TABLE OF CONTENTS
Afterschool Rec Club .................................. 4
Jr Guards .................................................. 5-6
Capitola Community Center ........................................... 7-8
Pre-School & School-Age Classes .................................. 9
National Academy of Athletics .................................. 10-12
Adult / Teen Classes:
Arts & Crafts, General Interest .................................. 13-14
Fitness .................................................. 15-18
TheraPilates ......................................... 19-20
Dance ................................................... 21-22
Tennis ................................................... 23-24
SUMMER EMPLOYMENT
RECREATION LEADER I & II FOR CAMP CAPITOLA
apply today at https://www.cityofcapitola.org/jobs
RECREATION LEADER I for SPORT SCORE
KEEPER
apply today at https://www.cityofcapitola.org/jobs
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 $18 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 offers an Afterschool Rec Club to students from 1st grade through middle school. New this year, students from Main St Elementary and Soquel Elementary can enroll in our program located at New Brighton Middle School.

Students can enjoy a safe and fun place to get homework help, a healthy snack, participate in special activities and develop confidence in learning new skills. We run month long programs at New Brighton Middle School, until the end of the school year.

**AFTERSCHOOL REC CLUB**

**SAMPLE SCHEDULE:**

**Monday - Thursday:**
- 2:30-3: Snack/homework/relax
- 4:00 pm: Activity time
- 5:00 pm: Finish your homework
- 5:30-6 pm: Clean up & Pick up time

**Fridays:**
- 11:45-1:30 pm: Snack/homework/relax
- 2:30 pm: Activity time
- 4:00 pm: Finish your homework
- 4:30-5 pm: Clean up & Pick up time

**Soquel Elementary School**
- Monday - Thursday 2:30- 6pm
- Fridays 11:45 - 5:00 pm
- Pick up at New Brighton Middle School Room 28

**Main St Elementary School**
- Monday - Thursday 2:50- 6pm
- Fridays 11:50 - 5:00 pm
- Pick up at New Brighton Middle School Room 28

**New Brighton Middle School**
- Monday - Thursday 3- 6pm
- Fridays 1:30 - 5:00 pm
- Pick up at New Brighton Middle School Room 22

---

**FREE FAMILY MOVIE NIGHT**

**FRIDAY, JANUARY 7:**

**ABOMINABLE**

**DOORS OPEN @ 6 PM**

**MOVIES START @ 6:30 PM**

**BLANKETS, PILLOWS & LOW BACK CHAIRS ONLY!**

**COME EARLY! SPACE IS LIMITED**

Follow the City of Capitola on Instagram and stay up to date on all the happenings around town! @cityofcapitola
The Capitola Junior Lifeguard program is a fun, physically challenging, and competitive program which provides instruction in the basic 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**

<table>
<thead>
<tr>
<th>RESIDENT: Primary residence within the City of Capitola &amp; Soquel Union Elementary School District</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Returning Guards from 2021</td>
<td></td>
</tr>
<tr>
<td>Tuesday, March 22, 8:30am</td>
<td>RESIDENT ONLY</td>
</tr>
<tr>
<td>Wednesday, March 23, 8:30am</td>
<td>Resident and Non-Resident ONLY</td>
</tr>
<tr>
<td>New Guards</td>
<td></td>
</tr>
<tr>
<td>Thursday, March 24: 8:30am</td>
<td>RESIDENT ONLY</td>
</tr>
<tr>
<td>Thursday, March 24: 12:30pm</td>
<td>Open to everyone</td>
</tr>
</tbody>
</table>

**Session 1: June 13 – July 8**
**Session 2: July 11 – August 5**

**Resident $278 / Non-Resident $347**
- **U-19 $193**
- **Regionals $95**
- **USLA fee for 9 yrs and up**
- **Transport $58**

*Scholarships available

**RECOMMENDED PREPARATION AND SKILL LEVELS:**

<table>
<thead>
<tr>
<th><strong>The Little Guard (6-8yrs):</strong></th>
<th>requires daily participation in entering and exiting through ocean waves and conditioning activities including calisthenics, running and beach games.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>C’s (9-11yrs):</strong> must swim unassisted around buoy 1 on the first day, 100–150-yard freestyle swimming, tread water for 3 minutes.</td>
<td></td>
</tr>
<tr>
<td><strong>B’s (12-13yrs):</strong> 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.</td>
<td></td>
</tr>
<tr>
<td><strong>A’s &amp; U19’s (14-15, 16-18yrs) -</strong> must swim unassisted around 1st - 3rd buoys on the 1st day, minimum of 300-500 continuous yards (ex: 12-20 pool laps), tread water for 4-5 minutes.</td>
<td></td>
</tr>
</tbody>
</table>

**EXAMPLE TYPICAL WARM UP:**

**Little Guards:**
- Warm up Run: ~½ mile (Junior Guard headquarters to sea wall, out and back)
- Stretches, sit up, pushups, calisthenics
- 25 yards (1 pool length)

**Jr Guards: A, B, C & U19:**
- Warmup Run: ~¾ mile (Junior Guard headquarters to pier, out and back)
- Stretches, sit up, pushups, calisthenics
- Swim: 100-300 yards

