Contact Us:
Capitola Recreation is looking for enthusiastic individuals interested in developing their recreation employment experience. Recruitment for the Capitola Beach Lifeguard Service as well as Camp Capitola will begin in early 2024. Anyone interested in serving the community or working alongside youth programming is encouraged to apply to join our team.
More information will be published on the City of Capitola website in early 2024. Please contact the Capitola Recreation front office for more information.

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Policies
Who Pays the Resident Price?
A Resident (R) resides within the City of Capitola and the Soquel Elementary Unified School District. A Non-resident (NR) resides within the rest of Santa Cruz County or outside of the County.
Senior Discount
If you are 62 or older, please request your 10% discount at the time of registration. This discount cannot be applied to non-qualifying members of your family.
Cancellations
When an activity is cancelled by Capitola Recreation, a full refund will be given to each participant or a pro-rated amount if the activity has already begun.
Refunds
Requested more than two weeks before the start date of an activity, the City will provide a full refund, less a registration fee. (range $20 to $50 depending on activity)
Requested within two weeks before the start date of an activity, the City will provide a 50% refund OR participant can transfer into an available activity with different dates (difference in fee will be paid by participant or applied as credit to account) OR apply credit to account less registration fee.
No refunds will be given after the second day of an activity.
Account Credit is valid for one year. Please allow up to 2 weeks to receive you refund amount.
If a participant becomes sick or is injured during the activity, and the illness or injury precludes the participant from continuing, the City will provide a pro-rated refund based on the remaining days of activity. You may be required to provide documentation regarding the illness or injury.
No refund will be provided if a participant is removed from the activity for disciplinary reasons.

How To Register
Log into your CivicRec account or create a new account. Create your account in advance to expedite your day of registration. Add all your family members. When registration opens for your activity go to the website and begin your registration process. Call in or walk in registration is available for some activities but not all.
Online:
https://secure.rec1.com/CA/capitola-recreation-ca/catalog
Phone-in
Call (831) 475-5935 Monday - Friday between the hours of 8:00am - 5:00pm.
Walk-in
Register at our office, Monday - Friday 8:00am - 5:00pm at 4400 Jade Street, Capitola, CA 95010.
VISIT
City of Capitola Museum
2024 - A YEAR OF ANNIVERSARIES

Little City Under Canvas-
The 150th Anniversary of Camp Capitola:
S.A. Hall officially opened Camp Capitola in the summer of 1874, thereby making Capitola one of the oldest beach resorts on the California Coast. The story of the campground will be told through historic photographs, artifacts, and a diorama.

75th Anniversary of the City of Capitola:
Even while the museum is temporarily closed from January through mid-March 2024, you may still view our historically furnished 1907 Beach Collage and adjoining vintage Bathhouse located in front of the museum. You may also check out our rotating exhibits at the Capitola Library located at 2005 Wharf Road.

When the museum reopens in mid-March 2024, we hope you help us celebrate the surprisingly long and multi-faceted history of this wonderful little community.

City of Capitola
RESOURCE GUIDES AVAILABLE FOR:
Accessory Dwelling Units (ADU)

Capitola Police Department’s NEW City Advisory Body!

OUR NEW CHIEF’S ADVISORY COMMITTEE IS LOOKING FOR MEMBERS
• Advise on public policy & current issues
• Voice your perspective on community policing
• Collaborate with Police Chief & staff

SUBMIT YOUR APPLICATION TODAY!
• Meets six times a year with flexible scheduling
• Online application
• Thoughtful selection process

SCAN FOR MORE INFORMATION:
Cityofcapitola.org/Chief-Advisory-Committee
ADULT SPORTS LEAGUES

LEAGUE PLAY BEGINS: Week of March 25
$574 PER TEAM REGISTRATION

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.

REGISTRATION TUESDAY, FEBRUARY 27, 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 is excited to offer youth school break camps! We are here to provide your child with fun and enrichment during their school breaks. Capitola Recreation school break camps will be filled with fun and seasonal activities, healthy snacks, and field trips. Break camps are run by recreation staff who specialize in working alongside youth to provide a fun and safe environment!

**CAP REC Spring Break Camp:** For the first time ever, Capitola Recreation will be hosting a spring break camp. This program will be split between camp and beach activities. Participants will begin the day at Camp Capitola where they will participate in typical camp activities. They will then walk down with recreation leaders to Capitola Beach where they will participate in beach and ocean activities. Water participation is optional. There will be a group for anyone who wants to participate in Junior Guard skill development and activities.

**REGISTRATION IS NOW OPEN**

**WINTER SCHOOL BREAK CAMPS**

- **December 27th-December 29th**
  - 9am-4:30pm
  - Resident $102 | Non-Resident $126

- **January 2nd- January 5th**
  - 9am-4:30pm
  - Resident $136 | Non-Resident $168

- **January 8th (One-Day Only)**
  - 9am-4:30pm
  - Resident $34 | Non-Resident $42

**CAP REC SPRING BREAK CAMP**

- **April 1st- April 5th**
  - 9-4:30pm
  - Resident $170 | Non-Resident $210

REGISTRATION WILL OPEN ON FEBRUARY 21ST.
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.

Resident $303 / Non-Resident $378
U-19 $190
Regionals $103
USLA fee for 9 yrs and up
Transport $63
Late pickup $1 per minute
*Scholarships available

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)
Stretches, sit up, pushups, calisthenics
25 yard swim

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.

