CAMP CAPITOLA REGISTRATION STARTS MARCH 14

JUNIOR GUARDS REGISTRATION STARTS MARCH 21!
**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 $19 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.
Capitola Recreation Presents

FREE

FAMILY MOVIE NIGHT!

FRIDAY, DECEMBER 2ND:
POLAR EXPRESS

FRIDAY, JANUARY 13:
TOP GUN: MAVERICK

DOORS OPEN @ 6PM
MOVIE STARTS @ 6:30PM

Jade St Community Center
4400 Jade St. Capitola, CA 95010
Low-back chairs only, please.

Capitola Historical Museum * 410 Capitola Avenue * March–December 2023
Signs contribute to a sense of place and enable us to trace the history and evolution of our community over time. According to the American Sign Museum, signs are "... an often overlooked part of our culture that hides in plain sight as part of our daily lives."

Saturday, Dec. 3
9:00-2:00
Start your Holiday shopping early!
Affordable hand-crafted gifts of professional quality items by the Lavender Ladies and guest artisans.
All proceeds benefit MCSC
Mid-County Senior Center
829 Bay Avenue Capitola • 476-4711
Behind Woodworm Party Store

In early 2023, Capitola Arts and Cultural Commission will issue a "call to artists" for a proposed public art project commemorating the Capitola Begonia Festival.

Call to Artists
Email nbryant@ci.capitola.ca.us to receive a copy of the proposal when it is available.
The Capitola Junior Lifeguard program is a fun, physically challenging, and competitive program which provides instruction in the fundamentals of ocean water safety, first aid, lifesaving, fitness, and good sportsmanship. Junior Guards are required to swim and be involved in ocean-oriented activities every day. They must be able to swim and be comfortable in the ocean before enrolling in the program. Activities include open water swimming, paddle boarding, body surfing, mock rescues, beach & water games, calisthenics, and workouts.

**REGISTRATION DATES**

**RESIDENT**: Primary residence within the City of Capitola & Soquel Union Elementary School District

**Returning Guards from 2022**
Tuesday, March 21, 8:30am

**New Guards**
Wednesday, March 22: 8:30am

**SESSION 1**: June 12 – July 7

**SESSION 2**: July 10 – August 4

**MORNINGS**: 9AM-12NOON

**AFTERNOONS**: 1-4PM

**RECOMMENDED PREPARATION AND SKILL LEVELS:**

**The Little Guard (6-8yrs)**: requires daily participation in entering and exiting through ocean waves and conditioning activities including calisthenics, running and beach games.

**C’s (9-11yrs)**: must swim unassisted around 1st buoy on the first day, 100-150 yard freestyle swimming, tread water for 3 minutes.

**B’s (12-13yrs)**: must swim unassisted around 1st & 2nd buoy on the first day, 200-300 yards (ex: 8-12 pool laps) freestyle swimming, tread water for 3 minutes.

**A’s & U19’s (14-15, 16-18yrs)** - must swim unassisted around 1st – 3rd buoy on the first day, minimum of 300-500—continuous yards (ex: 12-20 pool laps), tread water for 5 minutes.

**EXAMPLE TYPICAL WARM UP:**

**Little Guards**: Warm up Run: ¼ mile (Junior Guard headquarters to pier and back) Stretch, sit up, pushups, calisthenics 25 yard swim

**JUNIOR GUARDS: A, B, C & U19**: Warm up Run: ½ mile (Junior Guard Headquarters to seawall & back) Stretch, sit up, pushups, calisthenics 100-300 yard swim

**Resident $287 / Non-Resident $358**
U-19 $199
Regionals $98
USLA fee for 9 yrs and up
Transport $60
Late pickup $1 per minute

*Scholarships available

**DON’T FORGET YOUR PHOTOS**

**U19 PROGRAM FOR AGES 16-18 YRS**

This training program includes instruction in leadership, safety, physical fitness, and communication, to prepare participants to be a future Capitola Lifeguards.

Applicants must participate in the morning program and may be requested to volunteer in the afternoon with the junior lifeguard program. Upon completion of 40 hours of volunteering they will be reimbursed for registration fees.
Camp Capitola is a recreation summer day camp serving youth ages 4 to 14. Held at Jade St Park and the Capitola Community Center. Camp Capitola offers a variety of activities including outdoor games, sports, arts & crafts, walking field trips and beach days. Your child must be 4 years old before the program starts.

2 WEEK SESSIONS BEGIN JUNE 12
Resident $318 Non-Resident $398
Half Day: R $161 | NR $200
Around Town Camp R $287 | NR $358 (1 wk)
JR LEADER PROGRAM: $69.29 | 15-17 YRS
Transport: $60
Extended care: $55, $1 per minute late fee
*Scholarships available

REGISTRATION OPENS TUESDAY, MARCH 14 8:30AM

RESIDENT Those living within City of Capitola & Soquel Elementary School District

ALL DAY: 9-4:30PM, MORNING ONLY: 9-12:30PM, AFTERNOON ONLY: 1-4:30PM

SESSION 1 June 12 - June 23
SESSION 2 June 26 - July 7 (no program July 4)
SESSION 3 July 10 - July 21
SESSION 4 July 24 - August 4

Space is limited in the Lil’ Campers and Camp Capitola Around Town camps.

Are you a teen (15-17yrs) looking to develop leadership skills? Interested teens come join our Junior Leader Program this summer.

