Summer in Capitola.
Summer 2023 marked the first year of the City of Capitola Lifeguard Service. Lifeguards worked hard all summer to keep Capitola Beach safe for our community and visitors through tower operations. In addition, Capitola Lifeguard staff continued to educate youth about beach and ocean safety through the Capitola Junior Lifeguarding program.
We thank all of the City of Capitola Lifeguards for their dedication to the safety of our City.

CONTACT US

MONDAY - FRIDAY | 8 AM - 5 PM
Capitola Community Center | 4400 Jade St. Capitola, CA
831.475.5935 | capitolarecreation@ci.capitola.ca.us
www.cityofcapitola.org/recreation

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POLICIES

WHO PAYS THE RESIDENT PRICE?
A Resident (R) resides within the City of Capitola and the Soquel Elementary Unified School District. A Non-resident (NR) resides within the rest of Santa Cruz County or outside of the County.

SENIOR DISCOUNT
If you are 62 or older, please request your 10% discount at the time of registration. This discount cannot be applied to non-qualifying members of your family.

CANCELLATIONS
When an activity is cancelled by Capitola Recreation, a full refund will be given to each participant or a pro-rated amount if activity has already begun.

REFUNDS
Requested more than two weeks before the start date of an activity, the City will provide a full refund, less a registration fee. (range $20 to $50 depending on activity)
Requested within two weeks before the start date of an activity, the City will provide a 50% refund OR participant can transfer into an available activity with different dates (difference in fee will be paid by participant or applied as credit to account) OR apply credit to account less registration fee.
No refunds will be given after the second day of an activity.
Account Credit is valid for one year. Please allow up to 2 weeks to receive you refund amount.
If a participant becomes sick or is injured during the activity, and the illness or injury precludes the participant from continuing, the City will provide a pro-rated refund based on the remaining days of activity. You may be required to provide documentation regarding the illness or injury.
No refund will be provided if a participant is removed from the activity for disciplinary reasons.

CREATE AN ACCOUNT TODAY

HOW TO REGISTER

Log into your CivicRec account or create a new account. Create your account in advance to expedite your day of registration. Add all your family members. When registration opens for your activity go to the website and begin your registration process. Call in or walk in registration is available for some activities but not all.
www.cityofcapitola.org/recreation

ONLINE:
https://secure.rec1.com/CA/capitola-recreation-ca/catalog

PHONE-IN
Call (831) 475-5935 Monday - Friday between the hours of 8:00 am - 5:00 pm.

WALK-IN
Register at our office, Monday - Friday 8:00 am - 5:00 pm at 4400 Jade Street, Capitola, CA 95010.
Capitola Recreation

AFTERSCHOOL REC CLUB
at New Brighton Middle School

Registration is Open!

What We Offer:
Recreational sports
Healthy snacks
Homework help
Arts & Crafts
Community & leadership
Technology activities
Supportive & fun staff
Pick up service from Elementary Schools

Fees
Calculated by the number of school days in a month and number of hours in program. Rates are based on a hourly rate Resident $5.25/hr Non-resident $6.56/hr.

Sample Schedule:
Snack / homework
Outdoor Activity
Snack / hangout / relax
Clean up & Pick up

New Brighton Middle School Students, 6th-8th Grade:
New to NBMS? Check out the Afterschool Rec Club.
Fun place to meet others!

Elementary Students, 1st-5th Grade:
Free transportation from Main St and Soquel Elementary Schools

Scholarships Available!
Food Truck Fridays are back in the Summer of ’23! Come to Monterey Ave Park to enjoy locals-centric food and entertainment in a fun, family-friendly environment. Enjoy top-notch food from some of Santa Cruz County’s best food trucks while grooving to some of the most talented musicians the Central Coast has to offer. There is plenty of wide-open space as well as an adults-only beer garden in the center of all of the action. Join us in celebrating Capitola at its best on select Fridays!

Food Truck Fridays are back in the Summer of ’23!

Food Truck Fridays are back in the Summer of ’23!

If you were mayor of Capitola, what would you do? Elementary, Middle School, and High School students have the chance! Submit your submission for Mayor for a Day essay contest!

Visit https://www.cityofcapitola.org/recreation/webform/mayor-day to enter!
The Capitola Historical Museum will reopen for the 2023 season at noon on March 11th with the new exhibition, “Capitola – Signs of the Times”. The signs in this exhibition will help tell the story of Capitola, from its pioneer and resort beginnings to its character today as a popular beach town, artists’ colony, and desirable coastal residential community. The exhibition will feature dozens of photographs of resort and commercial signs, both past and present, as well as several vintage signs from Capitola’s past businesses. We hope you enjoy the new exhibition and visit the Museum!
**UKRAINIAN ART IN THE PARK**

**12:00 - 6:00PM**

**SATURDAY, AUGUST 26TH, 2023**

CAPITOLA VILLAGE, ESPLANADE PARK

JOIN US TO CELEBRATE UKRAINE'S PAST CULTURE & 32ND YEAR OF INDEPENDENCE

**FREE EVENT**

- ARTISTS FROM UKRAINE
- UKRAINIAN DANCING
- ACTIVITIES FOR KIDS
- ITEMS FOR PURCHASE AND MORE!