**MORNING 9AM-NOON**

<table>
<thead>
<tr>
<th>U-19 (all day)</th>
<th>16-18 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>14-15 yrs</td>
</tr>
<tr>
<td>B</td>
<td>12-13 yrs</td>
</tr>
<tr>
<td>C+</td>
<td>Competitive returning C’s only</td>
</tr>
<tr>
<td>10-11 yrs</td>
<td></td>
</tr>
</tbody>
</table>

**AFTERNOON 1-4PM**

<table>
<thead>
<tr>
<th>C</th>
<th>9-11 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Guards</td>
<td>8 yrs</td>
</tr>
<tr>
<td>Little Guards</td>
<td>7 yrs</td>
</tr>
<tr>
<td>Little Guards</td>
<td>6 yrs</td>
</tr>
</tbody>
</table>

**NOW HIRING JR. GUARD INSTRUCTORS!**

**SWIM TEST MARCH 12 & 26**

**YOU MUST COMPLETE AN ONLINE APPLICATION BEFORE ATTENDING THE SWIM TEST**

apply today at https://www.cityofcapitola.org/jobs
Camp Capitola, is a summer day camp serving youth ages 4-14. It is held at Jade Street Park and uses the outdoor environment and the Capitola Community Center. Camp Capitola offers a variety of activities including outdoor games, sports, arts and crafts, drama productions, and beach mornings. Your child must be 4 years old before the program starts.

2 WEEK SESSIONS BEGIN JUNE 13

Full Day:  R $308 | NR $386
Half Day:  R $156 | NR $194
Around Town Camp R $278 | NR $347 (1 wk)
JR LEADER PROGRAM:  $67 | 14-17 YRS
Transport:  $58
Extended care:  $53, $1 per minute late fee
*Scholarships available

REGISTRATION OPENS TUESDAY, MARCH 15 8:30AM

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

Morning 9:00am-12:30pm | Afternoon 1:00pm-4:30pm | All Day 9:00am-4:30pm

| SESSION 1 | JUNE 13 - June 24 |
| SESSION 3 | July 11 - July 22 |
| SESSION 2 | June 27 - July 8 (no program July 4) |
| SESSION 4 | July 25 - August 5 |

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

Classic Camp Activities: Group Challenges, dodge ball, scavenger hunts, relay races, recreational sports, Art and Craft Projects, Beach Day, movies, and ice cream at the end of every session

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

AROUND TOWN CAMP:
1week All day camp for 11-14yr old's. This is only offered 3 times during the summer with limited space. We will be exploring the local activities around town. More details to come. All day option only.  R $278 | NR $347

NEW
LIL' CAMPER CAPITOLA 4-5yrs, morning or all day options
PRE-SCHOOL & SCHOOL AGE

BALLET: MOM / DAD & ME
5 weeks
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 abili-
ty to follow directions and work with a group.
Children will be enchanted with lots of wings,
wands and tutus. Children may take this class
beyond 3 years of age if they are not ready to
participate in Pre-ballet by themselves. An $8
materials fee is payable at the first class.
Capitola Community Center
R: $68 | NR: $83
#5010.101 Thu 3:45-4:30 pm 1/6-2/3
#5010.102 Thu 3:45-4:30 pm 2/17-3/17
#5010.103 Thu 4:45-5:30 pm 3/31-5/5
No class 4/7

PRE-BALLET I
5 weeks
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.
Capitola Community Center
R: $68 | NR: $83
#5020.101 Thu 4:45-5:30 pm 1/6-2/3
#5020.102 Thu 4:45-5:30 pm 2/17-3/17
#5020.103 Thu 4:45-5:30 pm 3/31-5/5
No class 4/7

PRE-BALLET II
5 weeks
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.
Capitola Community Center
R: $68 | NR: $83
#6530.101 Fri 3:45-4:45 pm 1/7-2/4
#6530.102 Fri 3:45-4:45 pm 2/18-3/18
#6530.103 Fri 3:45-4:45 pm 4/1-5/6
No class 4/8

Ballet: Mom / Dad & Me
5 weeks
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 abili-
ty to follow directions and work with a group.
Children will be enchanted with lots of wings,
wands and tutus. Children may take this class
beyond 3 years of age if they are not ready to
participate in Pre-ballet by themselves. An $8
materials fee is payable at the first class.
Capitola Community Center
R: $68 | NR: $83
#5010.101 Thu 3:45-4:30 pm 1/6-2/3
#5010.102 Thu 3:45-4:30 pm 2/17-3/17
#5010.103 Thu 4:45-5:30 pm 3/31-5/5
No class 4/7

ADULT SPORTS LEAGUES

LEAGUE PLAY BEGINS MARCH 29
$552 PER TEAM REGISTRATION

Games may be played any day of the
week, Monday-Friday at 6:30 p.m. We will
not reserve a spot for any team without
payment. Registration is on a first-come,
first-served basis.

