SUMMER 2022

SAN FRANCISCO RECREATION & PARKS

sfrecpark.org/register

May 21st @ 10am

sfrecpark.org/register

May 21st @ 10am
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Get OUT and Play This Summer

Dear Friends,

April showers bring May flowers, and what do May flowers bring? Gorgeous summer days in our beautiful City! While school is out, check out what Rec and Park has to offer to keep you and your family busy.

Is your child interested in fishing? Maybe they’d like our Urban Anglers program at Heron’s Head Park! They will learn to safely fish and understand the environmental impact that fishing has on our ecosystem. We are also offering drop-in Zumba for our youth at Joseph Lee Recreation Center on Saturdays! Zumba is a great way to keep the body active while learning some new dance moves!

We’re also offering a variety of fun classes for our 55 and greater folks! Along with Pilates and bootcamp we also offer a stretching and relaxation class and ukulele.

Featured on the cover is our very own Willard Harris and Commissioner Vanita Louie. Willard is the oldest recreation participant in our system, who was born in 1919 and turned 102 this past December. Aqua Yoga has offered Willard the perfect way to stay active while enjoying the pool water. With our days warming up remember to take a page out of Willard’s book and Get Out and Play!

Sincerely,
Phil Ginsburg
General Manager
PAYMENT
Online registration and payment can be made at sfrecpark.org/register with Visa or MasterCard. Walk-In registration at designated sites can be made with cash, check, Visa, MC, Amex and Discover. Make checks payable to SFRPD; Payment is due in full at time of registration.

WITHDRAWALS & TRANSFERS
You need to withdraw at least one week before the course starts, otherwise you will forfeit the entire cost of the course.

For every withdrawal or transfer from a paid activity, you will be charged either $14 or 20% of the cost of the course, whichever is greater.

The remaining balance will be credited to your family account. Call (628) 652-2900 to withdraw from a course.

REFUNDS
There will be a $14 refund processing fee for all payments requested from account balance credits.

SCHOLARSHIPS
Recreation and Parks offers annual Recreation Scholarships to eligible, low-income individuals and families. ATTENDANCE IS MANDATORY TO RETAIN SCHOLARSHIP. Call Lillian Bautista, Scholarship Coordinator, at (415) 831-2717 for info on how to qualify.

PHOTO POLICY
 Occasionally photos may be taken of participants in the programs, classes and activities. These photos may be used in future program guides, brochures, web site, pamphlets, flyers or news releases.

CLASS CANCELLATION
We will notify you if a class or program is cancelled and full refunds or credits will be made available.

Courses and fees are subject to change any time before the session’s program registration begins.
HOW TO REGISTER

SUMMER REGISTRATION DATES:

Member Registration opens on May 14th at 10am. Registration is only open to FOSAS and Randall Museum Friends for their activities only.

Priority Registration opens on May 18th at 10am 50% of all available spots will be open for active scholarship recipients.

General Registration opens on May 21st at 10am, the remaining 50% of spots will be released along with the option to waitlist for any program that is full.

Log into your account at www.sfrecpark.org/register (your login is your email address)

There are TWO WAYS TO REGISTER for Recreation and Park Summer Programs:

1. Online at sfrecpark.org/register

2. Over the phone @ 628-652-2900
Sports - Alternative

**All Ages Martial Arts Sampler - Beginning**
The Martial Arts Sampler has been developed for anyone who wants a taste of martial arts at their neighborhood recreation center. Please call the recreation center to find out which martial art is being offered.

**Location:** ST. MARY’S REC CENTER

**Instructor:** Lonnie Francis

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**All Ages Martial Arts Sampler - Advanced**
The Martial Arts Sampler has been developed for anyone who wants a taste of martial arts at their neighborhood recreation center. Please call the recreation center to find out which martial art is being offered.

**Location:** ST. MARY’S REC CENTER

**Instructor:** Lonnie Francis

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**Alternative Recreation**

**Karate Kidz- Little Kickers**
Kids will learn movements taken from various traditional and functional martial arts. This class DOES NOT teach fighting techniques or combat. Little Kickers will provide young participants basic knowledge and the foundation to grow in martial arts. This class is perfect for tots who want to be exposed to different movements other than in mainstream sports. Students will have the opportunity to purchase a uniform and belts for an extra fee.

**Location:** SUNSET REC CENTER

**Instructor:** Alex Medel

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**Location:** UPPER NOE REC CENTER

**Instructor:** Alex Medel

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Aquatics

Aquatics - Parent and Tot Swim
This class will teach parents basic water safety while introducing tots to new skills and fun. Songs, water safety, entering and exiting the water, and holding techniques for the parents are some of the topics covered in this lesson. Infant or toddler is accompanied in the water by their caregiver. Children are required to wear swim diapers while in the pool.

