

CITY OF

# CAPITOLA RECREATION

SUMMER 2024

APRIL 29TH-SEPTEMBER 1ST



Find us on  
Facebook



@CapitolaRecreation



[WWW.CITYOFCAPITOLA.ORG/RECREATION](http://WWW.CITYOFCAPITOLA.ORG/RECREATION)



**Work With Us:**

Capitola Recreation is looking for enthusiastic individuals interested in developing their recreation employment experience. Recruitment for recreation leaders for Camp Capitola is now open! Anyone interested in serving the community or working alongside youth programming is encouraged to apply to join our team. Please contact the Capitola Recreation front office for more information or visit [cityofcapitola.org/jobs](http://cityofcapitola.org/jobs)

## CONTACT US

**MONDAY - FRIDAY | 8 AM - 5 PM**

Capitola Community Center | 4400 Jade St. Capitola, CA  
 831.475.5935 | [capitolarecreation@ci.capitola.ca.us](mailto:capitolarecreation@ci.capitola.ca.us)  
[www.cityofcapitola.org/recreation](http://www.cityofcapitola.org/recreation)

## TABLE OF CONTENTS

- How to Register/Policies ..... 1
- JULY IS parks and recreation month! ..... 2-3
- Capitola Recreation Events..... 4-7
- Capitola Scoop..... 8-9
- Junior Guards..... 10
- Camp Capitola ..... 11
- Afterschool Rec Club ..... 12-13
- Youth Classes ..... 14-17
- Adult Classes ..... 18-27
  - Arts/Crafts ..... 18-20
  - General Interest..... 20-23
  - Dance..... 24-25
  - Fitness ..... 25-27
- Adult Tennis ..... 28-29



## CLASS REGISTRATION BEGINS APRIL 8TH

### HOW TO REGISTER

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

**ONLINE:**

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

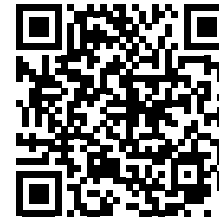
**PHONE-IN**

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

**WALK-IN**

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

### CREATE AN ACCOUNT TODAY



## POLICIES

**WHO PAYS THE RESIDENT PRICE?**

A Resident (R) resides within the City of Capitola and the Soquel Union Elementary School District. A Non-resident (NR) resides within the rest of Santa Cruz County or outside of the County.

**SENIOR DISCOUNT**

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

**CANCELLATIONS**

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

**REFUNDS**

Requested more than two weeks before the start date of an activity, the City will provide a full refund, less a registration fee. (range \$20 to \$50 depending on activity)

Requested within two weeks before the start date of an activity, the City will provide a 50% refund OR participant can transfer into an available activity with different dates (difference in fee will be paid by participant or applied as credit to account) OR apply credit to account less registration fee.

No refunds will be given after the second day of an activity.

Account Credit is valid for one year. Please allow up to 2 weeks to receive you refund amount.

If a participant becomes sick or is injured during the activity, and the illness or injury precludes the participant from continuing, the City will provide a pro-rated refund based on the remaining days of activity. You may be required to provide documentation regarding the illness or injury.

No refund will be provided if a participant is removed from the activity for disciplinary reasons.





# Parks Make Life Better!®

## JULY IS PARKS AND REC MONTH

City of Capitola Recreation is a proud partner of California Parks and Recreation Society (CPRS)



### Drop-In @Capitola Recreation

Have you ever wanted to try a class at Capitola Recreation before signing up for an entire session? During the month of July you can try a class by dropping in! All drop in fees will be pro-rated for the price of one class + 10 additional dollars

\*not all classes included, please visit our website for more details\*

### FREE ADMISSION TO ALL JULY IS ACTIVITIES! NEW EVENTS ALL MONTH LONG!

#### WEEK ONE: FAMILY FUN DAY!

June 29th--This year, the Parks and Recreation agencies of Santa Cruz County are kicking off July with Family Fun Day! Join us along with City of Santa Cruz Parks and Recreation, County of Santa Cruz Parks and Recreation, and City of Watsonville Parks and Community Services for a day of free fun in the sun with the family! This event is located at DeLaveaga Park from 10am-2pm! We hope to see you there for a day of free food, fun, and family!

#### WEEK TWO: FAMILY WHARF SWIM, PARENTS NIGHT OUT

July 3--Meet up at the beach at 4:30 pm to participate in our family swim by the Capitola Wharf.

July 6-- Parents Night Out! Drop your child off at the Capitola Community Center from 5-9pm to enjoy games, pizza, and kid-friendly movie.

#### WEEK TWO: JG ALUMNI COMP, JULY FOOD TRUCK

July 11--Are you a Junior Guard Alumni? Come participate in our Junior Guard Alumni Competition on Tuesday, July 18th.

Events run 4:30pm-Sunset at Capitola Beach.

July 12--Check out the July edition of our summer food truck events at Monterey Ave Park 4:30-7:30pm! Bring chairs, blankets, and an appetite!

#### WEEK THREE: CAPITOLA RECREATION FOOD TRUCKS AND FIELD GAMES

July 18--Join us on Thursday, July 18th for some community fun at Jade St Park! There will be bounce houses, field games, food trucks, and lots of fun for the entire family! Event runs 4:30-7:30!

#### WEEK FOUR: JAM OUT WITH THE JOINT CHIEFS

July 24--Join us down at the Esplanade Park Bandstand from 6-8pm to enjoy our last July Concert in the summer twilight concert series. The Joint Chiefs will be bringing the fun to Capitola and we want you there dancing! This is a family-friendly concert!



**CITY OF CAPITOLA RECREATION**

**ONE SATURDAY PER MONTH!**

# PARENTS NIGHT OUT

5pm-9pm (4/13, 5/4, 6/29, 7/13, 8/3)  
 \$25/Child/ \$31/Child (Non-Res)  
 Capitola Community Center

## CLOTHING EXCHANGE

May 25 • 10 AM

Come join Capitola Recreation Women's Clothing Exchange and turn your unwanted clothes into "new to you". Bring your unwanted, gently used, clean and scent free clothing, shoes and accessories and swap for as much as your closet will hold. Any items not claimed will be donated. Arrive on time to sort clothes and get a peek at what is available.

