the live enjoyment of cheering on your favorite team and athlete! A \$20 materials fee for a workbook and CD is payable at the first class. Ana Lucia was born in Rio de Janeiro and has taught Portuguese in Brazil and in the United States.

**Capitola Community Center****R: \$59 / NR: \$73**

#7325.401 Thur 7-8:30 pm 6/11-7/16

**WHAT YOU WANT & NEED TO KNOW ABOUT YOUR SLR CAMERA***Dave Clark (763-7632)*

4 wks

18 yrs & up

www.daveclarkimages.net

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

Capitola Community Center**R: \$65 / NR: \$79**

#7498.401 Tues 6-8:30 pm 7/7-7/28

BELLYDANCE BASICS

5 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: \$48 / NR: \$62

#7534.401 Wed 7:35-8:35 pm 6/3-7/1

#7534.402 Wed 7:35-8:35 pm 7/15-8/12

CONTEMPORARY**LINE DANCE**

4 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: \$40 / NR: \$54

#7536.401 Tues 6:30-7:45 pm 6/2-6/23

COUNTRY LINE DANCING:**BEGINNING**

6 weeks

Bruce Ink / bink@att.net

12 yrs & up

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

Capitola Community Center

R: \$52 / NR: \$66

#7525.401 Thur 7:15-8:30 pm 6/4-7/9

#7525.402 Thur 7:15-8:30 pm 7/16-8/20

**EAST COAST SWING:****INTERMEDIATE**

5 weeks

Becky Adams (475-4134)

13 yrs & up

This course is for you if you know basic East Coast Swing steps and are ready to add intermediate combinations and basic Lindy to your routine. Improve your style and versatility while learning combinations you can dance to a variety of tempos for the rest of your life. We will learn a new intermediate combination each week and refine the previous lesson. This course will add variety and confidence to your swing repertoire for your enjoyment of the many Swing bands and events in the Monterey Bay Area. Singles and couples are welcome. Contact Becky for further information at 475-4134.

Capitola Community Center

R: \$40 / NR: \$54

#7543.401 Mon 8:10-9:10 pm 6/1-6/29

**HULA & TAHITIAN
DANCE & MORE!**

4 weeks

Kumu Lorraine Kalei Kinnamon

12 yrs & up

www.tehaunuidance.com / tehaunui@cruzio.com

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

Te Hau Nui Dance Studio

924 Soquel Avenue, Santa Cruz

R: \$52 / NR: \$66

#7504.401 Thur 6-6:55 pm 8/6-8/27

BEGINNING SALSA

5 weeks

Becky Adams (475-4134)

13 yrs & up

So you love the music, now spice up your dancing as you learn the basics of this fun and popular dance! You will learn to lead and follow, plus styling and several beginning combinations that you can enjoy for a lifetime. Singles and couples are welcome and encouraged to bring their friends! Becky has been teaching Swing, Night Club dances and Ballroom in the Santa Cruz area since 1986. Her emphasis is teaching social dance skills that can be enjoyed for a lifetime.

Capitola Community Center**R: \$40 / NR: \$54**

#7542.401 Mon 7-8 pm 6/1-6/29

WEST COAST SWING:**BEGINNING**

6 weeks

Chuck Dicks & Pat Evans

16 yrs & up

chuck@gonnadance.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**

#7530.401 Mon 7-8:30 pm 7/6-8/10

ZUMBA GOLD: LOW IMPACT DANCE PARTY

6 weeks

Adrienne Harrell

18 yrs & up

535-8255 / adrienne@soulfulceremonies.com

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

**Capitola Community Center****R: \$62 / NR: \$76**

#7582.401 Mon 6-6:50 pm 6/1-7/6

#7582.401 Wed 6-6:50 pm 6/3-7/8

#7582.403 Mon 6-6:50 pm 7/13-8/17

#7582.404 Wed 6-6:50 pm 7/15-8/19

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**

#7204.401 Mon 7-8 pm 6/1-6/29

#7204.402 Mon 7-8 pm 7/13-8/10

MID-DAY YOGA

9 weeks

Aimee Fitzgerald

12 yrs & up

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

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

**Capitola Community Center****R: \$75 / NR: \$89**

#7215.401 Thur 12-12:45 pm 6/4-7/30





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.