REGISTRATION TUESDAY, MARCH 1 8:30AM

Single Player/ Free Agent
If you want to play softball but don’t
have an entire team, call to be added to
the free agent list. It’s a great way to
call 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. In-
structors complete a background check con-
ducted by the City before they begin teaching.
KIDS KICKBOXING 6 weeks
Claudio Franca (831) 476-7650 6-12 years
santacruz@claudiofrancabjj.com
www.claudiofrancabjj.com
The Claudio Franca Academy provides a fun, encouraging environment where youth learn the fundamental skills of sport and self-defense. This class is for beginners with little to no experience. The class will use smaller nets, racquets and balls designed specifically 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. A $6 materials fee is payable at the first class.
Laura Alioto (831) 295-9033 7-10 years
LauraAlioto@yahoo.com 6 weeks

KIDS BRAZILIAN JIU-JITSU 6 weeks
Claudio Franca (831) 476-7650 3. santacruz@claudiofrancabjj.com www.claudiofrancabjj.com
The Claudio Franca Academy provides a fun, encouraging environment where youth learn the fundamental skills of sport and self-defense Brazilian Jiu-Jitsu. Improve discipline, coordination, self-esteem and confidence. These classes are introductory, and can only be taken through the recreation department once.
Claudio Franca Brazilian Jiu Jitsu 1658 Soquel Drive, Suite C, Santa Cruz
R: $78 | NR: $93
#6130.102 T|Th 4-4:55 pm 1/4-2/10
#6130.101 T|Th 4-4:55 pm 1/4-2/10
#6131.102 T|Th 5-5:55 pm 1/4-2/10
#6131.101 T|Th 5-5:55 pm 1/4-2/10

KIDS 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.

KIDS ART 6 weeks
Cindy Kaskey 6-11 years old
clkmama@yahoo.com
This is a positive fun class for children to be creative and express themselves through art. There is a $10 materials fee which will cover all the art supplies for the entire class. We will be using different mediums. While the projects will be structured, I like to let children have the freedom to explore the materials how they see fit if they choose. I recommend children either bring a snack or eat before getting to class as it can help with concentration. If you have any questions about the class please contact me at clkmama@yahoo.com. $10 includes all the art supplies and paper we will be using in class.
Capitola Community Center R: $78 | NR: $93
#6053.101 Tue 3:30-4:30pm 3/1-4/5
#6053.102 Tue 3:30-4:30pm 3/1-4/5
#6053.103 Tue 3:30-4:30pm 3/1-4/5

BEGINNING TENNIS FOR KIDS
Laura Alioto (831) 295-9033 6 weeks
lauraalioto@yahoo.com 5-12 years
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. A $6 materials fee is payable at the first class.
Jade Street Park Tennis Courts no class 4/21
R: $90 | NR: $105
#6010.101 Tue 3-3:45 pm 1/11-2/15
#6010.102 Tue 3-3:45 pm 1/11-2/15
#6010.103 Tue 3-3:45 pm 1/11-2/15

BEGINNING PIANO FOR KIDS
Laura Alioto (831) 295-9033 6 weeks
lauraalioto@yahoo.com 7-10 years
Introduce your child to the wonderful world of piano! In this small group class, your child will use interactive learning tools and keyboards to learn the basics of piano and reading music. They will learn how to read musical notes and apply them to the piano keyboard turning them into simple songs. A great start to a fun way to understand music! An $8 materials fee is payable at the first class.
Capitola Community Center R: $90 | NR: $105
#6700.101 Wed 4-4:45 pm 1/12-2/16
#6700.102 Wed 4-4:45 pm 3/2-4/6
#6700.103 Wed 4-4:45 pm 4/20-5/25
#6700.104 Wed 3-3:45 pm 1/12-2/16
#6700.105 Wed 3-3:45 pm 3/2-4/6
#6070.106 Wed 3-3:45 pm 4/20-5/25

KIDS YOGA FOR EMOTIONAL STRENGTH 5 weeks
7-13 yrs
Karla Sanchez karlasanchezlcsw@gmail.com
This group is designed to teach your child emotional regulation skills through the practice of yoga. Classes will focus on cultivating self-awareness and mindfulness skills to help your child understand their emotions and how to cope with them. Classes will utilize energy check-ins, deep breathing, yoga poses, sound bowls, and interactive games to help participants learn about yoga and emotions while connecting with themselves and one another. Karla is a mental health therapist and trauma-informed yoga instructor specializing in using holistic approaches to anxiety and stress management.
Capitola Community Center No class 1/17
R: $148 | NR: $163
#6501.101 Mon 5:00-6:00pm 1/3-2/7
#6502.101 Mon 4:00-5:00pm 2/28-3/28
#6501.102 Mon 4:00-5:00pm 2/28-3/28
#6501.103 Mon 4:00-5:00pm 2/28-3/28

KIDS YOGA FOR EMOTIONAL STRENGTH 5 weeks
7-13 yrs
Karla Sanchez karlasanchezlcsw@gmail.com
This group is designed to teach your child emotional regulation skills through the practice of yoga. Classes will focus on cultivating self-awareness and mindfulness skills to help your child understand their emotions and how to cope with them. Classes will utilize energy check-ins, deep breathing, yoga poses, sound bowls, and interactive games to help participants learn about yoga and emotions while connecting with themselves and one another. Karla is a mental health therapist and trauma-informed yoga instructor specializing in using holistic approaches to anxiety and stress management.
Capitola Community Center No class 1/17
R: $148 | NR: $163
#6501.101 Mon 5:00-6:00pm 1/3-2/7
#6502.101 Mon 4:00-5:00pm 2/28-3/28
#6501.102 Mon 4:00-5:00pm 2/28-3/28
JUNIOR HOOPS BASKETBALL DEVELOPMENT PROGRAM - HOT SHOTS (INDOORS)  
This program is designed for kids to learn the basic concepts of basketball. In this class the staff guides the children through a series of rhythm, speed, balance & coordination skills and drills. Kids have fun working through obstacles as they learn to dribble, pass & shooting the ball. This program focuses on the fundamentals of basketball with a creative twist to help the children better understand the concepts of the game.  
Capitola Community Center  
R $70 | NR $85  
#5204.101 Sat 9:55-10:55am 1/8-2/12  
#5204.111 Sat 9:55-10:55am 2/26-4/2  