Location: BALBOA SWIMMING POOL
Instructor:
COURSE # DAYS DATES TIMES AGES FEES
32996 Sa 6/11-8/6 9am-9:30am 6m - 2 $52

Location: GARFIELD SWIMMING POOL
Instructor:
COURSE # DAYS DATES TIMES AGES FEES
32994 F 6/10-7/29 11:15-11:45am 6m - 2 $59

Location: NORTH BEACH SWIMMING POOL
Instructor:
COURSE # DAYS DATES TIMES AGES FEES
32995 T 6/7-7/26 11:30am-12pm 6m - 2 $59

Location: ROSSI SWIMMING POOL
Instructor:
COURSE # DAYS DATES TIMES AGES FEES
32997 Sa 6/11-8/6 10:30am-11am 6m - 2 $52

Location: SAVA SWIMMING POOL
Instructor:
COURSE # DAYS DATES TIMES AGES FEES
32998 W 6/8-7/27 4pm-4:30pm 6m - 2 $52

Aquatics - Preschool Swim
This level continues to focus on building more comfort and enjoyment in the water using songs, games and play. While introducing more structured play in the areas of bobbing, breath control, floating, gliding and kicking on front and back, in addition to arm rotations and other elementary skills. Children ages 3 and under are required to wear swim diapers while in the pool. The ratio is 1 adult per child.

Location: BALBOA SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32991 Sa 6/11-8/6 9:45-10:15am 3-5 $52

Location: COFFMAN SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32989 Sa 6/11-8/6 10:30am-11am 3-5 $59

Location: GARFIELD SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32988 Sa 6/11-7/30 9am-9:30am 3-5 $59

Location: HAMILTON SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32985 T,Th 6/7-6/30 3:30pm-4pm 3-5 $59
32990 Sa 6/11-8/13 9am-9:30am 3-5 $59

Arts & Crafts

Dynamic Duo Clay Explorers (Session One)
Discover the wonders of clay with your small child. Both of you will get your hands into this wonderfully tactile medium. Roll coils, build with slabs, pinch pots and paint on glazes. Together, you can make projects that neither one of you could do alone. Registration fee includes one child and one adult. Each child must be accompanied by a participating adult. Please register for class using the child’s name.
Location: RANDALL MUSEUM
Instructor: Mariko Allbritton
COURSE # DAYS DATES TIMES AGES FEES
33033 Sa 7/9-8/6 10am-11am 3-5 $125/$135

Location: MARTIN LUTHER KING, JR. SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32987 Sa 6/11-8/13 10:30am-11am 3-5 $59

Location: NORTH BEACH SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32986 Sa 6/11-8/6 11:30am-12pm 3-5 $52

Location: SAVA SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
32993 W 6/8-7/27 4pm-4:30pm 3-5 $59
32994 Sa 6/11-8/6 9am-9:30am 3-5 $59
Dynamic Duo Clay Explorers (Session Two)
Discover the wonders of clay with your small child. Both of you will get your hands into this wonderfully tactile medium. Roll coils, build with slabs, pinch pots and paint on glazes. Together, you can make projects that neither one of you could do alone. Registration fee includes one child and one adult. Each child must be accompanied by a participating adult. Please register for class using the child’s name.
Location: RANDALL MUSEUM
Instructor: Mariko Allbritton
COURSE # DAYS DATES TIMES AGES FEES
33034 Sa 7/9-8/6 11:15-12:15pm 3-5 $155/$165

Woodworking for Tots with Grownups (Session One)
Spend Saturday mornings with your young child in our fabulous woodshop. You’ll both learn to safely use the drill press, portable drills and many hand tools. Together, you’ll build fun projects like wooden toys, birdhouses, tool boxes and more. Projects change every session, so you can take this class again and again. Registration fee includes one child and one adult. Each child must be accompanied by a participating adult. Register for class using the child’s name.
Location: RANDALL MUSEUM
Instructor: Will Koehler
COURSE # DAYS DATES TIMES AGES FEES
33035 Sa 7/9-8/6 10-11am 2.5-4 $110/$120

Woodworking for Tots with Grownups (Session Two)
Spend Saturday mornings with your young child in our fabulous woodshop. You’ll both learn to safely use the drill press, portable drills and many hand tools. Together, you’ll build fun projects like wooden toys, birdhouses, tool boxes and more. Projects change every session, so you can take this class again and again. Registration fee includes one child and one adult. Each child must be accompanied by a participating adult. Register for class using the child’s name.
Location: RANDALL MUSEUM
Instructor: Will Koehler
COURSE # DAYS DATES TIMES AGES FEES
33036 Sa 7/9-8/6 11:15-12:15pm 2.5-4 $110/$120

Tiny Tot Drop-In
Tiny Tot Open Gym is a play-based interactive gym where your little ones will practice social and motor skills with toys, balls, and things on wheels. Adult participation is required.
Location: PALEGA REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in Th 6/9-8/11 10am-11:30am 6m -3 Free
Alternative Recreation