REGISTRATION DATES

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

Returning Guards from 2023
Tuesday, March 12, 8:30am
New Guards
Wednesday, March 13: 8:30am

<table>
<thead>
<tr>
<th>Morning Program</th>
<th>Afternoon Program</th>
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</thead>
<tbody>
<tr>
<td>A 14-15 yrs</td>
<td>C 9-11 yrs</td>
</tr>
<tr>
<td>B 12-13 yrs</td>
<td>Little Guards</td>
</tr>
<tr>
<td>C+ 10-11 yrs</td>
<td>Little Guards</td>
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<tr>
<td>Little Guards</td>
<td>Little Guards</td>
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<td>Little Guards</td>
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</tbody>
</table>

Session 1: June 10 – July 5
Session 2: July 8 – August 2
no program July 4
MORNINGS: 9AM-12NOON
AFTERNOONS: 1-4PM

The Little Guards (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.

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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)
Stretches, sit up, pushups, calisthenics
25 yard swim

JUNIOR GUARDS: A, B, C & U19:
Warm up Run: ½ mile (Junior Guard Headquarters to sea wall and back)
Stretches, sit up, pushups, calisthenics
100-300 yard swim
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 10
Resident $336 Non-Resident $420
Half Day: R $170 | NR $210
Around Town Camp R $303 | NR $378 (1 wk)
JR LEADER PROGRAM: $73 | 15-17 YRS
Transport: $63
Extended care: $58, $1 per minute late fee
*Scholarships available

SCHEDULE AND ACTIVITIES
Campers 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 Check in/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

Scholarships Available!

REGISTRATION OPENS TUESDAY, MARCH 19 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

<table>
<thead>
<tr>
<th>SESSION 1</th>
<th>June 10 - June 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>SESSION 2</td>
<td>June 24 - July 5 (no program July 4)</td>
</tr>
<tr>
<td>SESSION 3</td>
<td>July 8 - July 19</td>
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<tr>
<td>SESSION 4</td>
<td>July 22 - August 2</td>
</tr>
</tbody>
</table>

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

Are you a teen (14-17yrs) looking to develop leadership skills? Interested teens come join our Junior Leader Program this summer! Upon completion of 40 hours of volunteering they will be reimbursed for...
Capitola Recreation

AFTERSCHOOL REC CLUB

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

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

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

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

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

Scholarships Available!
BEGINNING HULA AND TAHITIAN KEIKI (YOUTH) 10 Wks
Kumu Lorraine Kalei Kinnamon/staff
@ tehaunuidance
tehaunui@cruzio.com
www.tehaunuidance.com
Has your child expressed interest in learning the joyous and sacred dances of Hawai‘i and Tahitian? This class is an ideal introduction into the olelo (language) as well as the foundation moves of hula and tahitian. Your child will study at least one dance while learning about the culture in the company of hula sisters and brothers. Along with grace, strength and fun, hula instills discipline, aloha and unity! Instructor Lorraine Kalei Kinnamon, under the lineage of Lehua Frank Kawaiapu Hewett of Kane‘ohe O‘ahu, has directed the Te Hau Nui School of Hula and Tahitian Dance for more than 25 years.

Pleasure Point Dance Studio, 3603 Portola Drive, Santa Cruz
R: $250 | NR: $267
Tue 4:10-4:55pm 1/9-3/26

KOREAN MARTIAL ARTS (TAE KWON DO) 3 Wks
Sang Jin
3-15 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.
Korean Martial Arts Academy
3702 Portola Dr, Santa Cruz CA
R: $116 | NR: $133 (Little Tigers) (Little Tigers)
R: $119 | NR: $136
Little Tigers (3-5 yrs):
M | W 3:45-4:25pm 1/8-2/14
M | W 3:45-4:25pm 2/26-4/3
Ages 6-9
M | W 4:30-5:20pm 1/8-2/14
M | W 4:30-5:20pm 2/26-4/3

Ages 10-14
M | W 5:30-6:20pm 1/8-2/14
M | W 5:30-6:20pm 2/26-4/3

Ages 15 & Up
M | W 6:30-7:30pm 1/8-2/14
M | W 6:30-7:30pm 2/26-4/3

WINTER BREAK SEWING CAMP 1 Wk
Lisa Rupp
9-14 yrs
hello@sereidadesign
sereidadesign.com
Learn the art of sewing by experimenting with materials, basic sewing, machine skills, and cutting fabric. Students will create 4-5 fun fabric projects that challenge their artistic abilities. Your student is expected to use machines and sharp tools in a safe way and be able to follow directions.
Lisa started her sewing journey at the age of 8 in a summer camp much like this. Sewing quickly became a passion, which led to studies in fashion design and patternmaking. Looking to inspire the next generation of makers, this course is designed to add knowledge and expand their skillset. A $30 materials fee is due to the instructor on the first day of class.

Capitola Community Center
R: $345 NR: $362
M-F 9:00-1:00pm 1/2-1/5

BEGINNING PIANO (YOUTH) 6 Wks
Laura Alioto
7-10 yrs
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: $120 NR: $137
Wed 3:15-4:00pm 1/17-2/21
Wed 3:15-4:00pm 2/28-3/27

YOUTH CLASSES

AFTERNOON ART FOR KIDS 3 Wks
Dana Schmidt
5-10 yrs
Looking for some awesome art activities for your child? We'd love to join us for some fun Friday afternoon art! Throughout the 3 weeks we will create different art pieces using a variety of materials: Watercolors, pastels, paint sticks, crayons, glitter, and more. We will explore different art techniques from drawing, collage, marble rolling, crayon resist, to painting. Children will create 3-4 unique art projects that could be frame worthy. Dana Schmidt is a retired school teacher and has been teaching art to children for over 25 years.