IN THE NET SOCCER (OUTDOORS)  
Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our soccer camps are the perfect place to learn about the game and fitness while having a blast and making new friends.  
Jade St Soccer field  
R $70 | NR $85  
5-7 yrs  
#5202.101 Sun 9:55-10:55am 1/9-2/13  
#5202.111 Sun 9:55-10:55am 2/27-4/3  
7-12 yrs  
#6205.101 Sun 8:50-9:50am 1/9-2/13  
#6205.111 Sun 8:50-9:50am 2/27-4/3  

HIT & RUN T-BALL  
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.  
Jade St Softball Field  
R $70 | NR $85  
#5201.101 Sat 11-12noon 1/8-2/12  
#5201.102 Sun 11-12noon 1/9-2/13  
#5201.111 Sat 11-12noon 2/26-4/2  
#5201.112 Sun 11-12noon 2/27-4/3  

ALL SORTS OF SPORTS CLUB  
This program 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.  
Capitola Community Center  
R $70 | NR $85  
3-5 yrs  
#5206.101 Sun 9:55-10:55am 1/9-2/13  
#5206.111 Sun 9:55-10:55am 2/27-4/3  
5-7 yrs  
#5206.102 Sun 9:55-10:55am 1/9-2/13  
#5206.112 Sun 9:55-10:55am 2/27-4/3  

BUMP, SET, SPIKE VOLLEYBALL DEVELOPMENTAL LEAGUE  
The National Academy of Athletics volleyball developmental clinic is great for beginning and intermediate players. Each week the players are challenged to do their best while learning passing, serving and setting. During skill development, drills and 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.  
Jade St Soccer Field  
R $70 | NR $85  
5-7 YRS  
#5205.101 Sat 9:55-10:55am 1/8-2/12  
#5205.111 Sat 9:55-10:55am 2/26-4/2  
7-12 yrs  
#6205.101 Sat 8:50-9:50am 1/8-2/12  
#6205.111 Sat 8:50-9:50am 2/26-4/2  

JUNIOR HOOPS BASKETBALL DEVELOPMENT PROGRAM - LITTLE SHOTS (INDOORS)  
This program is designed for kids to learn the basic concepts of basketball. In this class the staff guides the children through a series of rhythm, speed, balance & coordination skills and drills. Kids have fun working through obstacles as they learn to dribble, pass & shooting the ball. This program focuses on the fundamentals of basketball with a creative twist to help the children better understand the concepts of the game.  
Capitola Community Center  
R $70 | NR $85  
#5204.101 Sat 9:55-10:55am 1/8-2/12  
#5204.111 Sat 9:55-10:55am 2/26-4/2  

BUMP, SET, SPIKE VOLLEYBALL DEVELOPMENTAL LEAGUE  
The National Academy of Athletics volleyball developmental clinic is great for beginning and intermediate players. Each week the players are challenged to do their best while learning passing, serving and setting. During skill development, drills and 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.  
Jade St Soccer Field  
R $70 | NR $85  
5-7 YRS  
#5205.101 Sat 9:55-10:55am 1/8-2/12  
#5205.111 Sat 9:55-10:55am 2/26-4/2  
7-12 yrs  
#6205.101 Sat 8:50-9:50am 1/8-2/12  
#6205.111 Sat 8:50-9:50am 2/26-4/2
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 LEVEL II
Hanya Fojaco  8 weeks
hanyaart@icloud.com  18 yrs & up
www.hanyafojaco.com

Continue to develop your painting skills and personal expression within a realistic painting context. This class is for students who have some knowledge of watercolor techniques. If you are unsure of your level, please contact the Instructor before signing up. A $5 materials fee for new students is payable at the first class. Please bring supplies you may already have. Due to Covid-19 the instructor of this class is requiring participants to show proof of vaccination on the first day of class. Masks will continue to be required in class and in the building.
Capitola Community Center
RS126 | NR $141
#7070.101 Wed 9:30-12 noon 1/5-2/23
#7070.102 Wed 9:30-12 noon 3/2-4/20

REALISTIC PAINTING: BEGINNING WATERCOLOR LEVEL I
Hanya Fojaco  8 weeks
hanyaart@icloud.com

Begin to develop your painting skills and personal expression within a realistic painting context. The first class will include a discussion, demonstration, technique practice and a materials list of supplies needed for class. For the first class please bring 3 or more simple reference photos of what you would like to paint.
Instructor’s website, www.hanyafojaco.com. Due to Covid-19 the instructor of this class is requiring participants to show proof of vaccination on the first day of class. Masks will continue to be required in class and in the building. A $8 materials fee is payable to the instructor at the first class.
Capitola Community Center
R: $58 | NR: $83
#7119.101 Tue 1-2:45pm 2/15-3/8