INTRO TO THERAPILATES® & YOGA FOR BONE BUILDING

& INJURIES: (LEVEL 1) 6 weeks

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

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

Before you can take Pilates for Bone Building, you must attend this 6-class series. In this class you will learn: principles of proper breathing; postural alignment and self-correction techniques; foot, knee, and hip alignment for preparation of weight-bearing and strength training exercises; spinal alignment for fracture prevention and spinal bone building exercises; and core control of the deep abdominals and trunk. All of these principles will help you to be able to exercise safely and without pain to affected joints so that you can begin to add weight and resistance for bone building exercises. Sherri will be sending you a link by email to an online lecture to view before the first class. **Please Note:** All participants must sign a Liability & Medical Release Agreement. **New Students:** Please come to the first class 15 minutes early to complete the paperwork and have a brief orientation. **No class 6/25 or 7/23.**

Therapilates Studio

920 41st Ave., Suite A, Santa Cruz

R: \$72 / NR: \$86

#7551.401 Thur 8-9 am 6/18-8/6

#7551.402 Thur 9-10 am 6/18-8/6

THERAPILATES® FOR BONE BUILDING & INJURIES

(LEVEL 2) 7 weeks

Sherri Betz, PT, GCS, CEEAA, PMA®-CPT

& Gina Enriquez, C.P.T.

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

No class Wednesday, 6/24 & 7/22.

Capitola Community Center

R: \$93 / NR: \$107

#7560.401 M / W 10-11 am 6/22-8/12

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.

No class 6/25 or 7/23.

R: \$72 / NR: \$86

Therapilates Studio

920 41st Ave., Suite A, Santa Cruz

#7553.401 Thur 10:15-11:15 am 6/18-8/6



THERAPILATES® NEXT LEVEL MAT CLASS (LEVEL 3)

7 wks 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 on Mondays

and Wednesdays at 8:45 and 10:00. **No class**

Wednesday, 6/24 & 7/22.

Capitola Community Center

R: \$93 / NR: \$107

#7552.402 M / W 8:45-9:45 am 6/22-8/12



BETTER BONES & BALANCE

7 weeks

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.

No class Wednesday, 6/24 & 7/22.

Capitola Community Center

R: \$93 / NR: \$107

#7531.401 M / W 11:15 am-12:15 6/22-8/12

**NEW - BRAZILIAN JIU-JITSU: CAPOEIRA

6 weeks

Claudio Franca (476-7650)

16-55 years

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

#7809.401 Mon / Tues / Fri 6/1-7/17

#7809.402 Mon / Tues / Fri 7/20-8/28

KOREAN MARTIAL ARTS: TAE KWON DO

5/6 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

6 Weeks: R: \$98 / NR: \$112

#7509.401 T / Th 6:30-7:30 pm 6/16-7/23

5 Weeks: R: \$85 / NR: \$99

#7509.402 T / Th 6:30-7:30 pm 7/28-8/27

BRAZILIAN JIU-JITSU

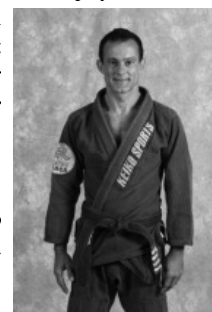
6 weeks

Claudio Franca (476-7650)

16-55 yrs

An adult co-ed class that incorporates sport and self-defense aspects of Brazilian Jiu-Jitsu into a structure designed to help you develop

fundamental skills, which will help you get into great shape and could save your life some day. *Note: These classes are introductory, and can only be taken through the recreation department once.* Claudio Franca came to Santa Cruz from Rio de Janeiro, Brazil, in 1995. He has studied BJJ since the age of seven and holds a 5th degree Black Belt from Master Francisco Mansor, who is a 9th degree red belt certified by the Confederation of Brazilian Jiu-Jitsu in Rio de Janeiro. Professor Franca also holds a black belt in Judo from Gama Filho University in Rio de Janeiro.



Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$136 / NR: \$150

#7804.401 T / Th 6-7:30 pm 6/2-7/9

#7804.402 W / F 9-10:30 am 6/3-7/10

#7804.403 T / Th 6-7:30 pm 7/21-8/27

#7804.404 W / F 9-10:30 am 7/22-8/28



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.*

No class 7/3.

Claudio Franca Brazilian Jiu Jitsu

1658 Soquel Drive, Suite C, Santa Cruz

R: \$74 / NR: \$88

#7450.401 Fri 5-6 pm 6/5-7/17

#7450.402 Fri 5-6 pm 7/24-8/28

WOMEN ON THE TRAILS:**Introduction To Trail****Running For Women**

Aracelly Bibl

4 weeks

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. 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****#7579.401 Mon 9-10:15 am 6/1-6/22**

**CAPITOLA RECREATION
ADULT SOFTBALL
& FIELD RENTALS**



For information regarding possible Summer Softball leagues, starting in late June or early July at Jade Street and Monterey Parks, contact us at the email or phone numbers listed below.

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.