Sponsored by STEPPED

**Capitola Plein Air**

**CAPITOLA ART AND CULTURAL COMMISSION ANNUAL ART FESTIVAL**

**OCT 30 - NOV 5, 2023**

**Sunday Art at the Beach**

**CAPITOLA ART & CULTURAL COMMISSION PRESENTS:**

2023 SHOW DATES:
3 Sundays 11am-5pm
June 25 • July 30 • August 13

**CAPITOLA ART & WINE FESTIVAL**

SEPTEMBER 9TH & 10TH | 2023
Capitola Beach Festival
SEPT 23 & 24, 2023

Follow the City of Capitola Recreation Division on Instagram and stay up to date on all the happenings around town! @CapitolaRecreation

Parents Night Out
First Saturday of every month | 5 PM - 9 PM
Capitola Community Center
Drop your kids off the first Saturday of every month at the Capitola Community Center! Your kids will enjoy food, fun games, and a movie while you enjoy some you time!
$25 per child | $31 Non-Resident
Register at cityofcapitola.org/recreation
Scan to register!
TWILIGHT CONCERTS

Wednesdays at the Esplanade at Sunset

August 2  Delta Wires  Rockin' Big Band Blues
August 9  Extra Large  Original Funky Fun
August 16  Billy Martini Show  Dance Hits of the 70s
August 23  Everyday People  Classic Latin Rock
August 30  Digbeats  Classic Rock

MOVIES

at the beach
Esplanade Park | Fridays

August 25  Super Mario Bros
September 1  Lyle Lyle Crocodile

SAVE THE DATE
NOVEMBER 6
ESPLANADE PARK
4PM-7PM
YOUTH BREAKDANCING
Natalie Wilson
6-12 yrs
nataliepw2000@gmail.com
Students will learn the basics of hip hop building up to free-styling and making routines with classmates.
Capitola Community Center
R: $140 | NR: $157
Sun
6:30-7:30 pm
10/8-11/12

TEEN BREAKDANCING
Natalie Wilson
13-17 yrs
nataliepw2000@gmail.com
Students will learn the basics of hip hop building up to free-styling and making routines with classmates.
Capitola Community Center
R: $140 | NR: $157
Wed
6:30-7:30 pm
10/4-11/8

BEGINNING HULA AND TAHIATIAN KEIKI (CHILDREN)
Kumu Lorraine Kalei Kinnamon/staff
www.tehaunuidance.com
Has your child expressed interest in learning the beautiful and festive dances of hula and Tahitian? Come join Kumu Lorraine and find out why the sacred dances of Hawaii’i and Tahiti are calling to the children! They will learn the basics along with related language and culture with their family of hula sisters and brothers! Along with grace, strength and fun, hula instills discipline, aloha and unity. A $10 material fee is due on the first day of class. Find out why hula becomes a way of life for the keiki.
Capitola Community Center
R: $120 | NR: $137
Mon | Wed
4:30-5:30 pm
9/25-10/4
Mon | Wed
4:30-5:30 pm
10/16-10/25
Mon | Wed
4:30-5:30 pm
11/6-11/15
Mon | Wed
4:30-5:30 pm
11/27-12/6

YOUTH TENNIS-MIDDLE SCHOOL CLINIC
Brian Pybas
brianybasyb005@gmail.com
(831) 594-9402
This class is designed for beginner level students. The primary focus will be to improve the students’ technical ability to allow for further enjoyment and access to the game. Most classes will be run in a Skill-Drill-Thrill format to create memorable lessons in a fun setting. See bio for instructor Brian Pybas above.
Capitola Community Center
R: $120 | NR: $137
Mon | Wed
3:30-4:30 pm
9/4-9/13
Mon | Wed
3:30-4:30 pm
9/25-10/4
Mon | Wed
3:30-4:30 pm
10/16-10/25
Mon | Wed
3:30-4:30 pm
11/6-11/15
Mon | Wed
3:30-4:30 pm
11/27-12/6

Kumu Lorraine Kalei Kinnamon/staff
www.tehaunuidance.com
Has your child expressed interest in learning the beautiful and festive dances of hula and Tahitian? Come join Kumu Lorraine and find out why the sacred dances of Hawaii’i and Tahiti are calling to the children! They will learn the basics along with related language and culture with their family of hula sisters and brothers! Along with grace, strength and fun, hula instills discipline, aloha and unity. A $10 material fee is due on the first day of class. Find out why hula becomes a way of life for the keiki.
Capitola Community Center
R: $120 | NR: $137
Mon | Wed
4:30-5:30 pm
9/25-10/4
Mon | Wed
4:30-5:30 pm
10/16-10/25
Mon | Wed
4:30-5:30 pm
11/6-11/15
Mon | Wed
4:30-5:30 pm
11/27-12/6
YOUTH CLASSES

TENNIS FOR KIDS 6 Wks
Laura Alioto (831) 295-9033
Introduce your child to tennis with a class designed specifically for them. This class is for beginners with little to no experience. The class will use smaller nets, raquets and balls designed especially for small people! Instructor Laura Alioto has been coaching preschool to high school tennis for over 10 years as well as Quick Start with USTA. Laura has previously been a high school coach for 15 seasons and is USPTA certified. A $6 materials fee is payable at the first class.
No Class 10/31, 11/23
Jade Street Park Tennis Courts
R: $120 | NR: $137