Capitola Community Center
R: $100 | NR: $108.50
Fri 3:00-4:15pm 3/8-3/22

AFTERNOON ART FOR KIDS: VALENTINES DAY WORKSHOP 1 Day
Dana Schmidt
5-10 yrs
Looking for a fun and creative afternoon for your child? Valentine's Day will be the main inspiration behind this workshop. Throughout the afternoon we will use a variety of art and craft materials to create 3 art projects filled with love and adorned with hearts. Dana Schmidt is a retired school teacher and has been teaching art to children for over 25 years.

Capitola Community Center
R: $50 | NR: $58.50
Fri 3:00-5:00pm 2/9

BALLETS: MOM / DAD & ME 4 Wks
Jeani Mitchell
2-3 yrs
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.

Capitola Community Center
R: $86 | NR: $103
Thur 3:45-4:30pm 1/4-2/1
Thur 3:45-4:30pm 2/8-3/7
Thur 3:45-4:30pm 3/21-4/25

PRE-BALLETT I 4 Wks
Jeani Mitchell
3-8 yrs
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. A $8 materials fee is due at first class.

Capitola Community Center
R: $86 | NR: $103
Thur 4:45-5:30pm 1/4-2/1
Thur 4:45-5:30pm 2/8-3/7
Thur 4:45-5:30pm 3/21-4/25

KOREAN MARTIAL ARTS (TAE KWON DO) 3 Wks
Sang Jin
3-15 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.

Korean Martial Arts Academy
3702 Portola Dr, Santa Cruz CA
R: $116 | NR: $133 (Little Tigers) (Little Tigers)
R: $119 | NR: $136
Little Tigers (3.5-5 yrs):
M | W 3:45-4:25pm 1/8-2/14
M | W 3:45-4:25pm 2/26-4/3

Ages 6-9
M | W 4:30-5:20pm 1/8-2/14
M | W 4:30-5:20pm 2/26-4/3

Ages 10-14
M | W 5:30-6:20pm 1/8-2/14
M | W 5:30-6:20pm 2/26-4/3

Ages 15 & Up
M | W 6:30-7:30pm 1/8-2/14
M | W 6:30-7:30pm 2/26-4/3
YOUTH CLASSES

YOUTH TENNIS-
MIDDLE SCHOOL CLINIC
Brian Pybas
8-13 Yrs
brianpybas@gmail.com
(831) 594-9042
This class is designed for beginner students. The primary focus will be to improve students' technical abilities to allow for further enjoyment and access to the game. Most classes will be run in a drill-thrill format to create memorable lessons in a fun setting.

R: $120 | NR: $137
M | W 3:30-4:30pm  1/18-2/22
M | W 3:30-4:30pm  3/7-4/11
M | W 3:30-4:30pm  4/8-4/17

TEEN TENNIS-
HIGH SCHOOL CLINIC
Brian Pybas
12-15 Yrs
brianpybas@gmail.com
(831) 594-9042
This class is designed for intermediate to advanced level players looking to improve. Aimed toward building the students' technical skills in a fun and energetic setting through athletic games, feeding drills, and live ball scenarios/games.

Jade St Tennis Courts
R: $120 | NR: $137
M | W 4:30-5:30pm  1/18-2/22
M | W 4:30-5:30pm  3/5-4/9
M | W 4:30-5:30pm  1/16-2/20
M | W 4:30-5:30pm  3/11-3/20
M | W 4:30-5:30pm  4/8-4/17

YOUTH KICKBOXING
6 Wks
Claudio Franca BJJ
6-14 yrs
claudiofrancabjj.com
santacruz@claudiofrancabjj.com
(831) 476-7650
The goal of this program is to introduce kids to self-defense-ready kickboxing to help build self-confidence, instill self-esteem, and learn discipline. They will learn how to properly punch, kick, knee, elbow, and drill various striking art takedowns in a controlled, safe, and non-competitive environment. Kids enrolled in this 6-week program will be joining an ongoing class with our kid kickboxing members. We recommend purchasing headgear, a mouthpiece, shin guards, and a cup for male kickboxers before starting the program. This program may only be taken through the recreation department once. You may join our dojo afterward to continue training in kickboxing.

1658 Soquel Dr, Suite C, Santa Cruz CA
R: $170 | NR: $187
W | F 4:00-4:55pm  1/31-3/8
W | F 4:00-4:55pm  3/20-4/26

PARKOUR GENERATIONS
14 Wks
Parkour Generations
3-13 yrs
santacruz@parkourgenerations.com
www.ppkgensantacruz.com
@pkgensantacruz
MOVE.PLAY.EXPLORE.GROW. Physical literacy and personal development through purchase of 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. QUESTIONS? Shoot us an email anytime; santacruz@parkourgenerations.com. We look forward to helping you learn to Master Your Movement™️ at PARKOUR GENERATIONS.

Agility Boulders 1404 38th Ave, Capitola
R: $369 NR: $385
6-8 Years Old:
Tue 4:30-5:30pm  1/9-4/23
9-12 Years Old:
Tue 4:30-5:30pm  1/9-4/23
8-10 Years Old:
Thu 4:30-5:30pm  1/11-4/25

TEEN BRAZILIAN JIU-JITSU
6 Wks
Claudio Franca BJJ
claudiofrancabjj.com
santacruz@claudiofrancabjj.com
(831) 476-7650
This series is specifically designed for teenagers to learn the fundamental skills of sport and self-defense of Brazilian Jiu-Jitsu. Kids will be able to improve their self-confidence, self-esteem, body awareness, and coordination while getting a great workout. A uniform (Gi) is required and available for purchase at the dojo. This program may only be taken through the recreation department once.