BEGINNING ACRYLIC PAINTING
Cindy Kaskey  clkmama@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. If you would like to join by Zoom that can be arranged.
Capitola Community Center
R: $58 | NR: $83
#7117.101 Mon 1:30-3:30 pm 2/7-4/21

ACYRILIC PAINTING
Cindy Kaskey  clkmama@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. No class 2/21
Capitola Community Center
R: $112 | NR: $127
#7117.101 Mon 1:30-3:30 pm 2/7-4/21

MANDALAS: EXPLORING COLOR FROM THE INSIDE OUT  6 weeks
Michele Faia  mandalas@michelefaia.com
(831) 713-9312  www.michelefaia.com

In this unique class we will learn the basics of watercolor and mandalas, an ancient tool often referred to as magical. We will observe the power of color within our personal energy systems, or chakras, color’s ability to lift our spirits, and explore the possibility of color’s healing power. Our colorful creative spirit can blossom when we paint from our heart within the mandala’s magic. Beginners welcome to our fun circle. Text Michele for a Material’s List.
Capitola Community Center
R: $88 | NR: $103
#7068.101 Thu 1:00-3:30pm 1/13-2/17

VALENTINES CARD MAKING WORKSHOP  One day workshop
13 yrs & up
Cindy Kaskey clkmama@yahoo.com

Make special cards for your sweetheart, child, grandparents, friends and/or neighbors in this valentines day card making workshop. $5 fee for supplies. Bring a pair of scissors and the rest will be supplied.
Capitola Community Center
R: $23 | NR: $30.50
#7118.101 Wed 1:00-2:00pm 2/9
ART DOODLING FOR STRESS MANAGEMENT (IN PERSON)
Lindsay Johnson / fearlesswithglazes@mac.com / Lindsayjohnsonart.org
Want to learn a fun way to work with stress? Externalizing and naming stresses can help to lighten their impact. Sharing with others reveals common concerns and fosters caring and support. Over 6 weeks trust and laughter can develop. No experience or skills are necessary for this class. Bring your own simple paper and coloring implements of choice. Lindsay is a retired MD, therapist, and artist.
Capitola Community Center
$68/$83
#7103.102 Wed 1:30-3pm 2/16-3/23
#7103.103 Wed 1:30-3pm 3/30-5/3

ART DOODLING FOR STRESS MANAGEMENT (ZOOM)
Lindsay Johnson / fearlesswithglazes@mac.com / Lindsayjohnsonart.org
Want to learn a fun way to work with stress? Externalizing and naming stresses can help to lighten their impact. Sharing with others reveals common concerns and fosters caring and support. Over 6 weeks trust and laughter can develop. No experience or skills are necessary for this class. Bring your own simple paper and coloring implements of choice. Lindsay is a retired MD, therapist, and artist.
Online
R $52.75 | NR $67.75
#7102.101 Tue 7-8:30pm 1/4-2/8
#7102.102 Tue 7-8:30pm 2/15-3/22
#7102.103 Tue 7-8:30pm 3/30-5/3

KICKSTART YOUR CREATIVE WRITING HABIT
Victoria M Johnson
5 weeks
https://victoriamjohnson.com
Are you in a writing slump? Is your creative writing lacking creativity? Or perhaps you’re on a roll and want to stay there. Wherever you are in your writing journey this class will energize you and set you on a path for writing furiously and regularly. Every week students will receive inspiration for in-class writing exercises. You’ll learn techniques of craft and imagination to use immediately whether you write poetry, fiction, memoir, essays, songs, or blog posts. You’ll never again ask yourself, what do I write about? In this fun and motivating class you’ll end with plenty of new material, inspired and equipped to keep your creative fires burning. There is a $6 materials fee.
Capitola Community Center
R $79 | NR $94
7469.101 Tue 5:30-7pm 2/15-3/15

FOR WOMEN WHO ARE CRAFTING THEIR LIVES AFTER 55
Robin Everest 2 days reverestassociates@gmail.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.”
Capitola Community Center
R $73 | NR $90.50
7900.101 Sat 10am-12pm 4/16 & 4/23

DISCOVER FLY FISHING
Craig Wilson 1 day workshop crwilson1225@gmail.com 18 yrs & up
This class is designed for those who want to actively maintain their bicycle for continued performance and to reduce repair costs. The class will combine lecture, demonstration and practice: chain maintenance, bike washing, lubrication, fittings, and tire pressure. Bring your operable bike to class and dress to work on it. Craig is a local bike rider and certified bicycle mechanic.
Capitola Community Center
R: $39 | NR: $46.50
#7442.101 Sat 9am – 12 noon 1/8

GENTLE YOGA AND CORE STRENGTH
Janet Russell
janet@capitolayoga.com | Capitolayoga.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 Chopra Center for Well Being (Author and MD Dr. Deepak Chopra in Carlsbad, CA) Join us and gain tone and strength as we relax...renew...restore. Janet also teaches on an ocean view deck May through October on Depot Hill, and for residents of Pajaro Dunes Resort...
Capitola Community Center
16 yrs & up
11/10 classes
no class 1/17