Capitola Community Center 4400 Jade St. Capitola

# City of Capitola FOOD TRUCK FRIDAYS

AT MONTEREY AVE PARK 4:30-7:30PM

june 15	july 12	aug 17	sept 13
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**CAPITOLA ART & CULTURAL COMMISSION**

## SUMMER TWILIGHT CONCERT SERIES

Wednesdays 6-8pm June 12th-August 28th

# MOVIES

at the beach

The Art & Cultural Commission has a rich tradition of providing the community with a variety of visual and performing arts events. The Wednesday Night Twilight Concert Series is held throughout the summer months in Esplanade Park, featuring live bands and musical styles from jazz, western, latin, and swing, to blues and good old rock & roll. Come on down to the village to enjoy amazing music and a lively community!

**WE AREN'T DONE YET!**  
 Bring your summer to a close with our annual movies at the beach! Enjoy family friendly movie while enjoying the beauty of Capitola Beach!  
 Begins at Sunset, Dates TBD (Early Fall)  
 visit: [cityofcapitola.org/acc/page/art-cultural-commission](http://cityofcapitola.org/acc/page/art-cultural-commission)  
 for all updated summer 2024 event information!






**ADULT SOFTBALL**



*Softball*

**Adult Co-Ed  
CapRec League!**

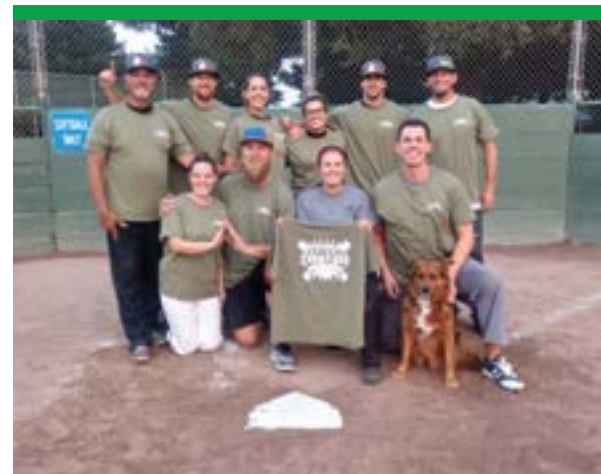
**LEAGUE PLAY BEGINS :  
Week of June 3rd**

**\$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, MAY 14TH, 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.





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:

*The Museum opens mid-March for its celebration of 75 years of Capitola. 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 as well.*

*We hope you help us celebrate the surprisingly long and multi-faceted history of this wonderful little community.*

# Cliff Drive Resiliency Project



January 2023 storm events caused significant erosion to the bluff along Cliff Drive southwest of Hooper Beach. These storms undermined the retaining wall installed in the mid-1990s. Last fall, the City initiated a study to assess risks to the bluff due to sea level rise and storm surge, which may threaten Cliff Drive's accessibility for pedestrians, bicyclists, and motorists in the future. If you would like further information about the Cliff Dr.

Resiliency Project scan the QR code above.

[cityofcapitola.org/publicworks/page/cliff-dr-resiliency-project](http://cityofcapitola.org/publicworks/page/cliff-dr-resiliency-project)

## City of Capitola Accessory Dwelling Units Resource Guides



Accessory Dwelling Units (ADUs) are independent homes located on the same property as another primary dwelling home. City created an ADU guide to assist homeowners with the review process for ADUs and ultimately to support the city's goals for creating more affordable housing options. Check out Capitola's ADU Resource Guide available on our website. The City of Capitola has made available free of charge ADU plans that have been reviewed and are building code approved by Capitola's Building Official. The program offers five floor plans and three exterior design styles, designed for a typical lot within the city.



A playground designed to provide all children access to play while fostering respect, connectedness, and joy.



[www.countyparkfriends.org/jadestpark](http://www.countyparkfriends.org/jadestpark)





# JUNIOR GUARDS

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

# PROGRAM DATES

**SESSION 1: JUNE 10 – JULY 5**  
**SESSION 2: JULY 8 – AUGUST 2**  
 no program July 4  
**MORNINGS: 9AM-12NOON**  
**AFTERNOONS: 1-4PM**

## MORNING PROGRAM (9A-12P)

A	14-15 yrs
B	12-13 yrs
C+ Competitive returning C's only	10-11 yrs
Little Guards	6-8 yrs

## AFTERNOON PROGRAM (1-4P)

C	9-11 yrs
Little Guards	8 yrs
Little Guards	7 yrs
Little Guards	6 yrs



# CAMP CAPITOLA

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

SESSION 1	June 10 - June 21	SESSION 3	July 8 - July 19
SESSION 2	June 24 - July 5 (no program July 4)	SESSION 4	July 22 - August 2

**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

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.

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

Resident **\$336** Non-Resident **\$420**  
 Half Day: R **\$170** | NR **\$210**  
 Around Town Camp R **\$303** | NR **\$378 (1 wk)**  
 JR LEADER PROGRAM: **\$73** | **14-17 YRS**  
**Transport: \$63**  
 Extended care: \$58, \$1 per minute late fee  
 \*Scholarships available

Are you a teen (14-17yrs) looking to develop leadership skills? Interested teens come join our Junior Leader Program this summer.

Capitola Recreation

# AFTERSCHOOL REC CLUB

at New Brighton Middle School

Registration  
Opens  
July 9th



## What We Offer:

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

Scholarships  
Available!

## Sample Schedule:

- Snack / homework
- Outdoor Activity
- Snack / hangout / relax
- Clean up & Pick up

field trip  
fridays!

Elementary Students, 1st-5th Grade:

Free transportation from Main St and Soquel Elementary Schools

New Brighton Middle School Students, 6th-8th Grade:

New to NBMS? Check out the Afterschool Rec Club.

Fun place to meet others!

Capitola Recreation Division  
831-475-5935  
[www.cityofcapitola.org/recreation](http://www.cityofcapitola.org/recreation)





# YOUTH CLASSES

Scholarships Available!

## AFTERNOON ART FOR KIDS

3 Wks  
Dana Schmidt  
5-10 yrs  
Looking for some awesome art activities for your child? We hope they can join us for 3 creative and fun-filled Friday afternoons... with summer soon to be upon us and the beach in our backyard, our art pieces will naturally follow that theme. Using pen and paper, watercolors, pastels, sand, paint sticks, markers, and more we will create 3-4 mini masterpieces. Some of the art techniques we will explore are painting, drawing, collage, wax resist, and stamping. 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 6/14-6/28

## AFTERNOON ART FOR KIDS:

### MOTHER'S DAY WORKSHOP

1 Day  
Dana Schmidt  
5-10 yrs  
Looking for a fun and creative afternoon for your child? Mother'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. They will be filled with love and adorned with flowers for mom, grandma, or that special someone.