Class for 5-6 years:
Mon | Wed 3:30-4:15pm 9/11-10/20
R: $110 | NR: $118.5
Claudio Franca BJJ claudiofrancabj.com sancticruz@claudiofrancabj.com
KOREAN MARTIAL ARTS (TAE KWON DO) 6 Wks
(831) 476-7650
This class introduces young children to Tae Kwon Do, focusing on safe falling, kicks and tumbling. This will help 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.
Korean Martial Arts Academy, 3702 Portola Dr, Santa Cruz.
R: $116 | NR: $133 (LT) R: $119 | NR: $136
Little Tigers, Ages 3.5-5
Mon | Wed 3:45-4:25 pm 9/6-10/11
Mon | Wed 3:45-4:25 pm 10/10/11-

Ages 6-9
R: $119 | NR: $126
Mon | Wed 4:30-5:20 pm 9/6-10/11
Mon | Wed 4:30-5:20 pm 10/10/11-

Ages 10-14
Mon | Wed 5:30-6:20 pm 9/6-10/11
Mon | Wed 5:30-6:20 pm 10/10/11-

Ages 15&Up
Mon | Wed 6:30-7:30 pm 9/6-10/11

FUN WITH CLAY: A WORKSHOP 3 Wks
Deborah Wu 6-11 yrs
We'll make clay pumpkins and Dia de los Muertos face masks for October. Come play with clay as we create masterpieces with our hands and imaginations. Previous workshop not necessary but if you are continuing, we'll do different projects.
Capitola Community Center R: $110 | NR: $118.5
Tue 4:00-5:00 pm 10/10-10/24

MORE FUN WITH CLAY: HALLOWEEN THEMED 3 Wks
Deborah Wu 6-11 yrs
We'll make clay pumpkins and Dia de los Muertos face masks for October. Come play with clay as we create masterpieces with our hands and imaginations. Previous workshop not necessary but if you are continuing, we'll do different projects.
Capitola Community Center R: $110 | NR: $118.5
Tue 4:00-5:00 pm 10/10-10/24

AFTERSCHOOL HOLIDAY ARTS 10 Wks
Lisa Rupp 9-14 yrs
hello@sereiadesign (831) 295-3640 sereiadesign.com
Learn the art of sewing by experimenting with materials and basic sewing machine skills while creating fun holiday decorations. This class is designed to give students an introduction to sewing, machine safety, basic stitching, and fabric arts. Students will create 7-9 fun fabric holiday projects that challenge their artistic abilities for Halloween, Thanksgiving and Christmas holiday decor. Your student is expected to use machines and sharp tools in a safe way and be able to follow directions. A $40 materials fee is due to the instructor at the beginning of the first class.
No Class 11/23 Capitola Community Center
R: $320 NR: $337
Thu 3:30-5:30 pm 10/12-12/21
Do you have a leisure skill and enjoy teaching? Capitola Recreation is always looking for new Instructors to add to our activity guide. Check out our website or call the Capitola Community Center to learn more about how to become an Instructor.

**REALISTIC PAINTING:**
**WATERCOLOR, INTERMEDIATE & ADVANCED LEVELS**
8 Wks
Hanya Fojaco
18 yrs & up
hanyaart@icloud.com
www.hanyafojaco.com
Continue to develop your painting skills within a realistic painting context. This is a safe and supportive class. Please bring three or more simple photos which you have taken or have permission to use as references. An $8 materials fee is payable to the instructor. A few supplies will be provided to new enrollees. Bring supplies you already own to compare with a materials list for this class. Due to Covid-19 the instructor is requiring participants to show proof of vaccination on the first day of class. Mask wearing in the classroom will be optional.
Capitola Community Center
R: $136 | NR: $153
Wed 9:30-12:00pm  8/23-10/11
Wed 9:30-12:00pm  10/18-12/13

**BEGINNING ACRYLIC PAINTING**
4 Wks
Cindy Kaskey
cikmama@yahoo.com
This is a class for people who think they can’t paint but would love to be able to. I will break the paintings down into simple-to-follow steps, and you will come out with a painting you love! Email me for a list of supplies. This is just a short 4 week class that will introduce you to different painting techniques.
Capitola Community Center
R: $74| NR: $90
Tue 1:00-2:45pm 9/19-10/10

**REALISTIC PAINTING**
**MIXED MEDIA ACRYLIC PAINTING**
4 Wks
Katie Simpson
simpson.kathleen@gmvail.com
kmsimpson.com
katie.simpson.arts
This summer series of four class meetings will bring you through creating two paintings, and set you up for future painting success. Classes will include basic collage techniques, color theory, demonstrations about collage, drawing, acrylic glazing and paint techniques, group work time, one on one feedback and fun group critiques. Taught by artist Katie Simpson, who uses collage as a base for her mixed media paintings, this workshop is formatted for beginners and those who have a little experience with collage but want to explore this fun and creative art form. No experience necessary. A $10 materials fee is due to the instructor at the beginning of class.
Capitola Community Center
R: $95 | NR: $103.50
Sat 10:00-12:00pm  11/18-12/9