Staci Butcher, Recreation Coordinator

Phone: (831) 475-3598

Fax: (831) 475-6279

Email: sbutcher@ci.capitola.ca.uswww.cityofcapitola.org/recreation**BASIC SAILING & SEAMANSHIP****On the Monterey Bay National****Marine Sanctuary**

2 days

Marc D. Kraft (423-7245)

12 yrs & up

www.pacificsail.com

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

Pacific Yachting & Sailing

790 Mariner Parkway, Santa Cruz

R: \$192 / NR: \$206**#7703.401 Sat/Sun 10 am-4 pm 6/20 & 6/21****#7703.402 Sat/Sun 10 am-4 pm 6/27 & 6/28****#7703.403 Sat/Sun 10 am-4 pm 7/11 & 7/12****#7703.404 Sat/Sun 10 am-4 pm 7/18 & 7/19****#7703.405 Sat/Sun 10 am-4 pm 8/1 & 8/2****#7703.406 Sat/Sun 10 am-4 pm 8/8 & 8/9****#7703.407 Sat/Sun 10 am-4 pm 8/22 & 8/23**

TENNIS CLASSES WITH FRED CHARLEBOIS



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

Fred's Email: FredsTennisRx@gmail.com

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

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

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

***** NOTE: NO CLASSES THE WEEK OF AUGUST 9.**

CLASS	LEVEL	DAYS	TIMES	PRICE	DATES
#8005.401	Int. / Adv.	M / W	10-11:30 am	\$115 / \$129	6/1-7/8
#8005.402	Int. / Adv.	M / W	10-11:30 am	\$115 / \$129	7/13-8/26
#8007.401	Advanced	T / Th	9-10:30 am	\$115 / \$129	6/2-7/9
#8007.402	Advanced	T / Th	9-10:30 am	\$115 / \$129	7/14-8/27
#8006.401	Int. / Adv.	T / Th	5:30-7 pm	\$115 / \$129	6/2-7/9
#8006.402	Int. / Adv.	T / Th	5:30-7 pm	\$115 / \$129	7/14-8/27



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

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



PRIVATE TENNIS LESSONS

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

#8200.401 1-2 players 1 hour \$60
#8201.401 3-6 players 1½ hour \$90



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

REGISTRATION BEGINS NOW

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

REGISTRATION

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

INSTRUCTORS / COURSE CONTENT

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

REFUND POLICY

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

CANCELLATIONS

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

SENIOR DISCOUNT

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

Class Locations

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

MAIL-IN REGISTRATION FORM

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

Payer's Name: _____

Residence Address: _____

Mailing Address: _____

City / Zip: _____

Phone Numbers: _____

WHO PAYS THE RESIDENT PRICE?

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

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

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

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

Total Amount Due

(Do not include materials fees):

Would you like a confirmation receipt?

YES: _____ NO: _____

Credit Card Payment:

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

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

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

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

NATIONAL NIGHT OUT



DATE: AUGUST 4, 2015

LOCATION: JADE STREET PARK

TIME: 5-7 PM

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community and providing a great opportunity to bring police and neighbors together under positive circumstances. Event includes: Police K-9 demonstrations, climbing wall, barbeque, crafts, Astro Jump, fire trucks, ambulance, police cars, meet the Chief of Police & more! Questions? Call the Capitola Police Department at 475-4935.

The 63rd ANNUAL CAPITOLA BEGONIA FESTIVAL

"Beach Blanket Begonias"
September 4-7, 2015
www.begoniafestival.com



*Artwork by artist
Priscilla Martinez*

- Sunday, 8/9: Festival Fundraiser, 1:30 - 4 pm at Michael's on Main Restaurant in Soquel.
- Friday 9/4: Dance Review, 5 pm. Performances by local talent at Esplanade Park.
- Saturday, 9/5: Sand Sculpture Contest, 8 am, judging at noon. Begonia Mural, noon - 7 pm. Watch Nautical Parade Float construction along Soquel Creek, 4 - 10 pm, Concert, 4 - 6 pm at the Esplanade Park Bandstand, Todd Morgan & The Emblems. Movie, "Happy Feet" at dark in Esplanade Park.
- Sunday, 9/6: Horseshoes, 8 am. Register in advance online. Chalk Art on the Sea Wall, 9 am. Begonias To Go - Head to Toe, 10 am while they last. Blossoms from the picking fields to you. Highlight: Nautical Parade, 1 pm. Floating barges covered with begonias. Concert in Esplanade Park, 4 - 6 pm. Silicon Valley Houserockers.
- Monday, 9/7: Fishing Derby, 6:30-11 am on Capitola Wharf. Children's Art Project & Hula Hoop Fun, 11 am - 2 pm. Rowboat Races, 1 - 4 pm. Signups, noon - 1 pm.

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