R: $68 | NR: $83
#7445.101 Sun 10am-12pm 2/26-3/26
BELLYDANCE BASICS 6 weeks
Sese Geddes sesecreative@yahoo.com
www.bellydancebasics.com 14 yrs & up
Discover the dancer within you! In this fun class for beginners as well as those who have taken some bellydance classes, we'll focus on basic steps, isolations and shimmies and explore the art of finger cymbals and balancing. Bellydance is an ancient woman's art that promotes self-expression, flexibility and strength. Shake off your inhibitions and join the fun! Materials list will be provided at the first class.
Capitola Community Center
R: $80 | NR: $95
7534.101 Tue 7-8 pm 1/3-2/14
7534.102 Tue 7-8 pm 2/22-3/22
7534.103 Tue 7-8 pm 3/29-4/26

ZUMBA GOLD: MONDAY NIGHT VIRTUAL PARTY (ZOOM) 6 weeks
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 is also a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor.
Online
R: $45.68 | NR: $60.68
#7582.113 Mon 6-6:50 pm 1/10-2/14
#7582.123 Mon 6-6:50 pm 2/22-3/15
#7582.133 Mon 6-6:50 pm 3/29-4/26

ZUMBA GOLD: WEDNESDAY NIGHT LIVE (IN PERSON) 6 weeks
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 is also a great workout! Adrienne is a licensed Zumba and Zumba Gold Fitness Instructor.
Capitola Community Center
R: $78 | NR: $93
#7582.101 Wed 6-6:50 pm 1/12-2/16
#7582.102 Wed 6-6:50 pm 3/2-4/6
#7582.103 Wed 6-6:50 pm 4/20-5/25

LIFE is BALANCE...Tai Chi Chih Continuing Class 18 yrs & up
Helena Fox
Looking for Balance in your life this year? Tai Chi Chih can help.
Studies have confirmed a regular practice of Tai Chi can help reduce risks of falling in seniors by up to 45%! What's the secret? Tai Chi targets (1) strength (2) flexibility (3) range of motion, and (4) improves balance. All components necessary to keep us upright and safe! This class is suitable for returning students or students that have practiced any form of Tai Chi. Chairs may be used for balance and support. Movements can be practiced standing or seated or a blended practice of both. Activate, Balance, and circulate your Chi in 2022. Connect with others and have FUN!
Capitola Community Center
R: $88 | NR: $103 no class 1/17
7571.101 M | W 1-2pm 1/10-2/14

BRAZILIAN JIU JITSU FOR TEENS 13-18 yrs
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.
Location: Claudio Franca BJJ, 1658 Soquel Drive, Suite C, Santa Cruz, CA 95065
R $138 | NR $153
#7804.101 M|W 6:30-7:30 pm 1/3-2/9
#7804.102 M|W 6:30-7:30 pm 2/14-3/14
#7804.103 M|W 6:30-7:30 pm 3/21-4/14
#7804.104 Mon 4-4:55pm Fri 5-5:55pm 2/24-3/24

KOREAN MARTIAL ARTS (TAE KWON DO) 15 yrs & Up
This class will be specifically designed for teenagers and will give them a great introduction to the martial art of BJJ. They will learn the basic moves of Brazilian Jiujitsu, Self-defense, and fundamentals of Sport Brazilian Jiujitsu. Class can be taken once through the recreation department. Uniform is required and available for purchase at our school for $120.
Location: Claudio Franca BJJ, 1658 Soquel Drive, Suite C, Santa Cruz, CA 95065
R $138 | NR $153
#7804.101 M|W 6:30-7:30 pm 1/3-2/9
#7804.102 M|W 6:30-7:30 pm 2/14-3/14
#7804.103 M|W 6:30-7:30 pm 3/21-4/14
#7804.104 Mon 4-4:55pm Fri 5-5:55pm 2/24-3/24

ADULT BRAZILIAN JIU JITSU – BEGINNING 6 weeks
Ever been interested in learning Brazilian Jiujitsu but weren't sure where to start? Then this is the series for you! You'll be introduced to the basic moves such as rolls, throws, snake-moves (hip-escapes), self-defense moves, and all the skills you need to begin your BJJ practice. All classes are a great workout in a friendly, supportive, non-competitive environment. Purchase of a BJJ uniform is required. Available for purchase at the school for $120. This class can be taken through the recreation department once
Location: Claudio Franca BJJ, 1658 Soquel Drive, Suite C, Santa Cruz, CA, 95065
R $96 | NR $111
7509.101 M/W 6:30-7:30 pm 1/3-2/9
7509.102 M/W 6:30-7:30 pm 2/14-3/14

A Confidential Fitness Program is available for participants 13 yrs and up. Please call 831-459-1077 for more information. Safety, body image, and motivation are key components of this program. Classes are held at the Academy and are open to the public. Uniform is required and available for purchase at our school for $120.