Intro to Fencing for Juniors
Juniors learn the art of Fencing. A truly elegant sport that has historical roots dating back to the 12th Century and has been featured at every one of the modern day Olympic games. Kids learn discipline, keep fit, and learn to strive to achieve excellence in a respectful & safe environment. All the equipment is provided. Kids should dress in athletic clothing and bring water. For more information call Don!
Location: SUNSET REC CENTER
Instructor: Al Carter
COURSE # DAYS DATES TIMES AGES FEES
33044 W 6/8-8/10 4pm-5pm 7-13 $150

Karate Kidz
Karate originated in the Okinawa Islands of Japan and has branched out into many different styles. Karate Kidz is a structured class that teaches formalized, sequenced movements which represent offensive and defensive postures known as Kata. Students will also learn kicking, punching, blocking and other open hand techniques. Students will have the opportunity to purchase a uniform and belts for an extra fee.

Motor Movement
Motor Movement is designed to emphasize Freerunning and movement. It is a physical training discipline that conditions your body to overcome any obstacle in your path. One will build strength, agility and puzzle-solving skills while taking this highly unique class.
Location: GLEN CANYON REC CENTER
Instructor: Derek Magsanay
COURSE # DAYS DATES TIMES AGES FEES
33056 Sa 6/11-7/9 11am-12pm 7-12 $70
33057 Sa 7/16-8/13 10am-11am 7-12 $50

Location: UPPER NOE REC CENTER
Instructor: Alex Medel
COURSE # DAYS DATES TIMES AGES FEES
33046 T 6/7-8/9 5:15pm-6:15pm 9-12 $90
33053 T 6/7-8/9 5:15pm-6:15pm 9-12 $90
33048 Sa 6/11-7/9 10am-11am 4-6 $40
33055 Sa 7/16-8/13 11am-12pm 4-6 $50
Aquatics

**Level 1**
This class is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. **Children must be 48” to participate.**

Location: BALBOA SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32858 Sa 6/11-8/6 10:30am-11am 6-17 $40

Location: COFFMAN SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32860 W,F 6/8-7/1 4:15pm-4:45pm 6-17 $40
32859 Sa 6/11-8/6 9am-9:30am 6-17 $40

Location: GARFIELD SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32861 T,Th 6/7-6/30 3:45pm-4:15pm 6-17 $40
32863 Sa 6/11-7/30 9:45-10:15am 6-17 $30
32864 Sa 6/11-7/30 10:30am-11am 6-17 $30
32862 T,Th 7/5-7/28 3:45pm-4:15pm 6-17 $40

Location: HAMILTON SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32866 T,Th 6/7-6/30 4:15pm-4:45pm 6-17 $40
32868 W,F 6/8-7/1 3:30pm-4pm 6-17 $40
32865 Sa 6/11-8/13 9:45-10:15am 6-17 $40
32867 W,F 7/13-8/5 3:30pm-4pm 6-17 $40

Location: MARTIN LUTHER KING, JR. SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32869 Sa 6/11-8/13 9am-9:30am 6-17 $40
32870 Sa 6/11-8/13 9:45-10:15am 6-17 $40

Location: MISSION SWIMMING POOL

**Level 2**
This class builds on the basic aquatic skills and water safety skills and concepts learned in level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. **Prerequisite- Completion of Level 1. Children must be 48” to participate.**

Location: BALBOA SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32871 Sa 6/11-8/13 1:45pm-2:15pm 6-17 $40

Location: NORTH BEACH SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32877 W,F 6/8-7/1 3:45pm-4:15pm 6-17 $40
32879 Sa 6/11-8/6 9am-9:30am 6-17 $35
32881 Sa 6/11-8/6 10:30am-11am 6-17 $35
32878 W,F 7/6-7/29 3:45pm-4:15pm 6-17 $40

Location: ROSSI SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32874 T,Th 6/7-6/30 4pm-4:30pm 6-17 $40
32875 W 6/8-7/27 4:45pm-5:15pm 6-17 $40
32873 Sa 6/11-8/6 9:45-10:15am 6-17 $40
32876 T,Th 7/19-8/11 4pm-4:30pm 6-17 $40

Location: SAVA SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32874 T,Th 6/7-6/30 4pm-4:30pm 6-17 $40
32875 W 6/8-7/27 4:45pm-5:15pm 6-17 $40
32873 Sa 6/11-8/6 9:45-10:15am 6-17 $40
32876 T,Th 7/19-8/11 4pm-4:30pm 6-17 $40

Location: BALBOA SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32883 T,F 6/14-7/8 3:30pm-4pm 6-17 $40

Location: COFFMAN SWIMMING POOL  
COURSE # DAYS DATES TIMES AGES FEES  
32885 Sa 6/11-8/6 9am-9:30am 6-17 $40
32884 W,F 7/13-8/5 4:15pm-4:45pm 6-17 $40
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**Level 3**

This class builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment. Prerequisite: Successful completion of Level 2. Children must be 48” to participate.
**Level 4**
This class should improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and can swim them for greater distances. In addition, participants learn the arm actions that accompany the scissor kick and breaststroke kick to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall. Prerequisite: Successful completion of Level 3.