1658 Soquel Dr, Suite C, Santa Cruz CA
R: $200 | NR: $217
Ages 3.5-5:
T | Th 3:10-3:55pm  3/19-4/25
T | Th 3:10-3:55pm  1/30-3/7

TEEN BRAZILIAN JIU-JITSU
6 Wks
Claudio Franca BJJ
claudiofrancabjj.com
santacruz@claudiofrancabjj.com
(831) 476-7650
The goal of this program is to provide a fun and encouraging environment where youth may learn the fundamental skills of sport and self-defense of Brazilian Jiu-Jitsu. Kids will be able to improve their self-confidence, self-esteem, body awareness, and coordination. A uniform (Gi) is required and available for purchase at the dojo. This program may only be taken through the recreation department once.

1658 Soquel Dr, Suite C, Santa Cruz CA
R: $210 | NR: $227
Ages 3.5-5:
T | Th 3:10-3:55pm  1/22-3/15
T | Th 3:10-3:55pm  3/20-4/26

BEASTER: FAMILY FUN FITNESS
& PARKOUR CHALLENGE
1 Day
Parkour Generations
3-13 yrs
santacruz@parkourgenerations.com
www.ppkgensantacruz.com
@pkgensantacruz
Join us to kick off Spring Break with an active kids 'Easter' event like no other! Take on the Beaster Bunny's challenges: get your hops in, learn some parkour moves, see how you can bring out your inner athlete. All Ages. No Experience Necessary. Fun challenges for all levels. Bunny ears encouraged.
Agility Boulders 1404 38th Ave, Capitola
R: $45 NR: $53.5
Sat 10am-12pm  3/23

YOUTH KICKBOXING
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.

MANDALAS WITH FLOWERS AND SACRED GEOMETRY 6 Wks
Michele Faia
(831) 713-9312
mandalas@michelefaia.com
www.michelefaia.com

We will explore painting the deeper ESSENCE of flowers in mandalas with different geometric patterns, from those growing from a single point or “oneness,” to those with “Twoness,” “Threeness,” “Fourness,” etc. Our medium is watercolor. We will learn the basics of watercolor, sacred geometry and mandalas in a fun and unique class, one like no other! We paint from our hearts! Join our Circle which is open to both newcomers and experienced alike. Text Michele for a Material’s List.

REALISTIC PAINTING: WATERCOLOR, INTERMEDIATE & ADVANCED LEVELS 8 Wks
Hanya Fojaco
18 yrs & up
hanyaart@icloud.com
www.hanyafojaco.com

Continue to develop your watercolor 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 reference. An $8 materials fee is payable to the instructor at the first class for a few supplies that will be provided to new enrollees. Bring watercolor supplies you already have to compare with the materials list for this class.

C Indolita Community Center
R: $136 | NR: $153
Wed 9:30-12:00pm 1/10-2/28
Wed 9:30-12:00pm 3/6-4/24

ZENTANGLE® FOR BEGINNERS 6 Wks
Sheila Burt
18 yrs & up
burtssusa@gmail.com
Instagram: @95003.tangler_czt

Discover or rediscover your creative side. This meditative artform is suitable for beginners or experienced artists. Calm your mind as you create a beautiful piece of Zentangle® art. Zentangle is an easy-to-learn, relaxing art form created by drawing structured patterns, or tangles. Each week you will create a black and white piece of Zentangle art while enjoying “relaxed focus.” You’ll start with an introduction and continue to learn the Zentangle principles, creating as you go.

I am a Certified Zentangle Teacher, CZT37. I look forward to sharing Zentangle with you.

Capitola Community Center
R: $158 | NR: $175
Tue 1:00-4:00pm 1/9-2/13

BEGINNING ACRYLIC PAINTING 4 Wks
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! Please email clkmama@yahoo.com for a list of supplies. This is just a short 4 week class that will introduce you to different painting techniques. The picture above is the first painting we will be doing.

Capitola Community Center
R: $90 | NR: $107
Tue 1:00-2:45pm 3/5-3/26

ACRYLIC PAINTING 6/8 Wks

16 & up
Cindy Kaskey
clkmama@yahoo.com

This is a class for people who have picked up a paintbrush before but would like some instruction, inspiration, or painting time. 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. Each week focuses on a different technique that you can incorporate into your painting. The class is geared to support each other and our creative journeys. You will need paint, brushes, canvas or something to paint on, and a palette. Please email clkmama@yahoo.com for a list of supplies. Students have the option of taking this as a 6 or 8 week course.

Capitola Community Center
6 Wk Session:
R $110 | NR: $127
Mon 1:00-3:00pm 2/26-4/1

8 Wk Session:
R: $122 | NR: $139
Mon 1:00-3:00pm 2/26-4/15

ZENTANGLE® AND ZENTANGLE INSPIRED ART 6 Wks
Sheila Burt
18 yrs & up
burtssusa@gmail.com
Instagram: @95003.tangler_czt

If you have tangled before, this class is for you. You will take your Zentangle® art from black ink and shades of gray to color. From traditional to Zentangle inspired, enjoying a relaxed focus. You will use colored Micron pens and pastel colored pencil’s along with colored backgrounds. Your Zentangle art will reflect the arrival of Spring. I am a Certified Zentangle Teacher, CZT37. I look forward to helping you continue your Zentangle journey.

Capitola Community Center
R: $158 | NR: $175
Tue 1:00-4:00pm 3/12-4/16

INSPIRED ART
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! Please email clkmama@yahoo.com for a list of supplies. This is just a short 4 week class that will introduce you to different painting techniques. The picture above is the first painting we will be doing.

Capitola Community Center
R: $90 | NR: $107
Tue 1:00-2:45pm 3/5-3/26
**DESIGN YOUR OWN LANDSCAPE**

FOR BEGINNER  
2 Wks  
Michelle Ouse  
greenhouselandscape.com

During the course, students will learn to introduce themselves, greet others formally and informally, ask for information and directions, and order a cappuccino in Piazza di Spagna, Rome, and a three-course dinner at Cipriani in Venice. They will be able to talk about Italian culture, food, fashion, movies, architecture, and art.