Grandmaster Jin's Korean Martial Arts Academy
3702 Portola Dr, Santa Cruz
Location: Grandmaster Jin's Korean Martial Arts Academy
R: $58 | NR: $68
#3702.101 Tue 7-8 pm 1/3-2/9
#3702.102 Tue 7-8 pm 2/14-3/14
#3702.103 Tue 7-8 pm 3/21-4/14

Tai Chi Chih can help.
Tai Chi targets (1) strength (2) flexibility (3) range of motion, and (4) improves balance. All components necessary to keep us upright and safe! This class is suitable for returning students or students that have practiced any form of Tai Chi. Chairs may be used for balance and support. Movements can be practiced standing or seated or a blended practice of both. Activate, Balance, and circulate your Chi in 2022. Connect with others and have FUN!
Capitola Community Center
R: $88 | NR: $103 no class 1/17
7571.101 M | W 1-2pm 1/10-2/14
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 keep you and your instructor close. These live classes are designed to engage your mind and body with the benefits of pilates and to provide you with the tools to carry on this valuable program.

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 program, 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.

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.

Gina Enriquez, C.P.T. & Staff
(831) 224-8287 / ginacenriquez@yahoo.com

* THERAPILATES® CHAIR CLASS–IN PERSON 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
R: $67.52 | NR: $82.52
no class 1/17, 2/21

#7560.111 M/W 11:30-12:30pm 1/3-1/31
#7560.112 M/W 11:30-12:30pm 2/2-2/21
#7560.113 M/W 11:30-12:30pm 3/7-3/30
#7560.114 M/W 11:30-12:30pm 4/4-4/27

Why TheraPilates for Men and Women?
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.

Therapilates and Pilates are both movement systems designed to improve the body's ability to move. However, Therapilates is specifically designed for those with osteoporosis, osteopenia, poor balance, poor posture, joint and spinal conditions. Therapilates uses a combination of postural alignment, breathing and core control with exercises that involve weight-bearing, standing balance, and spinal mobility. Special focus is on postural correction, form, balance, spine extension, hip extension, fracture prevention and functional fitness. You must be able to get down to and up from the floor for mat exercises to participate.

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

For more information, please contact Gina Enriquez at ginacenriquez@yahoo.com or (831) 224-8287.
EAST COAST SWING LEVEL 1
Becky Adams 6 weeks
(831) 475-4134 18 yrs & up
This course is for you if you know a few Advanced Beginning and early Intermediate steps and patterns as well as leading and following. You will “get your feet wet” and learn patterns that will get you through any upcoming events on your calendar. At this time, due to COVID, you will need to come with a partner and participants will not be rotating. COVID vaccinations and masks will be required due to our close association with each other. Classes will be limited to a minimum of 4 and a maximum of 6 couples. Join other couples while learning to dance to our great local Swing Bands.
Capitola Community Center
R: $63 | NR: $78
7543.101 Thu 6-7pm 3/3-4/7
7543.102 Thu 6-7pm 4/21-5/26

EAST COAST SWING LEVEL 2
Becky Adams 6 weeks
(831) 475-4134 18 yrs & up
This course is for you if you know a few basic East Coast Swing steps, or other partner dances. We will begin with a quick review of basic E. C. Swing and progress to Advanced Beginning and early Intermediate combinations. This course will add variety and confidence to your swing repertoire for your enjoyment of the many Swing events in the Monterey Bay Area.
At this time, due to COVID, you will need to come with a partner and participants will not be rotating. In addition, COVID vaccinations will be required. Class size will be limited to 6 couples.
Capitola Community Center
R: $63 | NR: $78
7543.103 Mon 7:30-8:30 4/11-5/16

COUNTRY WESTERN LINE DANCING
Michael Lew 6 weeks
(831) 475-4134 18 yrs & up
If you like country music and are looking for a really fun way to get some excellent low impact exercise, then Country Western Line Dancing is for you! In this class, you will get step-by-step instruction in some of the classic line dances that contain basic steps that can be applied to most of the popular line dances of today. Come dance to the sounds of the most popular artists in country music today as well some old favorites! No partner necessary. In this class some line dance experience is preferred but not necessary. Masks must be worn while in the facility and proof of vaccination must be presented on arrival to the first class.
Capitola Community Center
R: $54 | NR: $69
#7525.101 Thu 7:15-8:30pm 1/17-2/24
#7525.102 Thu 7:15-8:30pm 2/24-3/28
#7525.103 Thu 7:15-8:30pm 3/28-4/11

BEGINNING LINE DANCE
Shanta Shenoy 6 weeks
18 yrs & up
Join me, Shanta, in a no-partners-required dance class. I use both country and contemporary music for a fun experience and a great work out.
Capitola Community Center
R $58 | NR $73
#7540.101 Wed 7:30-8:30pm 1/13-2/17
#7540.102 Wed 7:30-8:30pm 2/17-3/24
#7540.103 Wed 7:30-8:30pm 3/24-4/7

NIGHT CLUB 2-STEP: LEVEL I
Becky Adams 6 weeks
(831) 475-4134 18 yrs & up
Night Club Two-Step is a smooth, lilting, partner dance, designed for contemporary, popular slow dance music. This class is recommended for beginner dancers and those with minimal experience learning partner dances. You will begin with the basics, with an emphasis on leading and following. This dance is closely related to Rumba, Salsa, and Rumbia and is popular with Swing, Country as well as contemporary ballroom dancers. This class is also highly recommended for wedding parties. Due to COVID, I am requiring that participants are vaccinated and sign up with a partner. Please know that we will not be rotating during class at this time. In addition, the class size will be limited to 6 couples.
Capitola Community Center
R: $63 | NR: $78
#7541.101 Thu 6-7:00 pm 1/13-2/17