Location: BALBOA SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32924 T,F 7/19-8/12 4:15pm-4:45pm 6-17 $40

Location: COFFMAN SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32958 Sa 6/11-8/6 9:45-10:15am 6-17 $40  
32957 W,F 7/13-8/5 4:15pm-4:45pm 6-17 $40

Location: GARFIELD SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
33220 T,Th 6/7-6/30 4:30pm-5pm 6-17 $40  
33218 Sa 6/11-7/30 9am-9:30am 6-17 $30  
33219 Sa 6/11-7/30 9:45-10:15am 6-17 $30  
33221 T,Th 7/5-7/28 4:30pm-5pm 6-17 $40

Location: HAMILTON SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32977 T,Th 6/7-6/30 5pm-5:30pm 6-17 $40  
32976 Sa 6/11-8/3 9am-9:30am 6-17 $40  
32978 T,Th 7/12-8/4 5pm-5:30pm 6-17 $40

Location: MARTIN LUTHER KING, JR. SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32964 Sa 6/11-8/13 10:30am-11am 6-17 $40

Location: NORTH BEACH SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32982 Sa 6/11-8/6 10:30am-11am 6-17 $35  
32983 W,F 7/6-7/29 4:30pm-5pm 6-17 $35

Location: SAVA SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32979 T,Th 6/7-6/30 4pm-4:30pm 6-17 $40  
32981 Sa 6/11-8/6 9am-9:30am 6-17 $40  
32980 T,Th 7/19-8/11 4pm-4:30pm 6-17 $40

**Level 5**
This class focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke). Participants perform these strokes with increased proficiency and can swim them for greater distances. Participants also learn to perform flip turns on the front and back. Prerequisite: Successful completion of Level 4.

Location: COFFMAN SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32974 W,F 6/8-7/1 5pm-5:30pm 6-17 $40  
32975 W,F 7/13-8/5 5pm-5:30pm 6-17 $40

Location: GARFIELD SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
33224 T,Th 6/7-6/30 4:30pm-5pm 6-17 $30  
33222 Sa 6/11-7/30 9am-9:30am 6-17 $30  
33223 Sa 6/11-7/30 10:30am-11am 6-17 $30  
33225 T,Th 7/5-7/28 4:30pm-5pm 6-17 $30

Location: HAMILTON SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32977 T,Th 6/7-6/30 5pm-5:30pm 6-17 $40  
32976 Sa 6/11-8/3 9am-9:30am 6-17 $40  
32978 T,Th 7/12-8/4 5pm-5:30pm 6-17 $40

Location: NORTH BEACH SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32982 Sa 6/11-8/6 10:30am-11am 6-17 $35  
32983 W,F 7/6-7/29 4:30pm-5pm 6-17 $35

Location: SAVA SWIMMING POOL  
COURSE # DATES TIMES AGES FEES  
32979 T,Th 6/7-6/30 4pm-4:30pm 6-17 $40  
32981 Sa 6/11-8/6 9am-9:30am 6-17 $40  
32980 T,Th 7/19-8/11 4pm-4:30pm 6-17 $40
Aquatics - Waterfront Activities

Big Blue Herons India Basin Day
This class meets at Herons Head Park Eco Center. From the Eco center campers will experience the geography and habitat of Herons Head Park. Heron’s Head park was named after the Great Blue Heron and attracts more than 100 bird species a year. After getting a taste of Herons Head Park campers will hike over to India Basin Shoreline park using the iconic San Francisco Bay Trail where they will be able to kayak in the protected waterfront area right across from the historic boatyard of 900 Innes. After kayaking students will make their way back to the Herons Head Eco Center for pick up. Participants should bring, sun screen, light jacket and tennis shoes. Please pack a healthy lunch, snack and water bottle. Drop off is no later than 9am and pick up is no later than 3pm. Location: ECOCENTER

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Arts & Crafts

Family Clay Day
Come play with clay and create beautiful works of art the whole family will enjoy! Learn a variety of hand building techniques and glaze your pieces with bright non-toxic glazes. Note: Children under 8 must be accompanied by an adult. Registration will cover one child and one adult. Participants may sign up for only one Family Clay Day. Location: SHARON ART STUDIO

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<tr>
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Teen Ceramics
Learn basic and advanced throwing techniques on the potter’s wheel and explore hand building and sculptural techniques. Experiment with glazes to create impressive finished projects. All levels. New students must attend first class. Location: SHARON ART STUDIO
Instructor: Vincent Cheung