SCHEDULE AND ACTIVITIES

Camper will enjoy: teambuilding, games, songs, recreational sports, arts & craft, beach day, movies, and ice cream at the end of every session. Extended Care AM: 8-9am | Extended Care PM: 4:30-5:30pm

Typical Camp Day
9:00 Camp Activity
10:15 Snack
10:30 Camp Activity
12-12:30 Lunch & Transport IF in Jr Guards
12:30 Camp Activity
2:15 Snack
2:30 Camp Activity
3:30 All Camp Game

Extended care AM: 8-9am
Extended care PM: 4:30-5:30pm

CLASSIC CAMP CAPITOLA:
6-12 yrs, morning, afternoon, or all-day camp options
LIL’ CAMPER CAPITOLA
4-5yrs, Morning or all-day camp
CAMP CAPITOLA AROUND TOWN:
11-14yrs, All day option only

AROUND TOWN CAMP:
1 week All day camp for 11-14yr old’s. This is only offered 2 times during the summer with limited space. We will be exploring the local activities around town. Activities may include kayaking, roller skating, bowling, mini-golf, hiking, and obstacle courses. All day option only.
R $287 | NR $358
June 19-23
July 10-14
ADULT SPORTS LEAGUES

Games may be played any day of the week, Monday-Friday at 6:30pm. Payment must be complete to compete. Registration is on a first come first-serve basis.

LEAGUE PLAY BEGINS:
Week of March 26
$574 PER TEAM REGISTRATION

REGISTRATION TUESDAY, FEBRUARY 28, 8:30AM

Single Player/Free Agent
Want to play softball but don’t have an entire team? Call and be added to the free agent list. It’s a great way to get outside, meet new people and play some softball.
Capitola Recreation Classes are organized by the Division and provided by independent contractors who are skilled in a diverse set of areas. Some instructors are community members, and some are small businesses. All enjoy teaching and being active in the community. Instructors develop their own course which is reviewed by the staff. Instructors complete a background check conducted by the City before they begin teaching.

**BALLETT: MOM / DAD & ME**

Jeani Mitchell  
2-3 years

Introduce your child to the world of dance! Through basic ballet technique your child will develop gross and fine motor skills. He or she will develop movement, rhythm and the ability to follow directions and work with a group. Children will be enchanted with lots of wings, wands and tutus. Children may take this class beyond 3 years of age if they are not ready to participate in Pre-ballet by themselves. An $8 materials fee is payable at the first class. Please no video recording of the class. Teacher will allow an appropriate time for pictures. No class 4/6

**Capitola Community Center**

R: $76  |  NR: $92

Thu  3:45-4:30 pm  1/5-2/2
Thu  3:45-4:30 pm  2/9-3/9
Thu  3:45-4:30 pm  3/23-4/27

**PRE-BALLETT I**

Jeani Mitchell  
3-8 years

Children will discover the joy of dance and age appropriate technique in a positive and nurturing environment. Emphasis will be placed on proper posture and alignment. This class is designed to develop grace, coordination and creativity. Children will learn valuable skills, build self confidence, make new friends and find the joy of discipline and dance. There is a time for creative expression and children will be able to create their own dances. Please no video recording of the class. Teacher will allow an appropriate time for pictures. No class 4/6

**Capitola Community Center**

R: $76  |  NR: $92

Thu  4:45-5:30 pm  1/5-2/2
Thu  4:45-5:30 pm  2/9-3/9
Thu  4:45-5:30 pm  3/23-4/27

**PRE-BALLETT II**

Jeani Mitchell  
6-10 years

These classes will cover basic ballet positions and technique and are designed to introduce basic balletic stretches, 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. Please no video recording of the class. Teacher will allow an appropriate time for pictures. No class 4/7

**Capitola Community Center**

R: $76  |  NR: $92

Fri  3:45-4:45  1/6-2/3
Fri  3:45-4:45  2/10-3/10
Fri  3:45-4:45  3/24-4/28

**MORE FUN WITH CLAY: A WORKSHOP FOR KIDS**  
Deborah Wu  
Ages 6-11

Who doesn't like working with clay? In this 3 week workshop, we'll create fun (and new) projects that include pinch pot creatures and building tiles. Using our imaginations and hands, we'll explore and learn how to turn a block of clay into permanent works of art. Included in the class fee: clay, glazes, and supplies as well as kiln firing of projects. In addition to teaching with Capitola Recreation, Deborah teaches children's art throughout Santa Cruz County.

**Capitola Community Center**

R: $110  |  NR: $118

Tue  4:00-5:00 pm  2/7-2/21

**DIY MINIMAL BOHO ART/DÉCOR**  
Marcella Yvara  
8-12 yrs  4 wks

Come DIY with me! In this class we will have fun with three different minimalist-BOHO style painting projects. These projects are beginner friendly and are simple enough to even relieve stress after a long day at school. Take home your beautiful creations to hang around the house, your own special space or gift to a friend or loved one. Marcella has 20 years experience educating youth in dance, fitness, yoga, tumbling and art. A $20 material fee is paid to the instructor at the first day of class.

**Capitola Community Center**

1/11-2/1  
Wed  3-4:30pm
2/8-3/8  
Wed  3-4:30pm
3/15-4/19

**BEGINNING HULA AND TAHITIAN KEIKI (CHILDREN)**  
12 weeks

Kumu Lorraine Kalei Kinnamon/staff  
www.tehaunuidance.com  
teauaui@cruzio.com

Kumu Lorraine was raised on O‘ahu and has just celebrated 25 years of bringing the grace and beauty of hula and Tahitian? Come join Kumu Lorraine Kaleiokalau’a Kinnamon and find out why hula becomes a way of life for the keiki. They will learn the basics of Hula and Tahitian Dance. A $10 material fee is due on the first day of class. Find out why hula becomes a way of life for the keiki!