**Capitola Community Center**  
R: \$50 | NR: \$58.50  
Fri 3:00-5:00pm 5/10

## BALLET: 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.

**No Class 7/4**  
**Capitola Community Center**  
R: \$145 | NR: \$162  
Thu 3:45-4:30 pm 5/2-5/30  
Thu 3:45-4:30 pm 6/13-7/18  
Thu 3:45-4:30 pm 8/1-8/29

## PRE-BALLET I

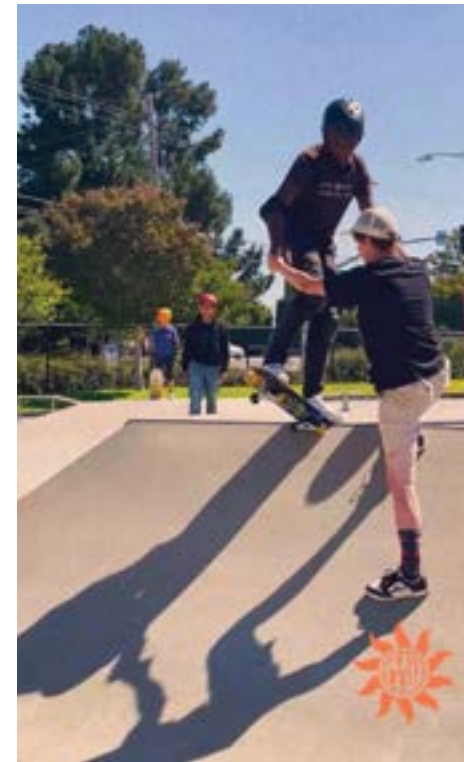
4 Wks  
Jeani Mitchell  
3-8 yrs  
Children will discover the joy of dance and age appropriate technique in a positive and nurturing environment. Emphasis will be placed on proper posture and alignment. This class is designed to develop grace, coordination and creativity. Children will learn valuable 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.

**No Class 7/4**  
**Capitola Community Center**  
R: \$145 | NR: \$162  
Thu 4:45-5:30 pm 5/2-5/30  
Thu 4:45-5:30 pm 6/13-7/18  
Thu 4:45-5:30 pm 8/1-8/29

## PRE-BALLET II

4 Wks  
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.

**No Class 7/3**  
**Capitola Community Center**  
R: \$145 | NR: \$162  
Wed 4:15-5:15 5/1-5/29  
Wed 4:15-5:15 6/12-7/17  
Wed 4:15-5:15 7/31-8/28



## SKATEBOARDING CAMP

1 Wk  
SkateKamp  
hi@skatekamp.com  
www.skatekamp.com  
For first-timers and current skaters alike, your child will safely learn to skate at their own pace, make new friends during fun activities, and build confidence under the guidance and support of our expert instructors with 15+ years of experience. Come join us for a week of kick-flipping fun!

**Monte Family Skate Park**  
R: \$260 | NR: \$277  
Mon-Fri 9:00-12:00pm 6/3-6/7  
Mon-Fri 9:00-12:00pm 6/10-6/14  
Mon-Fri 9:00-12:00pm 6/17-6/21  
Mon-Fri 9:00-12:00pm 7/22-7/26  
Mon-Fri 9:00-12:00pm 7/29-8/2

## BEGINNING PIANO FOR KIDS

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 5/1-5/22  
Wed 2:15-3:00pm 6/12-6/26  
Wed 2:15-3:00pm 7/10-7/31  
Wed 2:15-3:00pm 8/7-8/28

## YOUTH CLASSES

### SEWING AND FIBER ARTS CAMP

#### LEVEL 1

1 Wk  
Lisa Rupp  
9-14 yrs  
hello@sereiadesign  
sereiadesign.com  
Learn the art of sewing by experimenting with materials, dyeing, painting, cutting, and basic sewing skills. This class is designed to provide an introduction to sewing, machine safety, stitching, fabric types, dye stuffs, and fiber arts. Students will create 6-7 fabric projects that challenge their artistic abilities. If your student has participated in past summer camps, note this is the same curriculum as 2023 summer session. Your student is expected to use machines and sharp tools in a safe way and be able to follow directions. Basic tools and sewing machines will be provided for use. A \$35 materials fee is due to the instructor at the first class.

**New Brighton Middle School**  
R: \$380 NR: \$397  
Mon-Fri 9:00-1:00pm 6/3-6/7  
Mon-Fri 9:00-1:00pm 6/10-6/14  
Mon-Fri 9:00-1:00pm 6/17-6/21

### SEWING AND FIBER ARTS CAMP

#### LEVEL 2

1 Wk  
Lisa Rupp  
9-14 yrs  
hello@sereiadesign  
sereiadesign.com  
Take your students' beginner sewing skills up a notch by learning additional techniques and sewing skills. This class is ideal for students who have taken a Sewing with Sereia course in the past or have been practicing sewing skills with a basic level of comprehension and ability. Students will create 3-4 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. Basic tools and sewing machines will be provided for use. A \$35 materials fee is due to the instructor at the first class.

**New Brighton Middle School**  
R: \$380 NR: \$397  
Mon-Fri 9:00-1:00pm 6/24-6/28  
Mon-Fri 9:00-1:00pm 7/15-7/19  
Mon-Fri 9:00-1:00pm 7/22-7/26







# YOUTH TENNIS @ Jade St Park

## TENNIS FOR KIDS

4 Classes  
5-13 yrs  
Laura Alioto  
(831) 295-9033

Introduce your child to tennis with a class designed specifically for them. This class is for beginners with little to no experience. The class will use smaller nets, racquets and balls designed especially for small people! Instructor Laura Alioto has been coaching preschool to high school tennis for over 10 years as well as Quick Start with USTA. Laura has previously been a high school coach for 15 seasons and is USPTA certified. A \$6 materials fee is payable at the first class.