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Teen Glass
In this two part class, you will learn the basics of both stained and fused glass techniques. Learn proper glass cutting, shaping and soldering techniques to create an original 8x11 stained glass window for your home. We will also introduce you to glass fusing: the technique of heating pieces of compatible glass in a kiln until they are completely fused. We will focus on arranging glass for flat fusing and learn to make a fused glass project, such as jewelry, a frame or magnet. All the materials you need will be included in the cost of the class. No previous glass cutting experience is necessary, we’ll teach you everything you need to know! New students must attend the first class. Must be able to follow directions and safety precautions for cutting and handling glass. Location: SHARON ART STUDIO
Instructor: Alison Burek

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<td>11-17</td>
<td>$96/121</td>
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Arts - Photography

**Photo Darkroom for High School Students**
This introductory class is designed for high school students, who wish to learn how to shoot, process and print film in our darkroom. It's a fun class as we keep the classes small so you can really have time to learn and experiment within this class. Also, students can practice their new skills at our facility, while the course is in session. This course fills quickly. Instructor will email materials list prior to first class.

**Location:** HARVEY MILK PHOTO CENTER  
**Instructor:** John Longyear

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Arts - Visual

**Multicultural Architecture**
Let’s explore buildings from distant places throughout the world. Well travel to various continents and learn about their styles of buildings including Russian Orthodox Churches, Pagodas from Asia, Stained Glass windows and more. During this weekend workshop, we’ll become architects and utilize different media and techniques including drawing, cut paper, collage and more. All materials provided.

**Location:** SHARON ART STUDIO  
**Instructor:** Debbie Wu

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**Remember Your Magic: Make Magical Objects From Nature**
Bring your family and come celebrate summer solstice in this magical wand-making workshop with Jonathan J Levine! Remember Your Magic is a workshop about creating magic wands from Nature. Connect with Nature while learning about and engaging in creative collaboration, artistic creation and most of all fun! A selection of various art materials such as string, thread, and twine are on hand to be utilized in collaboration with such found natural materials as branches, driftwood, rocks, bark, leaves- whatever is there in the environment that speaks to your inner creator. All materials are provided. Registration will cover one child and one adult.

**Location:** SHARON ART STUDIO

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Outdoor Recreation

**Urban Anglers**
Join our school of like minded fries for a fin-tastic 5-week series, learning how to fish at Heron’s Head Park in the Bayview. Don’t let this opportunity swim away! Participants will learn how to fish safely in any body of water and understand the environmental impact that fishing has on our ecosystems. They will learn how to set up their own fishing rod and practice three different types of casting and fishing knots. By the end of the program, participants will have an understanding of all the basic fishing techniques and skills to go fish on their own at any fishing spot. Participants must be prepared to get muddy and wet, to touch live animals and fish bait, to bring layers and to touch items made out of LEAD. The summer is hot and sunny at Heron’s Head Park so sunscreen and hats are strongly recommended. Anyone 17 years of age and older must have a valid California Fishing License. You can purchase a fishing license at the California Department of Fish & Wildlife website.

**Location:** ECOCENTER

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Sports - Alternative

**Rock Climbing - Drop-in**
Rock Climbing is a great activity for the entire family to enjoy a full body workout together. No prior climbing experience needed. Harnesses and helmets provided. **Drop-in times are for one hour sessions.**

**Location:** GLEN CANYON REC CENTER

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<tr>
<td>Adult Swim - Learning the Basics</td>
<td>33001</td>
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<td>6/11-8/13</td>
<td>11:15-11:45am</td>
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<td>$74</td>
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Arts & Crafts

Advanced Glass
This is an advanced class. In order to enroll, students must have 6 months of stained glass experience to register and may not be enrolled in another Leaded Glass class. Glass fusing allowed during this class, firing will be done by the instructor in communal kiln.
Location: SHARON ART STUDIO
Instructor: Constance Flannery
COURSE # DAYS DATES TIMES AGES FEES
330161 F 6/17-8/12 10am-1pm 18+ $216/$241

Beginner Jewelry & Metal Arts
Develop or renew your basic skills in contemporary jewelry making. Technique will be applied toward inventing the new as well as recreating the old. A discussion of materials and projects will take place at the first class meeting. Students will be responsible for purchasing materials for personal projects (which can be costly). New students will complete a flat project (pendant, broach, earrings) to learn the basics. Continuing and advanced students may move on to 3D items such as rings and cuffs.
Location: SHARON ART STUDIO
Instructor: Erik James
COURSE # DAYS DATES TIMES AGES FEES
33162 M 6/13-8/15 6:30-9:30pm 18+ $288/$313