**Pleasure Point Dance Studio, 3603 Portola Drive, Santa Cruz**

R: $259  |  NR: $275

Wed  4:10-4:55  2/7-4/25
### TENNIS FOR KIDS

6 weeks

**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, racquets 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.

**Jade Street Park Tennis Courts**

R: $109 | NR: $125

- **Little Tigers, Ages 3.5-5**
  - R: $96 | NR: $112
  - M | W 3:45-4:20 pm 1/9-2/22
  - Ages 10-15
    - R: $99 | NR: $115
    - M | W 5:30-6:20 pm 1/9-2/22

- **Korean Martial Arts Academy, 3702 Portola Dr, Santa Cruz**
  - Little Tigers, Ages 6-9
    - R: $99 | NR: $115
    - M | W 4:30-5:20 pm 1/9-2/22
  - M | W 3:45-4:20 pm 3/6-4/12

### KOREAN MARTIAL ARTS (TAE KWON DO)

6 weeks

4-15 yrs

This class introduces young children to Tae Kwon Do, focusing on safe falling, kicks and tumbling. This class 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. **No class 1/16 & 2/20**

**Korean Martial Arts Academy, 3702 Portola Dr, Santa Cruz.**

Laura Alioto has been coaching little people to play 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.

**Jade Street Park Tennis Courts**

R: $109 | NR: $125

**R: $109 | NR: $125**

- **Jade Street Park Tennis Courts**
  - M | W 3:45-4:20 pm 3/6-4/12
  - Mon 5-5:45 pm 3/14-4/12

### MINDFUL MOVEMENT

Marcella Yvarra

3-5yrs 4 wks

miss.marcella@yahoo.com 408-515-8812

- **Kids mind and body movement**
  - Imagine, move, laugh and feel refreshed!
  - Tell stories and play games with creative body movement, sounds, music, stuffed animals and fun props. Challenge your balance, strength and flexibility while working independently and with friends. Focus your mind while going on visual journey’s to fun and far away places. Pretend you are an animal, a tree, an airplane or even the breeze blowing the clouds.
  - Please bring a water bottle and yoga mat.

- **Korean Martial Arts Academy, 3702 Portola Dr, Santa Cruz**
  - Mrs Marcella has been working with youth for over 20 years, educating in the areas of fitness, dance, yoga, art, tumbling and more.

**Capitola Community Center**

- **R$107 | NR $123**
  - Fri 10:30-11:30am 1/6-1/27
  - Fri 10:30-11:30am 2/3-2/24
  - Fri 10:30-11:30am 3/3-3/24
  - Fri 10:30-11:30am 4/7-4/28

### FITNESS AND MOTOR DEVELOPMENT

Marcella Yvarra

miss.marcella@yahoo.com 408-515-8812

- **There’s nothing like a little blood flow to make you feel like a champ! Build strength and flexibility that will empower you. Learn about your body, names of your muscles and bones and why it’s important to be active and eat healthy on a daily basis. Participate in fun activities, games and obstacle courses that energize and prepare you to take on your day. Marcella has 20 years experience educating youth in dance, fitness, yoga, tumbling and art. Bring: Students should bring a water bottle to class.**

**Capitola Community Center**

- **R$107 | NR $123**
  - Tue 10:30-11:30am 1/5-1/26
  - Tue 2-3 pm 2/2-2/23
  - Tue 2-3 pm 3/2-3/23
  - Tue 2-3 pm 4/6-4/27

### DANCE, MUSIC AND MOVEMENT DEVELOPMENT

Marcella Yvarra

miss.marcella@yahoo.com 408-515-8812

- **Dance your heart away to a wide variety of music from around the world and different genres. Build coordination and style that’s all your own. Join friends and learn the etiquette of partner dancing. Explore many styles of dance, using fun props, instruments, and costumes. Activities change weekly and can include games, stories, dance routines and more. Please bring a water bottle to class, this is not a parent participation class.**

**Capitola Community Center**

- **R$107 | NR $123**
  - Fri 10:30-11:30am 2/7-2/28
  - Fri 10:30-11:30am 4/6-4/27

### AGILITY BOULDERS: AFTER SCHOOL CLUB

Marcella Yvarra

miss.marcella@yahoo.com 408-515-8812

- **Agility’s After School Club is geared for beginner climbers looking to explore movement through climbing and obstacles in a supportive and fun environment. Climbers will learn climbing safety and strategy while developing strength and coordination through movement. All games and activities are age appropriate and designed to accommodate individual needs while building confidence and connections with fellow classmates. Gym Membership and shoe rentals are included for the duration of each session.**

**Agility Boulders, 1440 38th Ave., Capitola**

- **R: $251 | NR: $267**
  - Mon & Tue 4:00pm-5:30pm 1/16-2/15
  - Mon & Tue 4:00pm-5:30pm 2/27-3/29
ALL SORTS OF SPORTS, SPRING BREAK CAMP  7-13yrs
The All Sorts of Sports Jr. coed program by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include basketball, dodge ball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

Jade St Basketball Court
R: $200  NR: $208
Mon-Fri  9:00am-12:00 pm  4/3-4/7

HIT & RUN T-BALL  3-4 yrs
Hit & Run T-ball gives children a fun, active and educational experience tailored to the abilities of their age group. Our staff helps them learn how to catch without being scared of the ball, hit using our Flex Hit, run the bases and field grounders. Featuring structured simple activities, individual and team-building challenges along with small-sided competitions to develop and engage small athletes. No class 4/8.