NIGHT CLUB TWO-STEP LEVELS 2 & 3
Becky Adams (831) 475-4134 18 yrs & up
If you know the basics of ‘Night Club Two-Step’ and want to learn more, this is the class for you. The Level 2 ‘Night Club’ class is for those with knowledge of at least 4 basic patterns, or with experience learning other social dances. We will quickly review the basics, improve upon leading and following, and add styling while moving into intermediate combinations for those with more experience. Night Club Two-Step is closely related to Rumba, Salsa and Cumbia and is popular with Swing, Country and contemporary ballroom dancers alike. At this time, due to COVID, you will need to come with a partner and participants will not be rotating. In addition, COVID vaccinations will be required. Class size will be limited to 6 couples.
Capitola Community Center
R: $58 | NR: $73
7541.102 Mon 7:30-8:30pm 1/13-2/17
7541.103 Mon 7:30-8:30pm 2/28-3/28

WEST COAST SWING: LEVEL I
Becky Adams 6 weeks
(831) 475-4134 18 yrs & up
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.
Capitola Community Center
R: $58 | NR: $73
7530.101 Mon 6-7pm 1/10-2/14
7530.102 Mon 6-7pm 2/28-3/28
7530.103 Mon 6-7pm 4/11-5/16
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, 8:30-4:30, or online, at apm.activecommunities.com/capitolarecreation, and bring your receipt with you to your lesson. #8500 • 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.

 learns to play tennis, for players who have taken a beginners class before but are entry level players. Fundamentals with creative fun drills and learn strategy to win! *A $6 materials fee is payable to the instructor at the first class.
CHESS FOR EVERYONE!  Ages 5-95
Peter Klembara
831-471-5770 / peterklembara@gmail.com
The class would start with a lesson on the opening moves of the day. Then I would show a famous game that utilized this opening via the hanging demonstration chess board. I would also show interesting tactics from other famous games. I would level the players so that each pair of the players would be equally matched. Then the players would play multiple games of chess. A materials fee of $25 for chess board, chess pieces, clocks and demonstration chess board. For students who supply their own chess sets and clocks, the materials fees is waved.

Capitola Community Center
R $118 | NR $133
7426.101  Tue  5-7pm  1/11-2/15

NEW CLASSES/UPDATES

ABSTRACT WATERCOLOR INSPIRED BY NATURE, ZOOM
Wendy Nolan  14yrs and up
831-234-8147  wendynolan11@gmail.com
www.mandalawendy.com
Online art classes are more fun than you think! This is a great opportunity to connect with other art enthusiasts from the comfort of your own home. We will learn the basics of watercolor and composition using lines, shapes and colors all inspired by the nature we see around us. Abstract art encourages experimentation and releases creative flow! We will use watercolor, color pencils, ink pens & collage. Students new and experienced are all welcome to this fun and very creative online class.

ZOOM
R $40.09 | NR $55.09
7215.101  Tue  12-2pm  3/1-3/22
7215.102  Tue  12-2pm  4/5-26

TINY TOTS GYMNASTICS
3-4 years
Melinda Moxley
mleemoxley@outlook.com
Class will start with a fun and creative warm up, followed by two obstacle course circuits. Progressive drills are introduced in class for students to practice, develop, and master skills on floor exercise, balance beam, mini trampoline, and bars. Students will work on a variety of skills and move through stations in a fun and challenging obstacle course rotation. This is a self-esteem enhancing program and students are encouraged to focus on individual personal best effort and achievement.
Capitola Community Center
N $128 | NR $143
5301.101  Wed  3-3:45pm  1/5-2/9
5301.102  Wed  3-3:45pm  2/16-3/23

GYMNASTICS LEVEL ONE  5-7 years
Melinda Moxley
mleemoxley@outlook.com
Class will start with a fun and creative warm up, followed by two obstacle course circuits. Progressive drills are introduced in class for students to practice, develop, and master skills on floor exercise, balance beam, mini trampoline, and bars. Students will work on a variety of skills and move through stations in a fun and challenging obstacle course rotation. This is a self-esteem enhancing program and students are encouraged to focus on individual personal best effort and achievement.
Capitola Community Center
N $138.00 | NR $153.00
6301.101  Wed  4-4:55pm  1/5-2/9
6301.102  Wed  4-4:55pm  2/16-3/23

GYMNASTICS LEVEL ONE  7-12 yrs
Melinda Moxley
mleemoxley@outlook.com
Class will start with a fun and creative warm up, followed by two obstacle course circuits. Progressive drills are introduced in class for students to practice, develop, and master skills on floor exercise, balance beam, mini trampoline, and bars. Students will work on a variety of skills and move through stations in a fun and challenging obstacle course rotation. This is a self-esteem enhancing program and students are encouraged to focus on individual personal best effort and achievement.
Capitola Community Center
N $138.00 | NR $153.00
6302.101  Wed  5-5:55pm  1/5-2/9
6302.102  Wed  5-5:55pm  2/16-3/23
Spring Afterschool Rec Club
Classes
Camp Capitola
Softball
Junior Guards

Open Now
November 29th
March 15th
March 1st
Begins March 22nd