Ceramics - Sharon Art Studio
These courses offer the student at any level an opportunity to learn and explore a variety of ceramic techniques including handbuilding and throwing on the potter's wheel. Students can work with and explore different clays, including stoneware and porcelain. Our selection of glazes is unsurpassed. We fire cone 10 reduction and raku. No clay from the outside is allowed. Clay is available for purchase from the studio. Limit 100lbs clay per session. Students may enroll in only one ceramics class per session. Note: New students (new to ceramics or Sharon Art Studio) must attend the first three classes.
Location: SHARON ART STUDIO
Instructor: Elizabeth Liu
COURSE # DAYS DATES TIMES AGES FEES
33067 M 6/13-8/15 1pm-4pm 18+ $216/$241
33095 F 6/17-8/12 10am-1pm 18+ $243/$268

Ceramics Open Studio
For enrolled ceramics students at the Sharon Art Studio who want more, we offer Open Studio! Students can practice wheel throwing, hand building, and glaze or trim their pieces. There is no instruction given during open studio time. All firing is done by instructor without an additional charge. All participants MUST be enrolled in a ceramics course in order to register for open studio. Please note, registration for open studio is done at Sharon Art Studio only, no online registration available.
Location: SHARON ART STUDIO
Instructor: Elizabeth Liu
COURSE # DAYS DATES TIMES AGES FEES
33087 T 6/14-8/9 1pm-4pm 18+ $243/$268
33096 F 6/17-8/12 6:30-9:30pm 18+ $243/$268

Location: SHARON ART STUDIO
Instructor: Susan Gold
COURSE # DAYS DATES TIMES AGES FEES
33091 W 6/15-8/10 1pm-4pm 18+ $243/$268
33093 Th 6/16-8/11 1pm-4pm 18+ $243/$268
33094 Th 6/16-8/11 6:30-9:30pm 18+ $243/$268

Location: SHARON ART STUDIO
Instructor: Yuko Sato
COURSE # DAYS DATES TIMES AGES FEES
33090 T 6/14-8/9 6:30-9:30pm 18+ $243/$268
33092 W 6/15-8/10 6:30-9:30pm 18+ $243/$268
33093 Th 6/16-8/11 6:30-9:30pm 18+ $243/$268
33094 Th 6/16-8/11 6:30-9:30pm 18+ $243/$268

Location: SHARON ART STUDIO
Instructor: Vincent Cheung
COURSE # DAYS DATES TIMES AGES FEES
33114 W 6/15-8/10 4:30pm-6pm 18+ $54/$79

Location: SHARON ART STUDIO
Instructor: Karen Koltonow
COURSE # DAYS DATES TIMES AGES FEES
33086 M 6/13-8/15 6:30-9:30pm 18+ $216/$241

Location: SHARON ART STUDIO
Instructor: Katina Price
COURSE # DAYS DATES TIMES AGES FEES
33087 T 6/14-8/9 1pm-4pm 18+ $243/$268
33096 F 6/17-8/12 6:30-9:30pm 18+ $243/$268

Location: SHARON ART STUDIO
Instructor: Susan Gold
COURSE # DAYS DATES TIMES AGES FEES
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33094 Th 6/16-8/11 6:30-9:30pm 18+ $243/$268

Location: SHARON ART STUDIO
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COURSE # DAYS DATES TIMES AGES FEES
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33092 W 6/15-8/10 6:30-9:30pm 18+ $243/$268
33093 Th 6/16-8/11 6:30-9:30pm 18+ $243/$268
33094 Th 6/16-8/11 6:30-9:30pm 18+ $243/$268

Location: SHARON ART STUDIO
Instructor: Vincent Cheung
COURSE # DAYS DATES TIMES AGES FEES
33114 W 6/15-8/10 4:30pm-6pm 18+ $54/$79

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Location: SHARON ART STUDIO
Instructor: Katina Price
COURSE # DAYS DATES TIMES AGES FEES
33087 T 6/14-8/9 1pm-4pm 18+ $243/$268
33096 F 6/17-8/12 6:30-9:30pm 18+ $243/$268
Ceramics: Creativity Explored
In this class, we’ll explore a range of materials, methods and strategies for the successful creation of ceramic vessels and sculpture. We’ll cover basic clay handling, hand building and wheel throwing, and experiment with surface decorations and glazing techniques. Bring your curiosity and expand into your creativity in a social and supportive environment.
Location: RANDALL MUSEUM
Instructor: Crystal Kamoroff
COURSE # DAYS DATES TIMES AGES FEES
33236 Th 6/16-7/28 6:30-9:30pm 16+ $330/$340

Ceramics: Hand Building
This class focuses on flat work made from slabs: tiles, soap dishes, trays, plates, platters, hanging ornaments and more. We’ll cover basic clay handling and building techniques and explore a wide range of surface decoration techniques. We’ll investigate carving and slips, and work on creating interesting textures, using commercial texture rollers and stamps, applying textures found in nature (i.e. seedpods, twigs, leaves, grasses, bark, pine cones, rocks etc); repurposed materials, and items found at home (fabrics, lace, kitchen tools, corrugated cardboard and much more). Finally, we’ll experiment with glazes that enhance textures, as well as using stains and underglazes.
Location: RANDALL MUSEUM
Instructor: Sonja Hinrichsen
COURSE # DAYS DATES TIMES AGES FEES
33022 W 6/15-7/20 6:30-9:30pm 16+ $285/$295