Jade St Softball Field
R: $83  NR: $99
Sat  10:30-12:00pm  4/1-4/29

GRASS VOLLEYBALL DEVELOPMENTAL PROGRAM  7-13 yrs
The National Academy of Athletics grass volleyball developmental program is great for beginning and intermediate players. Each week the players are challenged to do their best while learning passing, setting, and spiking. During skill development, drills, small-sided competitions and using encouraging reinforcement, our amazing staff brings out a positive change in every player. Each week players will participate in station drill work, games, and competitions. Includes t shirt, instruction, challenges, and competitions. No class 4/8.

Jade St Softball Field
R: $83  NR: $99
Sat  10:30-12:00pm  4/1-4/29

PARKOUR GENERATIONS
Ages 6-17  7 wks
santacruz@parkourgenerations.com  www.pkgensantacruz.com  @pkgensantacruz
Move, play, explore, and grow! Physical literacy and personal development through parkour. Kids need healthy movement, and community now more than ever. We have weekly classes outdoors and indoors, with your child’s health, safety, enrichment - and fun - top of mind. Allow your kids to un-plug, develop fine & gross motor skills, strength, mental fortitude, creativity, self-confidence, flow - and new friendships - through the practice of parkour/freerunning. All-levels class with complete movement training with fully-qualified parkour/freerunning specialists. All our coaches are qualified by ADAPT Qualifications, the official global qualifying body for parkour; CPR, ACE, AFFA, SafeSport, & CPR certified. Founding Member of USPK -United States Parkour Association

Questions? Feel free to send us an email anytime. We look forward to helping you learn to Master Your Movement ™ at Parkour Generations!
Session 1 - Students will get the best experience if they sign up for both sessions 1 and 2.

Parkour Generations Animal Paths skill based curriculum will be used in a 6 week block with week 7 as a fun skills check week. No class 4/8.

Agility Boulders, 1440 38th Ave., Capitola
R: $194  NR: $210
Thu 4:30-5:30pm  1/10-2/21
Thu 4:30-6pm  1/12-2/23
Thu 4:30-5:30pm  3/1-3/19
Teen Parkour, ages 13-17
Thu 4:30-6pm  3/2-3/20
Teen Parkour, ages 13-17
Thu 4:30-6pm  1/2-3/19

Agility Boulders, 1440 38th Ave., Capitola
R: $194  NR: $210
Thu 4:30-5:30pm  1/10-2/21
Thu 4:30-6pm  1/2-3/19

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R: $194  NR: $210
Thu 4:30-5:30pm  1/10-2/21
Thu 4:30-6pm  1/2-3/19

Agility Boulders, 1440 38th Ave., Capitola
R: $194  NR: $210
Thu 4:30-5:30pm  1/10-2/21
Thu 4:30-6pm  1/2-3/19
ADULT CLASSES

REALISTIC PAINTING: WATERCOLOR, INTERMEDIATE & ADVANCED LEVELS
Hanya Fojaco 8 weeks
hanyaart@icloud.com 18 yrs & up
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: $135 | NR: $151
Wed 9:30-12 noon 1/4-2/22
Wed 9:30-12 noon 3/4-4/22

ACRYLIC PAINTING 8 weeks
Cindy Kaskey 16 yrs & up
cikmama@yahoo.com
This is a class for people who have picked up a paintbrush before but would still like some instruction. Each week we have a theme. I send out images for inspiration which can be copied, compiled or completely ignored. I often send out videos as well to give you a few different ways other people have painted the theme. Some classes are step by step and some will have a technique that you can incorporate into your painting. The class is geared to support each other and our creative journeys. Email instructor for list of supplies.
Capitola Community Center
R: $113 | NR: $129
Mon 1:00-3:00pm 2/27-4/17

MIXED MEDIA ACRYLIC PAINTING
Katie Simpson
kmsimpson.com
kmsimpson.com
katie.simpson.arts
Explore acrylic paint and mediums by using mixed media techniques. The class will cover collage, drawing, and glazing along with acrylic techniques. Taught by mixed media artist Katie Simpson, a teaching artist in Santa Cruz and Monterey Counties. Katie shows her art locally, and has an MFA and BA in art. She studied and taught relief printmaking in New York.
Capitola Community Center
R: $69 | NR: $77
Sat 10:00-12:00 noon 3/4
Sat 10:00-12:00 noon 4/11

BEGINNING ACRYLIC PAINTING
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: $69 | NR: $85
Tue 1:00-2:45pm 2/21-3/14

COLLAGE PARTY NEW
Katie Simpson
simpson.kathleen@gmail.com
kmsimpson.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.
Capitola Community Center
R: $60 | NR: $68
Sat 10-12 noon 3/4
Sat 10-12 noon 4/15

BLOCK PRINT CARDS
Katie Simpson
simpson.kathleen@gmail.com
kmsimpson.com
katie.simpson.arts
Join us for this introductory block printing workshop, where you will learn how to carve and print a greeting card. We'll use easy to carve materials and discuss a few options for future printing fun. This class is formatted for beginners and folks with a little experience. Students are welcome to bring their own materials and supplies as well. A $10 materials fee cover carving and printing material, tools, ink, and cards to print on. This workshop is taught by Katie Simpson, a teaching artist in Santa Cruz and Monterey Counties. Katie shows her art locally, and has an MFA and BA in art. She studied and taught relief printmaking in New York.
Capitola Community Center
R: $69 | NR: $77
Sat 10-12 noon 2/4
Sat 10-12 noon 3/11

ARTS/CRAFTS

BEGINNING HULA & TAHITIAN
pg 27

COLLAGE PARTY
Katie Simpson
simpson.kathleen@gmail.com
kmsimpson.com
katie.simpson.arts