**Jade Street Park Tennis Courts**  
R: \$100/\$120 | NR: \$117/\$137

### Class for 5-6 years:

Tue	3:30-4:15pm	4/30-5/21
Mon   Wed	3:30-4:15pm	6/3-6/12
Mon   Wed	3:30-4:15pm	6/17-6/26
Mon   Wed	3:30-4:15pm	7/8-7/17
Mon   Wed	3:30-4:15pm	7/22-8/2
Mon   Wed	3:30-4:15pm	8/5-8/14
Mon   Wed	3:30-4:15pm	8/19-8/28

### Class for 7-9 years:

Thu	3:30-4:15pm	5/2-5/23
Mon   Wed	4:15-5:00pm	6/3-6/12
Mon   Wed	4:15-5:00pm	6/17-6/26
Mon   Wed	4:15-5:00pm	7/8-7/17
Mon   Wed	4:15-5:00pm	7/22-8/2
Mon   Wed	4:15-5:00pm	8/5-8/14
Mon   Wed	4:15-5:00pm	8/19-8/28

### Class for 9-12 years:

Tue	4:15-5:00pm	4/30-5/21
Tue   Thu	3:30-4:15pm	6/4-6/13
Tue   Thu	3:30-4:15pm	6/18-6/27
Tue   Thu	3:30-4:15pm	7/9-7/18
Tue   Thu	3:30-4:15pm	7/23-8/1
Tue   Thu	3:30-4:15pm	8/6-8/15
Tue   Thu	3:30-4:15pm	8/20-8/29

### Class for 11-14 years:

Thu	4:15-5:00pm	5/2-5/23
Tue   Thu	4:15-5:00pm	6/4-6/13
Tue   Thu	4:15-5:00pm	6/18-6/27
Tue   Thu	4:15-5:00pm	7/9-7/18
Tue   Thu	4:15-5:00pm	7/23-8/1
Tue   Thu	4:15-5:00pm	8/6-8/15
Tue   Thu	4:15-5:00pm	8/20-8/29

## BEGINNER JUNIOR CLINIC

4 Classes  
Brian Pybas  
7-11 Yrs  
brianpybas@gmail.com  
(831) 594-9402

This class is designed for beginner level students ages 7-11. The primary focus will be to improve the students' technical ability to allow for further enjoyment and access to the game. Most classes will be run in a Skill-Drill-Thrill format to create memorable lessons in a fun setting.

R:\$120 | NR: \$137

Mon   Wed	3:30-4:30 pm	4/29-5/8
Mon   Wed	3:30-4:30 pm	5/20-5/29
Mon   Wed	3:30-4:30 pm	6/10-6/19
Mon   Wed	3:30-4:30 pm	7/1-7/10
Mon   Wed	3:30-4:30 pm	7/22-7/31
Mon   Wed	3:30-4:30 pm	8/12-8/21

## INTERMEDIATE JUNIOR CLINIC

4 Classes  
Brian Pybas  
12-17 Yrs  
brianpybas@gmail.com  
(831) 594-9402

This class is designed for intermediate level players ages 12-17. It's aimed at building the students' technical skills and strategy in a fun and energetic setting. This includes athletic games, feeding drills and live ball scenarios/games.

**Jade St Tennis Courts**

R:\$120 | NR: \$137

Mon   Wed	4:30-5:30 pm	4/29-5/8
Mon   Wed	4:30-5:30 pm	5/20-5/29
Mon   Wed	4:30-5:30 pm	6/10-6/19
Mon   Wed	4:30-5:30 pm	7/1-7/10
Mon   Wed	4:30-5:30 pm	7/22-7/31
Mon   Wed	4:30-5:30 pm	8/12-8/21



## 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 in a supportive, and non-competitive environment. They will be able to hone 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: \$210 | NR: \$227

M   F	4-5:55pm	6/3-7/12
M   F	4-5:55pm	7/22-8/30

## KOREAN MARTIAL ARTS (TAE KWON DO)

3 Wks  
Sang Jin  
3.5-15 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: \$130 | NR: \$137 (Little Tigers)

R: \$150 | NR: \$167

**Little Tigers (3.5-5 yrs):**

M   W	3:45-4:25pm	4/15-5/22
M   W	3:45-4:25pm	5/27-6/22
M   W	3:45-4:25pm	7/8-8/14

**Ages 6-9**

M   W	4:30-5:20pm	4/15-5/22
M   W	4:30-5:20pm	5/27-6/19
M   W	4:30-5:20pm	7/8-8/14

**Ages 10-14**

M   W	5:30-6:20 pm	4/15-5/22
M   W	5:30-6:20 pm	5/27-6/19
M   W	5:30-6:20 pm	7/8-8/14

**Ages 15&Up**

M   W	6:30-7:30 pm	4/15-5/22
M   W	6:30-7:30 pm	5/27-6/19
M   W	6:30-7:30 pm	7/8-8/14

## YOUTH 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.

**No Class 7/4**

**1658 Soquel Dr, Suite C, Santa Cruz CA**

R:\$200 | NR: \$217

**Ages 3.5-5:**

T   Th	3:10-3:55 pm	6/4-7/16
T   Th	3:10-3:55 pm	7/23-8/29

**Ages 6-9:**

T   Th	4:00-4:55 pm	6/4-7/16
T   Th	4:00-4:55 pm	7/23-8/29

**Ages 10-14:**

T   Th	5:00-5:55 pm	6/4-7/16
T   Th	5:00-5:55 pm	7/23-8/29



## 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	4:00-4:55 pm	6/5-7/12
W   F	4:00-4:55 pm	7/24-8/30





## ADULT CLASSES

### MANDALAS HONORING THE DIVINE FEMININE

6 Wks  
 Michele Faia  
 (831) 713-9312  
 mandalas@michelefaia.com  
 www.michelefaia.com

Why create mandalas? Because they are transformative, balancing, centering and bring forth our inner wisdom. They can lift our spirits, open our hearts, and stimulate our creative flow. They can create good energy for ourselves and the world! Let's explore images of the Divine Feminine and ancient goddesses and paint mandalas of our own feminine attributes. This can help balance both male and female energies within ourselves and on earth. These attributes can include: mother earth and nature, the moon, motherhood, nurturing, creativity, intuition, acceptance and compassion. All are welcome to join our creative circle where we paint from our hearts. Learn the basics of watercolor and mandala making in a fun, playful and supportive group. This class is one-of-a-kind!

No Class 6/6  
 Capitola Community Center  
 R: \$90 | NR: \$107  
 Thu 1:00-3:30pm 5/9-6/27  
 Thu 1:00-3:30pm 7/11-8/15

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.

### ACRYLIC PAINTING

4/6/8 Wks  
 16 & up  
 Cindy Kaskey  
 clk mama@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 [clk mama@yahoo.com](mailto:clk mama@yahoo.com) for a list of supplies.