Capitola Community Center  
R: $40 (per workshop) | NR: $48.5

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**BEGINNER ITALIAN**

Consuelo Endrigo Williams  
consueloendrigo@gmail.com  
parlitaliano.com

During the course, students will learn to introduce themselves, greet others formally and informally, ask for information and directions, and order a cappuccino in Piazza di Spagna, Rome, and a three-course dinner at Cipriani in Venice. They will be able to talk about Italian culture, food, fashion, movies, architecture, and art.

Capitola Community Center  
R: $240 | NR: $257  
Wed 10:00 – 10:50am 2/3-4/14

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**BUON APPETITO! (INTERMEDIATE ITALIAN)**

Consuelo Endrigo Williams  
consueloendrigo@gmail.com  
parlitaliano.com

Buon Appetito!'s class takes the student "per la gola" (to the throat) through various regions of Italy. Italian Language students will strengthen their language skills and broaden their vocabulary through a delightful excursion involving Italy's attractive culture and culinary traditions. Buon Appetito's class offers an excursion through the 20 Italian regions with recipes, vocabulary, grammar, and games that enhance the learning of the language of the "Bel Paese".

Capitola Community Center  
R: $240 | NR: $257  
Wed 11:00 – 11:50am 2/3-4/14

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**AGE-ING TO SAGE-ING WORKSHOP**

FOR WOMEN 55+  
11 Wks  
Robin Everest  
reverestassociates@gmail.com

Come join us on a journey to become more spiritually radiant, physically vital, and socially responsible elders in our community. We'll use the Age-ing to Sage-ing book by Zalman Schachter-Shalomi as our guide. We'll do one chapter and its related exercises each week. Please bring a copy of the book to class. A $5 materials fee is payable at the first class meeting.

Capitola Community Center  
R: $169 | NR: $186  
Fri 10:00 – 12:00pm 2/2-4/12

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**WOMEN CRAFTING THEIR LIVES**

AFTER 55  
2 Days  
Robin Everest  
55 yrs+

Come join this workshop and explore creative ways to recognize and align with your life purpose after retirement. Let your imagination 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.

A $10 materials fee is due at the first meeting.

Capitola Community Center  
R: $83 | NR: $91.50  
Sat 10:00-12:30pm 1/13 & 1/20

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**HIKING AND LUNCHEON FOR WOMEN 62+**

Robin Everest  
reverestassociates@gmail.com

Come join us once a month to explore Santa Cruz county and enjoy lunch. We'll hike local forests and the seashore, explore secret walks, and measure and then draw using a scale ruler. Michelle has been a local landscape contractor and designer for over 25 years. She will show you from start to finish the how to's of landscape design and a lot of other fun facts along the way. A $10 materials fee is due to the instructor at the beginning of the "Let's Get Started" Workshop.

Capitola Community Center  
R: $40 (per workshop) | NR: $48.5

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**DISCOVER FLY FISHING**

CASTING  
3 Wks  
Alex Ferber  
(831) 419-0564  
alex.ferber74@gmail.com  
adventureflyfishingsantacruz/home.com

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 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. An additional $5 materials fee is due directly to instructor on first day of class.

Capitola Community Center  
R: $240 | NR: $257  
Sat 10:00-12:00pm 2/2-4/12

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**COMMUNITY SING**

6 Wks  
Paula Bliss  
paulabliss@sbcglobal.net  
www.blissongs.com

Sing in the New Year with us! We will be singing positive songs from folk, pop, rock, and jazz standards accompanied by Paula on piano. Experience the joy of singing together again! A $1 materials fee is due to the instructor on the start of the first class.

Capitola Community Center  
R: $140 | NR $157  
Sat 10:00-1:00pm 3/24-4/20

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**INTERMEDIATE ITALIAN**

3 Wks  
Victoria M Johnson  
https://www.creativebreath.net  
FB/Instagram @CreativeBreathWriters

Discover techniques to write fast and get your first draft written in two weeks. Learn how to prepare for the two-week event, how to execute during the two weeks, and how to fine-tune your masterpiece. For beginners or pros, this is an exciting and motivating workshop that will help you improve your storytelling skills. Don't waste years trying to get your novel written. Learn secrets to avoiding writer's block and write your novel once and for all! BRING your lunch for a short break.

Capitola Community Center  
R: $69 | NR: $77.50  
Sat 10:00 – 2:30pm 1/20

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**MEMOIR IN A FLASH**

5 Wks  
Victoria M Johnson  
https://www.creativebreath.net  
FB/Instagram @CreativeBreathWriters

Have you longed to write a memoir? Does the task seem daunting? This encouraging class will help you write and organize your stories and show you how to translate your life experiences into a compelling memoir. Learn to embrace the flash (short and very short) style of writing while using tools of effective storytelling. Discover ways to immerse your readers in your world and keep them engaged from chapter to chapter. See amazing examples and explore techniques with writing exercises. Why spend years writing that long daunting memoir when you can write it in a flash? For writers of all levels. There is an additional $5 handout fee.

