

FALL 2016 Enjoy!

cityofpaloalto.org/enjoy

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How to Read Class Listings

All phone numbers are (650) unless otherwise noted

Number of Classes	Resident Rate (R) Non-Resident Rate (NR)	Location	
Class Code	Grade/Age	Dates	Time
Class Code	Grade/Age	Dates	Time

**Special Class Information*

Cover photo: May Fete Parade 2016.
Photo credit: Charles Barry Photography



Correction: The Summer 2016 Enjoy! cover photo credit should have been attributed to Luiza Naslausky.

Meet The Staff



Peter Castelino Program Assistant II

Greetings! I am Peter Castelino the newest addition to the administrative staff at the Mitchell Park Community Center. My recreation career began as a summer camp counselor with the City of Palo Alto at Foothills Fun Camp. It was the best summer job in the valley. I got to go hiking, canoeing, and swimming while being an impactful role model for the youth I was serving. After the summers concluded, I spent most of my time outside of the classroom working with Middle School Athletics and Adult Sports programs. I coached basketball at Terman, track at JLS, and score kept for softball at Baylands Athletic Center. Some of my hobbies include, playing soccer, reading, cooking, and watching old movies. Working in local government has been an ambition of mine and I am very excited to bring five core values to the community that I refer to as C.R.I.S.P! Caring, resourceful, integrity, spirit, and professionalism. I am looking forward to my career here and serving all of you.

PROGRAM SUPERVISORS

Adult Art

Studio Director - Fanny Retsek
617-3525
fanny.retsek@cityofpaloalto.org

Athletic Field Reservations,

Adam Howard
329.2192
adam.howard@cityofpaloalto.org

Aquatics

Tyler Stetson
463.4929
tyler.stetson@cityofpaloalto.org

Baylands Preserve

Alex Hamilton
329.2506
alex.hamilton@cityofpaloalto.org

Children's Theatre

463.4930
childrens.theatre@cityofpaloalto.org

Community Theatre

463.4939
childrens.theatre@cityofpaloalto.org

Junior Museum & Zoo

Alex Hamilton
329.2412
alex.hamilton@cityofpaloalto.org

Catalog Editor

Erin Perez
erin.perez@cityofpaloalto.org

Children's Fine Art

Rebecca Passarello
617.3509
rebecca.passarello@cityofpaloalto.org

Children-Music, Sports & Special Interest Adult/Senior-Dance, Healthy Choices, Sports, Special Interest, Fitness

Erwin Gonzales
463.4919
erwin.gonzales@cityofpaloalto.org

Children-Dance, Adult-Dance, Music, Children's Theater Performances

Chris Luciani
463.4934
christopher.luciani@cityofpaloalto.org

Teen Services

Amal Aziz
329.2390
amal.aziz@cityofpaloalto.org

Adult Sports, Middle School Athletics

Chase Hartmann
329.2464
chase.hartmann@cityofpaloalto.org

Human Services

Minka van der Zwaag
463.4953
minka.vanderzwaag@cityofpaloalto.org

REGISTRATION FACILITIES

Lucie Stern Community Center

1305 Middlefield Road, Palo Alto
Phone: 463.4900
Fax: 321.5612
Mon-Fri 8:30am-5:30pm

Palo Alto Art Center

1313 Newell Road, Palo Alto
Phone: 329.2366
Fax: 326.6165
Tues-Weds 10-5pm, Thur 10am-9pm,
Fri-Sat 10am-5pm, Sun 1pm-5pm

Junior Museum & Zoo

1451 Middlefield Road, Palo Alto
Phone: 329.2111
Fax 473.1965
Tues-Sat 10am-5pm
Sun 1pm-4pm (no registration)

Note: We start to put the zoo animals to bed 30 minutes before closing.

Cubberley Community Center

4000 Middlefield Road, room T2,
Palo Alto
Phone: 329.2418
Fax: 856.8756
Mon-Fri 8:30am-5:30pm

Mitchell Park Community Center

3700 Middlefield Road, Palo Alto
Phone: 329.2400
Fax: 251.9109
Mon-Fri 8:30am-5:30pm

Registration

FREQUENTLY ASKED QUESTIONS

I don't live in Palo Alto. Can I still register for Enjoy! programs?

Yes! Everyone is welcome to participate. Palo Alto residents and children enrolled in PAUSD schools receive priority registration dates as well as the resident discount rate as shown in the Enjoy!

When do I pay for courses?

All courses require payment at time of registration. We accept cash, personal checks payable to the City of Palo Alto, MasterCard, VISA, American Express, and Discover.

What happens if I am "waitlisted" for a course?

If the course you are hoping to register for is full, you will be placed on the "waitlist". No payment is necessary when joining a waiting list. As space becomes available waitlisted participants will be contacted and given until the close of business on the following day to register (and pay) for the course. If we don't hear from you within that time, we will go to the next name on the waitlist.

Why does my child have to be a certain age or grade level in order to register for some courses?

In order to ensure the best experience possible for all participants, each Enjoy! course is tailored to specific ages or grade

levels. Each course in the Enjoy! lists the age or grade level requirements. Registrants must meet these requirements prior to the first class meeting.

I'm a member of the Art Center Foundation. Does that qualify me for a discount?

Yes! Select members of the Art Center Foundation qualify for one studio course per Foundation membership per year. Call 329-2366 for more information.

Are there any other discounts available?

The City of Palo Alto offers Palo Alto youth (ages 17 & under), PAUSD students, seniors 60 and over and disabled residents the opportunity to apply for our Fee Reduction Program based on household income. Those who qualify receive a 25% or 50% discount on courses. This discount is for a one-year period and is capped at \$300 per eligible family member. Reductions only apply to new registrations. For further information regarding the Fee Reduction Program, please visit our website at www.cityofpaloalto.org or call 650-463-4900.

WITHDRAW, TRANSFER & CANCELLATION POLICY

The City of Palo Alto strives to provide you with high quality recreational and educational opportunities. We are confident that your participation will be personally valuable and enriching.

WITHDRAWALS

If you are not satisfied with your experience for any reason and choose to withdraw your registration, please let us know prior to the second class meeting. We will place a credit on your Enjoy account that can be applied to another course. The credit-on-account must be used within one (1) year from the date the credit-on-account is issued, or the City will refund any amount (if a balance remains after a \$15 processing charge per course is deducted) then due to the individual. If you prefer to receive a refund, a \$15 processing charge will be deducted from each course fee. Materials Fees are non-refundable. Should you choose to withdraw, we kindly ask you to fill out a course evaluation so we may improve future offerings.

TRANSFERS

Participants may transfer between courses, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs. If a student's age, grade level, or ability does not meet the minimum course requirements, every effort will be made to transfer the student to a course that best suits his or her level.

CANCELLATIONS

Courses and camps may be cancelled due to low enrollment. If we cancel a course for any reason, participants will be entitled to a full refund or credit. If you prefer, our staff will assist you in finding another course that meets your needs. Summer camps & aquatics, adult sports leagues, drop-in classes, middle school athletics, one-day workshops, and facility rentals are subject to separate guidelines.

Disclaimer: Every effort has been made to ensure that the information in this catalog is correct, but we cannot be held responsible for typographical errors.

Tax ID# 94-6000389



REGISTRATION

Waiver (all classes require the signature of each Registering Adult or the Parent or Guardian of any Minor(s). Permission to participate in the following programs, including associated travel sponsored by the City of Palo Alto Community Services Department is given for me and/or child as named below. In consideration of participation in these programs, I hereby indemnify and hold harmless and release the City of Palo Alto, its agents, its employees and volunteers working for the City, from any and all liability for injury suffered by me or my child arising from or connected with these programs. I assume all risk for any injuries. I sign of my own free will.

Signature		Second registrant's signature (if two adults are registering on the same form)	
print name	date	print name	date

Primary Adult Contact (Please Print)

Last Name:	First Name:	Phone #
Address:	City:	Zip:
		Email

Course or Activity Session Information

COURSE CODE	PARTICIPANT'S LAST NAME	PARTICIPANT'S FIRST NAME	M/F	DATE OF BIRTH	GRADE	ACTIVITY NAME	ACTIVITY FEE

Fee Reduction Program: ____ Only register if fee reduction is available ____ Register at full rate once fee reduction limit has been reached.

Withdrawal and Transfer requests: If you are not satisfied with your experience for any reason and choose to withdraw your registration, please let us know in writing prior to the second class meeting. We will place a credit on your Enjoy account that can be applied to another course. The credit-on-account must be used within one (1) year from the date the credit-on-account is issued, or the City will refund any amount (if a balance remains after a \$15 processing charge per course is deducted) then due to the individual. If you prefer to receive a refund, a \$15 processing charge will be deducted from each course fee. Participants may transfer between courses, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs.

The City of Palo Alto welcomes participants of all abilities to participate in our programs. Please contact the program coordinator associated with the class (pg. ii) to discuss any special needs you have.

We will not let a child under the age of 14 leave class by him/herself unless the parent/guardian checks the "yes" box below.

Please indicate if you grant your child permission to sign him/herself out.

- YES, I permit my child** _____ to leave class by him/herself for every class meeting this quarter.
- NO, I do not permit my child** _____ to leave class by him/herself for every class meeting this quarter.

Photo & Video Waiver for all classes and camps provided by the City of Palo Alto

Photos and video footage may be used for publication including newsletters, press media, website, flyers, and brochures by all City of Palo Alto entities.

- YES, I permit my child/children** to be **photographed and/or videotaped** while in a City of Palo Alto class.
- NO, I do not permit my child/children** to be **photographed and/or videotaped** while in a City of Palo Alto class.

Create a New Account/ Make Changes

Please visit www.cityofpaloalto.org/enjoyonline to create your new account or to make changes to existing Enjoy! accounts. For assistance, please call 650-463-4949.

Help Support: ____ Recreation & Human Services ____ Arts & Sciences ____ Parks & Open Space By Donating \$ ____

Payment Information ____ Check ____ Cash ____ Charge Total Amount: \$ ____

Card No: VISA / MC / Amex / Discover	Expiration:	Signature:
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REGISTRATION



Method & Dates

ENJOY ONLINE

Residents: August 18
Non-Residents: August 25



Credit card required

WALK-IN/DROP-OFF

Residents: August 18
Non-Residents: August 25



Credit card preferred

MAIL-IN/FAX-IN

Residents: August 18
Non-Residents: August 25



Credit card required

General Information

To register, visit www.cityofpaloalto.org/enjoyonline

- Visit the website and become familiar with the new Enjoy Online site before registration begins.
- Enjoy Online registration opens at 8:30am on the first day of registration, and then is conveniently available 24/7. Please be sure to register prior to the course start date.

Bring the **completed** registration form to one of the community centers listed below.

- Registration forms are processed on a first-come, first-served basis, and customers who prefer to wait in line will receive confirmation and receipt at that time.
- Confirmation and receipt will be mailed within 5 business days for customers who prefer to drop off registration forms.
- Remember to sign the waiver and include credit card information or check.
- Registration forms received prior to August 18th from residents and August 25th from non-residents will be returned.

Mail or fax the **completed** registration form with credit card information to one of the community centers listed below.

- Registration forms are processed on a first-come, first-served basis. Confirmation and receipt will be mailed within 5 business days.
- Registration forms may not be mailed or faxed before 8:30am on August 18th from residents and August 25th from non-residents. All faxes received early will be returned.

Registration Sites

On first day of registration all sites are open at 8:30am to assist you.

Lucie Stern Community Center	1305 Middlefield Rd, Palo Alto, CA 94301	Ph: (650) 463-4900	Fx: (650) 321-5612
Cubberley Community Center	4000 Middlefield Rd, T2, Palo Alto, CA 94303	Ph: (650) 329-2418	Fx: (650) 856-8756
Junior Museum & Zoo	1451 Middlefield Rd, Palo Alto, CA 94301	Ph: (650) 329-2111	Fx: (650) 473-1965
Mitchell Park Community Center	3700 Middlefield Rd. Palo Alto, CA 94303	Ph: (650) 329-2400	Fx: (650) 251-9109
Palo Alto Art Center	1313 Newell Road Palo Alto, CA 94303	Ph: (650) 329-2366	Fx: (650) 326-6165



(Adult) Primary Contact (Participant name goes under "Course Activity..." if different from Primary Contact)

last name		first name	
street address		city	state
e-mail address		zip code	
		phone	

COURSE WITHDRAWAL FORM

If you are not satisfied with your experience for any reason and choose to withdraw your registration, please let us know prior to the second class meeting. We will place a credit on your account that can be applied to another course. The credit-on-account must be used within one (1) year from the date the credit-on-account is issued, or the City will refund any amount (if a balance remains after a \$15 processing charge per course is deducted) then due to the individual. If you prefer to receive a refund, a \$15 processing charge will be deducted from each course fee. Should you choose to withdraw, we kindly ask that you to fill out a course evaluation so we may improve future offerings.

Course or Activity Session Information (Please print clearly. Thank you.)

COURSE CODE	PARTICIPANT'S NAME	COURSE/ACTIVITY NAME	START DATE

Credit on Enjoy! account

Refund (less \$15 processing charge)

Reason for withdrawal/comments:

We value your feedback. Please feel free to send us your comments or write to us at EnjoyOnline@CityofPaloAlto.org

COURSE TRANSFER FORM

Participants may transfer between courses, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but participants will be responsible for any additional costs.

Course or Activity Session Information (Please print clearly. Thank you.)

	COURSE CODE	PARTICIPANT'S NAME	COURSE NAME	START DATE	COST
TRANSFER FROM					
TRANSFER TO					
TRANSFER FROM					
TRANSFER TO					

Please provide your credit card number below if the course being transferred to is a higher price.

Card No.	Exp Date	Signature
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Everyone



Aquatics

Open Swim

Fall Season

August 15 - September 11

Saturdays & Sundays*

12:30pm-4:30pm

*closed Monday through Friday

We are open on Labor Day!

Lap Swim: 9:00am-12:30pm

Open Swim: 12:30pm-4:30pm

Open Swim ends after September 11.

Join us again in 2017!



THE ART CENTER TURNED 45 THIS MAY—WE INVITE YOU TO JOIN US AS WE CELEBRATE ALL YEAR LONG!



PALO ALTO
ART
CENTER

EXHIBITIONS: SUMMER



← Tony Natsoulas, *Izzy Looking for that Perfect Picture*, 2015, glazed ceramic, courtesy of the artist



← Gary Clarien, *Sculptural Teapot*, 2005, Raku, courtesy of the artist

Fired Up: Monumental Clay

June 18-August 28, 2016

Palo Alto Art Center, Main Gallery, Lobby and Sculpture Garden
1313 Newell Road, Palo Alto

Fired Up celebrates the powerful potential of ceramics on a monumental scale. The exhibition takes over the Art Center galleries, public and outdoor spaces with large-scale ceramic sculpture and installation. Featuring the work of diverse artists from around the country in collections throughout the region, as well as a limited number of site-specific installations, *Fired Up* showcases the creative and expressive possibilities of clay—when scaled.

Raku by Gary Clarien

June 18-August 28, 2016

Palo Alto Art Center, Studio Gallery, 1313 Newell Road, Palo Alto

Gary Clarien will exhibit his raku work, all made and fired at the Palo Alto Art Center Ceramics Studio. Clarien's great respect for the traditional use of clay as an art form has inspired the use of the raku process in his contemporary forms.

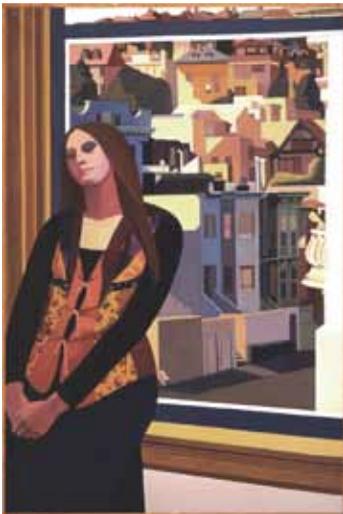


Holiday Sale in the Art Center Ceramics and Jewelry studios on November 19 and 20!

Members of the Open Jewelry Studio program and Art Center community ceramic artists will have original work for sale to suit all your holiday needs! Whether you are looking for special hand-made gifts, a new piece for your holiday table, or a treat for yourself during this busy season, you will find just the right thing at our Holiday Sale. Part of the proceeds will benefit our studios and the Palo Alto Art Center Foundation.

**HOLIDAY
SALE**

EXHIBITIONS: FALL



Elaine Badgley Arnoux,
Holly at the Window,
1971, acrylic on
canvas, 60 in x 40 in

The Butterfly Effect: California Art in the 1970s

September 17-December 30, 2016

Palo Alto Art Center, Main Gallery, 1313 Newell Road, Palo Alto

The Butterfly Effect: California Art in the 1970s will include works that help tell the story of the chaotic and beautiful events that have shaped how we see ourselves today. *The Butterfly Effect* addresses issues such as the empowerment of the individual, the transformation of community, the optimism and sense of possibility, the divergent spiritual practices, and the results of how technology changed the Bay Area through important artworks created in California in the 1970s. Artists in the exhibition include Eleanor Antin, Fletcher Benton, Joan Brown, Bruce Conner, and Roy De Forest.

Member Preview for

The Butterfly Effect: California Art in the 1970s

Friday, September 16, 6-7 p.m.

Palo Alto Art Center,
1313 Newell Road, Palo Alto

Members of the Palo Alto Art Center Foundation are invited to a preview of *The Butterfly Effect* with guest curator Susan Leask.

Friday Night at the Art Center:

Opening Celebration for *The Butterfly Effect: California Art in the 1970s*

Friday, September 16, 7-10 p.m.

Palo Alto Art Center,
1313 Newell Road, Palo Alto, FREE

Take a trip back in time, to the 1970s, as we celebrate the opening of *The Butterfly Effect*. This 1970s-themed event will include groovy tunes, far-out artmaking and 1970s-inspired attire is totally encouraged. Can you dig it?



**Do you love art and sharing that love with others?
Do you enjoy working with children?
Do you have one hour per week to donate to the
local community?**

**Join the Palo Alto Art Center's
Project LOOK! Docent Program**

Project LOOK! serves K-8th grade students from local schools. Docents lead interactive tours of the Art Center galleries and provide hands-on art activities. The docent program engages docents as active participants in the development of tours and projects.

New docents will participate in four mandatory training sessions on gallery tour strategies at the beginning of the school year. Docents then provide one tour per week. Tours are scheduled Tues.-Fri., 9:00 a.m., 10:30 a.m., and 12:15 p.m. from Sept. – May.

New Docent Training:

August 23, 26, 30 and September 2
10:00 a.m. – 12:00 p.m.

Fall Exhibition Training:

September 16, 20, 23
9:00 a.m. – 12:00 p.m.

Contact:

Grace Pegan Abusharkh
Director of Volunteer Engagement
for more information and application
instructions at (650) 617-3520,
grace.abusharkh@cityofpaloalto.org.

For more information on the Docent Program and Project LOOK! tours visit the Palo Alto Art Center website.





Special Events



THE 21ST ANNUAL GREAT GLASS PUMPKIN PATCH®

The largest glass pumpkin patch of its kind in Northern California, the Great Glass Pumpkin Patch is celebrating its 21st year! During the free family-friendly autumn celebration, Sept. 27-Oct. 2, visitors are invited to wander through an outdoor installation of more than 10,000 one-of-a-kind glass pumpkins, and then purchase the glass pumpkins and glass artworks on Oct. 1 and 2.

By purchasing glass pumpkins from the Great Glass Pumpkin Patch you will:

- Own a locally-made custom piece of glass art
- Show support for local artists
- Assist the Palo Alto Art Center and the Bay Area Glass Institute

GLASS PUMPKIN INSTALLATION

Palo Alto Art Center, Sculpture Garden
1313 Newell Road, Palo Alto FREE
September 27 and 28, 10 a.m. – 7 p.m.
September 29 and 30, 10 a.m. – 5 p.m.
(no sales during this period)

PUMPKIN SALES

Palo Alto Art Center, Sculpture Garden and Lawn
1313 Newell Road, Palo Alto FREE
October 1 and 2, 10 a.m. – 5 p.m.

For more information call 650.329.2366 or visit www.greatglasspumpkinpatch.com.

CANDLELIGHT COCKTAILS

PRE-SALE AND COCKTAIL PARTY

Thursday, September 29, 2016, 5:30-8 p.m.
Palo Alto Art Center, Sculpture Garden, 1313 Newell Road, Palo Alto
Open to Palo Alto Art Center Foundation members at the Advocate level and above, this signature event offers the chance to meet some of the patch artists and purchase pumpkins before the sale on Oct. 1 and 2. For more information on membership, go to www.paacf.org/membership.



GLOBAL FAMILY DAY

Sunday, October 16, 2016, 2-4:30 p.m.
Palo Alto Art Center, 1313 Newell Road, Palo Alto, FREE
Celebrate our diverse community with the Palo Alto Art Center! Join us for hands-on artmaking and performances inspired by traditions from around the world. Activities are appropriate for ages 5 through adult.



19th UNITED NATIONS ASSOCIATION FILM FESTIVAL
October 20-30, 2016 • Palo Alto • East Palo Alto • San Francisco • Stanford University
unaff.org



MAKE A DIFFERENCE

VOLUNTEER

AT THE PALO ALTO ART CENTER

DID YOU KNOW that more than 800 adult and teen volunteers share their time with the Palo Alto Art Center on a regular basis? You can help a family with a free hands-on art project, learn to lead a tour, or welcome visitors in our Gallery Shop! We offer regular, weekly and occasional/one-time volunteer opportunities. Adults and teens (12+) are invited to join in the fun!

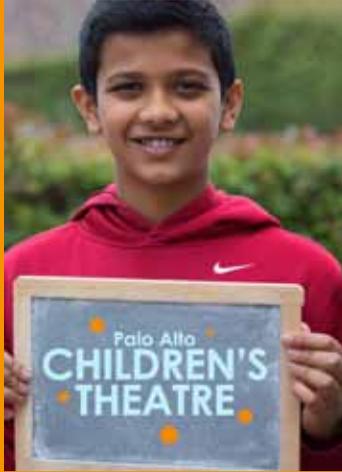
- **Art class helpers**
- **Exhibition tours—docent training offered this August and September!**
- **Special events/Family Days**
- **Gallery Shop**
- **Behind the scenes**
- **Community outreach**
- **College/Graduate internships**

For more information, please contact Grace Pegan Abusharkh, Director of Volunteer Engagement, at grace.abusharkh@cityofpaloalto.org.



SUPPORT THE PALO ALTO ART CENTER!
BECOME A MEMBER OF THE ART CENTER FOUNDATION. Membership helps support programs of the Palo Alto Art Center. Call **650.617.3138** or join online at www.paacf.org/join.

Children's Theatre



Palo Alto Children's Theatre exists to nurture the intellectual, artistic, and personal development of youth through multi-arts education, performing opportunities, and extraordinary theatre experiences.

At the Children's Theatre, the process and product are of equal importance in creating excellent theatre for young audiences. Through multi-arts education, the Children's Theatre develops lifelong skills such as critical and creative thinking, cooperation, and aesthetic sensitivity.

A theatre and an educational institution, the Children's Theatre provides classes and programming designed to provide hands-on learning experiences for youth age 3 through high school. This invaluable teaching tool develops skills and provides an excellent opportunity

to develop participants' theatrical knowledge. Performing arts education opportunities include onsite classes, camps and production experiences, as well as theatrical Outreach Productions (grades 3-5) and Dance In Schools classes (grades K-2) in all twelve PAUSD Elementary Schools.

Children's Theatre 1305 Middlefield Road	Tu-Sa	9:30am-6:30pm
	M-Su	Closed

For information, please call (650) 463-4930

Children's Theatre Box Office 1305 Middlefield Road	W-Sa	2pm-6pm
	Su-Tu	Closed

For information, please call (650) 463-4970

Main Stage Show Tickets	\$14 Adult	\$12 Child
Outreach Residency Tickets	\$12 Adult	\$10 Child
Playhouse Tickets	\$12 Adult	\$10 Child

Available through the Children's Theatre Box Office: www.cityofpaloalto.org/childrenstheatre or call 650-463-4970. All purchases are subject to a \$1 per ticket transaction fee. All attendees of all ages must have a ticket (child age 0 - 18; adult 19+).



MAIN STAGE SEASON 2016-2017

THE BALLAD OF PHINEAS MCBOOF

Book and Score by Doctor Noize

Commissioned by the Palo Alto Children's Theatre

Phineas McBoof, the great rock star monkey from the Isle of The-lonious, has become so popular he can no longer hear himself perform over the screaming fans at his concerts. One night, he leaves fame and fortune behind and hops on a rowboat with his guitar, launching a journey that leads to a whole new world of music and friendship.

Audition Dates: September 13 or 14

Performance Dates: November 3 - 13

THE CHILDREN'S THEATRE E-BLASTS!

Learn more about the Children's Theatre productions, auditions, classes and other events! Visit us online at www.cityofpaloalto.org/childrenstheatre to join our mailing list, or send an email to childrens.theatre@cityofpaloalto.org.



THE LION, THE WITCH AND THE WARDROBE

Dramatized by Joseph Robinette
from the story by C.S. Lewis

This new dramatization of C.S. Lewis' classic, set in the land of Narnia, recreates the adventures of four children who inadvertently wander from an old wardrobe into the exciting, never-to-be-forgotten Narnia. Celebrate the holiday season with this enchanted story of love, sacrifice, and courage.

Audition Dates: September 20 or 21

Performance Dates: December 1 – 18

Special Performance:

In the 2016 - 2017 Season, the Children's Theatre presents a special production featuring local professional actors. Talk to your child's teacher to find out if they plan to attend a performance!

STILES & DREWE'S THE THREE LITTLE PIGS

Music by George Stiles

Book and Lyrics by Anthony Drewe

From Stiles and Drewe, the award-winning musical team behind *Honk!* and Broadway's *Mary Poppins*, comes *The Three Little Pigs*, a "very curly musical tail" that is perfect for the whole Family! This new version of the classic story is full of catchy songs, clever rhymes and silly charm, with some very smart things to say about home and family.

Performance Dates: January 26 – February 12

ROALD DAHL'S WILLY WONKA JR.

Words and Music by Leslie Bricusse and Anthony Newly

Adapted for the Stage by Leslie Bricusse and Timothy A. McDonald

Based on the book *Charlie and the Chocolate Factory* by Roald Dahl

Charlie Bucket's famous adventure to Willy Wonka's mysterious chocolate factory lights up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film along with some fun new additions, this scrumdilyumptious musical is guaranteed to delight everyone's sweet tooth.

Audition Dates: March 7 or 8

Performance Dates: May 4 – 21

SUMMER OUTDOOR "HOT DOG" SERIES

Enjoy a summer filled with outdoor theatre! To learn about on-sale dates and auditions, join our mailing list at:

www.cityofpaloalto.org/childrenstheatre and "Like" the Palo Alto Children's Theatre on Facebook!

PURCHASE TICKETS ONLINE

www.cityofpaloalto.org/childrenstheatre

or call **(650) 463-4970**



FRIENDS OF THE PALO ALTO CHILDREN'S THEATRE

The Friends of Palo Alto Children's Theatre (FOPACT) is a nonprofit organization founded in 1970 dedicated to supporting the Children's

Theatre. Many of the Theatre's most vital offerings for our community are only possible through the practical and financial assistance of the Friends of the Palo Alto Children's Theatre.

Please join us today by volunteering your time at the Theatre or making a tax-deductible donation by visiting our website: www.fopact.org





SCHOOL YEAR SEASON 2015-2016

The elementary school outreach program is an excellent opportunity for PAUSD children to enjoy the world of theatre right at their own school! Under the guidance of the Children's Theatre professional staff, children learn how to fill all the roles essential to producing a play. In addition to acting, singing and dancing, students take on vital back stage duties such as stage managing, handling props, or running the sound and light boards. There are no adults in the wings at a Children's Theatre outreach play ... the children have it all under control! Open to all 3rd, 4th, and 5th grade students at our host sites, this season we continue the tradition of excellence at the following schools:

PLAYHOUSE SEASON 2015-2016

Join us for another season of Playhouse, PACT's interactive play series for our youngest audience members and their families. Every month, local high school performers bring a classic folk or fairytale to life on our Magic Castle Stage. Playhouse is a magical experience for young children as they use their imaginations to enter the world of make-believe and become part of the story! Join us as we take a fresh look at some of the world's most beloved children's stories.

- Suggested ages: 2-6
- Tickets: Child \$10, Adult \$12
- Playing Time: Approximately 45 minutes
- Show times: 10am & 12pm Saturdays & Sundays

PURCHASE TICKETS ONLINE

www.cityofpaloalto.org/childrenstheatre

or call (650) 463-4930

<i>Goldilocks & The Three Bears</i>	September 17 and 18
<i>Hansel & Gretel</i>	October 22 and 23
<i>The Princess and The Pea</i>	November 19 and 20
<i>The Gingerbread Boy</i>	December 17 and 18
<i>Cinderella</i>	January 21 and 22
<i>The Snow Queen</i>	February 25 and 26
<i>Rumpelstiltskin</i>	March 25 and 26
<i>Little Red Riding Hood</i>	April 22 and 23
<i>Sleeping Beauty</i>	May 20 and 21

For more information, please call (650) 463-4930

All production titles, dates and time are subject to change

ANNOUNCING A SPECIAL INSTALLATION IN THE PLAYHOUSE

Sponsored by the Wave2Wave Foundation

Playhouse Series audiences will enjoy a very special installation by designer Christopher Moulder, featured in 2016 – 2017 performances. Support by the Wave2Wave Foundation includes workshops for youth technicians, ages 8+.