**MIXED MEDIA ACRYLIC PAINTING**
4 Wks
Katie Simpson
twinkleloose@gmail.com
km.sms@gmail.com
katie.simpson.arts
Come have a collage party with your creative community. This workshop will include basic collage techniques, and give students a chance to explore this wonderful medium together in a fun setting. Taught by artist Katie Simpson, who uses collage as a base for her mixed media paintings, this workshop is formatted for beginners and those who have a little experience with collage but want to explore this fun and creative art form. No experience necessary. A $10 materials fee is due to the instructor at the beginning of class.
Capitola Community Center
R: $60 | NR: $67
Sat 10:00-12:00pm  11/4
THE ARTISTS WAY FOR WOMEN 55+
Robin Everest
reverestassociates@gmail.com
The Artists Way is for anyone who would like to use their imagination and creativity to enhance their retirement life. All you need is openness, curiosity, and a willingness to do the daily journaling and weekly artist date. Please bring a copy of the book to our first class meeting. Robin Everest recently retired from teaching professional writing and career planning at Santa Clara University. A $10 materials fee is payable at the first class meeting.
No Class 11/24
Capitola Community Center
R: $200 | NR: $217
Fri 10:00 – 12:00pm
9/8-12/8

WOMEN CRAFTING THEIR LIVES AFTER 55
2 Days
Robin Everest
reverestassociates@gmail.com
craftingyourlifef55.com
Come join this workshop and explore creative ways to recognize and align with your life purpose after retirement. Let your imagination help guide you in exploring your dreams, gifts, and talents. Discover the top 10 fulfilling activities retirees pursue and orient yourself toward living a life that is expressive of who you are now rather than who you were. Go home with a fuller understanding of this stage of life and with the tools you need to continue moving forward. Robin Everest has taught successful “Finding Your Life’s Work” workshops throughout the bay area and recently retired from teaching professional writing and career planning at Santa Clara University. A recent workshop participant said, “Great class...one of the best I’ve taken.” A $10 materials fee will be due to the instructor in the first class.
Capitola Community Center
R: $74 | NR: $91
Sat 10:00-12:00pm
9/16 & 9/23

DISCOVER FLY FISHING
4 Wks
Alex Ferber
(831) 419-0564
alex.ferber74@gmail.com
adventureflyfishingsantacruz/home.com
Have you ever wanted to fly fish but didn’t know where to start? This class will be an introduction to the wonderful art of fly fishing. The class will cover basic fly casting skills along with the equipment one would need to get started. In class we will go over how to “rig a rod,” discuss fly fishing tactics, appropriate fly selection, and a variety of places one might go fly fishing. No prior fly fishing experience is required. The class will be geared to both the novice and to those that have dabbled in fly fishing in the past and want to improve their skills. The instructor will provide fly rods for practice but students are welcomed to bring their own rod fishing line. I have been fly fishing for over 25 years and I am a licensed fishing guide in California. I want to share my passion for fly fishing and nature. In this class I look forward to sharing this amazing world with others.
NOTE: There is an additional $10 materials fee paid directly to the instructor.
Jade St. Soccer Field
R $120 | NR $137
Sat 10:00-1:00pm
9/23-10/21

HIKING AND LUNCHEON FOR WOMEN 62+
4 Wks
Robin Everest
reverestassociates@gmail.com
craftingyourlifef55.com
Come join us once a month to explore Santa Cruz county and enjoy lunch. We’ll hike local forests and the seashore, explore secret walks and measure and then draw using a scale ruler. Michelle has been a local landscape contractor and designer for over 25 years. She will show you from start to finish how to’s of landscape design and a lot of other fun facts along the way. Please note: This is a series of four classes. By the time you are finished with the last class you will have your completed landscape design. If you enroll in 3 or more workshops, the price will be $35 per workshop. A $10 materials fee is due to the Instructor at the beginning of the “Let’s Get Started” Workshop.
Capitola Community Center
R: $30 | NR: 
Workshop #1: Let’s Get Started:
Sat 10:00-12:00pm
9/9-10/1
Workshop #2: Now the Fun Begins!
Sat 10:00-12:00pm
11/4-11/11
Workshop #3: Putting Ideas on Paper
Sat 10:00-12:00pm
10/7-10/14
Workshop #4: Finishing Up
Sat 10:00-12:00pm
12/2-12/9
Sat 10:00-12:00pm
12/10-12/17

SHORT FICTION BOOTCAMP
5 Wks
Victoria M Johnson
https://www.creativebreath.net
FB/Instagram @CreativeBreathWriters
Calling all fiction AND memoir writers. Come learn how to create very short stories, known as short shorts and flash or sudden fiction. Flash stories contain all the elements of fiction and have the power of their longer cousins to transform the reader. Discover tried-and-true techniques, look at great examples, and free your creativity to write your own short pieces. This fun and motivating class will help you improve your storytelling skills. Each week students will write new pieces based on the topics covered and prompts designed to incite their creativity. Learn editing tips and opportunities for publishing polished works. A $5 materials fee is due at the first class.
Capitola Community Center
R: $80 | NR: $97
Tue 11:00 – 12:30pm
9/12-10/10