Capitola Community Center  
 4 Wk Session:  
 R: \$100 | NR: \$117  
 Mon 1:30-3:30pm 6/10-7/1  
 6 Wk Session:  
 R: \$110 | NR: \$127  
 Mon 1:30-3:30pm 6/10-7/15  
 8 Wk Session:  
 R: \$122 | NR: \$139  
 Mon 1:30-3:30pm 6/10-7/29



### BEGINNING ACRYLIC PAINTING

4 Wks  
 Cindy Kaskey  
 clk mama@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 [clk mama@yahoo.com](mailto:clk mama@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 7/2-7/23



### MIXED MEDIA ACRYLIC PAINTING

3 Wks  
 Katie Simpson  
 simpson.kathleen@gmail.com  
 Instagram: @katie.simpson.arts  
 kmsimpson.com

Explore acrylic paint and mediums by using mixed media techniques. The class will cover collage, drawing and glazing, along with acrylic techniques. Taught by artist Katie Simpson who shows her Mixed Media paintings regionally and teaches art throughout Santa Cruz County! A \$20 materials fee is due to the instructor at the beginning of class which covers a canvas panel, collage materials, pencil & eraser, brushes, acrylic mediums, and paint to use during classes. You are welcome to bring your own supplies if you prefer.

No Class 5/18  
 Capitola Community Center  
 R: \$170 | NR: \$187  
 Sat 9:00-12:00pm 5/4-5/25



### EXPLORING WATERCOLOR: BASICS FOR BEGINNERS

4 Wks  
 Heidi Woodmansee  
 IG @Heidimichelle.artstudio  
<https://www.heidimichelleartstudio.com>

Learn the basics of Watercolor with local artist and popular workshop teacher Heidi Michelle. Together we will explore various painting techniques, and during the four week class you will become more proficient and confident with your painting skills. Learn the how-to's of different washes and glazing, hard and soft edges, line work, creating volume and shadows, good composition, special effects, and more. A supplies list will be sent to you upon registration. Materials fee of \$5.00 is due the instructor at the first class.

Capitola Community Center  
 R: \$220 | NR: \$237  
 Wed 1:00-3:00pm 5/8-5/29



### REALISTIC PAINTING: WATERCOLOR, INTERMEDIATE & ADVANCED LEVELS

8 Wks  
 Hanya Fojaco  
 hanyaart@icloud.com  
 www.hanyafojaco.com

Continue to develop your painting skills within a realistic painting context. Please bring three or more simple reference photos which you have taken or have permission to use. 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.

No Class 6/5  
 Capitola Community Center  
 R: \$137 | NR: \$154  
 Wed 9:30-12:00pm 5/1-6/26  
 Wed 9:30-12:00pm 7/3-8/21





**DESTINY TIMELINE JOURNAL**

3 Wks

Beverly Alexander Martin

[www.beverlyalexandermartin.com](http://www.beverlyalexandermartin.com)

Everyone has a thread that runs through their life's biography. This participatory class offers specific timeline prompts, guided journaling tips, and mood board suggestions to encourage you to find and express that thread. Your class guide used this timeline approach to author her memoir. You'll be using it to create a multiple use tool that can help you better understand the trajectory of your life. A \$10 materials fee is due to the instructor at the first day of class.

Capitola Community Center

R: \$65 | NR: \$73.50

Sat	10:00-11:00am	5/4-5/18
Sat	10:00-11:00am	6/1-6/15



**INTRODUCTION TO ZENTANGLE WORKSHOP**

1 Day

Sheila Burt

[burtsusa@gmail.com](mailto:burtsusa@gmail.com)

Instagram: @95003.tangler\_czt

No previous art experience is needed for this workshop. Zentangle® is an easy-to-learn, relaxing art form created by drawing structured patterns called tangles. You will learn about the Zentangle method, which is celebrating its 20th anniversary this year. Notice your mind and body relax as you focus on creating a black and white image, following the 8 steps of Zentangle. The supply kit for this workshop is \$10, payable (cash only please) to the instructor at the beginning of this workshop.

Capitola Community Center

R: \$40 | NR: \$57

Sat	10:00-1:30pm	6/8
Sat	10:00-1:30pm	8/10



**ZENTANGLE INSPIRED ART IN THE ROUND #1**

1 Day

Sheila Burt

[burtsusa@gmail.com](mailto:burtsusa@gmail.com)

Instagram: @95003.tangler\_czt

This workshop is for students with prior Zentangle® experience. While enjoying the benefits of the Zentangle Method we will work on a gray Zendala using blue Sakura micron pens. You will create a Zendala full of organic tangles, in a shape inspired by a church window I saw in Malta. Please bring a notebook with you to make step-outs for each tangle used during this workshop. A different supply kit for each workshop is required. Each kit will cost \$10 payable (cash only) to the instructor at the beginning of the workshop.

Capitola Community Center

R: \$40 | NR: \$57

Sat	10:00-1:30pm	6/15
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**ZENTANGLE INSPIRED ART IN THE ROUND #2**

1 Day

Sheila Burt

[burtsusa@gmail.com](mailto:burtsusa@gmail.com)

Instagram: @95003.tangler\_czt

This workshop is for students with prior Zentangle® experience. We will enjoy the benefits of the Zentangle Method while creating in the round. We will work on a renaissance Zendala using brown and sepia Sakura micron pens. Using a Zentangle Inc. tangle as our string, we will add additional tangles, fragments and embellishments to create a beautiful ZIA piece of art work. Please bring a notebook with you to make step-outs for each tangle used during this workshop. Each kit will cost \$10 payable (cash only) to the instructor at the beginning of the workshop.

Capitola Community Center

R: \$40 | NR: \$57

Sat	10:00-1:30pm	8/24
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**INTRODUCTION TO BEAD WEAVING**

1 Day

Audrey Dillon

[@babablackbead](https://www.instagram.com/babablackbead)

In this workshop participants will learn brick stitch-an off-loom beading technique that is the foundation of many styles, like the beaded fringe earrings we will complete in this class. High quality materials and hands-on instruction will be provided. This workshop is appropriate for beginners

Capitola Community Center

R \$120 | NR: \$137

Sat	10:00-3:00pm	6/15
Sat	10:00-3:00pm	6/29

**INTRODUCTION TO BEAD WEAVING-3 DAY WORKSHOP**

Audrey Dillon

[@babablackbead](https://www.instagram.com/babablackbead)

Over the course of 3 weekends participants will design and complete their own pair of beaded fringe earrings. Brick stitch, an off-loom beading technique, will be taught. High quality materials and hands-on instruction will be provided. This class is appropriate for beginners or those wanting to grow their skills and creativity.