School: Palo Verde
3450 Louis Rd, Palo Alto, CA 94303

Performances: Thursday December 8 @ 4:30 p.m.
Friday, December 9 @ 7:00 p.m.
Saturday, December 10 @ 2:00 p.m.

School: Fairmeadow
500 E. Meadow Drive, Palo Alto, CA 94306

Performances: Thursday, January 26 @ 4:30 p.m.
Friday, January 27 @ 7:00 p.m.
Saturday, January 28 @ 2:00 p.m.

School: Addison
650 Addison Avenue, Palo Alto, CA 94301

Performances: Thursday, February 9 @ 4:30 p.m.
Friday, February 10 @ 7:00 p.m.
Saturday, February 11 @ 2:00 p.m.

School: Duveneck
705 Alester Avenue, Palo Alto, CA 94303

Performances: Thursday, March 2 @ 4:30 p.m.
Friday, March 3 @ 7:00 p.m.
Saturday, March 4 @ 2:00 p.m.

School: Walter Hays
1525 Middlefield Road, Palo Alto, CA 94301

Performances: Thursday, March 16 @ 4:30 p.m.
Friday, March 17 @ 7:00 p.m.
Saturday, March 18 @ 2:00 p.m.

School: Escondido
890 Escondido Rd, Stanford, CA 94305

Performances: Thursday, April 13 @ 4:30 p.m.
Friday, April 14 @ 7:00 p.m.
Saturday, April 15 @ 2:00 p.m.

Call for submissions!

Ten Minute Playwriting Contest

Students from 3rd to 12th grade are invited to submit original plays to the Ten Minute Playwriting Contest, 2017.

Public, private, charter, and home-school students are welcome to submit entries.

Students submit original work in three categories: Elementary School (3rd-5th grade), Middle School (6th-8th grade), and High School (9th-12th grade). Collaborative works are accepted. Winning plays receive a workshop performance at PACT, and winning playwrights receive prizes donated by the Friends of the Palo Alto Children's Theatre. Performances of award-winning plays take place in a work-shop format on our Castle Stage. Awards sponsored by the Friends of the Palo Alto Children's Theatre.

Submissions start date: **Monday, October 24, 2016**

Submissions due: **Friday, December 23, 2016**

Winners Announced: **Wednesday March 1, 2017, 6:30pm** at the Playwriting Showcase Performance

To request a submission form or for more information, please e-mail: **Christopher.Luciani@cityofpaloalto.org**

Call for actors!

Ten Minute Playwriting Contest Showcase 2017

Audition for the 2017 Playwriting Contest Showcase!

Work with fellow Teen Actors to create a high-quality workshop performance of the Playwriting Contest's winning plays!

Auditions: **January 26, 2017, 4pm - 6pm**, open to students from 8th grade to 12th grade.

No preparation necessary. Cold reading and improvisation-based auditions.

Rehearsals: TBA (we will work with your schedule)

Performance: **Wednesday March 1, 2017 @ 6:30 pm**



PERFORMANCES AT THE LUCIE STERN THEATRE

For tickets, performance information and other inquiries, please call or go online:

Theatreworks: 650-463-1960

www.theatreworks.org

Palo Alto Players: 650-329-0891

www.paplayers.org

West Bay Opera: 650-424-9999

www.wbopera.org

PALO ALTO PLAYERS

From Stage to Screen and Back Again!

THE LITTLE MERMAID

Music by Alan Menken

Lyrics by Howard Ashman & Glenn Slater

Book by Doug Wright

Based on the Hans Christian Andersen story and the Disney film produced by Howard Ashman & John Musker and written & directed by John Musker & Ron Clements

Originally Produced by Disney Theatrical Productions

Plunge into the colorful depths of an undersea wonderland as the Lucie Stern stage is transformed into an aquatic playground underscored by a funky Calypso beat. From the creators of Beauty and the Beast, Aladdin and Little Shop of Horrors, this enchanting musical features an infectious score that includes the popular songs "Part of Your World," "Under the Sea" and "Kiss the Girl." Adapted from the beloved fairy tale by Hans Christian Andersen into one of Disney's most popular animated films of all time, *THE LITTLE MERMAID* is now a big-hearted, lavish theatrical spectacle you won't want to miss.

"Visually ingenious and emotionally satisfying. A musical that does justice to the lovely film from which it sprang."

September 17 – October 2, 2016 (Preview September 16)

Lucie Stern Theatre, Palo Alto

THE DIARY OF ANNE FRANK

A Play by Frances Goodrich and Albert Hackett

Based upon *Anne Frank: The Diary of a Young Girl*

Newly Adapted by Wendy Kesselman

In this transcendentally powerful new adaptation by Wendy Kesselman, Anne Frank emerges from history a living, lyrical, intensely gifted young girl, who confronts her rapidly changing life and the increasing horror of her time with astonishing honesty, wit, and determination. An impassioned drama about the lives of eight people hiding from the Nazis in a concealed storage attic, *THE DIARY OF ANNE FRANK* captures the claustrophobic realities of their daily existence - their fear, their hope, their laughter, their grief - artfully bringing Anne's words to life for a new generation.

"Wendy Kesselman's finely textured new DIARY tells a deeper story. A sensitive, stirring and thoroughly engaging new adaptation." —*NY Newsday*

November 5 – 20, 2016 (Preview November 4)

Lucie Stern Theatre, Palo Alto





A DAY IN HOLLYWOOD, A NIGHT IN THE UKRAINE

Book and Lyrics by Dick Vosburgh

Music by Frank Lazarus

“A night of magic.” —The New York Post

Who better to shake those winter blues than the Marx Brothers! Two one-act musicals provide a “double feature” as hilarious as any presented in Hollywood’s heyday. The first act, *A DAY IN HOLLYWOOD*, takes us to the lobby of Grauman’s Chinese Theatre in the 1930s where the ushers sing a musical tribute to the screen stars and productions of that magical era – including a musical homage to film clichés and a tap salute to the 1930 Production Code governing on-screen “naughtiness.” The second act, *A NIGHT IN THE UKRAINE*, sweeps us away to Russia for a madcap musical featuring all the usual loony Marx Brothers suspects. Nominated for five Tony Awards, this rollicking, innovative two-musicals-in-one is a guaranteed toe-tapping, belly-laughing delight.

January 21 – February 5, 2017 (Preview January 20)

Lucie Stern Theatre, Palo Alto

Monty Python’s SPAMALOT

Book & Lyrics by Eric Idle

Music by John Du Prez & Eric Idle

A new musical lovingly ripped off from the motion picture *Monty Python and the Holy Grail*

From the original screenplay by Graham Chapman, John Cleese, Terry Gilli, Eric Idle, Terry Jones, Michael Palin

Monty Python’s *SPAMALOT*, the musical comedy sensation lovingly ripped off from the film classic *Monty Python and The Holy Grail*, arrives this spring to spread laughter and cheer throughout the kingdom. As gleefully silly yet wickedly smart as Monty Python, the beloved British comedy troupe that inspired it, *SPAMALOT* tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. You’ll enjoy some mostly handsome Knights, a bevy of beautiful showgirls, not to mention cows, killer rabbits, and French people, before the familiar sound of clomping coconut shells brings down the curtain on the season’s goofiest, if satirically dead-on, comic delight. Winner of the 2005 Tony Award for Best Musical!

April 29 – May 14, 2017 (Preview April 28)

Lucie Stern Theatre, Palo Alto

“You could put a happy-meter in the theatre and watch it go off the charts. You’ll laugh a lot!” —Toronto Star

THE GRADUATE

A Play adapted by Terry Johnson

Based on the novel by Charles Webb and the motion picture screenplay by Calder Willingham and Buck Henry

By special arrangement with Studio Canal

“Plastics, Ben. Plastics. Will you think about that?” Recent college graduate Benjamin has excellent grades, very proud parents and, since he helped Mrs. Robinson with her zipper, a fine future behind him...A cult novel, a classic film, a quintessential hit of the 60s, now Benjamin’s disastrous sexual odyssey is brought vividly to life in this brilliantly mod and hilarious stage adaptation.

June 17 – July 2, 2017 (Preview June 16)

Lucie Stern Theatre, Palo Alto

“This bittersweet comedy is rich, full and funny. Enjoy!” —NY1

THEATREWORKS

A High Stakes Political Drama

Confederates

By Suzanne Bradbeer

Directed By Lisa Rothe

World Premiere

Father’s running for President. Daughter’s running wild. And the press is running out of time. With the campaign in full swing, someone unfurls a confederate flag and the scandal hits the fan. The provocative hit of TheatreWorks’ 2015 New Works Festival, this headline-hot political drama is a fresh, fascinating look at today’s muckraking media and the world it relentlessly pursues.

Contains mature language

July 13 – August 7, 2016

Lucie Stern Theatre, Palo Alto

A Musical Romance for the Holidays

Daddy Long Legs

Book by John Caird

Music & lyrics by Paul Gorden

Based on the 1912 novel by Jean Webster

Directed by Robert Kelley

Reprising TheatreWorks’ World Premiere

From the creator of Jane Austen’s *Emma* and the adaptor of *Les Misérables* comes an intimate musical valentine that captivated the Bay Area and has since charmed audiences in London, Tokyo, and New York. Its joyous return for the holidays is set in suffragette-era New England, where a spirited orphan girl is sent to a prestigious college by a mysterious benefactor. Her heart-warming journey to independence, education, and romance is chronicled in a wealth of witty letters and glorious songs.

November 30 – December 23, 2016

Lucie Stern Theatre, Palo Alto

An East/West Comic Drama

Calligraphy

By Velina Hasu Houston

Directed by Leslie Martinson

Regional Premiere

Two continents, two cultures, two estranged sisters, and the two cousins determined to bridge the gap between them—all are boldly calligraphed in this international comic drama set in Los Angeles and Tokyo, past and present. East and West collide as biracial American Hiromi and Japanese free spirit Sayuri confront tradition, prejudice, and their heritage of filial duty in one final attempt to reunite their aging parents.

“Intimate, sensitive...the emotional stakes are high.” —Los Angeles Times

March 8 – April 2, 2017

Lucie Stern Theatre, Palo Alto



WEST BAY OPERA

The Marriage of Figaro (Le nozze di Figaro)

by Wolfgang A. Mozart

Conductor: José Luis Moscovich

Count Almaviva’s servants, Figaro and Susanna manage to get married despite their skirt-chasing master’s efforts to exercise his “feudal rights” on her. Mozart’s masterpiece comic opera, an all-time favorite based on the Beaumarchais play, is presented in its original setting, fully staged, with original costumes and sets, orchestra and chorus. Presented in Italian with projected English titles.

Oct. 14 (8pm), Oct. 16 (2 pm), Oct. 22 (8 pm) and Oct. 23 (2pm), 2016

Lucie Stern Theatre, Palo Alto

Salome

by Richard Strauss

Conductor: José Luis Moscovich

Stage Director: Ragnar Conde

Co-production with Escenia Ensemble of Mexico City

Based on the Oscar Wilde play, after the biblical story, the young John the Baptist has been imprisoned by the King of Judea for fomenting unrest with his new ideas. The King’s teenaged stepdaughter, Salome, becomes infatuated with the prophet at first sight, but he condemns her as part of a corrupt class. When the King begs Salome to dance and offers to reward her richly, she agrees. Once she’s danced, she demands and eventually gets John’s head on a platter. She declares her love to the head and then kisses his lips, before being killed on the King’s orders. A powerful story, set to Strauss’ tremendous score, presented with an expanded orchestra and an international cast. Presented in German, with projected English titles.

May 26 (8pm), May 28 (2pm), June 3 (8pm) and June 4 (2pm), 2017

Lucie Stern Theatre, Palo Alto

The Triptych (Il tabarro, Suor Angelica and Gianni Schicchi) (Il trittico)

by Giacomo Puccini

Conductor: José Luis Moscovich

Three short operas in one evening all dealing with a death that has been concealed. In *Il tabarro* (the cloak), the owner of a freighter discovers that his wife has been having an affair with a younger stevedor. He kills the young man and hides him in his cloak, to surprise his wife. In *Suor Angelica* (Sister Angelica) a young woman is sent to a convent for having had a baby out of wedlock. When her aunt visits her, she finds out about the boy’s untimely death and decides to commit suicide. In *Gianni Schicchi*, a hilarious comedy, a clever man impersonates a dead old man in order to change the written will and give himself most of the inheritance. A fascinating evening of opera and some of Puccini’s most beautiful music. Presented in Italian, with projected English titles.

Feb. 17 (8pm), Feb. 19 (2pm), Feb. 25 (8pm) and Feb. 26 (2pm), 2017

Lucie Stern Theatre, Palo Alto

Open Space

BAYLANDS NATURE PRESERVE

Bike Ride With A Ranger

Come join Ranger Rich for a bike ride at the Baylands. We will start our ride at the parking lot just past the ranger station and ride to Mountain View on the levees, returning along the East Bayshore Road bike path, then over Byxbee Park. Our pace will be the same as the slowest rider, all skill levels are welcome.

1 class	Free	Picnic Area at Palo Alto Baylands	
8965	10Y+	Sa 10/29	10am-11:30 am
8963	10Y+	Sa 11/26	10am-11:30 am
8964	10Y+	Sa 12/17	10am-11:30 am

Explore Byxbee Park

Explore the ever changing face of Byxbee Park with Ranger Rich. Meet at the Byxbee parking lot and hike on, over and around Byxbee Park. We will have no set route, or distance to cover, but will let whatever interesting things we see guide for an hour or so. We will be looking for all manner of things: birds, plants, bugs, anything at all. If you have field guides, binoculars or cameras feel free to bring them along.

1 class	Free	Byxbee Park	
8961		Sa 10/15	10am-11am
8966		Sa 11/12	10am-11am
8967		Sa 12/10	10am-11am

Sunday Birdwalks at the Baylands

Learn to identify the birds of the Baylands, with close-up views provided by telescope. The Sunday Birdwalks are designed for beginners and others who are interested in observing and recognizing the area's birds by sight, sound, and behaviors. The walk start times will vary to coincide with favorable tides; for the current time and meeting place schedule please e-mail johndebelle@sbcglobal.net.

Palo Alto Camera Club Meetings

Founded in 1935, the Palo Alto Camera Club is a serious group of about 100 photographers working together to enhance and broaden their photographic skills and artistic vision. Activities include digital and print competitions, educational programs, group critiques, field trips and other special events. Meetings are generally held on the second, third and fourth Wednesdays of the month at the Lucy Evans Baylands Nature Center, 2775 Embarcadero Rd., Palo Alto. Visit the website at www.pacera.com for more information and a schedule of events.

Bay Area Bird Photographers

This group, sponsored by the Santa Clara Valley Audubon Society, meets the first Wednesday of each month, except in June, July, and August, from 7:30-9:30pm at the Baylands Interpretive Center. The public is welcome to attend.

FOOTHILLS PARK

Foothills Park is open to Palo Alto residents and their accompanied guests only. All registered non-residents must be accompanied by a registered resident. Each resident may bring up to 15 accompanied guests. Proof of residency required. No pets allowed on weekends or holidays. For more information call 650-329-2423.

Deer Me!

This is the time of year when all of the deer gather together for the 'rutting season.' Foothills Park is a great place to see this gathering, and we'll learn lots about our four-footed residents. Meet at the Interpretive Center, but we may drive to different parts of the park depending on where the deer are.

1 class	Free	Interpretive Center Meeting Room at Foothills Park	
9029	7Y+	Sa 10/15	5pm-6pm

FOLLOW US ON SOCIAL MEDIA

Get a bit of the outdoors straight to you, wherever you are! We post wildlife and wildflower sightings, photos of what's going on, notes about upcoming programs, and other news.

Facebook: PAopenspace

Twitter: @PARanger and @rangercurt

Instagram: paranger

Youtube: Palo Alto Open Space

Flickr: PaloAltoOpenSpace

Fishing with a Ranger

Join Ranger Dave and learn how to fish the old-fashioned way — by building your own fishing pole. Everything you need will be provided for you. Meet at the Boronda Lake fishing dock. 1 parent or guardian must remain with child.

1 class	\$12R/\$17NR	Boronda Lake at Foothills Park	
9017	5-15Y	Su 10/9	9am-10:30am

Star Parties

See the stars and planets and other celestial bodies after dark on Vista Hill in Foothills Park. The Peninsula Astronomical Society sets up their telescopes for you to explore the wonders of the night sky. Bring your own if you have one. Enter the park before the program starts because the entrance gate is locked at program start time (which is one-half hour before park closing time). Free. Overcast sky cancels. Call 650-329-2423 for more information.

1 class	Free	Vista Hill at Foothills Park	
9025	All ages	Sa 10/8	7pm-9:30pm

PEARSON-ARASTRADERO PRESERVE

Twilight Hike

Join Ranger Kathleen on a leisurely hike through Pearson Arastradero Preserve as the day changes to night. We will use all our senses to explore the preserve as we learn about its plants and animals. Whoooooo knows what else we will see?

1 class	Free	Pearson Arastradero Preserve	
9026	8Y+	Sa 10/1	6pm-7:30pm
9027	8Y+	Sa 11/5	5:30pm-7pm
9028	8Y+	Sa 12/3	4pm-5:30pm

OTHER OPEN SPACE ACTIVITIES

Ask A Ranger – To Lead a Program For You

A ranger-led activity is a great way to enjoy Palo Alto's Open Space preserves with your family or group. We can do nature hikes, fishing programs, campfires, wedding ceremonies, and more! Download a request form and fee schedule at <http://bit.ly/InterpForm>. For more information, call Ranger Kathleen Jones at 650-329-2423. Or just ask a ranger.

The Best Way to Get to Know Your Preserves – Volunteer!

Want to spend some quality time in your Open Space preserves? Well, volunteer! There are all sorts of ways to get to know the preserves better, help the wildlife and the resources, and make them better places for all of us. No experience needed, and it's a great activity for individuals, families, or groups. We have a stewardship partner for each of the preserves. Call them directly or visit their websites for more information about how you can get involved.

Baylands Preserve:

Save the Bay www.savesfbay.org 510 452-9261

Pearson-Arastradero Preserve:

Acterra www.acterra.org 650 962-9876

Foothills Park:

Acterra www.acterra.org | 650 962-9876

If you have ideas for other volunteer activities, give us a call and let's talk. Call the Baylands Ranger Station at 650-617-3156 or Foothills Park at 650-329-2423.

Junior Museum and Zoo

As the Bay Area's only combined children's museum and zoo, the Palo Alto Junior Museum & Zoo (JMZ) is a place where children and families explore, wonder, and make discoveries about the natural world. Our mission is to engage a child's curiosity for science and nature. Through multi-sensorial, kinesthetic and play-based exhibits, authentic artifacts, live animal encounters, school field trips, and hands-on programs at the Museum, in open spaces, and in the community, we help more than 150,000 children and their parents each year explore fundamental science concepts together and develop meaningful relationships with the natural world.

Museum Hours

Tuesday – Saturday 10am – 5 pm
 Sunday 1pm – 4 pm
 Monday Closed

Museum News

The Junior Museum is in the midst of planning the rebuild of its facility. To learn more about this exciting project, please visit www.cityofpaloalto.org/gov/depts/csd/jmz/building.asp

Support the Friends of Palo Alto Junior Museum & Zoo

The Friends of the Palo Alto Junior Museum & Zoo (FPAJMZ) was founded in 1962 as a non-profit volunteer organization dedicated to supporting and enhancing the Palo Alto Junior Museum & Zoo. Donations help sponsor exciting and interactive exhibits—like Buzzz—provide free science classes to students in East Palo Alto, and improve Zoo and Museum facilities.

Become a member of the Friends of Palo Alto Junior Museum & Zoo! To learn how, visit www.friendsjmz.org, or call (650) 326-6338.

Science Birthday Parties

Celebrate your birthday at the Junior Museum & Zoo! We provide fun science activities and a private room for your party. You supply the cake. For kids, ages 3 and up. To learn more visit www.cityofpaloalto.org/jmz.

Facility Rentals

Looking for a one-of-a-kind spot for a gathering? Why not host it at the Junior Museum & Zoo, and turn your event into a celebration of kids, learning and nature. Rent out a classroom, or rent the entire facility. To learn more visit www.cityofpaloalto.org/jmz, or call Ines Thiessen at (650) 329-2111.

Special Events



35TH ANNUAL MOONLIGHT RUN & WALK

SAVE THE DATE – SEPTEMBER 16TH

See inside back cover for more details.

Special Interest

QPR (Question Persuade Refer) Suicide Prevention Course—*Ask a Question, Save a Life*

Question, Persuade and Refer (QPR) for suicide prevention is a FREE training available to anyone 18 years of age or older. QPR training helps you learn the signs of suicide, and what to do to help prevent this most preventable of deaths. QPR, modeled after CPR training, is an emergency response to someone in crisis. You will learn about myths and facts related to suicide; warning

signs of suicide; how to ask the right questions; how to persuade someone in crisis to seek help; and to refer them to resources.

1 class	FREE	Lucie Stern Community Room	
8959	18Y+	Th 9/8	6pm-8pm

WORKSHOPS

Fall Gardening and Pest Prevention!

With winter coming, now is the time to ready your garden against pests! Learn what to do in the cooler days of fall to prevent pests and disease in the coming months. Participants will also learn how to keep ants, rodents and other pests out of the home.

DATE: Saturday, October 1, 2-4pm

LOCATION: Common Ground Garden, 687 Arastradero Rd, Palo Alto
PRICE: \$5

REGISTER ONLINE AT: commongroundgarden.org

For more information call Public Works–Watershed Protection, 650.329.2122, or email cleanbay@cityofpaloalto.org.

Instructor: **Teresa Lavell**, a certified IPM Advocate who works with water agencies in the Bay Area to promote cleaner waterways by educating home gardeners on less-toxic solutions for their gardening problems. Workshop provided courtesy of City of Palo Alto Public Works–Watershed Protection, Common Ground Garden, and the Our Water, Our World Program.

Bee-autiful and Bay-Friendly Gardens

Learn tips and techniques that will help you transform your garden into a safe oasis for honeybees, native bees, birds and other pollinators.

Date: Saturday, September 24, 2-4pm

LOCATION: Common Ground Garden, 687 Arastradero Rd, Palo Alto
PRICE: \$5

REGISTER ONLINE AT: commongroundgarden.org

For more information call Public Works–Watershed Protection, 650.329.2122, or email cleanbay@cityofpaloalto.org.

Instructor: **Teresa Lavell**, a certified IPM Advocate who works with water agencies in the Bay Area to promote cleaner waterways by educating home gardeners on less-toxic solutions for their gardening problems. Workshop provided courtesy of City of Palo Alto Public Works–Watershed Protection, Common Ground Garden, and the Our Water, Our World Program.

Canopy Education Volunteer Training

Three consecutive Wednesdays in August:

PART 1: Wednesday, August 17, 10am - 12:30pm

PART 2: Wednesday, August 24, 10am - 12:30pm

PART 3: Wednesday, August 31, 10am - 12:30pm

LOCATION: 3921 East Bayshore Road, Palo Alto

TO REGISTER: Visit canopy.org/calendar

QUESTIONS? Email natalia@canopy.org

Are you passionate about trees, the environment, and education? Do you enjoy working with kids? This three-part interactive training will prepare you to work as a volunteer Education Leader with Canopy, exploring the wonderful world of trees through hands-on science lessons with elementary and middle school students.

This free training covers teaching methodology, cultural sensitivity, and three of Canopy's education modules: Under the Tree Book Reading (grades K-2), Planting Trees is Fun (grades 3-4), and Tree Identification (grades 5-8). Following the training, you'll have a chance to sign-up for volunteer dates throughout the 2015-2016 school year. All lessons are delivered during school hours.

Canopy's education lessons provide outdoor hands-on activities that spark kids' curiosity about trees and nature. Become an Education Volunteer and help inspire the next generation of environmental stewards. For more information, email natalia@canopy.org.

Canopy Planting Leader Training

PART 1: Choose one date:

DATE: Tuesday, September 20 or Thursday, September 22, 6 - 8PM

LOCATION: Peninsula Conservation Center - 3921 East Bayshore Road, Palo Alto

PART 2: Saturday, September 24th, 9am - 12pm

LOCATION: TBA (Likely a park in Palo Alto)

TO REGISTER: Visit canopy.org/calendar

QUESTIONS? Email michael@canopy.org

COST: Free, but several volunteer sessions required

AGE RESTRICTION: Min. age is 13 years old

Each Fall, Canopy invites community members to join a dynamic team of volunteer Planting Leaders that help lead community tree planting and tree care events. Planting Leaders are trained in proper tree-planting techniques and young tree care practices. During planting events, planting leaders pass on this knowledge, providing guidance and instruction to groups of tree planting volunteers. Along the way, they build connections and friendships, grow a thriving urban forest, and help create greener, healthier communities.

PART 1 includes an introduction to urban trees, proper tree-planting techniques, and best practices in young tree care.

PART 2 allows participants to put their new skills to work planting young trees at a community space (school, park, or neighborhood) in Palo Alto or East Palo Alto.

No prior experience or knowledge is required; all skill levels are welcome! Returning seasoned planting leaders who would like to sharpen their skills are also invited to join.

In exchange for this free workshop, we ask trainees to volunteer for at least two Canopy planting events and one tree care work day during our planting season, October 2016 through April 2017.

Community Tree Plantings

The City of Palo Alto and Canopy will host several tree planting events throughout Palo Alto in the Fall, Winter, and Spring. Check canopy.org/calendar to see what's coming up next, or sign up for email updates by contacting info@canopy.org.

Canopy 20th Anniversary Tree Walk Series

Explore neighborhood trees in new ways! Join Canopy the 2nd Saturday of each month for a special twist on the beloved Palo Alto Neighborhood Tree Walks. Each monthly walk features special guests, fresh perspectives, and incredible local trees.

August Tree Walk: 'Edible Urban Forest'

Saturday, August 13, 10am - 12pm
Begins at Johnson Park in Palo Alto

September Tree Walk: 'Bookworms in the Branches'

Saturday, September 10, 10am - 12pm
Begins at Rinconada Library - 1213 Newell Road, Palo Alto

October Tree Walk: 'Myths and Mythbusters: Surprising Tree Facts'

Sunday, October 9, 10am - 12pm
Midtown, Palo Alto - New Tree Walk! Stay tuned for exact meeting location.

For a complete list of tree walks, visit canopy.org.



Preschool

Aquatics

Open Swim

Fall Season

August 15 – September 11

Saturdays & Sundays*

12:30pm - 4:30pm

*closed Monday through Friday

We are open on Labor Day!

Lap Swim: 9:00 - 12:30pm

Open Swim: 12:30pm - 4:30pm

Open Swim ends after September 11. Join us again in 2017!

Private Pool Party at Rinconada Pool

Is your child celebrating a birthday, commencement or other special event? Does he or she love to swim?

Rinconada Kid Pool is available for private rental mid-May through mid-September annually. For more information including availability, FAQ, schedule, and fees, visit: cityofpaloalto.org/poolparties

Children's Fine Art

AGES 1.5 – 5 YEARS

Art Adventures

Parents join their children in exploring and discovering artistic materials and techniques in painting, drawing, printmaking, and sculpture--all with a dash of science and learning about the natural world. Students learn new art-making techniques in a fun and supportive environment. This is a great class for older preschoolers who love to express themselves, and for parents who are interested in supporting their children's self-expression. *Parent participation required.*

Instructor: Sharon Reich

8 classes	\$97R/\$112NR	Preschool Classroom	
8835	3-5Y	Th 9/22-11/17	1:15pm-2:15pm

No class 9/29

Art Explorers

Parents join their children in exploring and discovering artistic materials and techniques in painting, drawing, printmaking, and sculpture--all with a dash of science and learning about the natural world. Students learn new art-making techniques in a fun and supportive environment. This is a great class for older preschoolers who love to express themselves, and for parents who are interested in supporting their children's self-expression. *Parent participation required.*

Instructor: Sharon Reich

8 classes	\$92R/\$105NR	Preschool Classroom	
8836	2-3Y	Th 9/22-11/17	9:30am-10:30am
8837	2-3Y	Th 9/22-11/17	10:45am-11:45am

No class 9/29

Clay for Preschooler and Parent

Parents join their preschoolers in learning how to build and shape clay, together transforming their ideas into functional glazed and fired pieces. Aside from being fun for parents and kids, creating clay projects builds problem-solving and fine motor skills for young students. This class is for any parents who want to spend quality time with their preschooler in a creative and educational way. Tuesday, Wednesday and Thursday classes are a bit longer to accommodate kids who like to take their time. Parental participation required. No underage siblings or babies.