DESIGN YOUR OWN LANDSCAPE FOR BEGINNERS – FOUR WORKSHOP OPTIONS
2 Wks
Michelle Ouse
greenouse@gmail.com
www.greenouselandscape.com
Ready to design your own landscape? Let’s do this! In this beginning class we will learn the very basic skills needed to create a landscape base plan to scale. Be ready to get outside and measure and then draw using a scale ruler. Michelle has been a local landscape contractor and designer for over 25 years. She will show you from start to finish how to’s of landscape design and a lot of other fun facts along the way. Please note: This is a series of four classes. By the time you are finished with the last class you will have your completed landscape design. If you enroll in 3 or more workshops, the price will be $35 per workshop. A $10 materials fee is due to the Instructor at the beginning of the “Let’s Get Started” Workshop.
Capitola Community Center
R: $40 (per workshop) | NR: $48.5
Workshop #1: Let’s Get Started:
Sat 10:00-12:00pm
9/23-9/30
Workshop #2: Now the Fun Begins!
Sat 10:00-12:00pm
10/7-10/14
Workshop #3: Putting Ideas on Paper
Sat 10:00-12:00pm
10/14-10/21
Workshop #4: Finishing Up
Sat 10:00-12:00pm
11/4-11/11
Sat 10:00-12:00pm
11/11-11/18
Sat 10:00-12:00pm
12/2-12/9

STITCH + FIX
1 Day
Lisa Rupp
hello@sereiadesign.com
Have a bag of clothes you love but they need minor repairs or alterations? Want to learn basics of sewing or expand your skills so you can fix these on your own in the future? This workshop is for you!
This workshop will educate you on the basics of sewing machine safety and skills while providing you with the ability to not only repair or alter your own items in the future but perhaps also create something from scratch.
Bring your items to repair or alter, walk away with like new favorites!
Capitola Community Center
R: $90 | NR: $98.50
Sat 9:00-1:00pm
9/16

BEGINNING AND REFRESHER MAH JONGG
Paula Suzuki
psuz2@comcast.net
Mah Jongg is a Chinese game of skill, strategy, and calculation. The game originated in China, and has been brought here and adapted through the National Mah Jongg League, Inc., in New York. The game is usually played by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy. This class will teach you how to identify; to start and to set up; and to play the game of Mah Jongg. Anyone and everyone can learn! If you have a Mah Jongg set, please bring it to show and share. An optional $2 materials fee is payable to the instructor at the first class if the class wants snacks.
Capitola Community Center
R: $80 | NR: $97
Wed | Thu 10:00-12:30pm
11/8-11/16

SUBMISSION PARTY FOR WRITERS AND POETS
1 Day
Victoria M Johnson
https://www.creativebreath.net
FB/Instagram @CreativeBreathWriters
Participants will learn where to find publishers, how to vet them, and what to submit. Find appropriate markets for your genre and voice. Stop leaving your stories and poems in a drawer. Pull them out and get them published. You’ll discover 15-20 markets for your work, including memoir, short story, flash fiction, poetry, and nonfiction publishers. Learn the terminology publishers use in the submission process. The essential ingredient to getting published is: you must submit your work! This one-time fun and motivating class will give you all the tools and tips you need. Visit my Instagram and facebook page for inspiration.
Virtual Class (ZOOM)
R: $30 | NR: $
Sat 11:00 – 12:30pm
9/30
This class is for you if you know a few basic Swing dance steps. We will begin with a quick review of Level 2 East Coast Swing and progress to the triple basic and intermediate combinations that you will enjoy for a lifetime. By the end of this class, you will be ready to enjoy the many Swing and Lindy events in the Monterey Bay Area.

**Capitola Community Center**
R: $60 | NR: $79
Mon | 7:15-8:15pm | 10/23-11/20

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**NIGHT CLUB TWO-STEP LEVEL 1**
18 yrs & up
4 Wks
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com

Night Club Two-Step is designed for the popular slow music of today. This class is recommended for beginning dancers and those with minimal experience with partner dancing. You will be introduced to leading and following skills while learning the basics of this smooth, lifting social dance. This dance is closely related to Rumba, Salsa and Cumbia and is popular with Swing, Country and contemporary ballroom dancers. In addition, this class is highly recommended for wedding parties.

**Capitola Community Center**
R: $68 | NR: $84
Mon | 7:15-8:15pm | 9/7-10/5

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**EAST COAST SWING LEVEL 3**
18 yrs & up
4 Wks
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com

This course is for you if you know 5 or more East Coast Swing steps. We will begin with a quick review of Level 2 East Coast Swing and progress to the triple basic and Intermediate combinations that you will enjoy for a lifetime. By the end of this class, you will be ready to enjoy the many Swing and Lindy events in the Monterey Bay Area.