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.
WATERCOLOR STILL LIFE

Katie Simpson
simpson.kathleen@gmail.com
kmsimpson.com | @katie.simpson.arts

Come paint a fun still life with us! Learn basic watercolor techniques and explore color, shape and space through this fun art class. Taught by artist Katie Simpson, a teaching artist in Santa Cruz and Monterey Counties. A $10 materials fee will cover basics, a piece of watercolor paper, pencil & eraser and paint to use during the class session. Students may choose to bring their own supplies if they desire larger paper or want to use specific paint. A $10 materials fee will cover paint and acrylic mediums for the class to try, as well as some collage and drawing materials. I will also provide a piece of watercolor paper for painting on. Students may choose to bring their own surfaces to paint on if they would like to use canvas or larger paper, and their favorite paint and drawing supplies if they would like.

Capitola Community Center
R: $69 | NR: $77
Sat 10-12 noon 2/25, 4/29

EARRING MAKING WORKSHOP:

SEMI-PRECIOUS STONES ages 17 & up

Theresa Nelson 831-601-5361
info@cultivatedcreativity.org
www.cultivatedcreativity.org
@cultivatedcreativity

We will be making two pair of beautiful semi-precious stone earrings in this fun, interactive workshop. This is a great workshop for beginners as no basic knowledge is required. All materials are included in the $15 materials fee payable to the instructor on day of the workshop. Materials included are for semi precious stones such as Labradorite, Lapis Lazuili, Aventurine, Amethyst, Citrine, Turquoise, Freshwater Pearls and more! All findings are either silver or gold plated to keep the costs down.

Capitola Community Center
R: $59.50 | NR: $67.50
Sat 10am – 12 noon 1/21

BEGINNING UV RESIN—OCEAN PENDANTS

Theresa Nelson 831-601-5361
info@cultivatedcreativity.org
www.cultivatedcreativity.org
@cultivatedcreativity

In this workshop, we will create several practice works of art on photo paper, then move to working on ceramic tile. You will come away with the basic knowledge of how to use alcohol inks and the skills to create abstract art with them! All materials are included in the $10 materials fee payable to the instructor on day of the workshop. Materials included are tiles, photo paper, alcohol inks, straws.

Capitola Community Center
R: $64.50 | NR: $72.50
Wed 1:00-3:00pm 1/18
Wed 1:00-3:00pm 2/22

THE JOY OF MANDALA MAKING

Michele Faia
(831) 713-9312 mandalas@michelefai.com
www.michelefai.com

This is a “how to” class for journeying to your heart by painting watercolor mandalas. A mandala is a sacred circle in which you center into your deeper Self. This class has been developed for all levels of experience, including beginners, to learn the basics of watercolor and mandala making, and how to get started easily. With guided meditations you will explore these personal mandalas: Flower of Myself, My Inner Seed, The Healing Power of Mandalas and more. Everyone is welcome in this process-oriented, supportive and fun class.

The class is based on the instructor’s book “ART IN MY HEART; The Power of Watercolor Mandala Making” which will be available at a discount in class. The class Material’s List is available online with the class listing or by contacting Michele.

Capitola Community Center
R: $89 | NR: $105
Thur 1-3:30pm 1/19-2/23

LAWS AND THE MARKET: TO KEEP YOUR HOME OR TO SELL IT?

18 & up
Janet Russell 831-588-9719
janet@capitolayoga.com

Three local, savvy professionals present choices affecting home ownership in this volatile market. Topics: Benefits of keeping your home by using reverse mortgages. Benefits of selling your home and transferring your tax base anywhere in California or using capital gain exclusions that might double to $1M. Join panelists Allison Duffy, renowned licensed CPA, Jeri Skipper of Financial Solutions (NMLS #236902) a 25 year wizard with home loans, and Janet Russell, local Broker Associate, 20 years with David Lyng Real Estate. (CaDRE#01355950) Light breakfast and coffee will be provided.

Capitola Community Center
R: $34 | NR: $40
Sat 9:30-11am 1/21

THE BEACHY SUNCATHER WORKSHOP

Theresa Nelson 831-601-5361
info@cultivatedcreativity.org
www.cultivatedcreativity.org
@cultivatedcreativity

Take a piece of Capitola home with you in this fun and easy workshop assembling beautiful beads with locally found driftwood to create a pretty suncatcher. This is a simple workshop requiring no previous experience. All materials are included in the $15 materials fee payable to the instructor on day of the workshop.

Capitola Community Center
R: $59.50 | NR: $67.50
Wed 1:00-3:00pm 3/15
**GENERAL INTEREST**

**BEGINNING AND REFRESHER MAH JONGG**
Paula Suzuki  psuz22@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: $84 | NR: $92
Wed & Fri 10-12:30  1/11-1/20
Thur & Fri 10-12:30  2/9 – 2/17

**EVERYTHING GARDENING FOR EVERYONE**
5 weeks
Michelle Ouse | greenouse@gmail.com
@GreenouseLandscape

Let’s talk landscapes and gardening! This class is for people who love gardens and want to know more. This class is for people who love to share their passion and knowledge for gardening: ideas, problems and solutions. Join Michelle for 5 meetings of fun and information. Everything you want to know about gardening and more. Michelle has owned and operated a local landscape construction company for decades and has a lot to share but is always ready to learn more. The topics we will cover will be generated by the participants. Anything and everything from design to plant choices to fences, retaining walls and patios to pest control to irrigation and soil. You name it, we will cover it! Be ready for walkabouts in the neighborhood and field trips to nurseries. Let’s do this! No Class 1/28

**Capitola Community Center**
R $75 | NR $95
Sat 12:30-2:00 pm  3/4-4/1
Sat 12:30-2:00 pm  4/11-4/23

**WOMEN CRAFTING THEIR LIVES AFTER 55**
Robin Everest reverestassociates@gmail.com. craftingyoulifeafter55.com

Come join this workshop and explore creative ways to recognize and align with your life purpose after retirement. Let your imagination help 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 $10.00 material fee will be due to the instructor in the first class.