Ceramics: Individual Projects
This class is designed for students who have some experience working with clay, and have taken an adult clay class at the Randall. If you are ready to explore your own ideas under the teacher’s guidance and in conversation with other students, this is the class for you. Your projects can involve hand building and/or wheel throwing. Prerequisite: Successful completion of an adult ceramics class at the Randall within the last four years. Students who have not met prerequisites will be withdrawn & charged a 20% processing fee.
Location: RANDALL MUSEUM
Instructor: Crystal Kamoroff
COURSE # DAYS DATES TIMES AGES FEES
33021 T 6/14-8/9 6:30-9:30pm 16+ $420/$430

Ceramics: Potter’s Wheel
Come learn the potter’s wheel with us! This friendly & supportive studio is the perfect place to develop your throwing skills. You’ll learn to wedge, center and pull up the clay walls of your wheel-thrown clay pieces. Begin throwing cups & bowls and progress at your own pace to more advanced forms like vases and plates. You’ll learn glazing techniques, and work will be fired in the Randall kilns.
Location: RANDALL MUSEUM
Instructor: Vincent Cheung
COURSE # DAYS DATES TIMES AGES FEES
33237 Sa 6/18-8/13 2pm-5pm 16+ $420/$430

Color Collage
The instructor will provide plenty of sheets and scraps of colored paper. You should bring scissors, a glue stick, some heavy paper on which to collage, and a sense of fun and adventure! From abstract, geometric, or zany to realistic pictures that depict a convincing illusion of space, your imagination will be the only limit to what you create. The instructor will also include several demonstrations on how to use colored paper to achieve different effects.
Location: SHARON ART STUDIO
Instructor: Carlo Grunfeld
COURSE # DAYS DATES TIMES AGES FEES
33197 W 7/20-8/3 10am-1pm 18+ $108/$133

Draw & Paint with Water-Soluble Wax Crayon
In this class we will explore how to sketch and paint with the professional grade water-soluble wax crayon from Caran D’ache. These are not your crayons from childhood! Rich in subtle and bold color, able to make thick or thin lines, these wax crayons can also be brushed wet into paper to become like watercolor washes. And then you can draw on top of them again. Learn how to layer color with dry crayons, create varied washes and other methods of painting, and how use tools to create texture in the image. We will work from both still life set ups and landscape photographs. All levels welcome. Materials are included in the cost of the class.
Location: SHARON ART STUDIO
Instructor: Karen Bash
COURSE # DAYS DATES TIMES AGES FEES
33183 Sa 7/23-8/13 11am-2pm 18+ $144/$169

Drawing and Painting in Pastels
Explore the unique expression of drawing and painting with soft luxurious pastels. In this class we will go over basic pastel fundamentals. You will be shown how to use and mix colors and apply different techniques for blending and overlaying color. The focus is the natural world, still life, and photographic images of nature. The instructor will work with each individual on their expression and use of pastels. Basic drawing experience
is required. Please bring materials to the first class. Materials list can be found at sharonartstudio.org/materials.

### Location
SHARON ART STUDIO

### Instructor
Carlo Grunfeld

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<td>10am-1pm</td>
<td>18+</td>
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### Expressive Portraiture
Experience the thrill of portrait drawing with compressed and vine charcoal! After facing the challenge of portraying our subject's likeness, our sensitivities will be attuned to creative expression. During each class we'll sketch-out guide lines by close observation of our subject, then freely apply bold strokes of charcoal to create a dynamic composition. We'll each have a completed portrait by the end of every meeting. Cost of the model and materials included in the price of the class.

### Location
SHARON ART STUDIO

### Instructor
Carlo Grunfeld

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### Glass
Instruction of beginner and intermediate leaded glass techniques. Advanced students work on more sophisticated projects. Class fee includes introductory glass project, use of tools and some materials. Students are responsible for purchasing materials for personal projects (which can be costly). Material list provided at first class. Glass cutting requires normal hand dexterity. New students (new to glass or the studio) must attend the first class to receive instruction that will not be repeated. Advanced students: No grinding the first 2 hours of the first class. Note: Students may enroll in only one glass class per session. No glass fusing allowed during this class.

### Location
SHARON ART STUDIO

### Instructor
Alison Burek

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<td>7pm-10pm</td>
<td>18+</td>
<td>$189/$214</td>
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### Intermediate Jewelry & Metal Arts
Learn the ins and outs of using a hydraulic press to shape and form metal, texturing with a rolling mill, and more while exploring the world of metal arts. Students will learn various stone settings, die forming using a hydraulic press, acid etching, and more. The cost of the class includes the use of tools and access to basic materials. Students are responsible for purchasing materials specific to desired projects. Intermediate and advanced level students are welcome. Basic metal working knowledge is required to take this class.