Instructors: Emma Moran (Tue), Kathleen Gordon (Wed, Thur), Corinna Mori (Fri)

8 classes	\$122R/\$140NR	Preschool Classroom	
8846	3-5Y	Tu 9/20-11/8	1:15pm-2:30pm
8843	3-5Y	W 9/21-11/9	9:30am-10:45am
8844	3-5Y	Th 9/22-11/10	9:30am-10:45am

8 classes	\$92R/\$105NR	Clay Classroom	
8845	3-5Y	F 9/16-11/18*	9:30am-10:30am

**No class 10/7, 11/11*

My First Art Class

Spend quality time with your child creating art and having fun together! Experience 5 art stations with a new theme each week. Art projects are age-appropriate, allowing children the freedom to explore materials at their own pace and in their own way. Class ends on a musical note with singing, dancing and having too much fun! Wear your grubbies! Aprons provided. Caregiver participation required. Siblings in arms ok. *Bring \$15 materials fee to the first class.*

Instructor: Chris Pollard

8 classes	\$106R/\$122NR	Preschool Classroom	
8868	1.5-3.5Y	Tu 9/20-11/8	9:30am-10:30am
8869	1.5-3.5Y	Tu 9/20-11/8	10:45am-11:45am

No class 11/22

My First Art Class - Mini Session

Spend quality time with your child creating art and having fun together! Experience 5 art stations with a new theme each week. Art projects are age-appropriate, allowing children the freedom to explore materials at their own pace and in their own way. Class ends on a musical note with singing, dancing and having too much fun! Wear your grubbies! Aprons provided. Caregiver participation required. Siblings in arms ok. *Bring \$8 materials fee to the first class.*

Instructor: Chris Pollard

4 classes	\$53R/\$61NR	Preschool Classroom	
8882	1.5-3.5Y	Tu 11/15-12/13	9:30am-10:30am
8883	1.5-3.5Y	Tu 11/15-12/13	10:45am-11:45am

No class 11/22

Storybook Art

Make art inspired by children's books. Each week will begin with a story followed by a art project inspired by the book. Caregiver participation required. Siblings in arms ok.

Instructor: Ashley Mae Hoiland

8 classes	\$92R/\$105NR	Oak Classroom	
8873	3-5Y	F 9/16-11/18	9:30am-10:30am

No class 10/7, 11/11



MUSIC, DANCE, & THEATRE



- Ballet shoes with leather soles are required for any class that includes ballet. Ballet-style bedroom slippers are not acceptable.
- Tap shoes are required for any class that includes tap. However, tap shoes are not necessary until the second class meeting.
- Jazz shoes or tennis shoes are acceptable for hip hop and jazz dance classes.
- For Dancing Together, Tiny Tots Ballet and Kids Hip Hop Boogie, students may dance barefoot or in Robeez-type shoes with soft leather soles.
- Theatre classes and activities involve movement, so we ask that children arrive each day in clothing in which they can comfortably move. For reasons of safety we require closed toe shoes be worn.

Helpful Information About Our Classes

GIRL'S ATTIRE: Leotard and tights are required for any class that includes ballet or tap. T-shirt and shorts, jazz pants or leggings are acceptable for other classes.

BOY'S ATTIRE: T-shirt and shorts or sweatpants are acceptable for all classes.

SHOES: For safety reasons, all students are required to wear shoes appropriate for each class. Students will not be allowed to participate without proper shoes.

Parent Observations

Unless specifically allowed in the class description, parents are not permitted in the studio during class. We encourage parents to wait in the Lobby, particularly if they are concerned that their child may experience separation anxiety. The class description will specify if Parents are welcome to observe the final class meeting of each term.

Children's Theatre

Story Acting

Using familiar stories, improvisation, and creative movement, children leap into action as story characters! Classic children's books are used to teach children how to use their bodies and voices to create fun and familiar characters. Story Acting classes allow children to discover their unique creativity as they explore the wonderful world of theatre. *Class may be repeated. This is not a parent participation class.*

Instructor: Children's Theatre Staff

4 classes	\$92R/\$105NR	Children's Theatre	
9068	4-5Y	Tu 10/18-11/08	3:45pm-4:30pm
9069	4-5Y	Tu 11/15-12/06	3:45pm-4:30pm

4 classes	\$92R/\$105NR	Mitchel Park Oak Room	
9070	4-5Y	Th 9/22-10/13	3:45pm-4:30pm
9074	4-5Y	Th 10/20-11/10	3:45pm-4:30pm

NEW! Props in a Box

What props are going to pop up in the box today? A shiny red apple, a golden locket of hair, an ancient lantern, a red rose?

Ordinary props have extraordinary uses in classic fables and fairy tales. Children select props in a box to create their own fairy tale tales or adapt classic stories in their own unique way. *Classes may be repeated. This is not a parent participation class.*

Instructor: Children's Theatre Staff

4 classes	\$92R/\$105NR	Children's Theatre	
9075	4Y	Sa 10/15-11/05	10:15am-11am
9076	4Y	Sa 11/12-12/10*	10:15am-11am

4 classes	\$92R/\$105NR	Children's Theatre	
9077	5Y	Sa 10/15-11/05	11:15am-Noon
9078	5Y	Sa 11/12-12/10*	11:15am-Noon

*No class 11/26

Creative Dramatics for 5 Year Olds!

This unique class introduces children to theatre by focusing on their natural sense of play. The aim is to encourage inventiveness and originality by introducing children to creative building blocks such as pantomime, games, skits and more! Children learn how to use their voice, body, natural expressions and imagination to discover the exciting experience of performance.

Dance

Let's Dance Together!

This engaging parent participation class allows children to experience the fundamentals of dance in a relaxing and creative atmosphere. The teacher guides the class through moving and listening exercises designed to get parents and their children dancing together. Children will use props, sing songs, and discover the fun of creative movement and dance! **Adult participation required.**

Instructor: Children's Theatre Staff

8 classes	\$121R/\$139NR	Children's Theatre	
9081	2-3Y	W 10/19-12/07	9:50am-10:20am

Princess Ballet!

This is a magically themed dance class designed to capture a child's fascination with fairy tale princesses. Children learn basic ballet, combination dance steps, and creative dance movements across the floor. Children will use fun props, such as scarves, wands, and more as they dance to familiar princess music. **Adult Participation required for the morning classes.**

Instructor: Children's Theatre Staff

8 classes	\$121R/\$139NR	Children's Theatre	
9082	2-3Y	W 10/19-12/07	9:15am-9:45am
9083	3-4Y	W 10/19-12/07	10:30am-11am

8 classes	\$132R/\$151NR	Children's Theatre	
9084	4-6Y	W 10/19-12/07	3:45pm-4:30pm

Music

Melody Academy of Music (MAM)

All classes meet at Cubberley Community Center in Room K-6 & V, 4000 Middlefield Rd, Palo Alto, CA 94303

For All Melody's music classes, parents must attend the class with their children; the exception is the group flute class. MAM provides a full size digital keyboard in the class. Each family receives its own keyboard to use in the class. Music instruments are available for rent for some classes. A materials fee of \$45 is payable directly to Melody Academy of MUSIC on the first day of class. Only registered students are allowed in the classroom. Minimum enrollment to begin a class is 4 students. For more information, please call **408-861-1298**.

No class on the following dates: **Monday, Sept. 5 (Labor Day), Saturday, Nov. 26th & Sunday, Nov. 27th (Thanksgiving Break), Saturday, Dec. 24th & Sunday, Dec. 25th (Christmas Break)**

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Children's Theatre	
9079	5Y	Tu 10/18-12/06	4:35pm-5:20pm

8 classes	\$132R/\$151NR	Mitchell Park Oak Room	
9080	5Y	Th 9/22-11/10	4:35pm-5:20pm

Kid's Combo Dance!

This combination dance class incorporates the 3 major disciplines: Ballet, Tap, and Jazz. The class will balance technique training with expressive movement in a fun, upbeat environment. Students will learn to explore their emotions through body movement and expression. Students will also learn to dance with each other, in formations, and with props. **Parents wait outside of the classroom.**

Instructor: Children's Theatre Staff

8 classes	\$121R/\$139NR	Children's Theatre	
9085	3-4Y	W 10/19-12/07	11:15am-11:45am

8 classes	\$132R/\$151NR	Children's Theatre	
9086	4-6Y	W 10/19-12/07	4:35pm-5:20pm

Hip Hop for Kids!

Students will learn a broad collection of urban street dance styles including: Breaking, Popping, Locking, Turfing, Jerkin and Krumping. Hip-Hop evolved from Hip-Hop culture and includes elements from Jazz, Rock, Tap, African, American and Latino dance cultures. These cultures will influence the hip-hop style and technique learned in class.

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Children's Theatre	
9088	5-7Y	W 10/19-12/07	5:30pm-6:15pm

Preschool Music Tree Melody Academy of Music Pre-K Program

Learning music is easy and fun! In Music Tree, you and your child will explore the Montessori and Suzuki Methods on piano while enjoying story-telling, engaging arts and crafts, and dance! On Sunday, December 11, students will take an exciting day trip to Davies Symphony Hall in San Francisco for a live orchestra concert of *Peter and the Wolf*. Please Note: Adult participation is required. Material fee: \$45.50, Concert tickets: \$22.50 (Price for 1 Adult & 1 Child)

Instructor: MAM Staff

20 classes	\$600R/\$660NR	Mitchell Park, Adobe Room	
9097	2-5Y	M, W 9/19-11/21	10am-12pm

NEW! Melody's Todd-o-Piano Basics (3-4 year olds)

This is a new approach to lead toddlers into the musical world. It includes a pre- piano/keyboard lesson with an introduction to music terminology, keyboard playing, and rhythm training using a fun, story-telling method. The class prepares students for future piano lessons by developing their musical and movement skills. Please note: **Parent Participation is REQUIRED. Only registered students are permitted in the classroom.**

Instructor: MAM Staff

*Non-refundable material of \$45 due on the first class meeting

6 classes	\$170R/\$195NR	Cubberley, V-6	
9089	3-4Y	W 9/14-10/19	10:30-11:15am
9090	3-4Y	Th 10/06-11/10	10:30-11:15am
9091	3-4Y	F 10/21-11/25	10:30-11:15am
9092	3-4Y	M 11/07-12/12	10:30-11:15am

Melody's Piano Beginners (4-5 year olds)

This course will provide enriching curriculum for children who have never studied music through a variety of fun activities. Please join Melody's Birthday and learn various skills such as singing, ear-training, keyboard playing, rhythm ensemble, and reading music. Please note: **Parents Participation is REQUIRED. Only registered students are permitted in the classroom.**

Instructor: MAM Staff

*Non-refundable material of \$45 due on the first class meeting

6 classes	\$170R/\$195NR	MAM	
9093	4-5Y	W 9/14-10/19	4pm-4:45pm
9094	4-5Y	S 10/02-11/06	10am-10:45am
9095	4-5Y	F 10/14-11/18	4:30pm-5:15pm
9096	4-5Y	Sa 11/05-12/17	10am-10:45am

Mandarin and Music Fun with Joy

Introduction to Mandarin Chinese and music for kids. Ages 3-5.

This parent and child class is a musical Mandarin Immersion program set in a fun, interactive environment. Kids will gain exposure to basic music-making techniques through The Orff Method, a complete and engaging music-learning style incorporating speech, singing, movement and percussion instruments. Parent participation required. No prior knowledge of Mandarin Chinese necessary. Please contact Joy Lu at joylu@yahoo.com if you have questions.

Instructor: Joy Lu

6 Classes	\$120R/\$138NR	Mitchell Oak Room	
8878	3-4Y	W 9/7-10/12	3:15pm-4pm
8879	4-5Y	W 9/7-10/12	4:10pm-4:55pm

6 Classes	\$120R/\$138NR	Mitchell Oak Room	
8891*	3-4Y	W 11/2-12/14	3:15pm-4pm
8892*	4-5Y	W 11/2-12/14	4:10pm-4:55pm

* No Class 11/23

MUSIC TOGETHER®

Did you know that all children are musical? In our research-based program, an innovative teacher guides 6-12 children and parents (or caregivers) in singing songs of many cultures, dancing, and playing basic instruments to support music development. \$45 materials fee per family due a first class includes a CD, digital download, songbook, and parent education guide. Siblings 8 months and under attend free. For more information about our classes please visit our website at www.music4filies.net.

Instructor: Drew Wanderman

11 classes	\$211R/\$243NR	Lucie Stern Community Room	
8918*	birth-4Y	Tu 9/20-12/6	9:30am-10:15am
8919*	birth-4Y	Tu 9/20-12/6	10:30am-11:15am
8920*	birth-4Y	Tu 9/20-12/6	11:30am-12:15pm

* No Class 11/23

8 classes	\$154R/\$178NR	Lucie Stern	
8921*	birth-4Y	W 9/21-11/30	4:30pm-5:15pm

* No Class 10/5, 11/2, 11/23

Junior Museum and Zoo

Bridges and Boats

This class is designed for the child who likes construction and transportation. Build different kinds of bridges while you learn about what makes bridges sturdy. Then, build a boat while you explore what keeps boats afloat and what makes them sink. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

3 Classes	\$66R/\$74NR	JMZ-Science Lab 2	
9051	3-5Y	11/30-12/14	10am-10:45am

Bubble and Fizz

Come create fizzy potions with us! In this chemistry class for preschoolers, learn what makes things bubble, ooze or bounce! Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings in class.

3 Classes	\$66R/\$74NR	JMZ-Science Lab 2	
9045	3-5Y	9/14-9/28	10am-10:45am

Construction Zone Science

How high can you build a tower? How wide can you build a dome? Come build with us and learn how to build a variety of sturdy structures. Parent or caregiver must attend with child. Please NO, UNREGISTERED siblings allowed in class.

4 Classes	\$87R/\$99NR	JMZ-Science Lab 2	
9048	3-5Y	9/29-10/20	10am-10:45am



Discovery Wednesdays

Discover a smorgasbord of science at the Junior Museum and Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz and zoom. Activities change each session, quarter and year, so you can sign up again and have new adventures. Discovery Wednesdays and Discovery Fridays contain similar content. Parent or caregiver must attend with child. Please NO UNREGISTERED siblings allowed in class. (This is a preschool class. Kinders should register for Science Sleuths, listed in the 'Kids' section of this catalog.)

7 classes	\$140R/\$158NR	JMZ-Science Lab 2	
9035	3-5Y	W 9/14-10/26	2pm-2:45pm

6 classes	\$132R/\$151NR	JMZ-Science Lab 2	
9036	3-5Y	W 11/2-12/14	2pm-2:45pm

Discovery Thursdays

Discover a smorgasbord of science at the Junior Museum and Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz and zoom. Activities change each session, quarter and year, so you can sign up again and have new adventures. Discovery Wednesdays, Discovery Thursdays, and Discovery Fridays contain similar content. Parent or caregiver must attend with child. Please NO UNREGISTERED siblings allowed in class. (This is a preschool class. Kinders should register for Science Sleuths, listed in the 'Kids' section of this catalog.)

7 classes	\$140R/\$158NR	JMZ-Science Lab 2	
9037	3-5Y	Th 9/15-10/27	11:30am-12:15pm

6 classes	\$132R/\$151NR	JMZ-Science Lab 2	
9038	3-5Y	Th 11/3-12/15	11:30am-12:15pm

Discovery Fridays

Discover a smorgasbord of science at the Junior Museum & Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz, and zoom. Activities change each session, quarter and year, so you can sign up again and again and still have new adventures! Discovery Fridays and Discovery Wednesdays contain similar content. Parent or caregiver must attend class with child. NO UNREGISTERED siblings allowed in class. This is a preschool class. Kinders should register for Science Sleuths, listed in the 'Kids' section of this catalog. No class 10/7.

6 classes	\$140R/\$158NR	JMZ-Science Lab 2	
9039	3-5Y	F 9/9-10/21	10am-10:45am

7 classes	\$132R/\$151NR	JMZ-Science Lab 2	
9040	3-5Y	F 9/9-10/21	11:15am-12pm

6 classes	\$140R/\$158NR	JMZ-Science Lab 2	
9041	3-5Y	F 9/9-10/21	1pm-1:45pm

6 classes	\$154R/\$178NR	JMZ-Science Lab 2	
9042	3-5Y	F 10/28-12/16	10am-10:45am
9043	3-5Y	F 10/28-12/16	11:15am-12pm
9044	3-5Y	F 10/28-12/16	1pm-1:45pm

DID YOU KNOW?

The Junior Museum & Zoo (JMZ) is home to more than **50 species of animals**—about **200 specimens** in all.

Some of the animals at JMZ include a bobcat, raccoons, jungle bats, hedgehogs, ferrets, snakes, fresh water fish and invertebrates, birds, turtles and a giant tortoise!

Fur & Feathers

Why do some animals have fur while others are covered in feathers? Why are hedgehogs spiky? What are feathers for besides flying? Find out the answers to these questions and more in this class about the amazing adaptations of animals. Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

3 Classes	\$66R/\$74NR	JMZ-Science Lab 2	
9046	3-5Y	Th 9/15-9/29	10am-10:45am

Junior Geologists

Make crystals, dig for fossils and learn about volcanoes. This class is a great introduction to the fascinating world under our feet. Come meet some minerals and learn why geology rocks! Parent or caregiver must attend class with child. Please, NO UNREGISTERED siblings allowed in class.

3 Classes	\$66R/\$74NR	JMZ-Science Lab 2	
9049	3-5Y	W 11/2-11/16	10am-10:45am

Storytime with the Animals

Come listen to stories about animals and meet some of the animals we read about. Parent or caregiver must attend with child. Please NO UNREGISTERED siblings allowed in class.

4 Classes	\$87R/\$99NR	JMZ-Science Lab 2	
9047	3-5Y	W 10/5-10/26	10am-10:45am

Tantalizing Textures and Playful Patterns

Investigate the textures and patterns in everyday things. What does a snake feel like? What does your hair look like under a microscope? Why do some carpets feel rough and others soft? Parent or caregiver must attend class with child. Please NO UNREGISTERED siblings allowed in class.

3 Classes	\$66R/\$74NR	JMZ-Science Lab 2	
9052	3-5Y	Th 12/1-12/15	10am-10:45am



Special Interest

Beginning Ice Skating

Beginning ice skating classes are for those who need to hold on to the railing or who have never skated. Includes rental skates, free practice on the day of the lesson and two extra free practice passes. For higher level classes, contact Winter Lodge directly at 493-4566 or visit winterlodge.com

8 Classes	\$200R/\$230NR	Winter Lodge-3009 Middlefield Rd	
8925	4-6Y	W 9/28-11/16	3pm-3:30pm

A Day at Little Explorers

Experience the joy of exploration in Little Explorers, a developmental program for toddlers and preschoolers. Enjoy a school day of dramatic and sensory play, art, science, math, music and literacy centers. Adult participation required. Materials fee (which covers field trip costs, arts & crafts and snacks) is payable to the instructor by the first class. www.LittleExplorersAdventures.com

Instructor: Martina Enriken

10 classes	\$309R/\$356NR	Peers Park Field House	
8800*	1.5-4Y	F 9/30-12/16	9:30am-11:30am

*No Class 11/25

Sports

Parent & Me Soccer

Introduce your toddler to the 'World's Most Popular Game'! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Parent & Me Soccer, parents are part of the action, not watching from the sidelines! Kids will receive a soccer jersey. KLS class status hotline: (888) 372-5803

Pre Soccer by Kidz Love Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant will receive a soccer jersey. Shin guards are required. KLS class status hotline: (888) 372-5803

9 Classes	\$119R/\$137NR	Rinconada Park	
8820	4-5Y	Tu 9/13-11/8	4:15pm-4:50pm

9 Classes	\$119R/\$137NR	Mitchell Park South Field	
8821	4-5Y	W 9/14-11/9	3:15pm-3:50pm
8822	4-5Y	Th 9/15-11/10	10:10am-10:45am
8823	4-5Y	Th 9/15-11/10	3pm-3:35pm
8824	4-5Y	Sa 9/24-11/19	10:20am-10:55am
8825	4-5Y	Sa 9/24-11/19	11am-11:35am
8826	4-5Y	Sa 9/24-11/19	3:15pm-3:50pm

Little Explorers Adventures

Experience the joy of exploration in Little Explorers Adventures, a developmental program for toddlers and young preschoolers. All weeks include a field trip to a nature, community or cultural location, plus a school day that extends the experience with dramatic and sensory play, art, science, math, music and literacy centers. Adult participation required. Materials fee (which covers field trip costs, arts & crafts and snacks) is payable to the instructor by the first class. www.LittleExplorersAdventures.com

Instructor: Martina Enriken

21 Classes	\$647R/\$745NR	Peers Park Field House	
8801*	1.5-4Y	M, W 9/26-12/14	9:30am-11:30am

*No Class 10/10, 11/21, 11/23

22 Classes	\$677R/\$779NR	Peers Park Field House	
8806*	1.5-4Y	Tu, Th 9/27-12/15	9:30am-11:30am

*No Class 11/22, 11/24



6 Classes	\$86R/\$99NR	Rinconada Park	
8814	2-3.5Y	Tu 9/13-10/18	5:30pm-6pm

9 classes	\$119R/\$137NR	Mitchell Park South Field	
8815	2-3.5Y	Th 9/15-11/10	11am-11:30am
8816	2-3.5Y	Sa 9/24-11/19	8:30am-9am
8817	2-3.5Y	Sa 9/24-11/19	9:05am-9:35am
8818	2-3.5Y	Sa 9/24-11/19	4:30pm-5pm

Tot Soccer by Kidz Love Soccer

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Each participant will receive a soccer jersey. Shin guards are required. KLS class status hotline: (888) 372-5803

9 Classes	\$119R/\$137NR	Rinconada Park	
8827	3.5-4Y	Tu 9/13-11/8	4:50pm-5:20pm

9 Classes	\$119R/\$137NR	Mitchell Park South Field	
8828	3.5-4Y	W 9/14-11/9	4:35pm-5:05pm
8829	3.5-4Y	Th 9/15-11/10	9:40am-10:10am
8830	3.5-4Y	Th 9/15-11/10	3pm-3:35pm
8831	3.5-4Y	Sa 9/24-11/19	9:45am-10:15am
8832	3.5-4Y	Sa 9/24-11/19	3:50pm-4:20pm

Be Part of the Movement to Save!

Schedule a Home Efficiency Genie Assessment Today!



- ✓ **FREE phone-based efficiency advisors**, utility bill review and analysis.
- ✓ **Professional energy and water assessments** including duct inspection, air leakage and heating/cooling equipment testing, insulation analysis, energy modeling, etc.
- ✓ **Customized energy reports** tailored for your home.



“The Palo Alto Home Efficiency Genie is a full-service program that helped us identify home improvements that we can do to make our home more efficient, comfortable and safe. Our energy advisor guided us through the process and helped us make informed decisions so that we get more bang for the buck! **Everyone can benefit from this program because it’s customized to meet the unique characteristics of your home.** We’re so glad we took advantage of this very generous offer from the City of Palo Alto.”

—THE LAU HOME, DUVENECK/ST. FRANCIS NEIGHBORHOOD

“Having installed insulation in the ceiling, walls and under the floor, I thought that the reason my furnace was struggling to heat the house was because it wasn’t big enough or the ductwork was inadequate. **I needed some expert advice and the Genie program seemed ideal for me.** When I got the report and comprehensive thermal images, it was clear that my problem is air leaking through gaps around doors, recessed lights, pipes etc. The Genie program has worked very well for me and has been well worth the nominal investment.”

—THE BARKER HOME, MIDTOWN NEIGHBORHOOD



5 Million Ways to Save
It starts with you!

Individuals with disabilities who require accommodations to access City facilities, services or programs, or who would like information on the City's compliance with the Americans with Disabilities Act (ADA) of 1990, may contact the City's ADA Coordinator at (650) 329-2368 (voice) or email ada@cityofpaloalto.org 6/16
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Weekends

Aquatics

Open Swim

Fall Season

August 15 – September 11

Saturdays & Sundays*

12:30pm - 4:30pm

*closed Monday through Friday

We are open on Labor Day!

Lap Swim: 9:00 - 12:30pm

Open Swim: 12:30pm - 4:30pm

Open Swim ends after September 11.

Join us again in 2017!

Private Pool Party at Rinconada Pool

Is your child celebrating a birthday, commencement or other special event? Does he or she love to swim?

Rinconada Kid Pool is available for private rental mid-May through mid-September annually. For more information including availability, FAQ, schedule, and fees, visit: cityofpaloalto.org/poolparties

Palo Alto Swim Club

Palo Alto Swim Club (PASC) is a year-round USA Swimming program for children and teens age 6 and older. PASC caters to swimmers of many levels who seek competitive training. PASC swimmers share a love for the water and know PASC is the best place to perfect their passion. To join or for more information visit the website: www.pasa-swim.org or contact head coach, Tony Batis: headcoach@paloaltoswimclub.org

Children's Fine Art GRADES K-5

CERAMICS

Family Ceramics Workshop

This engaging family workshop is for all ages. Siblings, parents and grandparents are all welcome to join this two day Ceramics workshop. Family members will learn how to shape clay, transforming their ideas into functional, glazed and fired pieces. One week we will create clay objects and the next week we will glaze them. This workshop is for any family who wants to spend time together. *Note: All family members who are participating must register; one adult per family is required to register.*

Instructor: Kathleen Gordon

2 classes	\$49R/\$56NR	Clay Classroom	
8858	6Y-Adult	Su 10/2-10/23	1:30pm-3:30pm

Fun with Clay

Kinders and first graders learn how to build and shape clay, creating glazed and fired pieces such as bowls, animals, games, and more! Aside from being fun, working with clay builds problem-solving and fine motor skills. This class provides a supportive and creative introduction to clay for artists who like to build with their hands. No previous experience with clay is required.

Instructors: Corinna Mori (Fri), Kathleen Gordon (Thur)

8 classes	\$97R/\$112NR	Clay Classroom	
8860	5-6Y	Th 9/22-11/10	3pm-4pm
8861*	5-6Y	F 9/16-11/18	3:15pm-4:15pm
8862**	5-6Y	Sa 9/17-11/19	10:15am-11:15am

* No class 10/7, 11/11, **No class 10/8, 11/12

Together with Clay

Kids and parents learn how to build and shape clay, together transforming their ideas into functional, glazed and fired pieces, such as teapots, cups, mugs, and bowls. Aside from being fun for the whole family, students of all ages develop basic ceramics skills and gain self-confidence. Students are introduced to hand-building techniques, including modeling, pinch, coil, and slab. This class is for any family who wants to spend time together in a creative and educational way. *Note: Both adult and child must pay and register.*

Instructor: Kathleen Gordon

8 classes	\$146R/\$168NR	Clay Classroom	
8874	5Y-Adult	Sa 9/17-11/19	11:30am-1pm

No class 10/8, 11/12

Beginning Ceramics

In these fun-filled classes, young artists explore clay and transform it! Students make boxes, cups, plates, and tiles, as well as modeled figures of animals, people, vehicles, plants, and much more. Students develop fine motor skills and self-confidence as their ideas come to life in imaginative three-dimensional artwork. This class is for anyone interested in exploring the rich possibilities of clay. Each quarter, the instructor introduces new special themes, so this is a great class to take again and again. No previous experience with clay is required.

Instructor: Emma Moran (Saturdays & Tuesdays), Corinna Mori (Fridays)

8 classes	\$97R/\$112NR	Clay Classroom	
8838	7Y-11Y	Tu 9/20-11/8	3pm-4pm
8839	7Y-11Y	F 9/16-11/18	4:30pm-5:30pm

No class 10/7, 11/11

8 classes	\$146R/\$168NR	Clay Classroom	
8840	7Y-10Y	Sa 9/17-11/19	1:30pm-3pm

No class 10/8, 11/12

Continuing Ceramics

Young ceramicists learn to use new ceramic tools, like the extruder and the slab roller, to create glazed artwork ranging from dishes to castles! Each quarter, the instructor introduces new special themes, so this is a great class to take again and again. This lively class is for continuing ceramics students who want to explore more advanced ceramics techniques, while having fun!

Instructor: Kathleen Gordon

8 classes	\$122R/\$140NR	Clay Classroom	
8848	7-11Y	Th 9/22-11/10	4:15pm-5:30pm

Family Ceramic Clay Houses Workshop

Our Ceramics Instructor will bring forth your inner-architect during this two-day workshop! You will build and decorate a charming clay house that can be lit by candlelight and displayed in your home or garden. Your creation will make a wonderful holiday gift! This workshop is perfect for families who are interested in developing hand-building techniques through one extended project. Pieces will be fired and ready for pick up by December 18. *Note: All Family members who are participating must register; one adult per Family is required to register.*

2 classes	\$49R/\$56NR	Clay Classroom	
9002	9+	Sa 12/3 & 12/10	1:30pm-3:30pm

DRAWING

Creative Drawing

In this focused class, students draw portraits, still-lives, and landscapes using a great variety of drawing materials. Students gain confidence as they develop their skills in shading, composition, and controlling line quality.

Instructor: Sue Emsley

8 classes	\$146R/\$168NR	Project Look! Classroom	
8849	9-14Y	Sa 9/17-11/19	1:30pm-3pm

No class 10/8, 11/12



Drawing Comics

Young artists create fun and unique comics in this lively class! Students build technical skills as they learn about design, line quality, and anatomical proportions, and explore a variety of comic styles such as Manga, Anime, and Western comics. This fun, open-ended class is for any young artist passionate about comics.