**Capitola Community Center**
R: $73 | NR: $81
Sat 10am-12pm  1/7 & 1/14
Sat 10am-12pm  4/16 & 4/23

**DESIGN YOUR OWN LANDSCAPE FOR BEGINNERS**
5 weeks
Michelle Ouse | greenouse@gmail.com
@GreenouseLandscape

Have you ever wanted to design your own landscape? Do you have ideas of what you would like to see in your landscape but are not sure how to convey those ideas? If this is the class for you! In this class we will take your ideas and put them onto paper, ready to build or take to your contractor. Together we will learn concepts such as how to measure and draw to scale, create a base plan to scale, consider budget constraints, hard scape vs. soft scape, taming a slope, right plant for the right space, and much more! Michelle will see you through this process step by step. Just as she would do in the field and at her design studio. A materials fee of $5-10 is paid to the instructor at the first class, if you do not have your own supplies. So please join us for a fun and engaging experience in landscape design!

**Capitola Community Center**
R $94 | NR $110
Sat 10-12noon  1/4-2/18
Sat 10-12noon  3/4-4/1

**BEGINNING FRAME DRUM FOR WOMEN**
4 Weeks
Bobi Souder bobi@thedreamingdrum.com www.thedreamingdrum.com

Looking for a fun activity to boost your creativity and self-empowerment? Then look no further! In this introductory class, you will learn to play basic strokes on small, light frame drums using the upright style of playing. You will also learn easy Middle Eastern rhythms often used to accompany belly dancers. No drumming experience required, and drums will be provided. Class instructor Bobi Souder has 23 years of drumming experience with training on snare drum, djembe and frame drum. Check out free frame drum tutorials on Bobi’s YouTube channel “The Dreaming Drum”. Come join us!

**Capitola Community Center**
R: $89 | NR: $105
Wed 2-3pm  2/8-3/1

**INTERMEDIATE FLY FISHING CASTING**
14yr and up  3 weeks
Alex Ferber 831-419-0564 alex.ferber74@gmail.com
https://sites.google.com/view/adventurefly-fishingsantacruz/home

Do you want to improve casting a fly rod? This class is for those that have some casting experience. If you want to improve your ability to be more accurate and improve your distance, this class is for you. We will focus on improving loop control. We will be working on learning single and double hauling techniques, with a goal of improving your loop formation, increasing your distance and accuracy, and your ability to cast in windy conditions. We will discuss skills to enable you to be more precise when presenting your flies. We will also learn some specialty casts, such as Reach Cast, Curve Casting, S cast, and other aerial mends that will improve your ability to catch fish. We will have “fishing scenarios” to mimic fishing situations. This class will help you become a more successful angler. NOTE: There is an additional $5 materials fee paid directly to the instructor.

**Jade St. Soccer Field**
R $65 | NR $73
Sat 9-12 noon  2/4-2/18

**DISCOVER FLY FISHING**
5 weeks
Alex Ferber 831-419-0564 alex.ferber74@gmail.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 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: $94 | NR: $110
Sat 10-1 pm  3/18-4/22

**BEGINNING CREATIVE NONFICTION**
4 Weeks
Colette O’Connor  coletteoconnor@cruzio.com coletteoconnor.com

Eager to try your hand - if not discover your hidden talent - at writing Creative Nonfiction? This literary genre is hot hot hot, and has been since Tom Wolfe (“The Electric Kool-Aid Acid Test”). Joan Didion (“Slouching Towards Bethlehem”), and others burst upon the scene in the sixties and seventies with their wildly novel and inventive voices. The art and craft of Creative Nonfiction is especially suited to beginning writers, or seasoned writers new to the fun, for it encompasses so many sub-genres: travel writing, food writing, memoir-writing, essay writing, and more. Creative Nonfiction therefore is wide open to any variety of interests and styles - yours perhaps? In this workshop we will be introduced to the joys of this super creative genre and play with our own words in practices guaranteed to bring out our undiscovered writing talents. A $10 materials fee is to be paid on the first day of class.

**Capitola Community Center**
R: $74 | NR: $90
Tue 4-5:30pm  1/31-2/21
Tue 4-5:30pm  3/14-4/4
Thank you for the continued pleasure to offer Adrienne Harrell (831)535-8255 Zumba Gold through Capitola Recreation.

Zumba Gold features zesty Latin music, like (TAE KWON DO) a health option for stress relief; positive and emotional strength. Adult students enjoy and modifies the moves and pacing to make for a lower-impact, easier-to-follow workout. Zumba Gold features zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton in a friendly, relaxed and fun party-like atmosphere that is also a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor. No class 2/15

Capitola Community Center R: $113 | NR: $127
Wed 6-6:50 pm 1/11-2/22
Wed 6-6:50 pm 3/8-4/12

**NEW**

**BODYWISE (AKA INTERPLAY)**
Marcia Heath 18 yrs & up | 7 weeks marcia2435@gmail.com

We hold the distress of our times in our cells. When we move our bodies naturally, our inner wisdom reveals itself. Bodywise (aka InterPlay) is a practice that integrates mind, body, heart and spirit. It calls on spontaneity, self-trust, and playfulness to authentically connect with self and others in a supportive, safe environment. No matter your age, if you enjoy moving and authentic expression, you’ll find Bodywise to be a heart-opening experience.