Capitola Community Center

R \$120 | NR: \$137

Sat	10:00-1:00pm	7/27-8/10
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**MAH JONGG**

4 Days

Paula Suzuki

(831)566-2131

[psuz2@comcast.net](mailto:psuz2@comcast.net)

Mah Jongg is a Chinese game of skill, strategy, and calculation. The game originated in China, and has been brought here and adapted through the National Mah Jongg League, Inc., in New York. The game is usually played by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy. This class will teach you how to identify; to start and to set up; and to play the game of Mah Jongg. Anyone and everyone can learn! If you have a Mah Jongg set, please bring it to show and share. An optional \$2 materials fee is payable to the instructor at the first class if the class wants snacks

Capitola Community Center

R: \$85 | NR: \$102

Th   Fr	10:00 - 12:30pm	8/15-8/22
Mo   Tu		



**HIKING AND LUNCHEON FOR WOMEN 62+**

4 Wks

Robin Everest

[reverestassociates@gmail.com](mailto: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 architecture, then picnic or enjoy different local eateries (the registration fee does not include lunch). All you need are good walking shoes, a day pack with water, and the ability to hike 2.5-3.2 miles for 1.5-2.0 hours. Our first meeting, we'll meet at Capitola Recreation to get to know each other, plan our hikes, then head out. Group size limited to 7. In case of rain, we will reschedule to the next day or day after.

Various Locations

R: \$76 | NR: \$93

Wed	10:00 - 1:30pm	5/15,6/19, 7/17,8/21
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**TACTICAL (ADVANCED) DRY FLY FISHING W/ FIELD TRIP TO HAT CREEK AND FALL RIVER**

4 Wks

Alex Ferber

(831) 419-0564

[alex.ferber74@gmail.com](mailto:alex.ferber74@gmail.com)

[adventureflyfishingsantacruz/home.com](http://adventureflyfishingsantacruz/home.com)

Learn or improve your ability to make successful surface presentations (Dry Fly) to rising fish on Spring Creeks. The true art of fly fishing. This class will focus on loop control, drag free drifts with long leaders using small dry flies. This 5 day class will include 3 days of lawn instruction, culminating in 2 guided day workshops on Hat Creek and Fall River; two iconic Spring Creeks in Northern California, where accurate, well presented flies are a must. Minimal skills: Ability to consistently overhead/false cast to a minimum of 35 feet

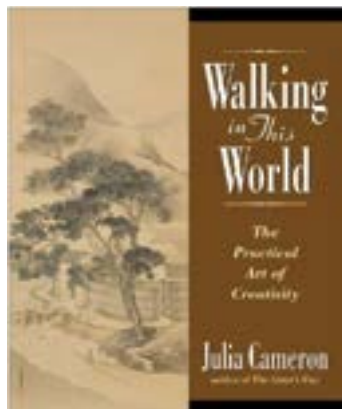
Jade St. Soccer Field/OFF-SITE FIELD TRIP  
R \$450 | NR \$467

Jade St Park:

Sat	9:00-11:00am	5/18, 6/1, 6/15
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Hat Creek and Fall River Field Trip:  
(All Day) 6/27-6/30





**WALKING IN THIS WORLD FOR WOMEN 55+**

13 Wks  
Robin Everest  
reverestassociates@gmail.com.  
Join us for part two of a journey to rediscover and revitalize your true potential and creative self. We will use Julia Cameron's sequel to "The Artist's Way" called "Walking in This World" (one of her best books). Whether you are new or familiar with the Artist's Way, you are welcome. Bring your openness and curiosity and your essential commitment to the three Artist Way practices: (1) Freewriting 3 pages a day (2) taking a solo 1 hour outing each week to explore your interests (3) Going on a 20 minute weekly walk. Each week we will gather and following Julia's format, we will share about that week's chapter, exercises, journaling, and outing. Please bring a copy of "Walking in This World" to class. A \$5 material fee is due the first class.

No Class 6/7  
Capitola Community Center  
R: \$195 | NR: \$212  
Fri 10:00 – 11:30pm 5/10-8/9

**WOMEN CRAFTING THEIR LIVES AFTER 55**

2 Wks  
Robin Everest  
55 yrs+  
reverestassociates@gmail.com  
craftingyourlifeafter55.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. A \$10 materials fee is due the first class meeting.

Capitola Community Center  
R: \$73 | NR: \$82.50  
Sat 10:00-12:30pm 6/1 & 6/8

**WHAT DO I DO NOW?**

2 Wks  
Ray Kubick  
"What Do I Do Now" is a short course for those who are planning for or are early in retirement. We will discuss the non-financial aspects of retirement including important things to consider, finding Purpose in retirement, health, social connections, potential activities, volunteering, and the myriad of resources available.

No Class 6/7  
Capitola Community Center  
R: \$60 | NR: \$77  
Sat 10:00 – 12:00pm 6/15-6/22  
Sat 10:00 – 12:00pm 8/3-8/10

**PROPOSITION 19, ESTATE PLANNING, LIVING TRUSTS, AND SENIOR DOWNSIZING**

1 Day  
Christy Niemeyer:  
Christy@davidlyng.com , Jeri Skipper:  
Jskipper@jeriskipper.com  
Shelli Strahle:  
shelli@santacruzestateplanning  
Jenna Elerick:  
Jenna.cassistedlivingconsultants.com  
Whether you're considering downsizing for retirement, simplifying your lifestyle, or planning for the future, this class will empower you to make informed decisions and successfully transition to a new chapter in life. ALL TOPICS COVERED IN THIS WORKSHOP ARE AVAILABLE TO VIEW ON THE REGISTRATION WEBSITE.

Capitola Community Center  
R: \$40 | NR: \$57  
Wed 4:00 – 6:00pm 5/29  
Sat 10:00-12:00pm 9/14



**DOUBLE YOUR WEBSITE'S SALES**

3 Wks  
Adam Costa  
https://www.linkedin.com/in/adam-costa-/  
Discover a proven method to increase your website's sales. In this course, you'll learn: The 3 ways to grow any business, how to get feedback from your prospects and customers, how to write sales copy that gets people to buy, simple web design tips to increase sales. all of which can increase your website's leads and sales by 30–100%. This course is based on 10+ years advising over 140+ companies—including Amazon, Verizon, and Dropbox—and growing every single one of them.

Capitola Community Center  
R: \$100 | NR: \$117  
Sat 10:00 – 12:00pm 5/4-5/18  
Sat 10:00 – 12:00pm 6/8-6/22



**INTENSIVE BEGINNER ITALIAN I**

4 Classes  
Consuelo Endrigo Williams  
consueloendrigo@gmail.com  
parlitaliano.com  
Are you planning to travel to Italy soon? If so, this two-week Intensive Italian Class is designed for you. Students will learn to introduce themselves and greet others formally and informally. They will practice asking for information, including directions, using transportation, ordering food and drinks, and shopping for clothes and souvenirs.