Instructor: Paulina Shapona

8 classes	\$92R/\$105NR	Matadero Room	
8854	7-9Y	M 9/19-11/7	3pm-4pm

Drawing Discoveries

Through practice and exercises and engaging projects, students will hone their powers of observation to create drawings inspired by nature, everyday objects and their imaginations. Instructor creates a supportive environment, encouraging creative problem solving and artistic independence. Students will explore a variety of drawing materials, including graphite, charcoal, pastel and ink.

Instructor: Alyssa Erikson

8 classes	\$92R/\$105NR	Project Look! Classroom	
8866	7-9Y	Sa 9/17-11/19	10am-11am

No class 10/8, 11/12

Drawing for Kids

Your doodlers will become sketchers while they explore the basics of drawing. Students will be exposed to a variety of drawing materials while learning about color, line, composition, and shape. This is a wonderful class for kids to discover their inner artist!

Instructor: Paulina Shapona

8 classes	\$92R/\$105NR	Project Look! Classroom	
8855	5-6Y	F 9/16-11/18	3pm-4pm

No class 10/7, 11/11

Kid's Drawing Skills

In a fun and open-ended environment, students draw from life and from their imaginations as they learn techniques like shading, perspective, and proportioning. Young artists leave the class with a set of technical drawing skills that make them feel excited and empowered to continue making art. This is a wonderful class for kids to discover their inner artist!

Instructor: Paulina Shapona

8 classes	\$92R/\$105NR	Project Look! Classroom	
8867	7-9Y	F 9/16-11/18	4:15pm-5:15pm

No class 10/7, 11/11

Pastels

Young artists mix and blend vibrantly colored chalk, pastels, and oil pastels in this fun, color-filled class! Through a variety of creative projects, including drawing landscapes, still-life, and learning from the Masters, students practice their drawing skills and learn how to mix and blend colors, while developing confidence in their drawing and painting abilities. This class is for any young artist who likes to draw and experiment with a variety of art materials.

Instructor: Paulina Shapona

8 classes	\$92R/\$105NR	Preschool Classroom	
8871	5-9Y	Tu 9/20-11/18	3pm-4pm

MIXED MEDIA

Creative Discoveries

Explorations in painting, drawing, collage and sculpture. Each week, students will be introduced to a variety of materials that spark imaginations and encourage experimentation. Projects will emphasize play and discovery and support individual creative thinking.

Instructor: Alyssa Erikson

8 classes	\$92R/\$105NR	Project Look! Classroom	
9169	7-9Y	Th 9/22-11/17	3pm-4pm

No class 9/29

Discover Art!

In this survey class, students will have the opportunity to try a variety of art materials and techniques, including collage, sculpture, printmaking, drawing, and painting. Students will use these techniques in new and fun compositions and projects. This class is for young artists who like to try it all and keep making new discoveries!

Instructor: Sharon Reich

8 classes	\$92R/\$105NR	Preschool Classroom	
8853	7-11Y	Th 9/22-11/17	4:30pm-5:30pm

No class 9/29

Secret Saturdays

Make the gifts, decorations and cards kids need for the holidays. Don't ask, 'cause they won't tell. This class has become a Palo Alto holiday tradition.

Instructor: Sarah Joy Cabana

2 classes	\$49R/\$56NR	Preschool Classroom	
8889	7-9Y	Sa 12/3-12/10	1pm-3pm

Papermaking Family Workshop

Recycle your junk mail into charming hand-stitched notebooks. The first week the instructor will teach you to pulp and pull fresh sheets, creating "Palo Alto Paper" from local leaves and plants, credit card applications and solicitations. The second week, you will learn a variety of stitching patterns to design and assemble your sheets into your own notebooks. This workshop is for any family who wants to spend time together. *Note: Both adult and child must pay and register.*

Instructor: Lessa Bouchard

2 classes	\$46R/\$53NR	Preschool Classroom	
8870	6Y-Adult	Su 9/18-9/25	1:30pm-3:30pm

PAINTING

Colorful Painting

In this fun class inspired by the European masters, young artists experiment with a variety of painting media, including tempera, acrylics, and oil pastels. Learning how to compose a painting, mix colors, and use brushstrokes, students develop fine motor and basic painting skills. This is a great class for any student who loves to paint! Each quarter the instructor introduces new special themes, making this a great class to take again and again.

Instructor: Sharon Reich

8 classes	\$92R/\$105NR	Preschool Classroom	
8847	5-6Y	Th 9/22-11/17	3:15pm-4:15pm

No class 9/29



Expressive Painting

In this exciting class, young artists experiment with the tools and techniques of acrylic painting such as color, composition, brushstrokes, and artistic choices, while using masterpieces from art movements such as Impressionism and Expressionism for inspiration. Students develop fine motor and observation skills and individualized instruction supports students in expressing their original ideas on canvas. This class is for any student who likes to paint and enjoys experimenting with color.

Instructor: Paulina Shapona

8 classes	\$92R/\$105NR	Preschool Classroom	
8857	7-11Y	Tu 9/20-11/8	4:15pm-5:15pm

Japanese Brush Painting

Students of all ages and abilities come together in this class to master Sumi-E painting techniques and to learn about the rich history of Brush Painting. The course's emphasis on learning art history alongside with specific art techniques provides a deep and rich experience for kids and teens. Students must purchase and bring their own supplies at an additional cost of approx. \$60. Instructor will hand out materials list in first class. *Please bring a snack for this two-hour class.*

Instructor: Patti Iseke Otani

8 classes	\$183R/\$210NR	Preschool Classroom	
8865	6-18Y	Sa 9/17-11/19	10am-12pm

No class 10/8, 11/12

DESIGN

Fashion Design and Illustration

Young fashion designers work with mannequins, cutting and pinning clothing designs (without sewing), examine designs from magazines, and use swatches to explore color and texture as they draw and create original fashion designs and fashion images! Additional projects include fashion accessories such as hats, jewelry and fasteners. Creativity is encouraged, while students are introduced to the principles and motivations of fashion design. This class is a fun way for any young artist to explore their passion for fashion!

Instructor: Paulina Shapona

8 classes	\$92R/\$105NR	Matadero Room	
8859	7-11Y	M 9/19-11/7	4:15pm-5:15pm

Music

Melody's Piano Beginners (5-7 year olds)

This class features: music theory, key board skills, and rhythm instrument techniques. Ear-training and sight-singing skills will also be emphasized. **Please note: Parents Participation is REQUIRED. Only registered students are permitted in the classroom.**

Instructor: MAM Staff

*Non-refundable material of \$45 due on the first class meeting.

6 classes	\$170R/\$195NR	Cubberley, V-6	
9098	5Y-7Y	W 9/14-10/19	5pm-5:45pm
9099	5Y-7Y	Su 10/02-11/06	11am-11:45am
9100	5Y-7Y	F 10/14-11/18	5:30pm-6:15pm
9101	5Y-7Y	Sa 11/05-12/17	11am-11:45am

SCULPTURE

Fun with Sculpture

Using techniques such as modeling, construction, assemblage, and carving, young artists learn to create masterful free-standing realistic and abstract sculptures out of wood, plastercloth, plastic and more. Inspired by great sculptors like Brancusi, Moore, and Picasso, young artists build visualization and critical thinking skills. This class is for beginning and intermediate sculptors who like to work with a wide variety of materials.

Instructor: Sharon Reich

8 classes	\$92R/\$105NR	Preschool Classroom	
8863	5-6Y	W 9/21-11/9	2:30pm-3:30pm

3-D Sculpture

Using techniques such as modeling, construction, assemblage, and carving, young artists learn to create masterful free-standing realistic and abstract sculptures out of wood, plastercloth, plastic and more. Inspired by great sculptors like Brancusi, Moore, and Picasso, young artists build visualization and critical thinking skills. This class is for beginning and intermediate sculptors who like to work with a wide variety of materials.

Instructor: Sharon Reich

8 classes	\$114R/\$132NR	Preschool Classroom	
8833	7Y-11Y	W 9/21-11/9	3:45pm-5pm

JEWELRY

Jewelry Making

Learn how to make rings and pendants! This class will focus on wire wrapping techniques to create jewelry while introducing creative ways to repurpose materials into amazing wearable art. This class is a fun and inspiring environment for beginner jewelers with creative minds and busy hands!

8 classes	\$122R/\$140NR	Project Look! Room	
8903	8-12Y	Sa 9/17-11/19	11:15am-12:30pm

No class 10/8, 11/12



Group Violin Class (6-10 year olds)

Try the violin! The Suzuki method is combined with Western teaching methods to provide a strong foundation for playing this sophisticated instrument. Students learn to read notes and become familiar with rhythm and music theory.

Instructor: MAM Staff

*Non-refundable material of \$45 due on the first class meeting

If you have your own violin, the material fee is \$25

6 classes	\$170R/\$195NR	Cubberley, V-6	
9102	6-10Y	W 9/14-10/19	6pm-6:45pm
9103	6-10Y	Sa 11/05-12/17	12pm-12:45pm

NEW! Group Ukulele Beginners (8-12 year olds)

Try the Ukulele! The group class is designed for young beginners to help them learn basic Ukulele skills. The class curriculum includes chords, strum patterns, scales, reading music, rhythm training, and developing music listening skills.

Instructor: MAM Staff

*Non-refundable material of \$25 due on the first class meeting.
Please bring your own ukulele.

6 classes	\$170R/\$195NR	Cubberley, V-6	
9104	7Y-12Y	Su 10/09-11/13	5pm-5:45pm



Children's Theatre

PALO ALTO CHILDREN'S THEATRE CHOIR

Join the Children's Theatre Choir

Who should join? All kids who love to sing! No music experience or audition required (all choir members must be able to read independently). Sign-ups are first-come, first-served. **The Choirs will perform during their regularly scheduled class time on the last day of the session. There will be other opportunities to perform outside the normal session times, but these dates will be participation optional.** This class is offered in collaboration with the Friends of the Palo Alto Children's Theatre, supporting performing arts programs which reach more than 45,000 community members each year! **Register online at fopact.org or call 650-463-4930.**

Fall 2016 Session

Instructor: Children's Theatre Staff

11 classes	\$295R/\$315NR	Mitchell Park Community Center – El Palo Alto Room	
*Choir IA	5Y-8Y	M 10/24-02/06	4:15pm-5:10pm
*Choir IB	5Y-8Y	M 10/24-02/06	5:15pm-6:10pm

11 classes	\$355R/\$375NR	Mitchell Park Community Center – El Palo Alto Room	
*Choir II	9Y-18Y	M 10/24-02/06	6:30pm-7:35pm

*No class 10/31, 12/19, 12/26, 1/2, 1/16

Group Guitar Class (7-10 year olds)

This is a beginner's class for kids. The curriculum will focus on learning basic skills and techniques for the instrument. No former musical knowledge required.

Instructor: MAM Staff

*Non-refundable material of \$25 due on the first class meeting.
Please bring your own guitar.

6 classes	\$170R/\$195NR	Cubberley, V-6	
9105	7Y-10Y	Su 10/09-11/13	3pm-3:45pm

NEW! Group Guitar Beginners (10-13 year olds)

This beginner level class is designed to facilitate self-discovery through the instrument. The group setting fosters a collaborative, creative environment and enhanced communication through music.

Instructor: MAM Staff

*Non-refundable material of \$25 due on the first class meeting.
Please bring your own guitar.

6 classes	\$170R/\$195NR	Cubberley, V-6	
9106	8Y-12Y	Su 10/09-11/13	4pm-4:45pm

Creative Dramatics

This unique class introduces children to theatre by focusing on their natural sense of play. The aim is to encourage inventiveness and originality by introducing children to creative building blocks such as pantomime, games, skits and more! Children learn how to use their voice, body, natural expressions and imagination to discover the exciting experience of performance.

Instructor: Children's Theatre Staff

8 Classes	\$132R/\$151NR	Children's Theatre	
9107*	6Y	Sa 10/15-12/10	10am-10:45am
9108*	7Y-8Y	Sa 10/15-12/10	11am-12pm

8 Classes	\$132R/\$151NR	Mitchell Park – Oak Room	
9109	6Y	M 9/26-11/14	3:30pm-4:15pm
9110	7Y-8Y	M 9/26-11/14	4:20pm-5:20pm

*No class 11/26

Curtains Up! Intro to Acting

Designed for the beginning student, this class teaches beginning performers to develop believable characters while learning acting techniques in a fun, supportive environment. Under the guidance of a theatre professional, students will gain confidence on stage by learning theatre games, improvisation techniques, and scripted work while have an unforgettable class experience!

Instructor: Children's Theatre Staff

8 Classes	\$132R/\$151NR	Children's Theatre	
9111*	8Y-11Y	Sa 10/15-12/10	12:30pm-1:30pm

8 Classes	\$132R/\$151NR	Mitchell Park – Oak Room	
9112	8Y-11Y	Th 9/22-11/10	5:30pm-6:30pm

*No class 11/26



Dance

Beginners Acting Class II: Getting Specific

This eight-week class is a follow-up to our Intro to Acting course, and focuses on scene study, script analysis, and character development. Students will work on scenes with partners, enhance their imagination as it relates to character, and get to the heart of great acting. After taking this class, students will have complete confidence to audition for any role!

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Mitchell Park – Oak Room	
9113	9Y-12Y	M 9/26-11/14	5:30pm-6:30pm

Advanced Scene Study Class

Explore advanced acting techniques in this challenging new course, where the emphasis is on making dramatic choices based on the text. Students will participate in engaging exercises as well as hands-on scene and solo work. Director feedback will provide students with a deeper understanding of how to rehearse a scene. Memorization of scenes is required. Material will be assigned on the first day of class.

Instructor: Children's Theatre Staff

8 classes	\$135R/\$155NR	Children's Theatre	
9114	11Y-15Y	Tu 10/18-12/06	6pm-7:30pm

Intermediate Acting

For those looking to strengthen their acting technique, this class explores scene study, improvisation, and character development. Students learn to broaden skills and create believable characters utilizing voice and movement.

Instructor: Children's Theatre Staff

8 classes	\$135R/\$155NR	Children's Theatre	
9115	9Y-13Y	Sa 10/15-12/10	3:00pm-4:30pm

Improv like a Pro!

Improvisation is a wildly fun art form where the actor's split second decisions and quick witted responses can turn everyday situations into moments of comic delight! Whether you're grooming yourself for an impromptu presentation at school, an audition for your favorite play, or a stint on "Saturday Night Live," youngsters well versed in improvisational techniques are prepared to respond to all of life's situations with wit and humor.

Instructor: Children's Theatre Staff

8 Classes	\$132R/\$151NR	Children's Theatre	
9116*	10Y-14Y	Sa 10/15-12/10	12:30pm-1:45pm

*No class 11/26

Musical Theatre Skills

Students learn vocal and physical warm-ups, songs, and the vocal skills they'll need to sing with poise on stage. This course helps students develop dynamic stage presence as they sing. Participants learn at least one song and also have the opportunity to polish 16 bars of audition material.

Instructor: Children's Theatre Staff

6 classes	\$120R/\$138NR	Children's Theatre	
9117	9Y-12Y	Sa 10/15-11/19	1:30pm-2:30pm

Hip Hop Dance!

Students will learn a broad collection of urban street dance styles including: Breaking, Popping, Locking, Turfing, Jerkin and Krumping. Hip-Hop evolved from Hip-Hop culture and includes elements from Jazz, Rock, Tap, African, American and Latino dance cultures. These cultures will influence the hip-hop style and technique learned in class.

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Children's Theatre	
9118	8Y-10Y	M 10/17-12/05	4:15pm-5pm
9119	11Y-14Y	M 10/17-12/05	5pm-6pm

Musical Theatre Dance!

Students will learn the distinctive styles of some of Broadway's leading choreographers like Bob Fosse and Jerome Robbins. The class challenges children to deepen their dance skills as they venture through some of Broadway's most popular musicals. In addition, students learn the unique choreography that made these productions famous!

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Children's Theatre	
9120	8Y-12Y	Sa 10/15-12/10	2:30pm-3:30pm

Tap for the Stage!

Students will learn both classical technique and rhythm tap. Tap helps students feel the music and learn to move to a beat. Tappers will create their own rhythms and learn to create music with their feet. Tap is upbeat, energetic, provides great exercise, and is an essential part of many Broadway musicals!

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Children's Theatre	
9121	7Y-11Y	Sa 10/15-12/10	3:30pm-4:15pm

All That Jazz!

This class will incorporate classical jazz technique, lyrical, and contemporary, giving students a versatile foundation of current popular jazz style. From jitterbug to Fosse, students will learn steps that keep them moving through the decades. Lyrical will help students learn to move with grace and light-footed fluidity. Contemporary will get them to understand the use of partnering and floor work to tell a story.

Instructor: Children's Theatre Staff

8 classes	\$132R/\$151NR	Children's Theatre	
9122	8Y-12Y	Sa 10/15-12/10	4:15pm-5pm

Beginners Bharatanatyam

This course will introduce an ancient classical dance form from south Indian called Bharatanatyam. Children will learn the basic postures and steps, as well as some history and theory about this dance form. **Adults are also welcome to enroll.**

Instructor: Children's Theatre Staff

INTERMEDIATE

8 classes	\$132R/\$151NR	Children's Theatre	
9123* Intermediate	6Y+	Th 10/06-12/15	6pm-6:45pm

* No Class 11/24

BEGINNER I

8 classes	\$132R/\$151NR	Children's Theatre	
9125* Beginner I	6Y+	F 10/07-12/16	5:30pm-6pm

* No Class 11/25

BEGINNER II

8 classes	\$132R/\$151NR	Children's Theatre	
9171* Beginner II	6Y+	F 10/07-12/16	6pm-6:45pm

* No Class 11/25

BEGINNER III

8 classes	\$132R/\$151NR	Children's Theatre	
9124* Beginner III	6Y+	Th 10/06-12/15	5:30pm-6pm

* No Class 11/24

Kids & Family Capoeira Classes

Capoeira is an exciting combination of martial arts, dance and gymnastics. Developed by African slaves in Brazil centuries ago, today Capoeira is practiced by adults and children all over the world. In the class, youth gain flexibility, strength, and confidence as they become more graceful in the basic Capoeira movements, learned first in isolation and then put together in a "jogo" or game. The class is great fun and a good choice for children of all athletic abilities. **Parents can enroll with their children!**

Instructor: Mestre Beizola

10 classes	\$132R/\$151NR	Lucie Stern Ballroom	
9126	4Y-6Y	Tu 9/27-11/29	4:45pm-5:30pm
9127	7Y-12Y	Tu 9/27-11/29	5:30pm-6:15pm

Vocal Lessons

One-on-one vocal lessons will give students the confidence to sing in any musical genre. Participants will learn singing techniques and musical styles from Broadway theatre, country, jazz, and pop. Lessons are designed for the beginning student preparing for an audition, perfecting songs for performance, or for those wishing to develop their vocal range and technique. Registration includes a series of 8 half hour lessons.

Instructor: Children's Theatre Staff

8 classes	\$320R/\$368NR	Children's Theatre	
9128*	8Y+	W 10/19-12/14	2:30pm
9129*	8Y+	W 10/19-12/14	3:00pm
9130*	8Y+	W 10/19-12/14	3:30pm
9131*	8Y+	W 10/19-12/14	4:00pm
9132*	8Y+	W 10/19-12/14	4:30pm
9133*	8Y+	W 10/19-12/14	5:00pm
9134*	8Y+	W 10/19-12/14	5:30pm
9135*	8Y+	W 10/19-12/14	6:00pm
9136*	8Y+	W 10/19-12/14	6:30pm
9137*	8Y+	Sa 10/22-12/17	10:00am
9138*	8Y+	Sa 10/22-12/17	10:30am
9139*	8Y+	Sa 10/22-12/17	11:00am
9140*	8Y+	Sa 10/22-12/17	11:30am
9141*	8Y+	Sa 10/22-12/17	12:00pm
9142*	8Y+	Sa 10/22-12/17	12:30pm
9143*	8Y+	Sa 10/22-12/17	1:00pm

*No Class 11/23, 11/26, 11/27

8 classes	\$320R/\$368NR	Children's Theatre	
9144*	8Y+	Sa 10/22-12/17	2:00pm
9145*	8Y+	Sa 10/22-12/17	2:30pm
9146*	8Y+	Sa 10/22-12/17	3:00pm
9147*	8Y+	Sa 10/22-12/17	3:30pm
9148*	8Y+	Sa 10/22-12/17	4:00pm
9149*	8Y+	Sa 10/22-12/17	4:30pm
9150*	8Y+	Sa 10/22-12/17	5:00pm
9151*	8Y+	Sa 10/22-12/17	5:30pm
9152*	8Y+	Su 10/22-12/17	12:00pm
9153*	8Y+	Su 10/22-12/17	12:30pm
9154*	8Y+	Su 10/22-12/17	1:00pm
9155*	8Y+	Su 10/22-12/17	2:00pm
9156*	8Y+	Su 10/22-12/17	2:30pm
9157*	8Y+	Su 10/22-12/17	3:00pm
9158*	8Y+	Su 10/22-12/17	3:30pm
9159*	8Y+	Su 10/22-12/17	4:00pm

Junior Museum and Zoo

Dynamic Planet

Join us to learn about the forces that shape our dynamic planet. Learn about earthquakes and volcanoes, and how our planet is always changing. Find out about the oldest and youngest places on Earth. Please, NO UNREGISTERED siblings allowed in class.

4 classes	\$87R/\$99NR	JMZ-Science Lab 2	
9057	Kinder	Tu 10/4-10/25	2:45pm-3:30pm
4 classes	\$83R/\$95NR	JMZ-Science Lab 2	
9058	1G-3G	Tu 10/4-10/25	4pm-4:45pm

Holiday Chemistry

In this class, we'll harness the power of chemistry to make some tasty treats, lotions and potions. Turn them into holiday gifts or keep them all to yourself! Please NO UNREGISTERED siblings in class.

3 classes	\$66R/\$74NR	JMZ-Science Lab 2	
9065	4G-5G	Th 12/1-12/15	3:30pm-4:30pm



Lotions & Potions

Want to mix it up? Join us to check out what makes lotion smooth or why a potion fizzes. Create some unique concoctions of your own to take home or give as a gift to someone special. Please, NO UNREGISTERED siblings in class.

3 classes	\$66R/\$74NR	JMZ-Science Lab 2	
9061	Kinder	Tu 11/29-12/13	2:45pm-3:30pm
9062	1G-3G	Tu 11/29-12/13	4pm-4:45pm

Microbeasts

Learn about tiny animals such as insects, spiders, worms, pillbugs, giant millipedes and scorpions. Discover the amazing adaptations that help them capture prey, reproduce and hide from predators. Please, NO UNREGISTERED siblings allowed in class.

3 classes	\$66R/\$74NR	JMZ-Science Lab 2	
9059	Kinder	Tu 11/1-11/15	2:45pm-3:30pm
9060	1G-3G	Tu 11/1-11/15	4pm-4:45pm

Science Sleuths

Dive into science at the Junior Museum and Zoo. Each week, we'll explore a variety of exciting science topics. Join us and learn about things that chirp, fizz and zoom. Activities change each session, quarter and year, so you can sign up again and have new adventures! This class is designed for kindergarteners. Preschoolers interested in similar content may enroll in Discovery Wednesdays or Discovery Fridays. Please NO UNREGISTERED siblings in class.

7 classes	\$140R/\$158NR	JMZ-Science Lab 2	
9053	Kinder	W 9/14-10/26	3:30pm-4:15pm

6 classes	\$123R/\$142NR	JMZ-Science Lab 2	
9054*	Kinder	W 11/2-12/14	3:30pm-4:15pm

*No class 11/23

Survivor Science

This exciting class will teach basic survival skills including tying knots, finding cover, making a compass, way finding, and finding food and clean water. Please NO UNREGISTERED siblings allowed in class.

3 classes	\$66R/\$74NR	JMZ-Science Lab 2	
9055	Kinder	Tu 9/13-9/27	2:45pm-3:30pm
9056	1G-3G	Tu 9/13-9/27	4pm-4:45pm

Toy Design

Create and design holiday gifts and cards using a variety of tools and materials, including electronics. Please NO UNREGISTERED siblings in class.

5 classes	\$107R/\$120NR	JMZ-Science Lab 2	
9064	4G-5G	Th 10/20-11/17	3:30pm-4:30pm

Zoo Engineers

Learn and practice the engineering design process at the zoo. Young engineers will conduct "need finding" with a zookeeper as a means to invention. Then they will prototype and user test their designs. Please NO UNREGISTERED siblings in class.

5 classes	\$107R/\$120NR	JMZ-Science Lab 2	
9063	4G-5G	Th 9/15-10/13	3:30pm-4:30pm

Sports

Beginner Kendo for Youth

Kendo is a Japanese Martial Art descended from the sword practices of the Samurai. Kendo challenges students in unique ways: how to remain calm, how to be creative, how to take the initiative, as well as how to persevere, and how to be respectful. This is a beginner class for student with no kendo experience. Students will learn to integrate their mind and body, (ki, ken, tai), through the fundamental techniques, strikes, and footwork. This course will prepare students to wear Bogu, (protective armor), but students will not be required to wear the armor during this class. With experienced instructors from Palo Alto Kendo Dojo who have taught Kendo in Palo Alto since 1987, students will learn sword fighting in a safe environment and bond with their Kendo peers.

Instructors: George Nishiura (Kyoshi 7Dan), Eugene Lin (3Dan)
TA: Rosalie Wang (2Dan)

\$80 Materials Fee due at the first day of class.

15 classes	\$109R/\$126NR	Lucie Stern Ballroom	
8880	7Y-17Y	W 9/7-12/14	5pm-6pm

Beginning Ice Skating

Beginning ice skating classes are for those who need to hold on to the railing or who have never skated. Includes rental skates, free practice on the day of the lesson and two extra free practice passes. For higher level classes, contact Winter Lodge directly at 493-4566 or visit winterlodge.com

8 classes	\$200R/\$230NR	Winter Lodge 3009 Middlefield Road	
8926	6Y-7Y	W 9/28-11/16	3:30pm-4pm

Kung Fu For Kids, Little Dragons

Kujiweza "Little Dragons" Kung fu for Kids, 4 to 12 years, is a Leadership and Martial Arts training program that is fun, challenging and encourages each child to do their best and to be their best. Our classes provide a safe and nurturing environment where children can grow, stay fit and learn the life skills they need to succeed in life. Our curriculum is dedicated to helping each child develop character, confidence, courtesy, self-discipline, self-respect, and self-control. They will learn how to set and achieve goals and build leadership skills by helping others grow. Our "Little Dragons" are rewarded for outstanding performance in Kung fu class, school, and home and in the community.

Instructor: Sifu Mwezo Kudumu

\$25 Material fee for uniform and manuals.

25 Classes	\$269R/\$310NR	Lucie Stern Ballroom	
8957*	4Y-12Y	Tu, Th 9/20-12/15	3:30pm-4:30pm

*No Class 11/24

PLAY TENNIS THE STANFORD WAY!

INDIVIDUAL TENNIS LESSONS

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield (WhitlingerSarsfieldTennis.com).

DIRECTOR'S HOURLY RATE

Stanford/USPTA Elite Pro Tom Sarsfield

408 745-6171 • thomassarsfield@mac.com

\$90 for one player • \$5 per hour more for each additional person.

Lessons at Rinconada Park #5-6

*PRO'S HOURLY RATE

\$75 for one player, \$5 per hour more for each additional person

*\$5 per hour discount for three (3) hours or more paid in advance.

***For lessons at Mitchell Park #1-2**, call USPTA Professionals Neil Da Silva (408) 398-5543, John Chan (650) 637-8809, Hung Nguyen (408) 499-2433, or visit WhitlingerSarsfieldTennis.com for more contact information.

***For lessons at Rinconada Park #5-6**, call Thor Holt (650) 380-7139, or visit WhitlingerSarsfieldTennis.com for more contact information.

Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to TOM SARFIELD will be accepted (no cash or credit card).

GROUP LESSONS

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth (8-14 yrs) and adult classes of 3-8 students will consist of six or eight hours of instruction. Classes of two will consist of four hours of instruction. Terrific Tiny Tennis classes will consist of four, six, or eight lessons. Students provide own rackets.

Important: In case of rain, contact the recreation dept. at 463-4900, Monday through Friday, 8am-5pm, within the hour before scheduled starting time for class status or check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date.

No postponement announcement will be initiated by the instructor or the rec. dept.

Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for weekend lessons) may be used at the instructor's discretion.

Note: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

Quickstart Advantage Tennis

Kids, 9-10 yrs. old, who are fairly consistent on maintaining a slow paced rally on the 60 ft. court. Players should have prior Quickstart experience and/or instructor's approval.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
8983	9Y-10Y	M, W 9/12-10/5	5-6pm
6 Classes	\$85R/\$98NR	Rinconada #5-6	
8984	9Y-10Y	M, W 10/17-11/2	5-6pm
4 Classes	\$85R/\$98NR	Rinconada #5-6	
8985*	9Y-10Y	M, W 11/14-11/28	4-5:30pm
8 Classes	\$105R/\$121NR	Mitchell #1-2	
8986	9Y-10Y	Sa 9/17-11/5	2:30-3:30pm

*No Class 11/23

Quickstart Novice Tennis

Kids, 8-10 yrs. old, will enhance their skill development with low compression tennis balls on the 60 ft. court. Play to learn!