After teaching dance for five decades, Marcia discovered InterPlay, and now happily leads Bodywise to be a heart-opening experience. No matter your age, if you enjoy moving and authentic expression, you’ll find Bodywise to be a heart-opening experience.

**KOREAN MARTIAL ARTS (TAE KWON DO)** 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 Dr, Santa Cruz. No class 1/16 & 2/20.

R: $99 | NR: $115
M|W  6:30-7:30 pm 1/9-2/22
M|W  6:30-7:30 pm 3/6-4/12

**TAI CHI BEGINNERS YANG STYLE**
18yrs and up 10 weeks
Kathleen (Kat) Brown westeastsomatics.com kat888brown@yahoo.com
This will be an beginning Tai Chi class with Qigong warmups. The class will focus on learning a short Yang style form of Tai Chi movements strung together in transitional sequence. When complete the form takes about 12 minutes so you can do it at home. Each class will end with Qigong flows that provide a serene transition into “real” life.

A free community tai chi Yang style practice convenes on Saturday at 9 a.m. open to all on the patio behind the Capitola Rec Center.

Capitola Community Center R: $39 | NR: $55
Tue | Thu 9:00-10:00 am 2/21-4/27

**GENTLE YOGA AND CORE STRENGTH**
9/10 classes
Janet Russell 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.

No class 2/13, 2/20
Capitola Community Center R: $116 / NR $134 (9 classes)
R: $129 / NR $145 (10 classes)
Mon | Thur 4-5pm 1/19 – 2/23
Mon | Thur 4-5pm 3/6-4/6

**ALIGNMENT YOGA** 16 yrs & up
Aimee Fitzgerald 6 weeks aimee.fitzgerald@gmail.com | 415-734-1194
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 2/2, 2/9, 2/16
Capitola Community Center R: $61 | NR: $77
Mon 4-4:45pm 1/23-3/13
Mon 4-4:45pm 3/20-4/24
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.

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, 15 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.

ZOOM THERAPILATES® CHAIR
CLASS 4 weeks 18 yrs & up
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 during this time of having to shelter in place. 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 next 4 weeks of online Zoom classes.

Online No class 1/16, 2/13 & 2/20
R: $67.52 NR: $82.52
R: $59.08 NR: $75.08 (2/8-3/8)
M | W 11:30am-12:30pm 1/9-2/6
M | W 11:30am-12:30pm 2/8-3/8
M | W 11:30am-12:30pm 3/13-4/5
M | W 11:30am-12:30pm 4/10-5/3

ZOOM THERAPILATES® MAT
CLASS 4 weeks 18 yrs & up
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 during this time of having to shelter in place. 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 next 4 weeks of online Zoom classes.

Online No class 1/16, 2/13 & 2/20
R: $67.52 NR: $82.52
R: $59.08 NR: $75.08 (2/8-3/8)
M | W 11:30am-12:30pm 1/9-2/6
M | W 11:30am-12:30pm 2/8-3/8
M | W 11:30am-12:30pm 3/13-4/5
M | W 11:30am-12:30pm 4/10-5/3

MATS ($15), exercise bands ($6), and foam rollers ($25) will be available to purchase at the class or you may bring your own.

THERAPILATES® CHAIR CLASS—IN PERSON
4 weeks 18 yrs & up
Gina Enriquez, C.P.T. & Staff
(831) 224-8287 / ginacenriquez@yahoo.com
Capitola Community Center
(831) 224-8287 / ginacenriquez@yahoo.com
Join us for a Pilates-based bone building class using foam rollers, exercise tubes, bands and free weights. We 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.

Online No class 1/16, 2/13 & 2/20
R: $83 NR: $99
M | W 11:30am-12:30pm 1/9-2/6
M | W 11:30am-12:30pm 2/8-3/8
M | W 11:30am-12:30pm 3/13-4/5
M | W 11:30am-12:30pm 4/10-5/3

Basic mats ($15) and mats ($15), exercise bands ($6), and foam rollers ($25) will be available to purchase at the class or you may bring your own.

MAT CLASS—IN PERSON
4 weeks 18 yrs & up
Gina Enriquez, C.P.T. & Staff
(831) 224-8287 / ginacenriquez@yahoo.com
Capitola Community Center
R: $83 | NR: $99
R: $75 NR: $91 (2/8-3/8)
M | W 11:30am-12:30pm 1/9-2/6
M | W 11:30am-12:30pm 2/8-3/8
M | W 11:30am-12:30pm 3/13-4/5
M | W 11:30am-12:30pm 4/10-5/3

Join us for a bone building class on a mat, 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.

Online No class 1/16, 2/13 & 2/20
R: $83 NR: $99
M | W 11:30am-12:30pm 1/9-2/6
M | W 11:30am-12:30pm 2/8-3/8
M | W 11:30am-12:30pm 3/13-4/5
M | W 11:30am-12:30pm 4/10-5/3

When Sherri Betz relocated out of state Gina was very grateful to be asked to carry on this valuable program.