Capitola Community Center  
R: \$200 | NR: \$217  
Tu | Th 9:30 – 10:45am 6/17-6/27  
Tu | Th 9:30 – 10:45am 7/8-7/19

**INTENSIVE BEGINNER ITALIAN II**

4 Classes  
Consuelo Endrigo Williams  
consueloendrigo@gmail.com  
parlitaliano.com  
Are you planning to travel to Italy soon? If so, this two-week Intensive Italian Class is designed for you. Students will expand their knowledge of Italian and practice formal and informal conversation. They will also practice asking for information, including directions, using transportation, ordering food and drinks, and shopping for clothes and souvenirs.

Capitola Community Center  
R: \$200 | NR: \$217  
Tu | Th 11:00-12:15pm 6/17-6/27  
Tu | Th 11:00-12:15pm 7/8-7/19



**MEMOIR IN A FLASH**

6 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. A \$5 materials fee is due to the instructor at the start of class.

No Class 6/4  
Capitola Community Center  
R: \$95 | NR: \$112  
Tue 11:00 – 12:30pm 4/30-6/11

**SING YOUR HEART SONG**

6 Wks  
Dr. Suzanne Lerner  
myheartsingz@yahoo.com  
"If You Can Walk You Can Dance... If You Can Talk You Can Sing!" Singing is research proven to reduce stress, boost our immune system & lift our Spirits. Yet so many of us were shamed if we couldn't sing "perfectly." How great that when you "Sing Your Heart Song" there is no "perfect" only a delicious, spontaneous exploration of what wants to be expressed in any given moment. So Healing for Your Body, Mind & Spirit! Find greater confidence, make new friends & play...Hooray! Join Our Safe, Welcoming Space, Where You Can Reclaim Your Voice & Free Your Spirit!

Capitola Community Center  
R: \$140 | NR: \$157  
Thu 6:30-7:45 pm 5/2-6/6







**WEST COAST SWING LEVEL 1**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
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 challenging to new West Coast Swing dancers.  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Mon 6:00-7:00 pm 4/22-5/20



**WEST COAST SWING LEVEL 2**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
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: \$65 | NR: \$82  
Mon 7:15-8:15 pm 4/22-5/20

**EAST COAST SWING 1&2**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
In this introduction to Swing, you will learn beginning steps and patterns as well as leading and following, plus beginning and advanced beginning combinations that will get you through any upcoming events on your calendar. This course will add variety and confidence to your swing repertoire for your enjoyment of the many Swing bands and events in the Monterey Bay Area. Get ready to enjoy this summers Wednesday night bands at the Esplanade. Wear your shoes with the least tread in your closet or better yet, your 'dance shoes'.  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Mon 6:00-7:00 pm 6/3-7/1

**EAST COAST 3+ AND LINDY**

5 Wks  
15 yrs & up  
Becky Adams  
(831) 475-4134  
growingwithbecky@gmail.com  
Are you ready to add some fun intermediate East Coast Swing moves and a little Lindy to your Swing routine? This 5 week class is guaranteed to add style and fluency to your Swing vocabulary. Join us in June for this lively class and enjoy a summer of swing in Santa Cruz.  
**Capitola Community Center**  
R: \$65 | NR: \$82  
Mon 7:15-8:15 pm 6/3-7/1



**BEGINNING LINE DANCE**

5 Wks  
Shanta Shenoy  
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 \$70 | NR \$87  
R \$40 | NR \$48.50 (3-Wk Session)  
Wed 7:30-8:30pm 7/3-7/31  
Wed 7:30-8:30pm 8/7-8/21  
Thu 10:30-11:30am 7/18-8/15

**COUNTRY WESTERN LINE DANCING**

6 Wks  
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: \$80 | NR: \$97  
Thu 7:15-8:30pm 5/9-6/13  
Thu 7:15-8:30pm 6/20-7/25



**ADULT BRAZILIAN JIU-JITSU**

6 Wks  
Claudio Franca BJJ  
claudiofrancabjj.com  
santacruz@claudiofrancabjj.com  
(831) 476-7650  
Ever been interested in learning Brazilian Jiu-Jitsu, but weren't sure where to start? If so, this series is for you! You will be introduced to the basic moves such as rolls, hip-escapes, throws, 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.  
**1658 Soquel Dr, Suite C, Santa Cruz CA**  
R:\$210 | NR: \$227  
Mon | Wed 5:10-5:55 pm 6/3-7/10  
Mon | Wed 5:10-5:55 pm 7/22-8/28



**BALANCE AND BLISS THROUGH GENTLE YOGA**

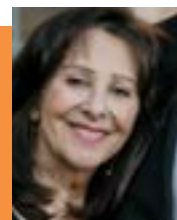
8 Days  
Janet Russell Keller  
Join us for gentle yoga to relax, restore and rejuvenate! Classes are a blend of Hatha yoga and classical stretches with drifts of tai chi or chi gong. Quiet, blissful and non-competitive with a dash of humor. Janet Russell Keller has practiced yoga for 30 years and taught since 2005. She holds a degree in Physical Education from UC Berkeley and is certified to teach by the Chopra Center for Well Being. Must be able to get up from the floor.  
NOTE: May 6th and 9th will be 90 min classes.  
**Capitola Community Center**  
R: \$105 | NR: \$122  
M | Th 4:00-5:00 pm 5/6-5/30  
M | Th 4:00-5:00 pm 6/17-7/15  
M | Th 4:00-5:00 pm 7/29-8/22



**TAI CHI BEGINNERS YANG STYLE-ALL LEVELS**

16 Wks  
Kathleen (Kat) Brown  
westeastsomatics.com  
kat888brown@yahoo.com  
Continuing Tai Chi Yang Style Part 1 throughout the summer session. Students should have taken a prior Yang Style Tai Chi Part 1 class. Classes will begin at 8 am during kids' Camp Capitola and 9 am in May and after camp finishes in August. Optional (free) community tai chi practice on Sunday at 9 a.m. open to all on the patio behind the Community Center.  
**No Class 6/11, 6/13, 6/18, 6/20**  
**Capitola Community Center**  
R \$40 | NR: \$55  
Tu | Th 8-9:15am 5/7-8/29





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. Gina has countless years of experience teaching these classes in local recreation spaces and is excited to share her knowledge with the community to keep our bodies strong as we age!



Therapilates for men and women was developed by Physical Therapist Sherri Betz, DPT to address the needs of people with osteoporosis, osteopenia, poor balance, poor posture, joint and spinal conditions. The typical pilates repertoire consists of 34 exercises, 15 of which are contra-indicated for those with osteoporosis. The facts are: 1 in 2 women over age 50 and 1 in 4 men over age 70 will fracture their wrist, spine or hip. Fall and fracture prevention starts by incorporating lower and upper body strength training, postural alignment training, balance training and core strengthening.