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
8978	8Y-10Y	M, W 9/12-10/5	4:00-5:00pm
6 Classes	\$85R/\$98NR	Rinconada #5-6	
8979	8Y-10Y	M, W 10/17-11/2	4:00-5:00pm
8 Classes	\$105R/\$121NR	Mitchell #1-2	
8980	8Y-10Y	Tu, Th 9/13-10/6	4:00-5:00pm
6 Classes	\$85R/\$98NR	Mitchell #1-2	
8981	8Y-10Y	Tu, Th 10/18-11/3	4:00-5:00pm
4 Classes	\$85R/\$98NR	Mitchell #1-2	
8982*	8Y-10Y	Tu, Th 11/15-11/29	4-5:30pm

*No Class 11/24

Soccer 1: Techniques & Teamwork by Kidz Love Soccer

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant will receive a soccer jersey. Shin guards are required after the first meeting. KLS class status hotline: (888) 372-5803.

9 Classes	\$119R/\$137NR	Mitchell Park South Field	
8811	5Y-6Y	Sa 9/24-11/19	2:30pm-3:15pm
8808	5Y-6Y	W 9/14-11/9	3:50pm-4:35pm
8809	5Y-6Y	Th 9/15-11/10	3:35pm-4:20pm
8810	5Y-6Y	Sa 9/24-11/19	11:40-12:25pm

9 Classes	\$119R/\$137NR	Rinconada Park Field	
8807	5Y-6Y	Tu 9/13-11/8	3:30pm-4:15pm

Soccer 2: Skillz & Scrimmages by Kidz Love Soccer

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels of play are encouraged to come out and enjoy the soccer fun! Each participant will receive a soccer jersey. Shin guards are required after the first meeting. KLS class status hotline: (888) 372-5803

9 Classes	\$119R/\$137NR	Mitchell South Field	
8812	7Y-10Y	Th 9/15-11/10	4:20pm-5:05pm

9 Classes	\$119R/\$137NR	Mitchell Park South Field	
8813	7Y-10Y	Sa 9/24-11/19	12:30pm-1:15pm

Terrific Tiny Tennis

Children, 5-8 years of age, play FUN activities and games with low compression tennis balls on the 42 ft. court that will enhance their skill development in a success oriented environment. Small group lessons! We recommend the 23" to 25" rackets.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
8960	5Y-7Y	M, W 9/12-10/5	3:20-4pm

6 Classes	\$85R/\$98NR	Rinconada #5-6	
8969	5Y-7Y	M, W 10/17-11/2	3:20-4pm

8 Classes	\$105R/\$121NR	Rinconada #5-6	
8970	5Y-6Y	Sa 9/17-11/5	1pm-1:30pm
8971	7Y-8Y	Sa 9/17-11/5	1:30pm-2:00pm

4 Classes	\$85R/\$98NR	Rinconada #5-6	
8972*	5Y-7Y	M, W 11/14-11/28	3-4pm

*No class 11/23

8 Classes	\$105R/\$121NR	Mitchell #1-2	
8973	5Y-7Y	Tu, Th 9/13-10/6	3:20-4pm
8974	7Y-8Y	Sa 9/17-11/5	3:30-4:10pm
8975	5Y-6Y	Sa 9/17-11/5	4:10-4:50pm

6 Classes	\$85R/\$98NR	Mitchell #1-2	
8976	5Y-7Y	Tu, Th 10/18-11/3	3:20-4pm

4 Classes	\$85R/\$98NR	Mitchell #1-2	
8977*	5Y-7Y	Tu, Th 11/15-11/29	3-4pm

*No Class 11/24



THE FIRST TEE OF SILICON VALLEY

CLASS & REGISTRATION

The First Tee of Silicon Valley offers youth development through golf. As a Life Skills program, we build the character of youth to help them succeed in life. Class information and registration is available at thefirstteesiliconvalley.org website. Scholarships are available and equipment is provided. Classes meet at the Palo Alto Golf Course and Moffett Field Golf Course. All youth who are entering 1st through 8th grade are invited to join.

Our Fall Seasons are eight lessons over nine weeks. Each 90 minute class includes life skill lessons as well as golf instruction. Visit our website to find schedules and register. **The registration period for the Fall ends August 30th.** Our offices are open Tue – Sat every week.

VOLUNTEERS & INVOLVEMENT

The First Tee of Silicon Valley is looking for volunteers interested in impacting the lives of youth through golf. Volunteers with knowledge and experience in teaching, coaching, mentoring or golfing would be ideal for assisting the program. Office and technological assistance would also be appreciated.

Volunteer Admins assist on an ongoing, year-round basis. Volunteer Coaches and Class Admins assist us with specific classes throughout the year. Our next open enrollment for volunteers is now through August 15th, with volunteer activity beginning with our Fall Season in late August. Classes meet once per week for 8 lessons. Volunteer Coaches and Class Admins commit a minimum of three hours per week.

For more information please check other sections of our web site or contact Kristine Madayag, Operations Manager, at reg@thefirstteesiliconvalley.org or 408-288-2937.

Teens



Aquatics

Do you want to be a Lifeguard?

Make a difference in your community. Enjoy a summer by the pool. Build lifelong relationships. Hone invaluable lifesaving skills.

Applicants must be 15 years old and obtain American Red Cross Lifeguard certification. The City of Palo Alto offers two certification courses each spring. Courses are listed in the Spring Enjoy! catalogue. Visit the Aquatics website for more information: cityofpaloalto.org/lifeguarding

Open Swim

Fall Season

August 15 – September 11

Saturdays & Sundays*

12:30pm - 4:30pm

*closed Monday through Friday

We are open on Labor Day!

Lap Swim: 9:00 - 12:30pm

Open Swim: 12:30pm - 4:30pm

Open Swim ends after September 11.
Join us again in 2017!



Independent Lap Swim

Lap Swim at Rinconada Pool is available year-round. Early morning, midday and evening times are offered for your convenience. Visit the Aquatics Program website for more information including schedule and fees: cityofpaloalto.org/aquatics

Palo Alto Swim Club

Palo Alto Swim Club (PASC) is a year-round USA Swimming program for children and teens age 6 and older. PASC caters to swimmers of many levels who seek competitive training. PASC swimmers share a love for the water and know PASC is the best place to perfect their passion. To join or for more information visit the website: www.pasa-swim.org or contact head coach, Tony Batis: headcoach@paloaltoswimclub.org

Children's Theatre

Teen Arts Council

The Teen Arts Council (TAC) is a teen-led organization dedicated to cultivating the leadership, management, and artistic skills of teens. Every hour spent participating in TAC sponsored events counts towards the President's Volunteer Service awards, while allowing high school students avenues for creative expression and a way to take an active role in bettering their community. The TAC also serves as a Granting Board, offering financial assistance to projects that fulfill their mission. The organization is an initiative of the Palo Alto Children's Theatre and meets **Wednesdays @ 6:30 p.m.** www.teenartscouncil.com. [facebook.com / teenartscouncil](https://www.facebook.com/teenartscouncil)

New York Theatre Intensive

Travel to New York for a three-day theatre intensive! Includes a two-day workshop with an esteemed New York Casting Director, meetings with working industry professionals and backstage tours, plus tickets to exciting New York productions. The trip will be led by Children's Theatre Operations Director Marieke Gaboury (credits include former Producing Director of the award-winning NYC LAByrinth Theatre Company, working with Artistic Directors Phillip Seymour Hoffman and John Ortiz). Fee includes round-trip air, hotel, meals, tickets and workshop fees. **Age 13 – High School. Minimum Enrollment: 6/Maximum Enrollment: 10. For more information and to apply for this special session, go to fopact.org. Dates: December 17 – 20, 2016. Cost: \$3,000 per student (limited need-based scholarships available).**

Singing Lessons

Singers of all ages will receive benefit from this one-on-one instruction. Students will learn techniques and styles from a variety of music genres including musical theatre, opera, and pop. Lessons are designed for the beginning student preparing for an audition, perfecting songs for performance, or for those wishing to develop their singing voice. Registration is for a series of 8 half hour lessons.

Instructor: Children's Theatre Staff

8 half-hour sessions	Cost: \$40 per ½ hour lesson	Children's Theatre Staff	
	8Y+	Classes Begin the week of Sept. 19	Days & Times Vary

If you are interested in registering for singing lessons, please call (650) 463-4930.

All the World's A Stage – Shaking Shakespeare!

Welcome to the world of Shakespeare! The Bard's language, characters and stories pervade western culture. Who hasn't been touched by the tragic story of *Romeo and Juliet*, or the melancholy, Dane Hamlet? In this class, you'll stage short scenes and individual speeches from some of Shakespeare's most engaging plays, such as *Hamlet*, *The Tempest*, *A Midsummer Night's Dream*, and *Romeo and Juliet*. The instructor will tailor selections to meet the interests of the students. This class is a great opportunity to experience and learn Shakespeare's writing as a performer!

Instructor: Children's Theatre Staff

8 classes	\$135R/\$152NR	Children's Theatre	
9160*	10Y-15Y	Sa 10/22-12/17	1:30pm-3:00pm

*No class 11/26

Advanced Scene Study Class

Explore advanced acting techniques in this challenging new course, where the emphasis is on making dramatic choices based on the text. Students will participate in engaging exercises as well as hands-on scene and solo work. Director feedback will provide students with a deeper understanding of how to rehearse a scene. Memorization of scenes is required. Material will be assigned on the first day of class.

Instructor: Children's Theatre Staff

8 classes	\$135R/\$155NR	Children's Theatre	
9161*	11Y-15Y	Tu 9/27-11/15	5:45pm-7pm

Private Audition Coaching

In this series of 3 hour-long private lessons, one of the Children's Theatre's professional acting coaches will craft session to meet each student's individual needs. Perfect two contrasting monologues for your next audition! If you're interested in registering, please contact Christopher Luciani at christopher.luciani@cityofpaloalto.org for further details.

Instructor: Children's Theatre Staff

Teen Leadership

LEAP After-School Program: Fall Session

DESCRIPTION: LEAP provides a fun and safe place for middle school students after-school! Located at Mitchell Park Community Center and equipped with a homework room, video and board games, pool and air hockey, basketball, arts and crafts, and so much more, LEAP is the place to be after the bell! This drop-in program is free to all middle school students that attend a Palo Alto school.

DETAILS:

- Activity #: 8718
- Cost: Free
- Grades: 6 - 8

Palo Alto Youth Council

DESCRIPTION: The Palo Alto Youth Council brings teens together to work on policies and action for the better of the teen community. Projects include Youth Friendly Business Initiative, Palo Alto Roots Publication, Palo Alto Pride Awards, Stress Reduction Workshops, Teen Forums, and more. The Council meets weekly for the duration of the school year and concludes with a joint study session with the City Council in the Chambers. For more information, visit cityofpaloalto.org/PAYC, or contact Teen Services Coordinator Amal Aziz at amal.aziz@cityofpaloalto.org!

DETAILS:

- Grades: 9-12
- Advisor: Amal Aziz

TAKEOVER:

Teen Creativity Party



PEACE, LOVE, AND ARTMAKING! Teens - enjoy afterhours access to the Palo Alto Art Center with your very own Friday night at the Art Center complete with food, live performances, artmaking, raffle prizes, and more! Come celebrate our exhibition *The Butterfly Effect: Art in 1970s California* and see a new side of the Palo Alto Art Center.

ADMISSION IS FREE, must show valid high school ID to enter.

QUESTIONS? Contact Lauren Baines, Family, Teen, and Outreach Programming Coordinator, at lauren.baines@cityofpaloalto.org



FRIDAY, OCTOBER 7, 2016 – 6:00-9:00 P.M.
PALO ALTO ART CENTER, 1313 NEWELL ROAD

Palo Alto Teen Advisory Board

DESCRIPTION: The Palo Alto Teen Advisory Board (TAB) focuses on further enhancing the community by serving as a link between teens and the rest of the Palo Alto community, and by developing ideas, implementing teen programs and events, and encouraging teen involvement within the community. For more information, visit cityofpaloalto.org/TAB, or contact Teen Services Coordinator Amal Aziz at amal.aziz@cityofpaloalto.org!

DETAILS:

- Grades: 9 - 12
- Advisor: Amal Aziz

BRYANT STREET GARAGE FUND

DESCRIPTION: The Bryant Street Garage Fund (BSGF) is a way for teens who are interested in creating new programs, activities, and/or events in the community to obtain “min grants” to fund their projects. Along with funding, teens receive support, mentorship, leadership experience, FREE membership to the Mitchell Park Teen Center, and much more! For more information, please email BSGF@CityofPaloAlto.org or visit cityofpaloalto.org/BSGFund.

Youth Community Service (YCS) Fellows

DESCRIPTION: Join YCS Fellows in this fall semester and have fun with friends while learning the skills needed to become leaders through service. Fall Fellows will earn 20 hours of service and leadership training.

Participants in the high school Fellows will complete a service-learning project from start to finish. They will do this by identifying a community issue then planning and implementing a project that addresses the issue's root cause.

Possible service areas may include: health and well being, civic engagement, anti-violence, income inequality, or education.

Fellows will also do community outreach—including work on YCS's social media.

Every semester of Fellows is different; students are encouraged to participate multiple times.

To register, please visit www.youthcommunityservice.org and download the application. Once completed, please send the application and check payable to “Youth Community Service” to 705 Alester Ave, Palo Alto, CA 94303. Please note that there are scholarships available to students who need them.

DETAILS:

- Thursday from 5:00 pm to 6:30 pm at the Lucie Stern Community Center.
- Fall: September 8th to December 8th with no program on November 24th
- Fee: \$130, scholarships available
- Class limit: 20
- Grade Level: 9th, 10th, 11th, and 12th

For more information please visit www.youthcommunityservice.org or email Ashley@youthcommunityservice.org

YCS Action Team (formerly SWAG)

DESCRIPTION: YCS Action Team is an after school leadership program for middle school students. Students will work on service projects focused on relevant community issues such as health care, environmental restoration, civic engagement. The Action Team will include service trips, leadership training, and team building activities.

Fall Action Team members will earn almost 20 hours of service learning hours!

Every semester is different; students are encouraged to participate multiple times.

To register, please visit www.youthcommunityservice.org and download the application. Once completed, please send the application and check payable to “Youth Community Service” to 705 Alester Ave, Palo Alto, CA 94303. Please note that there are scholarships available to students who need them.

Note: This program used to be called Students With A Gateway (SWAG)

DETAILS:

- Wednesdays from 3:00pm – 4:30pm at Mitchel Park Community Center
- Fall Semester: September 7th to December 7th with no program on November 23rd
- Fee: \$130, scholarships available
- Class limit: 20
- Grades: 6th, 7th, 8th

For more information please visit www.youthcommunityservice.org or email Ashley@youthcommunityservice.org



THE 41 DEVELOPMENTAL ASSETS



PROMOTES HEALTHY CHILDREN AND TEENS IN PALO ALTO

Did you know that the City of Palo Alto Community Service Department, Library, and Project Safety Net all incorporate the 41 Developmental Assets in its children and teen programs? The 41 Developmental Assets are the positive values, relationships, skills, and experience that support young people to make healthy choices and thrive. Put simply, **More Assets = More thriving.** Here are some ways that families can incorporate Developmental Assets each month this Fall.



SEP

PARENT INVOLVEMENT IN SCHOOLING

Asset #6: Parent(s) are actively engaged in helping young person succeed in school.

Volunteer at your child(s) school. Create a home environment that supports your child(s) learning. Ask open-ended questions like "What was the best part of your day?"



OCT

POSITIVE FAMILY COMMUNICATION

Asset #2: Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).

Listen more than you talk. Hold regular family meetings to check in with each other. Create opportunities for unstructured communications.



NOV

POSITIVE CULTURAL IDENTITY

Asset #41: Young person feels comfortable with and proud of her/his identity, including but not limited to disabilities, ethnicity, faith/religion, family status, gender, language, and sexual orientation.

Children, whose parents promote a positive cultural identity, while allowing them the freedom to explore, tend to develop a healthy personal identity.



DEC

FAMILY SUPPORT

Asset #1: Family life provides high levels of love and support.

Create some family time to spend together in a pastime that everyone enjoys or finds valuable. Be sure to recognize your children's unique talents and encourage their interests, even when they don't match yours.

TO LEARN MORE ABOUT THE 41 DEVELOPMENTAL ASSETS, PLEASE VISIT PROJECTCORNERSTONE.ORG OR DEVASSETSPALOALTO.ORG.

PLAY TENNIS THE STANFORD WAY!

INDIVIDUAL TENNIS LESSONS

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield (WhitlingerSarsfieldTennis.com).

DIRECTOR'S HOURLY RATE

Stanford/USPTA Elite Pro Tom Sarsfield

408 745-6171 • thomassarsfield@mac.com

\$90 for one player • \$5 per hour more for each additional person.

Lessons at Rinconada Park #5-6

*PRO'S HOURLY RATE

\$75 for one player, \$5 per hour more for each additional person

*\$5 per hour discount for three (3) hours or more paid in advance.

***For lessons at Mitchell Park #1-2**, call USPTA Professionals Neil Da Silva (408) 398-5543, John Chan (650) 637-8809, Hung Nguyen (408) 499-2433, or visit WhitlingerSarsfieldTennis.com for more contact information.

***For lessons at Rinconada Park #5-6**, call Thor Holt (650) 380-7139, or visit WhitlingerSarsfieldTennis.com for more contact information.

*Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to **TOM SARFIELD** will be accepted (no cash or credit card).*

GROUP LESSONS

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth (8-14 yrs) and adult classes of 3-8 students will consist of six or eight hours of instruction. Classes of two will consist of four hours of instruction. Terrific Tiny Tennis classes will consist of four, six, or eight lessons. Students provide own rackets.

Important: In case of rain, contact the recreation dept. at 463-4900, Monday through Friday, 8am-5pm, within the hour before scheduled starting time for class status or check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date.

No postponement announcement will be initiated by the instructor or the rec. dept.

Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for weekend lessons) may be used at the instructor's discretion.

Note: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

Fine Art For Teens

Advanced Fashion: Design your own Collection

Express yourself through fashion. Design your own clothing line. Middle school fashionistas will learn how a final collection is developed. Learn how to brainstorm ideas while looking at color, textures and type of clothing. Practice sketching poses, outfits and accessories necessary to present your own collection. This is the perfect class for teens who are interested in taking their fashion sense to the next level!

Instructor: Mariachiara Gasparini

8 classes	\$137R/\$158NR	Adobe Tech South	
8834	10-14Y	Tu 9/20-11/8	3:30pm-5pm

Ceramics Studio

Do you enjoy Ceramics and want to pursue your own projects? This class is designed for teens and tweens who have some experience with Ceramics and want to continue to develop their skills at their own pace. Instructor will mentor students as they explore both hand-building projects and use of the potter's wheel.

Instructor: Emma Moran

8 classes	\$122R/\$140NR	Clay Classroom	
8842	9-14Y	Tu 9/20-11/8	4:30pm-5:45pm

Creative Drawing

In this focused class, students draw portraits, still-lives, and landscapes using a great variety of drawing materials. Students gain confidence as they develop their skills in shading, composition, and controlling line quality.

Instructor: Sue Emsley

8 classes	\$146R/\$168NR	Project Look! Room	
8849	9-14Y	Sa 9/17-11/19	1:30pm-3pm

No class 10/8, 11/12



Digital Photography

Budding and experienced photographers learn how to compose eye-catching digital images, then manipulate, enhance, and finish those images using Adobe Photoshop™. Students learn to use the basic features of a digital camera and Adobe Photoshop™, develop their observational skills, and have fun. Our experienced instructor focuses on each student's abilities to improve their photography skills. This class is for any student who loves to take pictures and wants to learn more about digital photography. The Art Center provides a camera for each student. The instructor will also help students get comfortable using their Family owned DSLR camera. *Please bring a flash drive to save your work.*

Instructor: Cathy Gregory

8 classes	\$150R/\$173NR	Project Look! Classroom	
8851	10-14Y	W 9/21-11/9	3:30pm-5pm

8 classes	\$150R/\$173NR	Adobe Tech - Lab North	
8852	10-14Y	M 9/19-11/7	3:30pm-5pm

Watercolor for Middle Schoolers

In this focused class, students draw portraits, still-lives, and landscapes using a great variety of drawing materials. Students gain confidence as they develop their skills in shading, composition, and controlling line quality.

Instructor: GayLynn Ribeira

8 classes	\$97R/\$112NR	Matadero Room	
8850	10-14Y	W 9/21-11/9	3:30pm-4:30pm

Drawing Studio

In this focused class, students use various drawing materials to create realistic-looking drawings from observation, developing basic and advanced drawing skills, including shading, line quality and composition. Students gain confidence and skill as they learn to make deliberate artistic choices to achieve fine artworks and build their portfolios. Students will visit and sketch in the Palo Alto Art Center's galleries and grounds, using the artwork for ideas and inspiration.

Instructor: Sue Emsley

8 classes	\$146R/\$168NR	Project Look! Room	
8856	11-18Y	Sa 9/17-11/19	3:15pm-4:45pm

No class 10/8, 11/12

Family Ceramic Clay Houses Workshop

Our Ceramics Instructor will bring forth your inner-architect during this two-day workshop! You will build and decorate a charming clay house that can be lit by candlelight and displayed in your home or garden. Your creation will make a wonderful holiday gift! This workshop is perfect for families who are interested in developing hand-building techniques through one extended project. Pieces will be fired and ready for pick up by December 18. *Note: All Family members who are participating must register; one adult per Family is required to register.*

2 classes	\$49R/\$56NR	Clay Classroom	
9002	9+	Sa 12/3 & 12/10	1:30pm-3:30pm



Middle School Ceramics

Students design their own projects and work at their own pace, making anything from hand-built clay vessels, to clay sculptures, to pots thrown on the wheel. By introducing students to Ceramics tools such as the potter's wheel and the clay extruder, they'll learn more advanced Ceramics techniques designed to boost confidence and skill, while building patience and dedication. This open-ended class is geared towards continuing Ceramics students who are ready to pursue their own projects.

Instructor: Emma Moran

8 classes	\$146R/\$168NR	Clay Classroom	
8841	10-14Y	Sa 9/17-11/19	3:30pm-5pm

No class 10/8, 11/12

Printmaking Workshop for Families

Make one-of-a-kind prints using the Art Center's printing press! By combining drawing, painting, and printmaking, participants in this class will make colorful artworks inspired by nature. As we make our art, we'll talk about and experiment with how colors mix and blend when we layer them together. Children and adults can each make several artworks, so everyone can create for themselves. *Note: All Family members who are participating must register; one adult per Family is required to register.*

Instructor: Charles Coates

1 class	\$37R/\$42NR	Project Look! Classroom	
8872	6+	Su 11/6	1pm-4pm

Wheel Throwing

Intermediate and advanced Ceramics students learn to use the potter's wheel. Students will experiment with a variety of throwing techniques developing skill and confidence. Class is held in the adult Ceramics studio at the Art Center EXCEPT on glaze days when we meet in the Children's Ceramics Studio. We will Raku fire the last day of class, weather permitting.

Instructor: Kathleen Gordon

8 classes	\$146R/\$168NR	Clay Classroom & Adult Studios	
8875	11-13Y	W 9/21-11/9	2:15pm-3:45pm
8876	13Y-18Y	W 9/21-11/9	4pm-5:30pm

Special Interest

Communication Academy Open House

Communication Academy gives students the skills they need to succeed both inside and outside of the classroom! Our FREE one-hour open house offers an excellent overview of all our courses. Hear about our innovative curriculum and ongoing course series. Participate in sample activities from our public speaking debate reading and writing courses. Learn about the academic and personal benefits of the language arts enrichment classes we provide. Meet our professional instructors find out how we select them and see how they share their passion with students. Discover the history of our company from why we are here to what we do. All questions welcome! Parents and students are invited to join us for an hour of fun and learning!

Instructor: Communication Academy Staff

1 class	\$0R/\$0NR	Mitchell Matadero Room	
9034	5Y-16Y	Sa 8/27	3:30pm-4:30pm

Competitive Debate

Join the Palo Alto's newest premiere debate club. Experienced debate coaches take your child's communication and critical thinking skills to the next level. Our emphasis on Public Forum prepares the leaders of tomorrow. Frequent competition at top universities. Material Fee: \$15 (408)777-8876, www.communicationacademy.com

Instructor: Communication Academy Staff

8 classes	\$360R/\$414NR	Mitchell Matadero Room	
9033	11Y-14Y	W 9/7-10/26	4:30pm-6pm

Competitive Speech

Join the Palo Alto's newest premiere speech club. Our emphasis on Impromptu, and Interp. which unlocks your child's natural creativity and equips them with the confidence to excel in any situation. Frequent competition at top universities. Material Fee: \$15 (408)777-8876, www.communicationacademy.com

Instructor: Communication Academy Staff

8 classes	\$360R/\$414NR	Mitchell Matadero Room	
9030	11Y-14Y	Tu 9/6-10/25	5:45pm-7:15pm

Sports

Beginning Ice Skating

Beginning ice skating classes are for those who need to hold on to the railing or who have never skated. Includes rental skates, free practice on the day of the lesson and two extra free practice passes. For higher level classes, contact Winter Lodge directly at 493-4566 or visit winterlodge.com

8 classes	\$200R/\$230NR	Winter Lodge 3009 Middlefield Road	
8928	11Y-16Y	M 9/26-11/14	5pm-5:30pm

Jr. League Training Tennis Clinic

Stanford/USPTA Pro Tom Sarsfield will personally teach this dynamic clinic for Intermediate and High Intermediate Players, 10-14 years old. Basic to advanced techniques, strategy and tactics will be incorporated in performance enhancing competitive drills, includes ball machine target drills. Two to three courts grouped by age and/or ability. Only 3-6 players per Pro/court!

Instructor: Whitlinger Sarsfield Tennis

6 classes	\$105R/\$121NR	Rinconada Court #4, 5, 6	
8994	10Y-14Y	Sa 9/17-10/22	10am-11am

Junior Low Intermediate Tennis

For players who are consistent on a slow paced rally but needs to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics. Ten year olds may participate with instructor's approval.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Mitchell #1-2	
8991	11y - 14y	Tu, Th 9/13-10/6	5pm-6pm
6 Classes	\$85R/\$98NR	Mitchell #1-2	
8992	11y - 14y	Tu, Th 10/18-11/3	5pm-6pm
4 Classes	\$85R/\$98NR	Mitchell #1-2	
8993*	11y - 14y	Tu, Th 11/15-11/29	6pm-7:30pm

*No Class 11/24

Junior Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction on the 78 ft. court with regulation tennis balls. Lessons will also incorporate rules, etiquette, and basic doubles play. Ten year olds may participate with instructor's approval.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
8987	11y - 14y	M, W 9/12-10/5	6:30-7:30pm
6 Classes	\$85R/\$98NR	Rinconada #5-6	
8988	11y - 14y	M, W 10/17-11/2	6:30-7:30pm
4 Classes	\$85R/\$98NR	Rinconada #5-6	
8989*	11y - 14y	M, W 11/14-11/28	6:00-7:30pm
8 Classes	\$105R/\$121NR	Mitchell #1-2	
8990	11y - 14y	Sa 9/17-11/5	1:30-2:30pm

*No Class 11/23



Adults



Aquatics

Open Swim

Fall Season

August 15 – September 11

Saturdays & Sundays*

12:30pm - 4:30pm

*closed Monday through Friday

We are open on Labor Day!

Lap Swim: 9:00 - 12:30pm

Open Swim: 12:30pm - 4:30pm

Open Swim ends after September 11.

Join us again in 2017!

Independent Lap Swim

Lap Swim at Rinconada Pool is available year-round. Early morning, midday and evening times are offered for your convenience.

Visit the Aquatics Program website for more information including schedule and fees: cityofpaloalto.org/aquatics

Rinconada Masters Program

With decades of swimming history, Rinconada Masters Team offers stroke technique, physical conditioning, open water and competitive training for adults of all ages. The team provides an environment to improve health and build relationships. Non-competitive swimmers are welcome! Choose from intermediate and advance workouts. Prerequisites: must be able to swim 100 yards (4 laps) of freestyle. Workouts are held at Rinconada Pool (777 Embarcadero Rd). For more information on how to join, visit the website: www.rinconadamasters.com or email head coach, Carol MacPherson: carol.macpherson22@gmail.com

Hours:

MWF 5:45-7:00am
 MWF 7:00-8:30am
 T/Th 12:00-1:30pm
 T/Th 7:00pm-8:30pm
 Sa-Su 9:30-11:00am

Fees:

65 & under \$80/mo
 65 & over \$75/mo
 Drop in \$8.00 per swim

Swim4fitness

Learn to swim like the pros for fun and fitness. Swim4Fitness is the "how to" program for adults to learn proper swim techniques. The program will improve your strokes and increase your fitness with the help of professional swim coaches. We offer it at a great location with convenient lunch and after work hours.

This 4-week program is offered every month starting on the first Tuesday at Rinconada Pool (777 Embarcadero Rd.).

Sign up via email carol.macpherson22@gmail.com or in person on the first day of class. Cash or checks are accepted: checks payable to Rinconada Masters. Participants must be registered by the first day of class.