Capitola Community Center  
R: $85 | NR: $102  
Wed 10:00 – 1:30pm 1/16-2/13

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**COMING UP**

Stay tuned for upcoming classes at the Capitola Community Center!
ADULT BRAZILIAN JIU-JITSU 6 Wks
Claudio Franca BJJ
claudiocarrajitsu.com
santacruz@claudiocarrajitsu.com
(831) 475-4650
Ever been interested in learning Brazilian Jiujitsu, but weren’t sure where to start? If so, this series is for you! You will be introduced to the basic moves such as rolls, hip-escapes, throws, falls, and many more skills to begin your BJJ training. Each class provides a great workout in a friendly, supportive, and non-competitive environment. A uniform (Gi) is required and available for purchase at the dojo.
This program may only be taken through the recreation department once.
No Class 2/12, 2/19
1658 Soquel Dr, Suite C, Santa Cruz CA
R: $190 | NR: $215
M | W 5:10-5:55pm  3/18-4/26
M | W 5:10-5:55pm  1/22-3/15
R: $190 | NR: $205
1658 Soquel Dr, Suite C, Santa Cruz CA

LINDY’ SWING DANCE INTRODUCTION WORKSHOP 3 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
Lindy Swing dancing has grown tremendously in popularity in Santa Cruz over the past decade. It is an intermediate form of Swing that is loaded with fun moves. It was developed in the 30s in New York and has been spreading around the globe ever since. If you are familiar with the ‘triple-step’ and want to learn this dance, the 3 week workshop is for you. Becky has been teaching Swing and Ballroom in Santa Cruz for 30 years and is looking forward to introducing Lindy style Swing to a new group of enthusiasts.
Capitola Community Center
R: $50 | NR: $79
Mon 7:15-8:15pm  1/22-2/5

EAST COAST SWING MULTIPLE VARIATIONS 3-6 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
Becky Adams is excited to be offering three different variations of East Coast Swing! There is a class for all levels! Whether this is your first time getting your feet wet in East Coast Swing or you are ready to add more complicated skills and combinations to your routine, this is a great dance, especially if you love sultry jazz or Country music. Specific class details are available on the Capitola Recreation Website or you can contact Becky for specific class information.
Capitola Community Center
West Coast Swing Level 1:
R: $65 | NR: $82
Mon 6:00-7:00pm  4/22-5/20
West Coast Swing Level 2:
R: $65 | NR: $82
Mon 7:15-8:15pm  4/22-5/20

WALTZ LEVEL 1 & 2 5 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
In this introduction to the traditional Swing dance done across the country, you will learn the Waltz Level 1 & 2 of Swing. There is a class for all levels! Whether this is your first time getting your feet wet in East Coast Swing or you are ready to add more complicated skills and combinations to your routine, this is a great dance, especially if you love sultry jazz or Country music. Specific class details are available on the Capitola Recreation Website or you can contact Becky for specific class information.
Capitola Community Center
R: $65 | NR: $82
Thu 6:00-7:00pm  2/29-3/28

COUNTRY WESTERN LINE DANCING 6 Wks
18 yrs & up
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.
Capitola Community Center
R: $60 | NR: $77
Thu 7:15-8:30pm  1/4-2/5
Thu 7:15-8:30pm  2/1-3/21
Thu 7:15-8:30pm  3/28-5/2

NIGHT CLUB TWO-STEP LEVELS 1 & 2 “FAST TRACK” 5 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
In this introduction to the traditional Swing dance done across the country, you will learn the Lindy Level 1 & 2 of Swing. There is a class for all levels! Whether this is your first time getting your feet wet in East Coast Swing or you are ready to add more complicated skills and combinations to your routine, this is a great dance, especially if you love sultry jazz or Country music. Specific class details are available on the Capitola Recreation Website or you can contact Becky for specific class information.
Capitola Community Center
R: $65 | NR: $82
Thu 6:00-7:00pm  2/29-3/28

BEGINNING LINE DANCE 5 Wks
18 yrs & up
Shanta Shenoy
dancingraider@yahoo.com
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: $60 | NR: $77
Wed 7:30-8:30pm  1/3-2/5
Wed 7:30-8:30pm  2/1-3/20
Wed 7:30-8:30pm  3/27-4/24
Thu 10:30-11:30am  1/4-2/1
Thu 10:30-11:30am  2/22-3/21
Thu 10:30-11:30am  3/28-4/25

BEGINNING HULA AND TAHITIAN (ADULT) 11 Wks
18 yrs & up
Kumu Lorraine Kalei Kinnamon/staff
tehauunuidance
tehauunui@cruzio.com
www.tehauunuidance.com
Welcome to the sacred and festive dances of Hawai’i and Tahiti. In this class you will be introduced to the olelo (language) as well as the foundation moves of hula and tahitian. You will learn at least one traditional dance. This course is an ideal way to learn why the study of hula can become a way of life that inspires values, friendship, and meaning far beyond the dance form.
Location: Pleasure Point Dance Studio, 3603 Portola Drive, Santa Cruz
R: $250 | NR: $263
Tue 6:30-8:30pm  1/9-3/26

WALTZ LEVEL 1 & 2 5 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
In this introduction to the traditional Swing dance done across the country, you will learn beginning swing rhythm, steps and patterns as well as leading and following. These patterns will get you through any upcoming dance events on your calendar including the summer Wednesday evening concerts at the Capitola Esplanade.
Capitola Community Center
R: $65 | NR: $82
Thu 6:00-7:00pm  2/29-3/28

WEST COAST SWING MULTIPLE VARIATIONS 3-6 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
Becky Adams is excited to be offering three different variations of West Coast Swing! There is a class for all levels! Whether this is your first time getting your feet wet in West Coast Swing or you are ready to add more complicated skills and combinations to your routine, this is a great dance, especially if you love sultry jazz or Country music. Specific class details are available on the Capitola Recreation Website or you can contact Becky for specific class information.
Capitola Community Center
West Coast Swing Level 1:
R: $65 | NR: $82
Mon 6:00-7:00pm  4/22-5/20
West Coast Swing Level 2:
R: $65 | NR: $82
Mon 7:15-8:15pm  4/22-5/20