**ZOOM THERAPILATES® 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 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. 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 online Zoom classes. Must have own mat, foam roller (36 x 6in), exercise bands (long and ankle), and small dumbbells. Modifications for those with osteoporosis will be given.

No Class 5/27, 6/3, 6/5

<b>Online</b>		
R: \$126.60   NR: \$143.60		
M   W	8:45-9:45am	4/15-5/22
M   W	8:45-9:45am	5/29-7/10
M   W	8:45-9:45am	7/22-8/29
M   W	10:00-11:00am	5/29-7/10
M   W	10:00-11:00am	7/22-8/29

**THERAPILATES® MAT CLASS—IN PERSON**

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

Join us for a Pilates-based bone building class using foam rollers, exercise tubes, bands and free weights. We focus on body awareness, alignment, breathing and core control with exercises that involve weight-bearing, standing balance, and spinal mobility. Special focus is on postural correction, form, balance, spine extension, hip extension, fracture prevention and FUNctional fitness! You must be able to get down to and up from the floor for mat exercises to participate. Must have own mat and foam roller (36 x 6in). Modifications for those with osteoporosis will be given.

No Class 5/27, 6/3, 6/5  
Capitola Community Center  
R: \$140 | NR: \$157

M   W	8:45-9:45am	4/15-5/22
M   W	8:45-9:45am	5/29-7/10
M   W	8:45-9:45am	7/22-8/29
M   W	10:00-11:00 am	4/15-5/20
M   W	10:00-11:00 am	5/29-7/10
M   W	10:00-11:00 am	7/22-8/29

**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. Modifications for those with osteoporosis will be given.

No Class 5/27, 6/3, 6/5  
Capitola Community Center  
R: \$140 | NR: \$157

M   W	11:30-12:30pm	4/15-5/22
M   W	12:15-1:15pm	5/29-7/10
M   W	12:15-1:15pm	7/22-8/29

**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. If you have difficulty getting up and down from the floor, this is the class for you. 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 online Zoom classes. Must have own exercise bands (long and ankle) and small dumbbells. Modifications for those with osteoporosis will be given.

No Class 5/27, 6/3, 6/5  
Online

R: \$126.60   NR: \$143.60		
M   W	11:30-12:30pm	4/15-5/22
M   W	12:15-1:15pm	5/29-7/10
M   W	12:15-1:15pm	7/22-8/29



# ADULT TENNIS

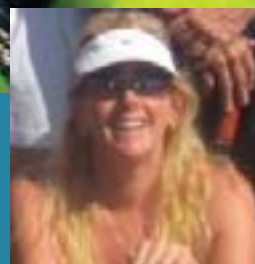
## @ Jade St Park



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](mailto:dscobabe@mac.com).

**USTA 3.5/4.0 Doubles Play and Strategy:** This class centers around no-add competitive doubles play with a variety of partners each lesson. The vast majority of the players are USTA 3.5 to 4.0. Instruction is given during play, so there is limited extended drilling. All aspects of doubles play is covered. Instructor's permission is a prerequisite if the USTA rating is not met.

**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.



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](mailto:lauraalioto@yahoo.com)

### PRIVATE TENNIS LESSONS- LAURA

Contact Laura via email, [lauraalioto@yahoo.com](mailto:lauraalioto@yahoo.com), to set up a time. Make payment in advance to the Capitola Recreation office. Register in our office during regular business hours, Monday-Friday, 8:00-5:00, or online, at: <https://secure.rec1.com/CA/capitola-recreation-ca/catalog>, and bring your receipt with you to your lesson. 1-2 players • 1 hour • \$70 per hour | \$35 half hour

LEVEL	DAYS	TIMES	PRICE	DATES
Beginning Level 2 Adult	Tue	5-6:00 pm	\$120   \$137	4/30-5/21
Beginning Level 2 Adult	M   W	5-6:00 pm	\$120   \$137	6/3-6/12
Beginning Level 2 Adult	M   W	5-6:00 pm	\$120   \$137	6/17-6/26
Beginning Level 2 Adult	M   W	5-6:00 pm	\$120   \$137	7/8-7/17
Beginning Level 2 Adult	M   W	5-6:00 pm	\$120   \$137	7/22-8/2
Beginning Level 2 Adult	M   W	5-6:00 pm	\$120   \$137	8/5-8/14
Beginning Level 2 Adult	M   W	5-6:00 pm	\$120   \$137	8/19-8/28

LEVEL	DAYS	TIMES	PRICE	DATES
USTA 3.5 / 4.0 Doubles Play and Strategy	T Th	9:00 - 10:30 am	\$180   \$197	4/9-5/16
USTA 3.5 / 4.0 Doubles Play and Strategy	T Th	9:00 - 10:30 am	\$180   \$197	5/21-6/27
USTA 3.5 / 4.0 Doubles Play and Strategy	T Th	9:00 - 10:30 am	\$180   \$197	7/2-8/13

LEVEL	DAYS	TIMES	PRICE	DATES
USTA 2.5 / 3.0 Doubles Play and Strategy	T Th	10:30 am - Noon	\$180   \$197	4/9-5/16
USTA 2.5 / 3.0 Doubles Play and Strategy	T Th	10:30 am - Noon	\$180   \$197	5/21-6/27
USTA 2.5 / 3.0 Doubles Play and Strategy	T Th	10:30 am - Noon	\$180   \$197	7/2-8/13



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.

### PRIVATE TENNIS LESSONS-BRIAN PYBAS

Contact Brian via email, [brianpybas@gmail.com](mailto:brianpybas@gmail.com), to set up a time. Make payment in advance to the Capitola Recreation office. Register in our office during regular business hours, Monday-Friday, 8:00-5:00, or online, at: <https://secure.rec1.com/CA/capitola-recreation-ca/catalog>, and bring your receipt with you to your lesson. 1-2 players • 1 hour • \$80 per hour | \$40 half hour



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

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This year, the City of Capitola celebrates its 75th anniversary as an incorporated City. The City was officially incorporated on January 11th, 1949 after growing community concern surrounding the Capitola community. Individuals were seeking reliable water systems, professional services, and replacing outdated systems. Over the past 75 years, the City of Capitola has grown into a sunny destination filled with engaging programs and booming businesses. The City of Capitola is excited to celebrate the 75th anniversary of our amazing city all year long!

All information collected from the Capitola Historical Museum which can be visited Friday-Sundays 12-4pm or you can visit [cityofcapitola.org/capitola-museum](http://cityofcapitola.org/capitola-museum) for more historical information