8 classes - 6 students max class

Price: \$80.00

T/Th 12:00-1:30pm

T/Th 7:00pm-8:00pm

Art Classes

CERAMICS

Ceramics - Monday P.M.

This class is open to all skill levels and will cover any and all techniques that are of interest to the students. We will start with wheel-throwing techniques and demonstrations and then move on to hand-building. As the term progresses, surface treatments and glazing will be covered. An emphasis will also be placed on helping each student find their particular style and then developing and refining the techniques they will need to express their design aesthetic in clay. Don't forget your Drop-In Pass!

Instructor: Lynne Meade

10 classes	\$330R/\$379NR	Ceramics Studio	
8930	18Y+	M 9/12-11/21*	7pm-10pm

*No class 10/10

Ceramics - Tuesday A.M.

This class will address throwing and hand building. Additionally, surface treatments will be emphasized. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience welcome. Don't forget to get your Drop-In Pass!

Instructor: Doris Fischer-Colbrie

10 classes	\$330R/\$379NR	Ceramics Studio	
8935	18Y+	Tu 9/13-11/15	10am-1pm

Ceramics - Wednesday P.M.

This class will focus on wheel throwing functional pottery, with equal thought given to aesthetics and ergonomics. Hand builders are also welcome. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience are welcome. Don't forget to get your Drop-In Pass!

Instructor: Jonathan Huang

10 classes	\$330R/\$379NR	Ceramics Studio	
8936	18Y+	W 9/14-11/16	7pm-10pm

Ceramics - Thursday A.M.

This class will focus on hand-building techniques, including slab, coil, and pinching. Wheel throwers are welcome, but must be self-reliant. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience welcome. Don't forget to get your Drop-In Pass!

Instructor: Malia Landis

10 classes	\$330R/\$379NR	Ceramics Studio	
8932	18Y+	Th 9/15-11/17	10am-1pm

Ceramics - Thursday P.M.

In this sculptural ceramics class, students will learn sculptural hand-building techniques such as slab and pinch construction. Participants will focus on building representational sculptural forms such as animals, hybrid objects, or a project of their choosing. Wheel throwers are welcome but must be self-reliant. We will also cover glazing and surface resolution techniques including press-molding. All levels of experience are welcome. Don't forget to get your Drop-In Pass!

Instructor: Wesley Wright

10 classes	\$330R/\$379NR	Ceramics Studio	
8933	18Y+	Th 9/15-11/17	7pm-10pm

Ceramics - Saturday A.M.

This class will address throwing and hand building. Additionally, surface treatments will be emphasized. All ceramics classes cover a variety of techniques as well as glazing and firing. All levels of experience welcome. Don't forget to get your Drop-In Pass!

Instructor: Gary Clarien

10 classes	\$330R/\$379NR	Ceramics Studio	
8931	18Y+	Sa 9/10-11/12	10am-1pm

Ceramics - Self Directed Projects

This course is for advanced ceramics students who have taken at least two previous ceramics classes at the Palo Alto Art Center and wish to access the studio during the drop-in times over the entire session for a flat fee. This course is not intended for production potters. Only work made in the PAAC studios will be fired.

59 classes	\$330R/\$379NR	Ceramics Studio	
8934	18Y+	Tu-Su 9/10-11/18	during drop-in hours

Ceramics - Fall Extension

Open to students enrolled in fall 2016 ceramics classes only. This four-week extension allows access to the studio during studio hours for a flat fee. Finish up your projects or make a few more.

24 classes	\$120R/\$138NR	Ceramics Studio	
9011	18Y+	Tu-Su 11/22-12/18	during studio hours

Ceramics Drop-In Pass

This pass allows students enrolled in instructed Ceramics classes to use the studio at any time this quarter during drop-in hours for a one-time fee. Day passes will be available for \$10 for students who prefer not to get the quarterly Drop-In Pass. Pass NOT required for Self-Directed Projects students. YOU MUST BE ENROLLED IN CERAMICS IN ORDER TO USE THIS PASS.

59 classes	\$75 all	Ceramics Studio	
9012	18Y+	Tu-Su 9/10-11/18	during drop-in hours

DRAWING

Drawing - Quick Figure Sketch

This class will teach you techniques for sketching the figure from real life so you can rapidly get your subject down on paper. You will learn strategies for sketching a moving subject, gestures and clothing. You will explore different media including graphite, ink, colored pencil and water color, to find what works best for you. Great techniques for travelers! Models' fee.

Instructor: Jim Smyth

10 classes	\$300R/\$345NR	Studio A	
8939	17+	F 9/9-11/18*	1:30pm-4:30pm

*No class 11/11

Assembling Your Drawing Toolkit

Please join Ann McMillan and develop your drawing skills quickly by mastering specific techniques in small discrete sections. This class is great for beginners and for experienced artists who want to boost their drawing skills. We will explore the basic foundations of drawing including line, value, color, negative space, perspective, proportion, materials, and composition. Other potential themes include field sketching, drawing from life, memory sketching, mass drawing, and working from photos or other sources. An emphasis on process, compassion for the self, and mindfulness will be carried throughout the class. At the end of the course, each student will have a shiny new drawing "toolkit" to put to use in their own drawing or painting practice. The Drawing Toolkit class is an excellent companion course for Ann's Daily Painting Color workshop, offered October 23.

Instructor: Ann McMillan

10 classes	\$250R/\$287NR	Studio A	
8940	18Y+	W 9/14-11/16	7pm-10pm

Make Your Mark Drawing Workshop

This studio workshop is led by Conrad Johnson who shares his forty one years of mark making experience. Still life setups will challenge students to represent volume, gravity and space with marks. Graphite, chalk, pen, pencil, marker, stylus, pastel, paint and crayons will have students utilizing natural styles of drawing and painting both small and large.

Instructor: Conrad Johnson

1 class	\$75R/\$86NR	Studio A	
8968	18Y+	Su 11/13	10am-3pm

Visual Storytelling-Graphic Novel, Illustration, and More

Do you want to create images that tell a story? Do you have a story to tell and want to add a visual element? This class offers a great introduction to the art of visual storytelling and its various forms: graphic novels, comics, illustration, children's books, travel diaries, etc. Warm-up drawing and writing exercises, practical introduction to narrative art techniques, and exploration with a variety of media will allow students to develop their own way of telling stories with pictures. Topics covered in this 10-week class include, story boarding and thumbailing, character design, picture composition (perspective, camera angles and shots), page layout, penciling, inking, coloring, and more. In the last classes, we will review different ways for students to share or publish their work, on paper and on line. Students can choose to work with traditional or digital tools and are welcome to bring their laptop and graphic tablets to class. This is a great class for art beginners as well as experienced artists.

Instructor: Daniele Archambault

10 classes	\$260R/\$299NR	Project Look! Studio	
8955	16Y+	Tu 9/13-11/15	7pm-9:30pm

PAINTING

Daily Painting Practice: Color Intensive

Please join Ann McMillan for an overview of painting skills! We will be working on paintings under 10 x 10 inches with only a few primary colors. The focus will be on authentic observation of still-life and landscape subjects. This session will focus on some sketching and design practice for good compositions. My lectures are short and content rich, with lots of time to paint for yourself. If you would like to bring pastels, acrylic or watercolor instead of oil, please feel free to do so. Visit my teaching website at drawpaint-studio.com for recommended materials in each media.

Instructor: Ann McMillan

1 class	\$100R/\$115NR	Studio A	
8938	18Y+	Su 10/23	10am-3pm

Painting - Beginning and Beyond

Master basic skills of handling oil or acrylic paint in this class led by Cheryl Battiato, an experienced instructor and painter/printmaker. We will explore a variety of approaches to painting including: *alla prima*, *impasto*, wet into wet, and glazing. More advanced students will broaden their technical knowledge as well as develop their own content and voice.

Instructor: Cheryl Battiato

10 classes	\$250R/\$287NR	Studio A	
8947	16Y+	Th 9/15-11/17	7pm-10pm

Painting - Understanding Acrylics

Exciting breakthroughs with acrylic paint allow it to be handled more like traditional oil paint: slower drying time, buttery consistency, and smooth mix-ability. Learn how to handle and control this marvelous medium with easy to follow step-by-step methods. Class will cover staging your picture, color theory, design, materials, techniques, and tricks.

Instructor: Richard Becker

10 classes	\$250R/\$287NR	Studio A	
8949	18Y+	Tu 9/13-11/15	10am-1pm

Painting - Watercolor

Using images from still life and landscape, students will learn the basics of watercolor painting. We will cover wet-in-wet, drybrush, washes, and glazes. Most importantly, we will become familiar with the behavior of water, our complex partner in the painting process. Explore a variety of papers, pigments, and brushes.

Learn about composition, design, and color theory.

Instructor: Richard Becker

10 classes	\$250R/\$287NR	Studio A	
8950	18Y+	Sa 9/10-11/12	10am-1pm

Painting Landscapes in the Studio

Brigitte Curt is a well-known landscape painter and instructor. Don't miss this class, designed to further develop your creative sense of composition with color. Students will paint from their own source material including sketches and previous paintings. A basic level of familiarity with painting is required. Instructor will work in oil, but, students may also work with pastels, acrylic or watercolor, but must have experience with chosen medium. You can see Brigitte's work and links to demonstrations here: www.brigittecurt.org.

Instructor: Brigitte Curt

10 classes	\$300R/\$345NR	Studio A	
8948	18Y+	W 9/14-11/16	10am-1pm

Encaustic Workshop

Please join Ann McMillan for a play day of experimenting with encaustic collage and painting. Encaustic painting is a fascinating medium using hot melted beeswax mixed with pigments; it has a lovely satiny finish and vibrant colors. We will focus on making small paintings with inlaid collage elements. The class will cover proper handling of hot wax materials, and work with using a heat gun, Tjanting tools, and brushes. A variety of collage materials can be added to the wax including pressed leaves and flowers, disassembled books, maps and photographs, and whatever students want to bring in. Check my website at drawpaintstudio.com for an overview of my hot wax techniques and samples of work. Most supplies included for a \$30 materials fee payable to the instructor, if students want to try the media before committing to their own kit.

Instructor: Ann McMillan

1 class	\$100R/\$115NR	Studio A	
8945	18Y+	Su 10/30	10am-3pm

PRINTMAKING

Monotype

Monotype combines the spontaneity and color of painting with the surprise of printmaking. It will free up your process and lead to experimentation, creativity and innovation. In this workshop, we will explore a variety of techniques and tools, such as layering with brayers, painterly brush work, and incorporating textures and stencils. We will start with simple sketches, either realistic or abstract, which will evolve and transform while you work, leading to a series of exciting original and unique prints that you can frame or use to make a book or collages. Also, students will have the option of learning *chine collé*.

Instructor: Gloria Huet

1 class	\$100R/\$115NR	Studio A	
8946	18Y+	Su 10/9	10am-4pm

Japanese Woodblock Printmaking

Create new imagery and repurpose your existing artwork as multi-color fine-art prints using the Japanese watercolor woodcut. You'll learn how to transfer images to woodblocks, carve using knives and gouges, and print with watercolors on a variety of Japanese papers.

This non-toxic process is ideal for the studio and home setting. Although a beginning workshop, artists familiar with printmaking will learn something new in this innovative approach. Expect to make two or three editions of prints throughout this course. All tools and supplies needed are provided for \$100 fee payable to instructor.

Instructor: Charles Coates

10 classes	\$350R/\$402NR	Project Look Studio	
8954	18Y+	M 9/12-11/21	7pm-10pm

*No class 10/10

FIBER ARTS

Indigo Shibori Workshop

Discover how easy it is to mix up a vat of indigo dye, and how creative it can be to work with this unique natural dye. Experiment with several different shibori techniques: binding, clamping, tying in objects and "the rope trick" to produce stunning blue and white patterns on fabric and on small clothing items. Dip your cloth into the indigo vat and watch it turn blue in the air - like magic! \$20 supply fee includes fabric for sampling.

Instructor: Joy-Lily

1 class	\$125R/\$143NR	Studio A	
8952	18Y+	Su 11/6	10:30am-4:30pm

Introduction to Natural Dyeing

Before chemical dyes were invented in the late 19th century, all clothing was dyed with plants, like onion skins, marigold flowers, madder roots and acacia bark, and animals like cochineal bugs and murex snails. The craft of natural dyeing is experiencing a resurgence because of the subtle and beautiful colors created with this easy process. Learn to prepare the fiber with mordant for better color. Then we'll simmer up pots of several natural dyestuffs to color your woolen and silk yarns, fleece and fabrics. Overdyeing will produce even more wonderful colors. \$25 supply fee includes some silk and wool and all dyestuff. Please bring yarn, fleece and fabrics.

Instructor: Joy-Lily

1 class	\$125R/\$143NR	Studio B	
8956	18Y+	Su 9/18	10:30am-4:30pm

FOUNDATIONS

Introduction to Art

This class is your first stop if you are new to drawing and painting. Students will learn to see like an artist, exploring form, light and shadow, perspective, color theory, and composition. We will explore drawing materials as well as watercolor, oil, and acrylic. With this technical understanding, a personal style and vision will emerge.

Instructor: Richard Becker

10 classes	\$207R/\$238NR	Studio A	
8941	18Y+	Th 9/15-11/17	10am-12:30pm

Spark! Fueling the Creative Habit

Are you in a creative block? Interested in art, but not sure where to start? Want to be more creative in your work and life? Then SPARK! is for you. Through arts inquiry we explore clay, paint, collage and mixed media in order to develop the skills and habits to bring more awareness to getting out of our creative ruts and stepping more boldly into our artistic processes and visions. The approach is non-traditional, exploratory and sure to change how you think about art. Join us!

Instructor: Elizabeth Foggie

5 classes	\$150R/\$172NR	Project Look Studio	
8953	18Y+	W 10/5-11/2	7pm-9pm

JEWELRY

Jewelry - Precious Metal Clay

Is it clay? Is it metal? It is fine silver in clay form and it's amazing! Roll out Precious Metal Clay and imprint designs using fabric, paper, buttons, charms, stamps, or natural materials. Use Precious Metal Clay slip on leaves or pods to capture their natural forms. You will also learn how to make molds for replicating forms. Emphasis is on detail work so that only polishing or patinating is necessary after firing. Expect to spend about \$150 on PMC. New students can purchase an \$18 tool kit from the instructor.

Instructor: Stephanie North

6 classes	\$162R/\$186NR	Studio B	
8942	18Y+	W 10/5-11/16*	7pm-10pm

*No class 10/26

Jewelry Fabrication, Level 1

Explore basic jewelry techniques such as sawing, drilling, soldering, hammering, stone setting, and chain making. This class is structured for beginners, but experienced students are welcome and will further refine these skills. \$50 materials fee payable to instructor covers all basic supplies except silver.

Instructor: Edith Schneider

10 classes	\$300R/\$345NR	Studio B	
8943	18Y+	Tu 9/13-11/15	7pm-10pm

Jewelry Fabrication, Level 2

Intermediate and experienced students will further refine their sawing, drilling, soldering, hammering, stone setting, and chain making skills. Advanced techniques will also be introduced.

Instructor: Edith Schneider

10 classes	\$300R/\$345NR	Studio B	
8944	18Y+	W 9/14-11/16	1:30pm-4:30pm

PHOTOGRAPHY

Joy of Digital Photography 101

From new camera buyers to the skilled enthusiast, this course is about choosing subjects, time, space, lighting and lenses. Learn to fully utilize your SLR or point and shoot digital camera using ISO, AWB, aperture, focal length of lenses, and shutter speeds. Demonstrations and discussions will explore composition, point of view, lighting and personal vision and expression. Digital file management and formats will also be covered. Two field trips are planned for photo shoots on 10/22 and 11/5. All levels welcome.

Instructor: Conrad Johnson

10 classes	\$240R/\$276NR	Studio A	
8951	18Y+	Sa 9/10-11/12	1:30pm-3:30pm

SCULPTURE

Sculpting with Wire Mesh Workshop

Join us for this fun workshop and explore an exciting new material for sculpting - aluminum window wire mesh screen! Learn the basics about wire mesh, tools, and types of wire mesh. Learn how to cut, paint, and roll the wire mesh to create a flower or wreath shape. After lunch, learn how to make more complex shapes by molding round balls, fringing, and attaching. There will be time to complete this second project or explore your own ideas with guidance from the instructor. Examples at www.LTapscott.com. All materials provided for a \$15 material fee payable to instructor.

1 class	\$120R/\$138NR	Studio A	
8937	18Y+	Su 10/2	10am-3pm

DROP-IN PROGRAMS

Drop-In programs provide a unique opportunity to work independently in the company of other students and artists. Bring your own supplies. Attend when you can. No registration is required. No formal instruction is provided. Payment is made to the group coordinator.

Drop-in Still Life Painting

Still life painting is a great way to work on composition, drafting, light, value and color. There will be a different still life each week ranging from simple objects to glass and metal vases, flowers and plants. During the last half hour of each session the evening's painting results will be discussed. Fee is \$3 per hour for Palo Alto Residents and \$4 per hour for non-residents. Please buy your drop-in pass from the studio assistant on site.

Mondays, 9/12-11/21 No meeting on 10/10	7pm-10pm	Studio A - Palo Alto Art Center
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Drop-In Life Drawing

These sessions feature both short and long poses with nude models. Fee is \$8.

Tuesdays (ongoing through 12/13) No meeting on 11/24	7pm-10pm	Studio A - Palo Alto Art Center
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Drop-In Figure Painting and Drawing

Have you ever wanted to try your hand at doing a portrait or reclining figure? These long-pose sessions are your opportunity to work from the figure to develop a finished work or move around the model and do short sketches. Bring your own supplies. Easels, drawing boards and tables provided. Fee is \$10.

Tuesdays (ongoing through 12/20) Costumed model	1:30pm-4:30pm	Studio A - Palo Alto Art Center
Thursdays (ongoing through 12/15) No meeting on 11/24 Nude model	1:30pm-4:30pm	Studio A - Palo Alto Art Center

Drop-In Collage

Informal demonstrations cover a variety of techniques based on group interest. Fee is \$5.

Wednesdays, 9/14-12/14 No Meeting on 11/23	10am-1pm	Studio B - Palo Alto Art Center
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Drop-In Mixed Media

Informal demonstrations cover a variety of techniques based on group interest. At the initial meeting we will choose a theme and select four mixed-media techniques to be demonstrated and studied for the quarter. Fee is \$10.

Thursdays, 9/15-12/15 No meeting 11/24	10am-1pm	Studio B - Palo Alto Art Center
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Dance

Ballroom Dance

Ongoing drop-in class. You may attend any week even if it's your first time! Learn Waltz, Swing, Nightclub, Two-Step, and other ballroom dances in this fun and easy class. No partner or prior experience necessary. Beginners at 6:45 p.m., intermediate at 7:45 p.m., and practice until 9:45 p.m. Drop in cards available for \$10 per class.

Instructor: Phil Mast

Ongoing	\$10/Class	Lucie Stern Ballroom	
Drop-in	18Y+	W 10/5-12/28	6:45pm-9:45pm

No Class 12/23

Baroque Chamber Ensemble

For Intermediate and advanced string players. Repertoire spans five centuries with emphasis on Baroque Concerto literature. Players with little ensemble experience receive support from mentor teachers and the group; experienced players may enjoy leadership and solo opportunities. **Final performance is in the Lucie Stern Ballroom: Sunday, Dec. 4, 6:15p.m. – 10:00 p.m.**

Instructor: Joyce Malik

10 classes	\$170R/\$195NR	Lucie Stern Fireside	
9162	18Y+	Tu 9/27-11/29	6:30pm-8:30pm

Argentine Tango

Argentine Tango originated from Buenos Aires, Argentina. It is one of the most beautiful, sensual, and elegant Latin dances. Since the famous Broadway show "Tango Argentino" in 1985, this dance has become increasingly popular in the U.S. The Argentine Tango class is one and a half hours. In the first half hour, we will start with foundational Tango exercises that lead to a specific tango move. This class is progressive and will be followed with one hour of Práctica. We welcome all levels of dancers and a partner is not necessary. Práctica is for students to practice the steps that are taught in class and improve their technique with the guidance of the instructor. Building a strong Tango foundation is essential for dancers to dance safely and beautifully, expressing the elegance and fluidity of Tango with confidence.

4 Classes	\$76R/\$88NR	Cubberley G6	
9022	18+	Sa 9/10-10/8	1pm-3:30pm
9023	18+	Sa 10/22-11/12	1pm-3:30pm

4 Classes	\$76R/\$88NR	Cubberley G6	
9024	18+	Sa 11/19-12/17	1pm-3:30pm

Classic & Contemporary Line Dance

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance "presence" and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. Open dancing between sessions.

Section A - Basics/Beginning Line Dance

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance, presence, and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. This section focuses on absolute beginners and experienced dancers who want to review, warm-up or build dance skills. Easier dances taught at a slower pace.

11 classes	\$90R/\$104NR	Lucie Stern Ballroom	
8893	18Y+	Tu 9/13-11/29*	10am-10:45am

**No class 10/4*

Section B - Intermediate Line Dance

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance, presence, and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. This section focuses on dancers who want more challenge and attention to styling and will feature more complex dances taught at a faster pace. Skill level: advanced- beginners to mid-intermediate. Practice between classes is helpful but not required.

11 classes	\$90R/\$104NR	Lucie Stern Ballroom	
8907	18Y+	Tu 9/13-11/29*	10:50am-11:35am

**No class 10/4*

DID YOU KNOW?

Dancing can aid in the **prevention** and treatment of **osteoporosis** for men and women.

Section C - High-Intermediate & Advanced Line Dance

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance, presence, and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. This section focuses on dancers with a minimum of two years line dance experience, or by permission of instructor, and who want to build memory skills, resilience, technique and composure on the dance floor. Practice between classes is helpful.

11 classes	\$90R/\$104NR	Lucie Stern Ballroom	
8908	18Y+	Tu 9/13-11/29*	11:40am-12:25pm

*No class 10/4

Section D - Beginning & Intermediate Line Dance

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance, presence, and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. Take two line dance sections-Beginning and Intermediate at a reduced cost.

11 classes	\$135R/\$156NR	Lucie Stern Ballroom	
8909	18Y+	Tu 9/13-11/29*	10am-11:35am

*No class 10/4

Section E - Intermediate & Advanced Line Dance

Classic line dances and dances of exceptional merit, featuring music from swing, C/W, Latin, Ballroom and Zydeco traditions and forms. Emphasis on developing dance, presence, and poise as well as building skill and endurance. An outrageously fun way to stay in shape, make new friends and energize mind, body and spirit. Singles and couples welcome; no partners necessary. Take two line dance sections-Intermediate and High Intermediate/Advanced at a reduced cost.

11 classes	\$135R/\$156NR	Lucie Stern Ballroom	
8910	18Y+	Tu 9/13-11/29*	10:50am-12:25pm

*No class 10/4

BOOST!

Line Dancing – Intermediate/Advanced

If you want to have a ton of fun while getting some exercise, join us for line dancing. It's addicting! No partners are necessary. Music includes oldies rock 'n' roll, pop, country, Latin, soul, rock, big band, and maybe even some hip hop!

You'll learn 2 dances each week with review of previous weeks' lessons. There will also be practice time before and during class. For sure, you'll be able to do the dances at all the weekend dance venues around the Bay. This class is part of the Boost Program. Just reload your card when needed—no need for drop in cards! NO one is turned away if you forget your card (there are provisions for those rare occurrences).

Instructor: Evelyn Khinoo, ekhinoo@sbcglobal.net

www.EvelynAndDenny.com, 650-325-6913

12 classes	Lucie Stern Ballroom	
18Y+	Tu 8/30-11/15	7pm-9pm

Fitness

Mindful Yoga and Meditation for Feeling Great

Give yourself the gift of relaxation through mindfulness meditation, yoga and mindful movement. All ages and levels welcome. Calm the mind while developing present moment awareness. Open the body through an inward middle path style of yoga. Listen to your body and feel deep openings and inner body awareness. Renew, revitalize and learn to lower stress. Let go of aches, pains and feel great! Discover your inner peace and well being. Great for continuing MBSR students.

Instructor: Mike Kintz has been teaching yoga and meditation since 1997: yogawithmike.com for more info.

14 classes	\$140R/\$161NR	Lucie Stern Ballroom	
8805	18Y+	M 9/12-12/19*	5:30pm-6:45pm

*No class 10/10

Pilates/Yoga: Focus on Alignment with MindfullyFit

Pilates is the most efficient way to develop core strength. It is a non-weight bearing form of strengthening and conditioning to develop your integral postural muscles. Yoga is the most effective way to elongate muscles and stretch to gain flexibility and range of motion. This is a full body workout designed to help you build strength, especially in your torso, while stretching your body and being mindful of your alignment. You get the best of both worlds! Andrea Saliba, Founder of MindfullyFit?, has been studying posture, alignment and Pilates & Yoga for 17 years. She also has a deep knowledge of ballet, jazz and hip hop and belly dance.

10 classes	\$186R/\$214NR	Lucie Stern Ballroom	
8906	18Y+	F 9/9-11/18	11:30am-12:30pm

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Certified Zumba instructor Lourdes Avenier will get your body moving in this fun and energetic class for busy adults who want to make the most out of a true calorie-burning workout!

13 classes	\$205R/\$236NR	Lucie Stern Ballroom	
9015	18Y+	Th 9/8-12/15*	7:30pm-8:30pm

*No class 9/22, 11/24

Energy River Yoga

Enjoy the benefits of an evening yoga class Thursdays at 7:00 pm. Mounting evidence shows that yoga helps to reduce anxiety, promote circulatory health, increase strength and flexibility, and support restful sleep. Teachers Jido and Leila each bring friendly, lively attitudes to leading Hatha-style "Energy River" flows with roots in Integral Yoga. Join your neighbors and friends to realize the benefits of practice as we "put up our sails into the winds of grace."

Instructors: Jido Lee Ferguson and Leila McGrory

10 Classes	\$90R/\$104NR	Cubberley Auditorium	
8924	18Y+	Th 9/15-11/17	7:00-8:15pm

BOOST!

For more information about **BOOST!** Programs, see page 53 for a class schedule

ADULTS Daily Drop-in \$15 | 10 Class Pack \$75 | 20 Class Pack \$150

STUDENTS & SENIORS (60+) Daily Drop-in \$15 | 10 Class Pack \$65 | 20 Class Pack \$130

BOOST! Early Aerobics for a Great Day: Cardio, Stretch & Strengthen

A great way to start the day! Class includes a thorough warm-up, low-impact cardio activity, full-body strengthening and conditioning with hand weights, balance, healthy back exercises and flexibility improvement. All choreographed to music. Wear fitness shoes with supportive soles. Bring a towel and a water bottle. Drop-in cards may be purchased at the Lucie Stern Center.

Instructor: Jerrie Thurman

Ongoing	Lucie Stern Ballroom	
18Y+	Mon, Wed, Fri	8am-9:15am

BOOST! Judy's "Early" Low Impact Aerobics

Come join me for a great class designed for those who wish a fun and yet complete work-out with a less "intensive" approach. We will use chairs for the warm-up and weight training segment. Easy to follow "dance" steps to enhance the aerobic portion of the class and finally floor conditioning and stretch exercises to complete the work-out. A great work-out for seniors or "all-most" seniors!

Instructor: Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral movement.

BOOST Drop-in cards available at Mitchell Park Community Center, Cubberley Community Center Office, Lucie Stern and online.

Ongoing	Cubberley G-6	
50Y+	Tu, Thu	8:30am-9:30am

BOOST! Judy's Low Impact Aerobics

Take a look at this fun and effective Low Impact Aerobics Class with easy to follow aerobic/dance routines to improve your cardiovascular system. Class also includes weight strength training, floor conditioning, and a stretch segment to complete a well-rounded work-out. A great class if you're looking for a challenging workout geared for the intermediate to experienced exerciser.

Instructor: Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral and dance movements.

BOOST Drop-in cards available at Mitchell Park Community Center, Cubberley Community Center Office, Lucie Stern and online.

Ongoing	Cubberley G-6	
50Y+	Tu, Thu	9:45am-11am

BOOST! Easy Aerobics

Easy to follow cardio movement for 25 to 30 minutes followed by lengthening stretching weight training from 15 min with 2 pound to 7 pound dumbbell. Floor work legs, sit ups...stretching towards the end.

BOOST Drop-in cards available at Mitchell Park Community Center, Cubberley Community Center Office, Lucie Stern and online.

Instructor: Ailsa Ludvik

Ongoing	Cubberley G-6	
50Y+	Wed, Fri	9:15am-10:15am

BOOST! Light Athletic Stretch and Release LASR Yoga™

Are you thinking about doing some stretching, or practicing yoga, but don't want to over-exert? Join a light athletic yoga series you can adjust to your own pace. This set of movements uses knowledge from yoga, skills from the "chi" (vitality) arts, and the instructor's long experience leading yoga. First, we warm up muscles and joints, then stretch and strengthen all parts of the body, and finally cool down again with deep relaxation. An optional healing affirmation is offered. Held Tuesday and Thursday mornings at 10:30 am, in the new Alma Community Room, located to the left and upstairs from the Market at 3445 Alma.