**Capitola Community Center**
R: $60 | NR: $77
Mon | 6:00-7:00pm | 10/19-11/16

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**BEGINNING HULA AND TAHITIAN DANCES**
11 Wks
18 yrs & up
Kumu Lorraine Kalei Kinnamon/staff
@ tehaunuidance
tehaunui@cruzio.com
www.tehaunuidance.com

Have you wondered about what makes the dances of Hawai‘i so sacred and beautiful? In this introductory course you will be learn the foundation of hula and tahitian dance along with ‘olelo (language) and mele (song). Lorraine Kalei Kinnamon is a choreographer and composer and studies under the lineage of her teacher Lehua Frank Kawaikapu Hewett from Kane‘ohe, O‘ahu, where she also grew up. Lorraine has directed the Te Hau Nui School of Hula and Tahitian Dance for the past 25 years and has taught thousands of children, teens and adults throughout the greater Santa Cruz County region. A $10 material fee is due on the first day of class. Find out why hula becomes a way of life for the keiki.

**Location:** Pleasure Point Dance Studio, 3603 Portola Drive, Santa Cruz
R: $220 | NR: $237
Tue | 7-8 pm | 9/19-11/28

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**ADULT BRAZILIAN JIU-JITSU**
6 Wks
Claudio Franca BJJ
claudiofrancabjj.com
santacruz@claudiofrancabjj.com
(831) 476-7650

Ever been interested in learning Brazilian Jiu-Jitsu, but weren't sure where to start? If so, this series is for you! You will be introduced to the basic moves such as rolls, hip-escapes, throws, and many more skills to begin your BJJ training. Each class provides a great workout in a friendly, supportive, and non-competitive environment. Adults will be joining an ongoing class with our Beginner BJJ members. A uniform (Gi) is required and available for purchase at the dojo. This program may only be taken through the recreation department once. You may join our dojo afterward to continue training in Brazilian Jiu-Jitsu.

**No Class**
10/31
1658 Soquel Dr., Suite C, Santa Cruz, California 95065
R: $210 | NR: $227
Mon | Wed | 5:10-5:55 pm | 9/11-10/25
Mon | Wed | 5:10-5:55 pm | 11/6-12/18
Thank you for the continued pleasure to offer Zumba Gold through Capitola Recreation.

ZUMBA GOLD: MONDAY NIGHT VIRTUAL PARTY (ZOOM) 4/6 Wks
Adrienne Harrell
(831)535-8255
adrienne@soulfulceremonies.com
Come to the Zumba Gold Fitness Party...online! 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 also is a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor. I will provide the zoom links to the class via a separate communication. Thank you for the continued pleasure to offer Zumba Gold through Capitola Recreation.

Online
6 Wk R: $47.50 | NR: $64.50
Mon 6:00 to 6:50 pm 9/11-10/23
Mon 6:00 to 6:50 pm 10/30-12/13

ZUMBA GOLD: WEDNESDAY NIGHT LIVE (IN PERSON) PARTY
6 Wks
Adrienne Harrell
18 yrs & up
(831) 535-8255
adrienne@soulfulceremonies.com
Come to the Zumba Gold Fitness Party! Zumba Gold takes the ZUMBA formula and modifies the moves and pacing to make for a lower-impact, easier-to-follow workout. Zumba Gold features zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton in a friendly, relaxed and fun party-like atmosphere that also is a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor. I will provide the zoom links to the class via a separate communication. Thank you for the continued pleasure to offer Zumba Gold through Capitola Recreation.

Capitola Community Center
6 Wk R: $114 | NR: $131
Wed 6-6:50 pm 9/13-10/18
Wed 6-6:50 pm 11/1-12/13

GENTLE YOGA FOR RENEWAL AND REBALANCE 4 Wks
Janet Russell Keller
(831) 588-9719
janet@capitolyoga.com
Gentle yoga and core strengthening, harmonizing mind, body & spirit. Classes are a blend of Hatha yoga, classical stretches and Pilates, with drifts of tai chi. Quiet, blissful and non-competitive with a dash of humor. Janet Russell has been practicing yoga for thirty years and teaching since 2005. She holds a degree in Physical Education from UC Berkeley and is certified to teach yoga by the ChopraCenter for Well Being (Author and MD Dr. Deepak Chopra in Carlsbad, CA) Join us and gain tone and strength as we relax...renew...restore.

Class on 11/27 & 11/30 will be 90 minutes
Capitola Community Center
R: $86 | NR: $103
Mon | Thu 4-5pm  9/11-10/12
Mon | Thu 4-5pm 10/16-11/13
Mon | Thu 4-5pm 11/27-12/21

BEGINNING CLASSICAL BALLET/ BALLET BARRE FOR TEENS AND ADULTS 4 Wks
Jeani Mitchell
Beginning Classical Ballet/Ballet Barre for Teens and Adults
The emphasis will be on basic ballet technique, terminology, correct body alignment, core strength, and flexibility. Classes will include a warm up, beginning ballet barre, and center floor exercises. Dance in a supportive environment with individualized attention. Ballet is a positive journey to be enjoyed by all ages.
No Class 11/22
Capitola Community Center
R: $90 | NR: $107
Mon | Thu 4-5pm  9/6-9/27
Mon | Thu 4-5pm 10/11-11/1
Mon | Thu 4-5pm 11/15-12/13