EAST COAST SWING MULTIPLE VARIATIONS 3-6 Wks
15 yrs & up
Becky Adams
(831) 475-4134
growingwithbecky@gmail.com
Becky Adams is excited to be offering three different variations of East Coast Swing! There is a class for all levels! Whether this is your first time getting your feet wet in East Coast Swing or you are ready to add more complicated skills and combinations to your routine, specific class details are available on the Capitola Recreation Website or you can contact Becky for specific class information.
No Class 4/1
Capitola Community Center
East Coast Swing Intro Workshop:
R: $40 | NR: $48.50
Mon 6:00-7:00pm  1/22-2/5
East Coast Swing Levels 1&2 (Combo):
R: $70 | NR: $87
Mon 6:00-7:00pm  2/26-4/8
East Coast Swing Level 3:
R: $70 | NR: $87
Mon 7:15-8:15pm  2/26-4/8
ZUMBA GOLD: MONDAY NIGHT VIRTUAL PARTY (ZOOM)  5/6 Wks
Adrienne Harrell
(831) 535-8255
adrienne@soulfulceremonies.com
Take the “work” out of workout and join the Zumba Gold® party from anywhere via zoom! Designed for active older adults, looking for a modified Zumba® class that recreates the original moves at a lower-intensity. Featuring easy-to-follow Zumba Gold® choreography, set to zesty Latin and World rhythms, this class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Explore the rhythms of merengue, salsa, cumbia and reggaeton in a welcoming, relaxed and fun dance-inspired class. This class is offered virtually through the zoom platform. Class participants will be provided the zoom meeting ID and passcode after registering for the class. ...

Online
6 Wk R: $47.50 | NR: $64.50
Mon 6-6:50pm  1/8-2/12
Mon 6-6:50pm  2/25-3/25

ALIGNMENT YOGA  11 Wks
Aimee Fitzgerald
16 yrs & up
aimee.fitzgerald@gmail.com
(415) 734-1194
www.aimeefitzgerald.com
Practicing yoga can increase our physical and mental health. Spend 45 minutes exploring your strength and flexibility with an Iyengar based gentle yoga class. Movement from Pilates is included at times, such as hip strengthening work to support lower back health. This class is suitable for those who prefer a gentle class, beginners, or people who have had an injury in the past. Please contact Aimee with any questions. Students should bring a yoga mat. Feel free to bring a yoga strap, necktie, or towel to use for stretching, and/or a pad or folded towel for under your head...
Capitola Community Center
R: $110 | NR: $127
Wed 4:00-4:45pm  1/17-3/27

YIN YOGA  6 Wks
Claudio Franca BJJ
claudiofrancabjj.com
santacruz@claudiofrancabjj.com
(831) 476-7650
Come and practice Yin Yoga with Guru JJ! Individual attention is given, no matter the size of the class. Let’s find out together what will help you on your journey of life. JJ is a certified personal trainer, certified stick yoga instructor, and certified nutritional coach and yoga instructor. He also has an extensive background in the disciplines of Tai-chi, Chinese Wand and resistance-free weight training. In this yoga class, you will be able to master your breathing and get in tune with what your body needs.
1658 Soquel Dr, Suite C, Santa Cruz CA
R: $35 | NR: $52
Mon 8:00-9:00pm  1/22-3/11
Mon 8:00-9:00pm  3/18-4/26

ZUMBA GOLD: WEDNESDAY NIGHT LIVE PARTY  5/6 Wks
Adrienne Harrell
18 yrs & up
(831) 535-8255
adrienne@soulfulceremonies.com
Take the “work” out of workout and join the Zumba Gold® party! Designed for active older adults, looking for a modified Zumba® class that recreates the original moves at a lower-intensity. Featuring easy-to-follow Zumba Gold® choreography, set to zesty Latin and World rhythms, this class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Explore the rhythms of merengue, salsa, cumbia and reggaeton in a welcoming, relaxed and fun dance-inspired class. This class is offered virtually through the zoom platform. Class participants will be provided the zoom meeting ID and passcode after registering for the class. ...

Online
6 Wk R: $114 | NR: $131
Capitola Community Center
6 Wk R: $114 | NR: $131
Wed 6-6:50pm  1/10-2/14
Wed 6-6:50pm  2/28-3/22

TAI CHI BEGINNERS YANG STYLE  16 Wks
18+
Kathleen (Kat) Brown
westeastsomatics.com
kat888brown@yahoo.com
An hour long beginners Tai Chi class with Qigong warmups. We will focus on learning Part 1 of a Yang-style tai chi long form. The tai chi postures are strung together to create close to 10 minutes of continuous circular graceful movement and meditation. Class will end with Qigong flowing movement to provide serene transition into “real life.” Optional (free) community tai chi practice on Sunday at 9 a.m. open to all on the patio behind the Community Center.
Capitola Community Center
R: $40 | NR: $55
T | Th 9:00-10:00am  1/9-5/2

TAI CHI YANG STYLE ADVANCED BEGINNERS  16 Wks
18+
Kathleen (Kat) Brown
westeastsomatics.com
kat888brown@yahoo.com
Students who have completed Part 1 of the Long Form (see Beginners Tai Chi) are encouraged to learn an advanced new series of tai chi movements called the PhD (Pretty Heavy-Duty). This Yang-style form was developed by Hubert H Luis at the Columbia College Chicago Dance Center in the 1970s. Warmups will include repetition of Part 1 of the Long Form. Optional (free) community class open to all on Sunday mornings at 9 a.m. on the patio behind Community Center.
Capitola Community Center
R: $40 | NR: $55
T | Th 10:15-11:15am  1/9-5/2