Instructor: Jido Lee Ferguson

(<http://movementandstillnessmeditation.blogspot.com>)

Ongoing	Alma Community Room	
18Y+	Tu, Thu	10:45am-12:00pm

BOOST! Line Dancing – Intermediate/Advanced

If you want to have a ton of fun while getting some exercise, join us for line dancing. It's addicting! No partners are necessary. Music includes oldies rock 'n' roll, pop, country, Latin, soul, rock, big band, and maybe even some hip hop!

You'll learn 2 dances each week with review of previous weeks' lessons. There will also be practice time before and during class. For sure, you'll be able to do the dances at all the weekend dance venues around the Bay. This class is part of the Boost Program. Just reload your card when needed—no need for drop in cards! NO one is turned away if you forget your card (there are provisions for those rare occurrences).

Instructor: Evelyn Khinoo, ekhinoo@sbcglobal.net

www.EvelynAndDenny.com, 650-325-6913

12 Classes	Lucie Stern Ballroom	
18Y+	Tu 8/30-11/15	7pm-9pm

BOOST!

ADULT FITNESS CLASS CALENDAR

PALO ALTO RECREATION | Classes are offered at the Lucie Stern (LSCC), Cubberley Community Center (CCC) and Alma Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	Early Aerobics 8-9:15am (LSCC) Jerrie Thurman		Early Aerobics 8-9:15am (LSCC) Jerrie Thurman		Early Aerobics 8-9:15am (LSCC) Jerrie Thurman	
8:30 AM		Zumba Plus 8:30-9:40am (LSCC) Carla Kenworthy		Zumba Plus 8:30-9:40am (LSCC) Carla Kenworthy		
9 AM		Low Impact Exercise 8:30-9:30am (CCC) Judy Vajta		Low Impact Exercise 8:30-9:30am (CCC) Judy Vajta		
9:45 AM			Easy Aerobics 9:15-10:15am (CCC) Ailsa Ludvik		Easy Aerobics 9:15-10:15am (CCC) Ailsa Ludvik	Zumba 9-10am (LSCC) Carla Kenworthy
10:30 AM		Low Impact Aerobics 9:45-11am (CCC) Judy Vajta		Low Impact Aerobics 9:45-11am (CCC) Judy Vajta		
7 PM		LASR Yoga-Alma Room 10:45-12pm Lee Ferguson		LASR Yoga-Alma Room 10:45-12pm Lee Ferguson		
		Line Dancing Int/Advanced 7-9pm (LSCC) Evelyn Khinoo				

CLASS PACK PRICING

ADULT (18 & up)

Daily Drop-in - \$15
10 Class Pack - \$75 (only \$7.50 per class!)
20 Class Pack - \$150

STUDENT (Student ID Required) & SENIOR (60+)

Daily Drop-in - \$15
10 Class Pack - \$65 (only \$6.50 per class!)
20 Class Pack - \$130

For class details or registration information, please visit www.cityofpaloalto.org/enjoy or call 650-463-4900

BOOST! Zumba Plus

Come join the party! Zumba's up-beat music will have you moving to international rhythms like Salsa, Samba, Bhangra, Belly Dance, Merengue, Cha-Cha and more, and you'll wonder where the hour went. Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party that's moving millions of people toward joy and health. No dance experience necessary; wear comfortable workout clothing and workout shoes – and come ready to sweat! Modifications for various fitness levels will be given. Last 15 minutes of the class will be devoted to muscle-toning, balance and flexibility. Instructor: Carla K., Zumba Crew 650

Ongoing	Lucie Stern Ballroom	
18Y+	Tu, Thu	8:30am-9:40am

BOOST! Zumba with Carla

What a great start to your weekend - a workout that feels like a party! Zumba combines red-hot international music and rhythms with simple-to-follow steps that make even the 'non-dancer' burn the dance floor - and calories! Be prepared to sweat as you move from Salsa to Bhangra, Merengue to Samba, Reggaeton to Flamenco. No dance experience necessary, and modifications are given for all abilities and levels.

Ongoing	Lucie Stern Ballroom	
18Y+	Sa	9am-10am



Music

Beginning Guitar

Have you ever wanted to play the guitar? Do you know a few chords or songs, but fear playing in front of other musicians or an audience? This beginning guitar class will help you find the ability to work through these challenges. The curriculum will be based on the students who enroll, each will bring a favorite song, we will arrange the songs according to their degree of difficulty and practice them over the 13 classes, while learning Music fundamentals along the way. Bring your guitar and join us in learning how to play.

Instructor: John Engel

15 classes	\$200R/\$230NR	Lucie Stern Community Room	
8881	18Y+	W 9/7-12/14	6:30pm-7:30pm

Sing the Best of Broadway

"Some enchanted evening", you may meet a stranger, singing the "Sound of Music" in Oklahoma! (some people have, and are now married!). All of those musicals (and many more) you will sing when you attend Paul Engel's "sing along" class." Paul's class does for my spirit, what my chiropractor does for my spine". So says a satisfied attendee to this fun class. Come and check it out. "Give it a try", Paul says. "Be my guest at the first class, and only sign up if you like it."

Instructor: Paul Engel

9 classes	\$79R/\$91NR	Lucie Stern Fireside	
8877	18Y+	W 9/14-11/9	5:30pm-7pm

Special Interest

Beginning Ice Skating

Beginning ice skating classes are for those who need to hold on to the railing or who have never skated. Includes rental skates, free practice on the day of the lesson and two extra free practice passes. For higher level classes, contact Winter Lodge directly at 493-4566 or visit winterlodge.com

8 classes	\$200R/\$230NR	Winter Lodge 3009 Middlefield Road	
8927	18Y+	W 9/28-11/16	8pm-8:30pm

Ball & Roller, Deep

Tissue Therapeutic Massage

Ball & Roller, Self-Help, Deep Tissue Therapeutic Massage. Retain the vitality and freedom of long, pain free muscles due to injuries or stress. You will learn therapeutic techniques for the shoulders, neck, back, legs, arms/shoulders (tendonitis), feet (plantar fasciitis) and hands using an exercise form roller and tennis ball. Extra focus for low back pain sufferers and office workers. Breaks down scar tissue to regain lost range of motion (R.O.M.) Releases deep tension and pain as it lengthens muscles and tendons. Rollers and balls supplied. Micro and micro stretching for trigger point release and muscle group rebalancing. Please dress comfortably and bring a mat or large bath towel. Materials Fee of \$15 for instructional video due at class. Jason (jasonchanproductions.com) is a massage, ergonomic and tai chi instructor/therapist specializing in chronic low back, neck and shoulder pain with 19 years experience.

Instructor: Jason Chan

1 class	\$35R/\$41NR	Cubberley D-1	
8913	18Y+	Sa 12/3-12/3	11am-1pm

Chen Tai-Chi for Lifelong Wellness

This class introduces the Chen style Taiji (Tai Chi), silk-reeling exercises and Hum Yuan Qigong, which form the foundation of the Tai Chi System. Chen style Taiji is widely acknowledged as the ancestor of all other Tai Chi styles, incorporating martial arts and health benefits which may include lifelong physical wellness, mind-body connection, stress reduction, better joint mobility, and improved physiological functions. It may also help to improve concentration & focus, body coordination, balance, immune system, physical strength, flexibility and may add years to your life. For more information, please visit www.Tradition-atChenTaiji.com. Instructor: Master Loren King-Loon Chin is a 20th-generation lineage holder in Chen Family Taijiquan and a certified senior instructor conferred by the Chen Qingzhou Martial Arts Association (accredited by China's Ministry of Education) in Xulu Village, Henan Province, China (birthplace of Tai-Chi).

Instructor: Loren Chin

12 classes	\$139R/\$160NR	Lucie Stern Ballroom	
8799*	18Y+	M 9/12-12/5	7:30pm-9pm

* No class 10/10

Heartfulness Meditation

Experience Heartfulness! Heartfulness Institute offers several relaxation and meditation techniques that will enable and empower all participants to lead a successful and stress-free balanced life. All participants will learn the techniques of how to truly relax, meditate and connect to your inner self. Experience a practical way to uncover the heart's unlimited resources. Instructor: Heartfulness Certified Instructors: Radhalakshmi Raktishnan, Sudharshan Navalpakk, Vishnpet Meena

13 classes	\$65R/\$75NR	Lucie Stern Community Room	
8958	18Y+	Tu 9/20-12/13	6pm-7:15pm

Heartfulness Meditation Free Preview

This is a free preview: Experience Heartfulness! Heartfulness Institute offers several relaxation and meditation techniques that will enable and empower all participants to lead a successful and stress-free balanced life.

Heartfulness Certified Instructors: Radhalakshmi Rakrishnan, Sudharshan Navalpakk, Vishnpet Meena

1 class	\$0R/\$0NR	Lucie Stern Fireside Room	
9014	18Y+	Tu 9/13-9/13	6pm-7pm

Improvisation for Beginners

Improvised, off the cuff, by the seat of your pants, ad-lib; these are phrases that scare most people. Learn how to turn them to your advantage through exercises, games, and structured learning that will not only be fun, but give you the tools to have confidence without a script on the stage, in the boardroom, or on stage night with your friends.

4 classes	\$100R/\$115NR	Lucie Stern Community Room	
8922	18Y+	M 9/12-10/3	7pm-8:30pm
8923	18Y+	M 10/17-11/14	7pm-8:30pm

Passport to Retirement

This class provides comprehensive information for anyone planning for retirement. Learn how to overcome roadblocks, assess the costs, manage your income sources, select retirement plan distribution choices, and inflation proof your income. Other topics include estate planning, Social Security, and lifestyle issues. Spouse/guest can attend at no charge.

Instructor: Peter Evans

3 classes	\$50R/\$58NR	Cubberley A-6	
8914	40Y+	Tu 9/20-10/4	6:30pm-9pm

3 classes	\$50R/\$58NR	Cubberley A-7	
8915	40Y+	Th 9/29-10/13	6:30pm-9pm

Rejuvenate Your Retirement

This unique and comprehensive course focuses on the issues and concepts important to individuals who are already retired. In straightforward language, explained are strategies such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. Includes 143 page workbook; spouse/guest may attend at no charge. Ages 55+ (or already retired).

Instructor: Peter Evans

2 classes	\$50R/\$115NR	Cubberley A-7	
8916	55Y+	M 9/12-9/19	10am-12:30pm
8917	55Y+	W 9/7-9/14	1pm-3:30

Total Healthy Back

Total Healthy Back- Proven Techniques That Heals and Maintains Your Lower Back.

Learn to relieve and heal chronic pain/tension associated with arthritis, degeneration and sciatica. These self-help techniques often result in instant relief with long term results. They include: Identifying scare tissue and trigger points S.I. joint (sacral iliac) functionality assessment and restoration. Use of Trigger Point/ Acupressure and deep tissue techniques Rebalancing stretches core muscle groups to increase range of motion. Includes illustrated handout. Please dress comfortably and bring a large bath towel or mat for floor exercises. Materials Fee of \$15 for instructional video due at class. Jason (jasonchanproductions.com) is a massage, ergonomic and tai chi instructor/therapist specializing in chronic low back, neck and shoulder pain with 19 years experience.

Instructor: Jason Chan

1 class	\$35R/\$41NR	Cubberley D-1	
8911	18Y+	9/17-9/17	11am-1pm

Total Healthy Neck

Total Healthy Neck- Proven Techniques That Heals and Maintains Your Neck & Shoulders. Recommended for heavy computer users and those with lost of neck range of motion. Learn to relieve and heal chronic pain and tension in your neck and shoulders. These self-help techniques often result in instant relief and long term results. They include: Self-massage and joint mobilization R.O.M. (range of motion) assessment and restoration Trigger Point/Acupressure for nerve entrapments. Includes illustrated handout. Please dress comfortably and bring a large bath towel or mat. Materials Fee of \$15 for instructional video due at class. Jason (jasonchanproductions.com) is a massage, ergonomic and tai chi instructor/therapist specializing in chronic low back, neck and shoulder pain with 19 years experience.

Instructor: Jason Chan

1 class	\$35R/\$41NR	Cubberley D-1	
8912	18Y+	Sa 11/12-11/12	11am-1pm

Sports

PLAY TENNIS THE STANFORD WAY!

Individual Tennis Lessons

Personal and semi-private lessons (1-4 players) taught by the staff of Stanford Coach John Whitlinger and Stanford/USPTA Pro Tom Sarsfield (WhitlingerSarsfieldTennis.com).

Director's Hourly Rate

Stanford/USPTA Elite Pro Tom Sarsfield • 408 745-6171 | tolisars@flash.net

\$90 for one player

\$5 per hour more for each additional person

Lessons at Rinconada Park #5-6

*Pro's Hourly Rate

\$75 for one player, \$40 each for two players, \$30 each for three players, \$25 each for four players

*\$5 per hour discount for three (3) hours or more paid in advance.

***For lessons at Mitchell Park #1-2**, call USPTA Professionals Neil Da Silva (408) 398-5543, John Chan (650) 637-8809, Hung Nguyen (408) 499-2433, or visit WhitlingerSarsfieldTennis.com for more contact information.

***For lessons at Rinconada Park #5-6**, call Thor Holt (650) 380-7139, or visit WhitlingerSarsfieldTennis.com for more contact information.

Payment for lesson(s) must be given to the instructor at the time of your first lesson. Only checks payable to TOM SARFIELD will be accepted (no cash or credit card).

Group Lessons

Enjoy top-flight instruction from the staff of Stanford Hall of Famer John Whitlinger and Stanford/USPTA Pro Tom Sarsfield. Youth (8-14 yrs) and adult classes of 3-8 students will consist of six or eight hours of instruction. Classes of two will consist of four hours of instruction. Terrific Tiny Tennis classes will consist of three or four hours of lessons. Students provide own rackets.

Important: In case of rain, contact the recreation dept. at 463-4900, Monday through Friday, 8am-5pm, within the hour before scheduled starting time for class status or check with the instructor at the court. If at any time the instructor is absent, report to the next scheduled lesson for makeup date.

No postponement announcement will be initiated by the instructor or the rec. dept.

Unless notified to the contrary, make up lessons will be forwarded to the next normal meeting day and time. However, Fridays (for weekday lessons) or Sundays (for weekend lessons) may be used at the instructor's discretion.

Note: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

Adult Intermediate Tennis

For players (NTRP 2.5-3.0) who are consistent on medium paced shots but needs to develop more spin, power, and/or variety. Basic to advanced shots, strategy, and tactics will be introduced and reinforced by performance enhancing drills.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
9005	15Y+	M,W 9/12-10/5	11am-12pm

6 Classes	\$85R/\$98NR	Rinconada #5-6	
9006	15Y+	M,W 10/17-11/2	11am-12pm

4 Classes	\$85R/\$98NR	Rinconada #5-6	
9007*	15Y+	M,W 11/14-11/28	10:30am-12pm

*No Class 11/23

8 Classes	\$105R/\$121NR	Mitchell #1-2	
9008	15Y+	Tu, Th 9/13-10/6	7:30-8:30pm

6 Classes	\$85R/\$98NR	Mitchell #1-2	
9010	15Y+	Tu, Th 10/18-11/3	7:30-8:30pm

4 Classes	\$85R/\$98NR	Mitchell #1-2	
9013*	15Y+	Tu,Th 11/15-11/29	7:30-9pm

*No Class 11/24

Adult Low Intermediate Tennis

For players (NTRP 2.0-2.5) who are consistent on a slow paced rally but needs to develop depth and directional control when pace is added. Review and strengthen stroke techniques with emphasis on basic strategy and tactics.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
9001	15Y+	M,W 9/12-10/5	7:30-8:30pm

6 Classes	\$85R/\$98NR	Rinconada #5-6	
9003	15Y+	M,W 10/17-11/2	7:30-8:30pm

4 Classes	\$85R/\$98NR	Rinconada #5-6	
9004*	15Y+	M,W 11/14-11/28	7:30-9pm

*No Class 11/23

Adult Novice Tennis

Develop the essential techniques with emphasis on control, depth, and direction. Lessons will also incorporate rules, etiquette, and basic doubles play.

Instructor: Whitlinger Sarsfield Tennis

8 Classes	\$105R/\$121NR	Rinconada #5-6	
8996	15Y+	M,W 9/12-10/5	10-11am

8 Classes	\$85R/\$98NR	Rinconada #5-6	
8997	15Y+	M,W 10/17-11/2	10-11am

4 Classes	\$85R/\$98NR	Rinconada #5-6	
8998*	15Y+	M,W 11/14-11/28	9-10:30am

*No Class 11/23

8 Classes	\$105R/\$121NR	Mitchell #1-2	
8999	15Y+	Tu, Th 9/13-10/6	6:30-7:30pm

6 Classes	\$85R/\$98NR	Mitchell #1-2	
9000	15Y+	Tu, Th 10/18-11/3	6:30-7:30pm

Advanced Players Tennis Clinic

Stanford/USPTA Pro Tom Sarsfield will personally teach this dynamic clinic for Adults (NTRP 3.5-4.5) and High School Team/Tournament players (14-17 years). Basic to advanced techniques, strategy and tactics will be incorporated in performance enhancing competitive drills, includes ball machine target drills. Two to three courts grouped by age and/or ability. Only 3-6 players per Pro/court!

Instructor: Whitlinger Sarsfield Tennis

6 classes	\$105R/\$121NR	Rinconada Court 4, 5 and 6	
8995	14Y+	Sa 9/17-10/22	11am-12pm



Seniors

Aquatics

Open Swim

Fall Season

August 15 – September 11

Saturdays & Sundays*

12:30pm - 4:30pm

*closed Monday through Friday

We are open on Labor Day!

Lap Swim: 9:00 - 12:30pm

Open Swim: 12:30pm - 4:30pm

Open Swim ends after September 11. Join us again in 2017!

Independent Lap Swim

Lap Swim at Rinconada Pool is available year-round. Early morning, midday and evening times are offered for your convenience. Visit the Aquatics Program website for more information including schedule and fees: cityofpaloalto.org/aquatics

Rinconada Masters Program

With decades of swimming history, Rinconada Masters Team offers stroke technique, physical conditioning, open water and competitive training for adults of all ages. The team provides an environment to improve health and build relationships. Non-competitive swimmers are welcome! Choose from intermediate and advance workouts. Prerequisites: must be able to swim

100 yards (4 laps) of freestyle. Workouts are held at Rinconada Pool (777 Embarcadero Rd). For more information on how to join, visit the website: www.rinconadamasters.com or email head coach, Carol MacPherson: carol.macpherson22@gmail.com

Hours:

MWF 5:45-7:00am

MWF 7:00-8:30am

T/Th 12:00-1:30pm

T/Th 7:00pm-8:30pm

Sa-Su 9:30-11:00am

Fees:

65 & under \$80/mo

65 & over \$75/mo

Drop in \$8.00 per swim

Swim4fitness

Learn to swim like the pros for fun and fitness. Swim4Fitness is the "how to" program for adults to learn proper swim techniques. The program will improve your strokes and increase your fitness with the help of professional swim coaches. We offer it at a great location with convenient lunch and after work hours.

This 4-week program is offered every month starting on the first Tuesday at Rinconada Pool (777 Embarcadero Rd.).

Sign up via email carol.macpherson22@gmail.com or in person on the first day of class. Cash or checks are accepted: checks payable to Rinconada Masters. Participants must be registered by the first day of class.

8 classes - 6 students max class

Price: \$80.00

T/Th 12:00-1:30pm

T/Th 7:00pm-8:00pm

BOOST!

For more information about **BOOST!** Programs, see page 53 for a class schedule

ADULTS Daily Drop-in \$15 | 10 Class Pack \$75 | 20 Class Pack \$150

STUDENTS & SENIORS (60+) Daily Drop-in \$15 | 10 Class Pack \$65 | 20 Class Pack \$130

Fitness

BOOST! Early Aerobics for a Great Day: Cardio, Stretch & Strengthen

A great way to start the day! Class includes a thorough warm-up, low-impact cardio activity, full-body strengthening and conditioning with hand weights, balance, healthy back exercises and flexibility improvement. All choreographed to music. Wear fitness shoes with supportive soles. Bring a towel and a water bottle. Drop-in cards may be purchased at the Lucie Stern Center.

Instructor: Jerrie Thurman

Ongoing	Lucie Stern Ballroom	
18Y+	Mon, Wed, Fri	8am-9:15am

BOOST! Judy's "Early" Low Impact Aerobics

Come join me for a great class designed for those who wish a fun and yet complete work-out with a less "intensive" approach. We will use chairs for the warm-up and weight training segment. Easy to follow "dance" steps to enhance the aerobic portion of the class and finally floor conditioning and stretch exercises to complete the work-out. A great work-out for seniors or "all-most" seniors!

Instructor: Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral movement.

BOOST Drop-in cards available at Mitchell Park Community Center, Cubberley Community Center Office, Lucie Stern and online.

Ongoing	Cubberley G-6	
50Y+	Tue, Thu	8:30am-9:30am

BOOST! Judy's Low Impact Aerobics

Take a look at this fun and effective Low Impact Aerobics Class with easy to follow aerobic/dance routines to improve your cardiovascular system. Class also includes weight strength training, floor conditioning, and a stretch segment to complete a well-rounded work-out. A great class if you're looking for a challenging workout geared for the intermediate to experienced exerciser.

Instructor: Judy Vajta

Please wear appropriate type shoes with non-skid soles that will allow lateral and dance movements.

BOOST Drop-in cards available at Mitchell Park Community Center, Cubberley Community Center Office, Lucie Stern and online.

Ongoing	Cubberley G-6	
50Y+	Tue, Thu	9:45am-11am

BOOST! Easy Aerobics

Easy to follow cardio movement for 25 to 30 minutes followed by lengthening stretching weight training from 15 min with 2 pound to 7 pound dumbbell. Floor work legs, sit ups...stretching towards the end.

BOOST Drop-in cards available at Mitchell Park Community Center, Cubberley Community Center Office, Lucie Stern and online.

Instructor: Ailsa Ludvik

Ongoing	Cubberley G-6	
50Y+	Wed, Fri	9:15am-10:15am

BOOST! Light Athletic Stretch and Release LASR Yoga™

Are you thinking about doing some stretching, or practicing yoga, but don't want to over-exert? Join a light athletic yoga series you can adjust to your own pace. This set of movements uses knowledge from yoga, skills from the "chi" (vitality) arts, and the instructor's long experience leading yoga. First, we warm up muscles and joints, then stretch and strengthen all parts of the body, and finally cool down again with deep relaxation. An optional healing affirmation is offered. Held Tuesday and Thursday mornings at 10:30 am, in the new Alma Community Room, located to the left and upstairs from the Market at 3445 Alma.

Instructor: Jido Lee Ferguson

(<http://movementandstillnessmeditation.blogspot.com>)

Ongoing	Alma Community Room	
18Y+	Tue, Thu	10:45am-12pm

BOOST! Line Dancing – Intermediate/Advanced

If you want to have a ton of fun while getting some exercise, join us for line dancing. It's addicting! No partners are necessary. Music includes oldies rock 'n' roll, pop, country, Latin, soul, rock, big band, and maybe even some hip hop!

You'll learn 2 dances each week with review of previous weeks' lessons. There will also be practice time before and during class. For sure, you'll be able to do the dances at all the weekend dance venues around the Bay. This class is part of the Boost Program. Just reload your card when needed—no need for drop in cards! NO one is turned away if you forget your card (there are provisions for those rare occurrences).

Instructor: Evelyn Khinoo, ekhinoo@sbcglobal.net

www.EvelynAndDenny.com, 650-325-6913

12 classes	Lucie Stern Ballroom	
18Y+	Tu 8/30-11/15	7pm-9pm

BOOST! Zumba Plus

Come join the party! Zumba's up-beat music will have you moving to international rhythms like Salsa, Samba, Bhangra, Belly Dance, Merengue, Cha-Cha and more, and you'll wonder where the hour went. Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party that's moving millions of people toward joy and health. No dance experience necessary; wear comfortable workout clothing and workout shoes – and come ready to sweat! Modifications for various fitness levels will be given. Last 15 minutes of the class will be devoted to muscle-toning, balance and flexibility. Instructor: Carla K., Zumba Crew 650

Ongoing	Lucie Stern Ballroom	
18Y+	Tue, Thu	8:30am-9:40am

BOOST! Zumba with Carla

What a great start to your weekend - a workout that feels like a party! Zumba combines red-hot international music and rhythms with simple-to-follow steps that make even the 'non-dancer' burn the dance floor - and calories! Be prepared to sweat as you move from Salsa to Bhangra, Merengue to Samba, Reggaeton to Flamenco. No dance experience necessary, and modifications are given for all abilities and levels.

Ongoing	Lucie Stern Ballroom	w
18Y+	Sa	9am-10am

Introduction to Lawn Bowling

A "Bowling Blast", a game for all ages, experienced lawn bowlers will teach the fundamentals and techniques of Lawn Bowling and involve you in some fun games. The Lawn Bowling Green is located at 474 Embarcadero Road. For available times and further information call 650-323-2575 or go to www.palbc.org.

Week 1: Introduction/review of basic skills plus some practice games.

Week 2-5: Games with different Palo Alto bowlers each week. You will earn points, giving you a total at the end of week 5. A number of prizes will be awarded to the bowlers with the highest scores.

Dress: Wear comfortable clothing and flat soled shoes (no heels)

Senior Friendship Day at Cubberley Community Center

Friendship Day is every Wednesday from 9:30am to 2:15pm. It is an active, friendly, free drop-in program with something for everyone. Co-sponsored by Palo Alto Adult School, City of Palo Alto and Avenidas. Please call 329-3752 for information. The following activities are offered each Wednesday at Senior Friendship Day:

Morning Crafts and Classes – 9:30 to 11am

Bridge Play – 9:30am to 1pm; open to everyone

Stretch exercises – 11 to 11:15am

Program and Entertainment – 11:15 to 11:45am featuring speakers on health, community issues and other topics plus a variety of dance and music groups

Lunch – Hot lunch catered by La Comida is offered at 11:45am (you must sign up in person by 10:30am for the lunch.) A donation of \$3 is suggested but not required

Physical Fitness Line Dancing – 12:45 to 2:15pm. It's lively! It's fun! Listen or dance to music from around the world. Dances include country, international, folk and ballroom. No partners are required. Everyone is welcome. Tennis shoes or similar are fine. All equipment is supplied.

Sign up now as spaces are limited, so don't miss out!



Library

Access the Library 24 Hours a Day at www.cityofpaloalto.org/library

Central Phone Number for all Branches: 650-329-2436

Programs and Services

PROGRAMS FOR CHILDREN

Summer Storytime Schedule

Schedules and storytimes are subject to change. For a complete, up-to-date listing of library children's activities, visit the Library's web site at www.cityofpaloalto.org/library or pick up a copy of the program calendar at any branch. To schedule a class visit, call 650-329-2436 and select Reference/Children.

Baby Storytimes

Birth to 18 months

Tue.	10:30 a.m.	Mitchell Park Library
Tue.	11:30 a.m.	Mitchell Park Library
Thu.	10:30 a.m.	Children's Library
Thu.	11:30 a.m.	Children's Library

Toddler Storytimes

18 month to 3 years

Wed.	10:30 a.m.	Children's Library
Fri.	10 a.m.	Mitchell Park Library

Preschool Storytimes

3 to 5 years

Tue.	10:30 a.m.	Children's Library
Fri.	11 a.m.	Mitchell Park Library

Family Storytimes

All Ages

Fri.	10:30 a.m.	Downtown Library
Sat.	11 a.m.	Mitchell Park Library
Sat.	11 a.m.	Children's Library

Afternoon Storytimes

All Ages

Tue.	4 p.m.	College Terrace Library
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Pajama Storytimes

All Ages

Wed.	7 p.m.	Mitchell Park Library
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Bilingual Storytimes

NEW: Mandarin Storytime

All Ages

Sun.	11 a.m.	Mitchell Park Library
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Check library calendar for other bilingual storytimes, dates and times.

Friday Fun

Every 1st Friday, 3:30-5 p.m.

Children's Library, Fireplace, 1276 Harriet St.

Every 1st Friday, 3:30-5 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Rd.

Begin your weekend with fun activities at the library!

No registration required. For all ages.

Lego Friday

Every 3rd Friday, 3:30-5 p.m.

Children's Library, Fireplace, 1276 Harriet St

Let your imagination soar and come build with us! No registration required. For all ages.

Paws to Read

Saturday, Sept. 17, 2:30-3:30 p.m.

Saturday, Oct. 15, 2:30-3:30 p.m.

Saturday, Nov. 19, 2:30-3:30 p.m.

Children's Library, Tree Top Room, 1276 Harriet St.

Practice reading skills by reading to a therapy dog who will hang on every word!

Society of Bookworms: Book Club for Kids

Wednesday, Sept. 21, 3:30-4:30 p.m.

Wednesday, Oct. 19, 3:30-4:30 p.m.

Wednesday, Nov. 16, 3:30-4:30 p.m.

Children's Library, Tree Top Room, 1276 Harriet St.

Join us for book discussions and themed activities. Books to be announced. Check online calendar for details. 3rd Grade and up. Registration is required.

Afternoon Adventures

Wednesday, Sept. 28, 3:30 p.m.

Roald Dahl 100th Birthday Party @ Children's Library

Wednesday, Oct. 26, 3:30 p.m.

Halloween Fun @ Mitchell Park

Wednesday, Nov. 23, 3:30 p.m.