R: $75 | NR: $91 (2/8-3/8)
M | W 11:30am-12:30pm 1/9-2/6
M | W 11:30am-12:30pm 2/8-3/8
M | W 11:30am-12:30pm 3/13-4/5
M | W 11:30am-12:30pm 4/10-5/3
BEGINNING HULA AND TAHITIAN (ADULT)  
18 yrs & up  12 weeks
Kumu Lorraine Kalei Kinnamon/staff  
@tehaunuidance  
tehaunui@cruzio.com  
www.tehaunuidance.com

Have you wondered what makes the dances of Hawaʻi so sacred and beautiful? In this introductory course you will be learn the foundation of hula and tahitian dance along with ʻolelo (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 Kaneʻohe, Oʻahu, 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: $259 | NR: $275
Capitola Community Center
Mon  7:15-8:30 pm  3/30-5/4
Wed 7:30-8:30pm  3/29-4/26
Thu  7:15-8:30pm  1/5-2/9
Fri  7:15-8:30pm  3/2/23
Thurs 7:15-8:30pm  3/30-5/4

WALTZ LEVEL 1
Becky Adams  4 weeks  
831-475-4134  15 yrs & up
www.tehaunuidance.com

Don't sit out the next waltz. We'll start with Waltz basics including 3:4 timing, leading and following, and then build to smoothly move around the room. This is a great place to start your 'partner dancing' experience. You will find that Waltz is at home at a Contemporary Ballroom, Country, or Swing Dance venue. We will open this winter's dance classes to Singles, while still respecting COVID caution. Singles will be asked to show their COVID vaccination status and to wear a mask when rotating. (I'm wearing a mask and it is a minimal precaution.) Couples and Singles wearing a mask are welcome.

No class 1/16
Capitola Community Center
R: $59 | NR: $75
Mon 7:15-8:15 pm  1/9-2/6

West Coast Swing Level I will introduce you to the fun and challenging California State Dance. You will learn to lead and follow while learning the Push Step, and variations of the Right and Left Side Passes. In addition, you will be introduced to basic Whip timing. Becky has taught East and West Coast Swing in Santa Cruz for 30 years and is looking forward to introducing this popular Swing dance to a group of new dancers. We will continue to follow COVID recommendations. Couples and vaccinated Singles, willing to wear masks for rotating, are encouraged to join us.

Capitola Community Center  
R: $68 | NR: $84
Mon  6-7 pm  2/27-3/27

WEST COAST SWING, LEVEL 2  
Becky Adams  5 weeks  
growingwithbecky@gmail.com

Knowledge of 3 basic West Coast Swing steps is the pre-requisite for this class. We will review the basics and learn the Whip timing and variations that are essential before moving further into the exciting world of W.C. Swing, the California State Dance. This is a great dance, especially if you love sultry jazz or Country music. If you’ve been away from W.C. Swing for a while, this would be a great place to refresh your skills. We will continue to follow COVID recommendations. Couples and vaccinated Singles, willing to wear masks for rotating, are encouraged to join us.

No class 1/16
Capitola Community Center
R: $59 | NR: $75
Mon  6-7 pm  1/9-2/6

COUNTRY WESTERN LINE DANCING  
18 yrs & up
6 weeks
Michael Lew  
dancingraider@yahoo.com
Country Western Line Dancing is a fun way to dance and get your cardio in. Beginners and intermediate dancers are welcome. We will dance to golden oldies of Willie Nelson, George Strait, and many more. Wearing mask are optional but everyone must show proof of being vaccinated on the first day of class. Please add to my present description: Mask must be worn while in the class and proof of vaccination must be presented on arrival to the first class.

Capitola Community Center  
R: $55 | NR: $71
Thu  7:15-8:30pm  1/5-2/9
Thu  7:15-8:30pm  2/16-3/23
Thu  7:15-8:30pm  3/30-5/4
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
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
NEW CLASS ADDITIONS

DIY MINIMAL BOHOART/DÉCOR
Marcella Yvarra  15 yrs & up  4 wks
miss.marcella@yahoo.com  408-515-8812
Come DIY with me! In this class we will have fun with three different Minimalist-BOHO style painting projects. These projects are beginner friendly and are simple enough to even relieve stress after a long day at school. Take home your beautiful creations to hang around the house, your own special space or gift to a friend or loved one. A $20 material fee is paid to the instructor at the first day of class.
Capitola Community Center
15 yrs & up
R$114 | NR $130
Wed 12:30-2pm  1/11, 1/18, 1/25, 2/1
Wed 12:30-2pm  2/8, 2/15, 2/22, 3/8
Wed 12:30-2pm  3/15, 3/22, 4/5, 4/19

BODYWISE (AKA INTERPLAY)
Marcia Heath  18 yrs & up  7 weeks
marcia2435@gmail.com
Wondering what BodyWise is all about? Come try this one time introductory class.
We hold the distress of our times in our cells. When we move our bodies naturally, and allow sound and the spoken word to arise, our inner wisdom reveals itself. BodyWise (aka Inter-Play) is a practice that integrates mind, body, heart and spirit. It calls on spontaneity, self-trust, and playfulness to authentically connect with self and others in a supportive, safe environment. No matter your age, if you enjoy moving and authentic expression, you'll find BodyWise to be a heart-opening experience. After teaching dance for five decades, Marcia discovered InterPlay, and now happily leads BodyWise. Email Marcia with any questions.
Capitola Community Center
R: $5 | NR: $5
Tue  4:30-5:45  1/3
The City of Capitola Recreation Division is excited to introduce new staff addition Brennan Howard, Recreation Coordinator: Beach Lifeguard Services, Junior Guard & Sports. The City is in process of redeveloping the formerly contracted Lifeguard program, and aims to staff the Lifeguard Towers in addition to the Junior Guard program. Brennan will play a key role in the City’s certification as a USLA Open Water Lifeguard Agency and serve as our Lifeguard Captain during the summer. He is a born and raised Capitola local and has been a seasonal worker with the City since 2018.