2024 WELLNESS JUMPSTART: LOOK & FEEL AGELESS NOW, PLUS GENTLE, RENEWING YOGA  1 Day
40+
Janet Russell/Julianne Wutke
janet@capitolayoga.com
capitolayoga.com
Capitola Community Center
R: $30 | NR: $38.50
Sat 9:30-11:00am  1/6

GENTLE YOGA FOR BALANCE AND CORE STRENGTH  8 Days
Janet Russell
Join us for gentle yoga to relax, restore and rejuvenate! Classes are a blend of Hatha yoga and classical stretches with drifts of tai chi or chi gong. Quiet, blissful and non-competitive with a dash of humor. Relax...rejuvinate Janet Russell Keller has practiced yoga for 30 years and taught since 2005. She holds a degree in Physical Education from UC Berkeley and is certified to teach by the Chopra Center for Well Being.
No Class 1/15
Capitola Community Center
R: $105 | NR: $122
M | W 4:00-5:00pm  1/11-2/8
M | W 4:00-5:00pm  3/4-3/28
M | W 4:00-5:00pm  4/1-4/26

ZOOM THERAPILATES® CHAIR CLASS 6 Wks
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. 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. No class 1/15, 2/12, 2/19
Online
R: $120.60 | NR: $137.60
M | W 11:30-12:30pm  1/8-2/14
M | W 11:30-12:30pm  2/26-4/3
M | W 11:30-12:30pm  4/15-5/22

ZOOM THERAPILATES® MAT CLASS 6 Wks
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. 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. No class 1/15, 2/12, 2/19
Online
R: $120.60 | NR: $137.60
M | W 8:45-9:45am  1/8-2/14
M | W 8:45-9:45am  2/26-4/3
M | W 8:45-9:45am  4/15-5/22
M | W 10:00-11:00am  1/8-2/14
M | W 10:00-11:00am  2/26-4/3
M | W 10:00-11:00am  4/15-5/22

THERAPILATES® CHAIR CLASS–IN PERSON 6 Wks
18 yrs & up
Gina Enriquez, C.P.T. & Staff
(831) 224-8287
ginacenriquez@yahoo.com
Halt bone loss and restore bone mass! The exercises in this class will help to correct posture, strengthen muscles of the torso, shoulders, legs and feet, improve standing balance and increase flexibility, all using exercise tubes and bands. Exercises will be done in a seated or standing position next to a chair and using a wooden dowel for balance. If you have difficulty getting up and down from the floor, then this is the class for you. Special focus is on using pilates-based exercises to prevent osteoporotic fractures, make daily tasks easier and to incorporate FUNctional fitness! You must be able to get down to and up from the floor for mat exercises to participate. Mats ($15), exercise bands ($6), and foam rollers ($25) will be available to purchase at the class or you may bring your own.
No class 1/15, 2/12, 2/19
Capitola Community Center
R: $140 | NR: $157
M | W 11:30-12:30pm  1/8-2/14
M | W 11:30-12:30pm  2/26-4/3
M | W 11:30-12:30pm  4/15-5/22

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 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.

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.

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ADULT 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.

USTA 3.5/4.0 Doubles Play and Strategy:
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.

PRIVATE TENNIS LESSONS- LAURA
Contact Laura via email, lauraalioto@yahoo.com, to set up a time. Make payment in advance to the Capitola Recreation office. Register in our office during regular business hours, Monday-Friday, 8:00-5:00, or online, at: https://secure.rec1.com/CA/capitola-recreation-ca/catalog, and bring your receipt with you to your lesson.

USTA 2.5 / 3.0 Doubles Play and Strategy:
This class is designed around No-add doubles play with a variety of partners. Strategic and technical instruction is given during play with occasional breakouts to reinforce new technique, but largely class revolves around point play. The atmosphere is light and fun as many members have been attending this class for years. Class participation is subject to instructor approval.

PRIVATE TENNIS LESSONS-BRIAN
Contact Brian via email, brianpybas@gmail.com, to set up a time. Make payment in advance to the Capitola Recreation office. Register in our office during regular business hours, Monday-Friday, 8:00-5:00, or online, at: https://secure.rec1.com/CA/capitola-recreation-ca/catalog, and bring your receipt with you to your lesson.

LEVEL DAYS TIMES PRICE DATES
USTA 3.5/4.0 Doubles Play and Strategy
T|Th 9-10:30am $193 | $209 1/2-2/8

USTA 3.5/4.0 Doubles Play and Strategy
T|Th 9-10:30am $193 | $209 2/20-3/28

LEVEL DAYS TIMES PRICE DATES
USTA 2.5 / 3.0 Doubles Play and Strategy
T|Th 10:30 - 12pm $193 | $209 1/2-2/8

USTA 2.5 / 3.0 Doubles Play and Strategy
T|Th 10:30-12pm $193 | $209 2/20-3/28

Brian has spent most of his life dedicated to competing and teaching tennis. He played #1 singles and doubles for UC Santa Cruz, winning both a team and doubles national championship, along with 6 All-American awards during his time on the team. Brian has worked on the coaching side at every level, from beginner classes for adults and children at local clubs, to high performance academies looking to produce college level players from as early as 6 years old. Using his technical knowledge and motivational skills, he’s excited to spread the love of tennis that was provided to him at a young age.
The City of Capitola is thrilled to announce an update on the Universally Accessible Playground project. The City and partner County Park Friends have worked alongside one another to approve a play structure designed by community feedback as well as officially name the park. Treasure Cove at Jade St Park will be the first Universally Accessible Playground in our city. We are so excited for what this project will bring to everyone in our community.

Fundraising for this project is currently underway and being supported by County Park Friends. If you are interested in learning more about this project or how to donate please see page 5 or visit www.countyparkfriends.org/jadestpark.