TAI CHI YANG STYLE ADVANCED BEGINNERS 16 Wks
Kathleen (Kat) Brown
westeastsomatics.com
kat888brown@yahoo.com
This will be an intermediate Tai Chi class. A new series of Yang style movements called The PhD (Pretty-Heavy-Duty) will be taught to students who have completed Part I of the Long Form. This form was developed and taught by Hubert Lui at Columbia Dance School in Chicago. A free community tai chi Yang style practice convenes on Sunday at 9 a.m. open to all on the patio behind the Capitola Rec Center.
No Class 11/23
Capitola Community Center
R: $40 | NR: $55
Tue | Thu 10:15-11:15am 9/5-12/21

ALIGNMENT YOGA 14 Wks
Aimee Fitzgerald
16 yrs & up
aimee.fitzgerald@gmail.com
(415) 734-1194
www.aimeefitzgerald.com
Practicing yoga can increase our physical and mental health. Spend 45 minutes exploring your strength and flexibility with an iyengar-based gentle yoga class. We will complete standing, seated, and supine yoga asana. We will generally spend time holding each position. We will focus on using our breath. This class generally does not have flowing sequences. This class is suitable for those who prefer a gentle class, beginners, or people who have had an injury in the past. Please email Aimee if you have any questions about if this class is right for you.
Students will need to bring their own yoga mat. Feel free to bring a yoga strap, or a necktie, or towel to use for stretching. Also feel free to bring a pad or folded towel for under your head.
No Class 11/22
Capitola Community Center
R: $141 | NR: $158
Wed 4:00-4:45pm 9/6-12/13

MONDAY NIGHT YOGA 6 Wks
Claudio Franca BJJ
16 yrs & up
santacruz@ccliaufiorancabj.com
www.ccliaufiorancabj.com
(831) 476-7650
Come explore yoga with JJJ Individual attention is given, no matter the size of the class. Let’s find out together what inspires you, makes you smile, and helps you on your journey. These personalized yoga classes offered by JJJ will help you develop the skills needed and be able to put them into action. Guru JJJ is a certified personal trainer, certified stick yoga instructor, certified nutritional coach, and yoga instructor.
In addition, JJJ has an extensive background in disciplines such as Chinese wand, Tai chi, and resistance-free weight training.
1658 Soquel Dr., Suite C, Santa Cruz, California 95065
R: $60 | NR: $69
Mon, Wed 7:00-8:00pm 9/11-10/16
Mon, Wed 7:00-8:00pm 11/6-12/18
### ZOOM THERAPILATES® CHAIR CLASS

**4 Wks**

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<tr>
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**Gina Enriquez, C.P.T. & Staff**

(831) 224-8287

ginacenriquez@yahoo.com

This class will be live streamed via Zoom from the in-person Bones and Balance class to help you maintain and improve your postural alignment, balance and strength. Leg strengthening is one of the most important things you can do to remain independent. Gina's concern for all of you is that you do whatever you can to prevent falls, fractures and other injuries, and to prevent muscle loss during this down time. Enjoy many of the same exercises that you have learned in class, from the comfort of your own home! Exercises and equipment will be modified a bit to be compatible with doing a home workout. Once you have signed up for class, you will receive an email about 30 minutes before class time with a meeting ID as well as a password on how to access the class or you may bring your own.

No class 5/29

Online

R: $67.52 | NR: $82.52

M | W | 11:30-12:30pm | 9/6-10/11 |
| M | W | 8:45-9:45am | 10/16-11/22 |
| M | W | 8:45-9:45am | 11/27-12/20 |
| M | W | 10:00-11:00 am | 9/6-10/11 |
| M | W | 10:00-11:00 am | 10/16-11/22 |
| M | W | 10:00-11:00 am | 11/27-12/20 |

### ZOOM THERAPILATES® MAT CLASS

**4 Wks**

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**Gina Enriquez, C.P.T. & Staff**

(831) 224-8287

ginacenriquez@yahoo.com

This class will be live streamed via Zoom from instructor Gina Enriquez’s living room, to help you maintain and improve your postural alignment, balance and strength. Leg strengthening is one of the most important things you can do to remain independent. Gina's concern for all of you is that you do whatever you can to prevent falls, fractures and other injuries, and to prevent muscle loss during this down time. Enjoy many of the same exercises that you have learned in class, from the comfort of your own home! Exercises and equipment will be modified a bit to be compatible with doing a home workout. Once you have signed up for class, you will receive an email about 30 minutes before class time with a meeting ID as well as a password on how to access the class or you may bring your own.

No class 5/29

Online

R: $67.52 | NR: $82.52

M | W | 8:45-9:45am | 10/16-11/22 |
| M | W | 8:45-9:45am | 11/27-12/20 |
| M | W | 10:00-11:00 am | 9/6-10/11 |
| M | W | 10:00-11:00 am | 10/16-11/22 |
| M | W | 10:00-11:00 am | 11/27-12/20 |

### THERAPILATES® CHAIR CLASS–IN PERSON

**4 Wks**

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**Gina Enriquez, C.P.T. & Staff**

(831) 224-8287 / ginacenriquez@yahoo.com

Join us for a Pilates-based bone building class consisting of 34 exercises, of which are contra-indicated for those with osteoporosis. The facts are: 1 in 2 women over age 50 and 1 in 4 men over age 70 will fracture their wrist, spine or hip. Fall and fracture prevention starts by incorporating lower and upper body strength training, postural alignment training, balance training and core strengthening.