Movie Matinee @ Children's Library

Mitchell Park Library, Midtown Room, 3700 Middlefield Road

Children's Library, Tree Top Room, 1276 Harriet Street

School-age children are invited to enjoy a different after-school program the 4th Wednesday of each month. Programs alternate between Mitchell Park Library and Children's Library.

Special Performers at the Library

Wednesday, Aug. 31, 3:30pm

Storytellers Peter & Melinda Wing @ Children's Library

Wednesday, Sept. 7, 3:30pm

Sterling the Bubblesmith @ Mitchell Park

Wednesday, Oct. 5, 3:30pm

Celebrate World Animal Day with the Palo Alto Humane Society @ Mitchell Park

Wednesday, Nov. 2, 3:30pm

Puppet Art Theater Company @ Children's Library

Mitchell Park Library, Midtown Room, 3700 Middlefield Road

Children's Library, Tree Top Room, 1276 Harriet Street

Check out fun performances by everyone from magicians to musical groups! Check the library's website for the most up to date information on all our performances. No registration required. Best for grades K-6.

STEAM Lab Saturdays/Sundays

Saturday, Sept. 3, 2:30 p.m.

Fruit & Vegetable Print Making @ Children's Library

Sunday, Oct. 2, 2:30 p.m.

Fruit & Vegetable Print Making @ Mitchell Park

Saturday, Nov. 5, 2:30 p.m.

TBD @ Children's Library

Mitchell Park Library Midtown Room, 3700 Middlefield Road

Children's Library, Tree Top Room, 1276 Harriet Street

An interactive program featuring different S.T.E.A.M. related projects. (Science, Technology, Engineering,, Art, & Math) Grades K-5. See library calendar for details. Registration required.

Celebrate World Animal Day

Wednesday, Oct. 5, 3:30-5 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Rd.

Join the library and the Palo Alto Humane Society to celebrate World Animal Day.

TEEN PROGRAMS

Teen Writing Club

1st & 3rd Thursday, 4 p.m.

Meets monthly may join in at any time!

Rinconada Library, Teen Zone, 1213 Newell Rd.

Share your passion for writing with other teens. Writing prompts, activities, and light snacks provided. Grade 6 and up. Registration recommended.

NEW: Maker Sundays for Teens

Sunday, Sept. 4, 4:30 p.m.

Sunday, Nov. 6, 4:30 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Rd.

Fun, hands on program featuring different Maker projects for teens. Registration required. Grades 6-12 only.

Robotics Camp

Saturdays, 3:30-5:30 p.m., Sept. 10-Sept. 24

Mitchell Park Library, 3700 Middlefield Rd.

Interested in the world of engineering? Mitchell Park Library is offering a workshop using Lego Mindstorms EV3 kits for a hands-on robotics experience. Students will learn to build and program robots over the course of 3 two hour sessions. Open to grades 4 to 8 with no previous experience in robotics. Registration required.

Graphic Novel Club

Thursday, Sept. 8, 7-8:30 p.m.

Thursday, Oct. 13, 7-8:30 p.m.

Thursday, Nov. 10, 7-8:30 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Rd.

Join us the 2nd Thursday of the month for a lively discussion, led by Daniele Archambault. For adults and teens (ages 16+). See library website and calendar for details.

Blind Date with a Banned Book

Sun-Sat, Sept. 25-Oct. 1

Mitchell Park Library, Teen Zone, 3700 Middlefield Rd.

Teen books wrapped in black on display in the Teen Zone have been BANNED. Celebrate your freedom to read during Banned Books Week. Checkout, read, take home and review your date for a chance to win a prize.



Teen Banned Book to Movie

Tuesday, Sept. 27, 4-6:00 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Rd.

Celebrate Banned Books Week with a movie and popcorn! We will be watching a movie based on a banned book. Bring your friends and enjoy some popcorn. Registration required.

Teen Anime & Candy Sushi

Tuesday, Oct. 11, 4-6:00 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Rd.

Bring your creativity as we make candy sushi while we watch anime! Yummy. Registration required.

International Games Day

Thursday, Nov. 15, 4-6:00 p.m.

Mitchell Park Community Center, Teen Center, 3700 Middlefield Rd.

More than one thousand libraries and communities around the world will showcase gaming programs of all kinds during International Games Day. Mitchell Park Library and Community Center have teamed up together to give teens a day to celebrate. Play or compete for prizes on console gaming systems, online gaming, air hockey, card games, board games, and more! Be sure to join us in the Teen Center.

FAMILY EVENTS

Family Date Nights at the Library!

Friday, Sept. 16, 7 p.m. – Pajama Party & Fort Making

Friday, Oct. 21, 7 p.m. – Tricks and Treats

Friday, Nov. 18, 7 p.m. – Let's Glow! A mind glowing experience!

Location Varies, Check online calendar for details.

Enjoy special evening hours at the Library. Bring the whole family, meet your neighbors, and have fun. All ages. Registration required.

Halloween Dominoes Fall Down

Sunday, Oct. 30, 5:00 p.m.

Mitchell Park Library, Midtown Room, 3700 Middlefield Road

Come watch as over 2000 dominoes topple and more chain reaction objects trigger each other in a spectacular Halloween fall down! Two High School Chain reaction and domino experts from Palo Alto & San Jose will join forces to build and topple this contraption at the Mitchell Park Library. Drop in throughout the day starting at 10:30AM to view the builders create and then set off the chain reaction at 5:00PM!

PROGRAMS FOR ADULTS

For a complete, up-to-date listing of adult programs, visit the Library's website at www.cityofpaloalto.org/library or pick up a copy of the program calendar at any branch.

Bay Area Bird Photographers

Come view photos of exquisite birds from around the world @ the Rinconada Library. Every **first Wednesday** of the month from 7:30-8:45PM, the Bay Area Bird Photographers present stunning images and a lively discussion! Bird lovers of all ages welcome. Fall dates: September 7, October 5 and November 2.

Bay Area Quiz Club

Stop by the Mitchell Park Library on the second Sunday of each month for an enjoyable afternoon of quizzes! Upcoming dates: September 11, October 9 (*Fall Quiz Classic from 12-6PM!*) and November 13 from 2-6PM. Please arrive promptly at 2pm, so that we can draw lots and form teams.

Beyond the Basics: Advanced ESL Class

Designed for high intermediate and advanced ESL speakers, this is a 7-week ESL course to learn pronunciation and expression.

The class meets **Mondays** from 2-3 PM @ the Mitchell Park Library. Registration required. Session 1: August 22 – October 17, Session 2: October 24 – December 12.

Brown Bag Book Club

Join us every month for the Brown Bag Book Club @ the Rinconada Library. The club meets the second Tuesday of every month at 11AM to for a lively book discussion. Everyone is welcome—bring your lunch and join the fun! Upcoming dates: September 13 (*My Brilliant Friend* by Elena Ferrante), October 11 (*The Rosie Project* by Graeme Simsion) and November 8 (*I Am Malala* by Malala Yousafzai).

Citizenship Clinic

Are you ready to become a U.S. Citizen? Do you have questions about the application process? Drop in to this FREE monthly clinic for help on filling out your applications. International Rescue Committee caseworkers will answer questions, help process new or renewal forms and complete waivers if applicable. Join us every **first Thursday** of each month @ the Mitchell Park Library from 6:30-8:30PM. Fall dates: September 1, October 6 and November 3.

Colorful Afternoon for Adults

This drop-in program is designed for adults to enjoy the art of coloring, socialize with each other and just unwind. The Library will provide coloring sheets and pencils, but attendees are welcome to bring their own sheets and tools. Join us the **third Saturday** of each month @ the Mitchell Park Library from 1-4PM. Fall dates: September 17, October 15 and November 19.

ESL Conversation Group

Designed for adults 18+, our group meets **every Wednesday** from 10:30-11:30AM @ the Mitchell Park Library. Join us for an hour to practice speaking and listening in English in a friendly and informal setting. No registration required, but please be on time!

Film Screening & Discussion of Beyond Measure

Join this **free** screening and discussion of *Beyond Measure*, a new documentary and book that set out to challenge the assumptions of our current education story. This film asks us all to reconsider the greater purpose of education and features innovative schools on the cutting-edge of education reform that show it's possible to transcend outmoded, test-driven education policies and create more equitable, empowering, student-centered schools. We hope to inspire a series of interactive community dialogues for parents, educators and students in Palo Alto to ask, listen, learn, and explore the possibilities together. Thursday, September 8 from 7-9PM @ Mitchell Park Community Center—El Palo Alto Room. Please register at <http://bit.ly/29pNDr7>. For Children (GR 6+), Teens & Adults!

Graphic Novel Book Club

Join us the **second Thursday** of each month (through May 2017) for book discussion on a graphic novel, led by Danièle Archambault, Ph.D. (Linguistics). Danièle is a researcher, author, and artist in residence at the Cubberley Community Center. Upcoming discussions & titles: September 8 (*Can't We Talk About Something More Pleasant?*); October 13 (*Daytripper*) and November 10 (*Palestine*) @ the Mitchell Park Library from 7-8:30PM. Please register for each session!

Knack for Knitting

Share your knowledge, learn & chat at this intergenerational knitting program for teens & adults. The group meets **every Wednesday** from 4-6 p.m. @ the Mitchell Park Library.

Master Gardeners

Drop in the **third Thursday** of each month for a wonderful talk presented by the Master Gardeners of Santa Clara County! Upcoming dates are September 15 (Composting: Hot, Cold & Worm); October 20 (Garden Myths & Garden Science: How to Know What Really Works); and November 17 (Bare Root Planting of Roses, Fruit Trees, Berries & Vegetables) @ the Rinconada Library from 7-8:30PM.

Medicare Mystery Solved!

Are you or a loved one getting ready to apply for Medicare and need some advice? Register for a monthly workshop presented by Sandra Karol, MS, RDMS, RVT and find out what type of plan will work for you. Join us Saturdays, September 3, October 1 and November 5 @ the Mitchell Park Library from 1-3PM.

Saturday Board Games

Drop in for a day of modern board gaming @ the Downtown Library every **second Saturday** of the month! Attendees can bring their own games to play or jump-in with others. For teens and adults! Upcoming dates: September 3, October 1 and November from 10-6PM.

Tai Chi

Join us **every Sunday** morning from 10-12PM @ the Rinconada Library. This class is open to beginners as well as those who have previous Tai Chi experience. People of all ages are welcome

Welcome to America!

"Welcome to America!" is our program series for new Americans and visitors to learn the customs and values of their new home. The series will run March-December 2016 on the fourth Thursday of every month. Each session will focus on a selected topic and will include a short presentation, followed by an activity for the whole family. Fall dates and topics include:

- **September 22: Bilingual Parenting**
- **October 27: Green Card & Citizenship**
- **November 17: I'm Grateful For...**

Join us at the Mitchell Park Library from 7-8:30PM. Registration is required for all attendees.

Yoga with Surfer Mike

Join us @ the Rinconada Library on the **second and fourth Tuesday** of each month from 5:30-6:30PM, as Surfer Mike teaches techniques of mindfulness meditation and yoga movement with awareness.

SERVICES

E-mail or phone reference librarians

E-mail reference questions to libraryreference@cityofpaloalto.org and get help from librarians within 48 hours, or call during library business hours at 329-2436 (press 2 for reference).

Borrow Books & Media from Other Libraries – LINK+

If an item is not available in the Palo Alto City Library collection, click the LINK+ icon in the catalog to search the combined LINK+ catalog of more than 40 public and academic libraries. Use your Palo Alto library card to request available books & media, then pick up your items at the Rinconada Library. Items can be returned to a service desk at any Palo Alto branch. www.cityofpaloalto.org/linkplus

DIGITAL COLLECTIONS & SERVICES

MyLibrary! App (iOS):

Search the catalog, access your account, renew items, and manage your requests conveniently on your iPhone. You can even scan a book's barcode and quickly find it in the library catalog! Free download from the Apple App Store. Android version coming soon.

Research 24/7:

Access millions of subscription articles from magazines, newspapers, academic journals and reference books online, free with your library card. www.cityofpaloalto.org/ebranch

For more information and research assistance, e-mail or call the reference librarians at libraryreference@cityofpaloalto.org and 329-2436 (press 2 for reference).

eBooks & eAudiobooks

Check out our eBook & eAudiobook collections with thousands of titles for all ages. Digital books automatically return themselves at the end of your checkout period, so you'll never worry about late fees! Visit www.cityofpaloalto.org/eBooks.

Digital Magazines - Flipster & Zinio

Get the latest complete issue of your favorite magazines on your smartphone/tablet or computer. Read anywhere, anytime, with no waitlists or due dates. Choose from magazines including American Girl, The Economist, National Geographic, Newsweek, The New Yorker, People, Rolling Stone, Us Weekly, Vogue and many more.

www.cityofpaloalto.org/library > eBooks, eResearch and More > Digital Magazines

International Newspapers & Magazines - Library Press Display

Your library card provides free access to over 3,000 newspapers & magazines from 100 countries in 60+ languages. You will find local newspapers from up to 60 days ago to today's paper. www.cityofpaloalto.org/ebranch > Research, Start Here > Newspapers

Passes to Cultural Destinations - Discover & Go

Your library card gets you free and discount passes to a wide variety of Bay Area museums and other cultural destinations.

<https://cityofpaloalto.discoverandgo.net/>

Streaming Video - InstantFlix

Bring the film festival experience home with independent films, shorts & documentaries from around the world. InstantFlix works on any Internet-enabled device, such as your computer, smartphone or tablet, as well as Roku & Xbox 360. www.cityofpaloalto.org/library > eBooks, eResearch and More > Streaming Video

One-Stop Entertainment - Hoopla

Enjoy popular and hard-to-find movies, TV shows, music, eBooks, comics and eAudiobooks, instantly available to check out. Check out up to 10 each month. Stream in the web browser on your computer, or get the free app and download to enjoy on your smartphone or tablet. <http://www.hoopladigital.com/>

Freemusic

Download 5 music tracks every week to your smartphone/tablet or MP3 player, and they're yours to keep! Choose from a collection of over 7 million songs and music videos from over 28,000 labels with music that originates in over 80 countries.

www.cityofpaloalto.org/library > eBooks, eResearch and More > Download Music

Library eNewsletters

Subscribe to our email newsletters to keep up with everything going on at the library for all ages. Our librarians create eNewsletters for kids, teen, and adult audience. You can also choose among dozens of customized booklists geared to special interests. www.cityofpaloalto.org/library > Library e-Newsletters

Library Digital Collections Help by Appointment

Getting started ~ Troubleshooting ~ Questions

Email: librarydigitalbooks@cityofpaloalto.org

Phone: 650-838-2977

www.cityofpaloalto.org/ebooks

Teen Tech Tutoring

Patient teen volunteers at the Mitchell Park library help older adults with questions about popular technology. Please bring your own device or call the Library at 650-329-2436 for options. Help is offered on a first-come, first-served basis. View the schedule on the Library Events Calendar.



FIND/FOLLOW US

Find Us on  Facebook: www.facebook.com/paloaltocitylibrary

Follow Us on  Twitter: [@PaloAltoLibrary](https://twitter.com/PaloAltoLibrary)

Follow Us on  Pinterest: www.pinterest.com/paloaltolibrary

Library Hours and Facility Information

Please check Library website for current schedule of hours at our 5 branch locations. www.cityofpaloalto.org/library

Getting to Palo Alto City Libraries

There are plenty of ways to reach our five branch libraries—by foot, bike, car and public transportation! Here are some local bus and shuttles routes:

Children's Library

Palo Alto Shuttle: Crosstown "C" and Embarcadero "E"

VTA Bus Route: #35

College Terrace Library

Stanford Marguerite: SE

VTA Bus Routes: Use El Camino bus routes.

Downtown Library

Palo Alto Shuttle: Crosstown "C" and Embarcadero "E" both stop at the Palo Alto Station.

VTA Bus Route: Bus or CalTrain to the Palo Alto Station.

Mitchell Park Library

Palo Alto Shuttle: Crosstown "C"

VTA Bus Route: # 35

Rinconada Library

Palo Alto Shuttle: Crosstown "C" and Embarcadero "E"

VTA Bus Route: # 35

Please visit these sites for more information, including fees:

Palo Alto Shuttle: www.cityofpaloalto.org/transportation

Stanford Marguerite: <https://transportation.stanford.edu/marguerite/>

VTA: www.vta.org

SUPPORT THE FRIENDS OF THE PALO ALTO LIBRARY

Over the past 10 years, FOPAL has donated over \$3 million to purchase much-needed books, media, online resources, equipment, and unique adult and children's programs for Palo Alto's public libraries.

- **SHOP** at FOPAL's huge monthly sales of used books, CD's, DVD's, puzzles, games, and much more. Sales are the 2nd Saturday and Sunday of every month at the Cubberley Community Center or daily at our library branch stores.
- **DONATE** your gently used books and media and more to FOPAL. Bring your tax-deductible donation to our Main Sale Room at Cubberley, or call us and we'll pick up!
- **VOLUNTEER** your time to FOPAL. As little as two hours a week will make a difference.
- **JOIN FOPAL.** Or give the gift of a membership to a fellow book lover.

For more details, visit www.fopal.org or call Janette Herceg, FOPAL Sales and Volunteer Manager at: (650) 494-1266.

VOLUNTEER

Library Home Connection

Library Home Connection is a home delivery of library materials for Palo Alto residents with extended illness or physical disability. Volunteers are a vital part of this program. If you love people and books, are willing to meet customers in their home or institutional setting and have a valid driver's license, this may be an ideal volunteer job for you. To become a customer or a volunteer for the Library Home Connection program, contact Marleah Augustine at 838-2927 or marleah.augustine@cityofpaloalto.org.

Volunteer at the Library

A team of dedicated community volunteers to support staff is essential to library operations and enables the Library to provide diverse collections and services. Days and hours are flexible to meet individual needs. Applicants must be at least 14 years old. Please visit our website to learn about openings: www.cityofpaloalto.org/libraryvolunteer

Empowered.

The City of Palo Alto Utilities new online portal.



Your personalized portal includes your gas, water, and electricity usage history, as well as efficiency tips and information about rebate programs, and other resources. By making a difference in your energy usage, you can help the City of Palo Alto win the \$5,000,000 Georgetown University Energy Prize and be eligible to win our upcoming lottery. Sign up and log in to: **cityofpaloalto.org/utilityprograms** or call **(650) 713-3411**.

THE CITY OF PALO ALTO UTILITIES EMPOWERING THE PEOPLE FOR OVER	100 YEARS
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Facilities

FACILITY RENTALS

Some Palo Alto facilities feature rooms, dance studios, auditoriums, etc., available for rent. Fees and deposits vary. Room capacity differs for seated and standing groups. The use of alcoholic beverages is limited. Please call the facilities directly for further information or check online at www.cityofpaloalto.org/enjoy.

Map #/ Letter	Facility	Max Cap.	Alcohol Allowed	Carpet	Chairs Avail	Dance Floor	Kitchen Avail	Stage Avail	Tables Avail
A	Baylands Nature Center* 329-2506 Lecture Room	100	■		■				■
D	Cubberley Community Center * 329-2418 www.cityofpaloalto.org/cubberley								
	Classrooms (6 total)	45		■	■				■
	Lecture Room H1	125		■	■				■
	Dance Studio (2 total)	30			■	■			
	Music Room M2	100			■				■
	Dressing Room M3	40		■	■				■
	Activity Room M4	125		■	■				■
	Theatre	318		■	■			■	■
	Gymnasium A	345			■				■
	Gymnasium B	450			■				
	Pavilion (Double Gym)	1600			■	■			■
	Activity Room H6	100			■				■
16	Foothills Park Interpretive Center* 329-2413								
	Palo Alto residency required								
	Classroom	50	■	■	■				■
7	Junior Museum & Zoo								
	Science Lab	45	■		■				■
	Exhibit Hall	137	■	■	■				■
	Zoo	50-75	■						
H	Lucie Stern Community Center* 463-4900 www.cityofpaloalto.org/LucieStern								
	Ballroom	300	■		■	■	■		■
	Community Room	125	■	■	■		■		■
	Fireside Room	50	■	■	■		■		■
	Kitchen	10	■				■		
	Patio	250	■		■		■		
I	Mitchell Park Community Center* 329-2400 www.cityofpaloalto.org/mpcc								
	El Palo Alto Ballroom	230/500	■		■	■	■		■
	Adobe North Tech Lab	45	■	■	■				■
	Adobe South	45	■	■	■				■
	Matadero Room	45	■		■				■
E	Palo Alto Art Center* 329-2366 www.cityofpaloalto.org/artcenter								
	Meeting Room	45	■	■	■				■
	Historic Courtyard	125	■						
	Sculpture Garden	300	■						
	Lobby	50	■		■				■
	Auditorium	180	■		■			■	
	Kitchen	Available as an add-on with other rented space.							
7	Lawn Bowling Green* 323-2575	60	■	■	■		■		■

* Please call for reservation

Palo Alto Parks & Preserves

Many of Palo Alto's 36 parks feature barbeque grills, sports fields, playground equipment, and other amenities. Numbers listed before each park correspond to the map on page 55. Please note that Foothills Park is open to Palo Alto residents and their guests only; proof of residency is required. For information about Foothills Park please call 329-2423. To learn more about Baylands Nature Preserve please call 329-2506.

Athletic Field Reservations

Athletic fields may be reserved for exclusive use. For information on field availability and an application, please call 650-463-4905 or email playingfields@cityofpaloalto.org. For rainout information, please call 650-329-2697.

Picnic Table Reservations

Mitchell and Rinconada Parks

Group sites can be reserved up to 6 months in advance for residents and Palo Alto-based organizations (proof of residency required.) Individual sites can be reserved May thru October—customers can reserve these tables Mon thru Thur by 5:30pm prior to the weekend of use. Reservations can be made at any of our community centers or by faxing in the completed forms. Visit www.cityofpaloalto.org or call 650-463-4949 for more information and availability.

www.cityofpaloalto.org/picnics

To be added to the waitlist for Community Gardens contact Catherine Bourquin at Catherine.Bourquin@cityofpaloalto.org.

Map #	Park	Location	BBQ Grills	Picnic Tables	Drinking Fountains	Wheelchair Access	Play Equipment	Tennis Courts	Basketball Courts(s)	Swimming Pool/Water Play Structure	Baseball/Softball	Restrooms Available	Soccer Fields	Slate Park
20	Arastradero Preserve	Arastradero Road			■							■		
21	Baylands Athletic Center	1900 Geng Road		■	■						■	■		
22	Baylands Preserve	East end of Embarcadero Road	■	■	■	■						■		
23	Bol Park	Laguna between Barron & Matadero		■	■		■							
24	Boulware Park	390 Fernando Road	■	■	■	■	■		■					
25	Bowden Park	Alma Street & California Street		■	■	■	■							
26	Bowling Green Park	474 Embarcadero Road			■									
27	Briones Park	Arastradero Road at Clemo		■	■	■	■		■					
28	Byxbee Park	East end of Embarcadero at landfill			■							■		
29	Cameron Park	2110 Wellesley Street		■	■	■	■							
30	Clark Park	Old Trace Road												
31	Cogswell Park	Lytton Avenue at Bryant			■									
32	El Camino Park	100 El Camino Real			■						■	■	■	
33	Eleanor Pardee Park	851 Center Drive	■	■	■	■	■							
34	El Palo Alto Park	El Camino Real at Alma												
35	Foothills Park*	3300 Page Mill Road	■	■	■	■						■		
36	Greer Park	1098 Amarillo Avenue	■	■	■	■	■		■		■	■	■	■
37	Heritage Park	300 Homer		■	■	■	■							
38	Hoover Park	2901 Cowper Street	■	■	■	■	■	■	■		■	■		
39	Hopkins Creekside Park	Palo Alto Ave, El Camino to Marlowe		■										
40	Johnson Park	Everett Street at Waverley		■	■		■		■					
41	Kellogg Park	Waverley at Embarcadero Road												
42	Mayfield Park	2300 Wellesley Street		■										
43	Mitchell Park**	600 East Meadow Drive	■	■	■	■	■	■		■		■		
44	Monroe Park	Monroe at Miller Avenue					■							
45	Peers Park	1899 Park Boulevard		■	■	■	■	■	■			■		
46	Ramos Park	800 East Meadow Drive	■	■	■	■	■		■					
47	Rinconada Park**	777 Embarcadero Road	■	■	■	■	■	■		■		■		
48	Robles Park	4116 Park Boulevard	■	■	■	■	■		■		■			
49	Scott Park	Scott Street at Channing		■	■		■		■					
50	Seale Park	3100 Stockton Street	■	■	■	■	■		■			■		
51	Stanford - Palo Alto Playing Fields	El Camino at Page Mill		■	■	■						■	■	
52	Terman Park	655 Arastradero Road			■	■		■	■		■		■	
53	Wallis Park	Grant Avenue at Ash Avenue												
54	Weisshaar Park	2300 Dartmouth Street		■	■	■		■						
55	Werry Park	2100 Dartmouth Street		■	■	■	■							

**Please call for reservations * Palo Alto Residency required for use

Office of Human Services

Our Mission:

“To promote and sustain a safety net of services to improve the quality of life in the community.”

If you are looking for assistance and/or services in the Palo Alto area, please call the Office of Human Services Division at 463-4906 for a list of resources or drop by our office at Cubberley Community Center located at 4000 Middlefield Rd. T2, Palo Alto

Health Services

Access high quality and affordable family-based health care. Contact MayView Community Health Center at 327-8717.

Child Care and Family Services

Human Services provides listings and maps of licensed and accredited child care centers and family child care homes in Palo Alto. The City of Palo Alto provides money from the general fund to subsidize child care for low-income families. The City of Palo Alto also provides very low-cost space for the provision of extended day care on all the elementary school sites. For more information call 463-4906.

FOOD & NUTRITION PROGRAMS

Senior Congregate Lunch Sites

Hosted by La Comida de California. A hot, three-course meal served in the company of others ages 60 and over. Asking contribution of \$3 for ages 60 and over and their spouse (\$8 for any guest under 60 years of age).

3 sites in Palo Alto are:

La Comida at Avenidas

450 Bryant St. | Phone: 322-3742 | Monday-Friday 11:15am – 12:15pm. | No reservation is necessary.

La Comida at Stevenson House

455 E. Charleston Road | Phone: 494-1944 ext. 10
Monday – Friday 11:30am – 12:15pm.

Reservations are required by 10am.

The Palo Alto Shuttle stops in front of Stevenson House for easy drop-off and return.

Cubberley Community Center

Senior Friendship Day | 4000 Middlefield Rd. – Room M4
Phone: 248-9127 (Alternate phone for information about program is 650-322-3742)

Wednesdays, 11:45am – 12:15pm; reservations must be made in person before 10:30am.

Life Moves Opportunity Services Center (OSC)

33 Encina, Palo Alto

County of Santa Clara Department of Social Services Social Services personnel are onsite at the OSC each Wednesday from 8am – 4pm helping clients to apply for General Assistance (GA), Temporary Assistance for Needy Families (TANF), Food Stamps (Cal Fresh) and

other county services. A representative from Second Harvest Food Bank will also be available to help clients apply for the food assistance programs that agency offers.

Senior Brown Bag Program

Are you a senior in need of free weekly groceries? If you are low-income and 60+ years of age or 55+ and disabled, you may be eligible. Pick up groceries every Tuesday at Ventura School, 3930 Ventura Court, Palo Alto, between the hours of 1pm and 2pm. Prior registration is required beginning at 10am. Photo ID and proof of monthly income required for registration. For more information call 610-0800 ext. 416.

Downtown Food Closet - A project of Downtown Streets Team

Eligible low-income individuals can self-select free groceries, twice a week, Monday through Friday, from the hours of 10am – 2:30pm at 425 Hamilton Ave, Palo Alto. For more information, please call 325-3663.

FAMILY RESOURCES

Family Resources is your link to the community. Family Resources helps families find services and make connections. If you don't know where to start or where to go next, come by, call or search the website www.cityofpaloalto.org/familyresources to get the exact information you need. Resource specialists are available to help match your needs and interests with information about appropriate resources, including guidance about how to use the information.

Online, by phone or in person:

Family Resources

www.cityofpaloalto.org/familyresources

e-mail: familyresources@cityofpaloalto.org | phone: 463-4906

Palo Alto Mediation Program

www.paloaltomediation.org

Tel: 856-4062, Fax: (408) 720-0810

E-Mail: Pamediation@aol.com

Questions Answered, Conflicts Resolved, FREE SERVICES OFFERED

Information and Referrals for Landlords, Tenants, and Homeowners (deposits, repairs, evictions, noise, privacy, fences, trees and hedges, animals). Mediation and Conciliation of Disputes between landlords, tenants, neighbors, contractors, clients, businesses, consumers, employers, employees, co-workers, and others.

Why Mediation? Mediation is convenient, confidential, informal and effective. Mediation enables the parties to resolve disputes themselves, and offers an alternative to going to court or doing nothing.

Note: For information about the Mandatory Response Program, a special conciliation and mediation service for tenants and landlords, please visit the City of Palo Alto website:

www.cityofpaloalto.org/gov/depts/csd/hs/mediation.asp The Palo Alto Mediation Program is administered by Project Sentinel in partnership with the City of Palo Alto.