No class 5/29

Capitola Community Center

R: $84 | NR: $101

M | W | 8:45-9:45am | 9/6-10/11 |
| M | W | 8:45-9:45am | 10/16-11/22 |
| M | W | 8:45-9:45am | 11/27-12/20 |
| M | W | 10:00-11:00 am | 9/6-10/11 |
| M | W | 10:00-11:00 am | 10/16-11/22 |
| M | W | 10:00-11:00 am | 11/27-12/20 |

### THERAPILATES® MAT CLASS–IN PERSON

**4 Wks**

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**Gina Enriquez, C.P.T. & Staff**

(831) 224-8287

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 5/29

Capitola Community Center

R: $84 | NR: $101

M | W | 8:45-9:45am | 9/6-10/11 |
| M | W | 8:45-9:45am | 10/16-11/22 |
| M | W | 8:45-9:45am | 11/27-12/20 |
| M | W | 10:00-11:00 am | 9/6-10/11 |
| M | W | 10:00-11:00 am | 10/16-11/22 |
| M | W | 10:00-11:00 am | 11/27-12/20 |

### Why TheraPilates vs. Pilates?

TheraPilates for men and women was developed by Physical Therapist Sherri Betz, DPT to address the needs of people with osteoporosis, osteopenia, poor balance, poor posture, joint and spinal conditions. The typical pilates repertoire consists of 34 exercises, of which are contra-indicated for those with osteoporosis. The facts are: 1 in 2 women over age 50 and 1 in 4 men over age 70 will fracture their wrist, spine or hip. Fall and fracture prevention starts by incorporating lower and upper body strength training, postural alignment training, balance training and core strengthening.

Gina has been certified by the American Council on Exercise for 20 years. Over that timespan Gina has had a great deal of expertise working in the health care field teaching Stanford’s Chronic Disease Self Management Course, A Matter of Balance (Maine Health), the exercise component of a clinical 16 week weight management course and is a past Board Member of American Bone Health and Peer Educator of American Bone Health. Her interest in bone health is what led her to where she is today. When Sherri Betz relocated out of state Gina was very grateful to be asked to carry on this valuable program.
TENNIS @ Jade St Park

David Cobabe is a former Illinois State junior doubles champion. He began teaching privately while attending Stanford and has been teaching on and off since that time. He is trained in the Alexander Technique which aids teaching tennis technique that is functionally sound, optimizes performance and protects the body from injury.

If you have questions, or want to arrange private lessons, email David at dscobabe@mac.com.

Laura Alioto has played for almost 20 years. She's played for Cabrillo Junior college team in 2014/2015 and has coached high school since 2008. She is a USPTA certified tennis instructor.

If you have questions, or want to arrange private lessons, email Laura at lauraalioto@yahoo.com.

PRIVATE TENNIS LESSONS- LAURA
Contact Laura via email, lauraalioto@yahoo.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, 8:00-5:00, or online, at: https://secure.rec1.com/CA/capitola-recreation-ca/catalog, and bring your receipt with you to your lesson. 1-2 players • 1 hour • $60 per hour | $30 half hour

PRIVATE TENNIS LESSONS-BRIAN
Contact Brian via email, brianpybas@gmail.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, 8:00-5:00, or online, at: https://secure.rec1.com/CA/capitola-recreation-ca/catalog, and bring your receipt with you to your lesson. 1-2 players • 1 hour • $60 per hour | $30 half hour

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

Intermediate Tennis: If you know the basics and can sustain a 4-5 ball rally, then this class will help you improve your skills and overall playing abilities. Drills will help you improve your strokes and game play will allow you to learn better strategies to improve your game. *A $10 materials fee is payable to the instructor at the first class.

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<tr>
<td>Morning Clinic 3.0 &amp; up</td>
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Brian has spent most of his life dedicated to competing and teaching tennis. He played #1 singles and doubles for UC Santa Cruz, winning both a team and doubles national championship, along with 6 All-American awards during his time on the team. Brian has worked on the coaching side at every level, from beginner classes for adults and children at local clubs, to high performance academies looking to produce college level players from as early as 6 years old. Using his technical knowledge and motivational skills, he’s excited to spread the love of tennis that was provided to him at a young age.
The City of Capitola Recreation is excited to highlight recreation staff Natalie Wilson. Natalie began her journey with Capitola Recreation in 2009 as a camper at Camp Capitola. She then took on a more active role in Camp in 2014 as a Junior Leader. In 2018, Natalie was hired as a Recreation Leader for Camp Capitola. Today, Natalie works as an Assistant Program Coordinator to both Camp Capitola and our Afterschool Rec Program at NBMS. Natalie has a passion for breakdancing and hanging out at anything Capitola Rec! Register for Capitola Recreation Afterschool Rec program today to hang out with Natalie and many other amazing leaders like her!