### Location
SHARON ART STUDIO

### Instructor
Erik James

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<td>18+</td>
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### Intermediate Watercolor
Improve your watercolor skills! This class will be based on direct observation from photographs. We will explore layering of color, practice spontaneous painting, and use various materials to create textures. Bring materials to the first class. Materials included in the cost of the class.

### Location
SHARON ART STUDIO

### Instructor
Carlo Grunfeld

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<td>2pm-5pm</td>
<td>18+</td>
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### Leaving Your Comfort Zone
This is a class about shaking things up in your process and about letting intuition and the heightened awareness of the present moment lead the work. Each class is about letting go of familiar forms of artistic control in favor of embracing the greater whole. Through a combination of drawing from life and imagination you will walk away from this class feeling more confident in your overall ability to master the figure. All skill levels welcome. Cost of the model is included in the price of the class. Please bring materials to the first class. Materials list can be found at sharonartstudio.org/materials.

### Location
SHARON ART STUDIO

### Instructor
Carlo Grunfeld

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unknown and as of yet unseen. The trick is utilizing techniques that do not allow the spoken language centers of the brain to overly control our work. Ways to do this involve drawing rapidly (gesture), reversing our composition (transfer drawings), embracing process over product (erasure), drawing with our opposite hand, etc. What we learn in these four sessions will challenge and inform the work you make outside of class. All skill levels welcome. Please bring materials to the first class. Materials list can be found at sharonartstudio.org/materials.

Location: SHARON ART STUDIO
COURSE # DAYS DATES TIMES AGES FEES
33200 M 7/18-8/8 2pm-5pm 18+ $168/$193

Master Class: Altered Forms
In this master class, students will explore the process of throwing and altering ceramic forms. We will focus on two methods: darting round forms and creating ovals using a combination of throwing and slabs. Students who enroll in this workshop are expected to have experience in wheel throwing. This includes the ability to center and make a cylinder 6” high. We will spend the first two Sundays creating and finishing forms; the third Sunday will focus on glazing.

Location: SHARON ART STUDIO
Instructor: Susan Gold
COURSE # DAYS DATES TIMES AGES FEES
33160 S 7/24-8/7 1pm-5pm 18+ $125/$150

Personifying Pet Portraits
Explore replicating classic portraits to capture the essence of your beloved pet. This class will guide you through painting animals while also allowing you to create a unique piece of art that is whimsical and humorous. All skill levels welcome. Materials provided.

Location: SHARON ART STUDIO
Instructor: Jacqueline Hoffman
COURSE # DAYS DATES TIMES AGES FEES
33198 Sa 7/23-8/13 3pm-5pm 18+ $128/$153

The Art of Floral Design
Learn to create beautiful floral arrangements for everyday use, for gifts, for entertaining and for special occasions. Guided by professional florist Greg Lum, AIFD, we will use a variety of fresh flowers to explore different styles and techniques every week. We'll move from simple to complex floral designs, and cover a variety of styles & techniques along the way. We'll learn to craft armatures from inexpensive natural materials, make flowers to wear like corsages & boutonnieres, and much more. Open to all levels; most flowers and materials are included in the class fee.

Location: RANDALL MUSEUM
Instructor: Greg Lum
COURSE # DAYS DATES TIMES AGES FEES
33020 T 7/12-8/9 6:30-9:30pm 16+ $285/$295

Time for Tea: Beyond the Basics
In this hand building workshop you will learn to make unique functional teapots. Included in this workshop: learn to make lids that fit, spouts that pour and handles that work. You will also work out the design such that these individual elements work together. Lynn will guide everyone with these basics and more including many design considerations. You will not only walk away with a finished project but many skills to use going forward. Some clay experience is recommended for this teapot making party.

Location: SHARON ART STUDIO
Instructor: Lynn Wood
COURSE # DAYS DATES TIMES AGES FEES
33159 S 6/26-7/10 1pm-5pm 18+ $96/$121

Woodworking I: Shaker Table
Our project-based beginning classes provide a thorough introduction to woodworking tools, techniques and machinery. As you build a small piece of furniture, you’ll learn how to safely operate the workhorses of the wood shop: table saws, jointers, planers, bandsaws and more. You’ll learn about wood selection, milling, joinery, scraping, sanding, assembly and finishing. Classes are centered on specific projects, with a different theme each session. A $60 materials fee is due to the instructor on the first day of class. Prerequisite: Woodworking Safety Orientation. Students who have not met prerequisites will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM
Instructor: Bob Treanor
COURSE # DAYS DATES TIMES AGES FEES
33024 W 6/15-8/10 6:30-9:30pm 15+ $405/$415

Woodworking in Small Spaces
Are you interested in woodworking but don't have space for a full-scale industrial woodworking shop? This hands-on class will introduce you to techniques and tools that you can use in your garage, back porch or even on your kitchen table. We’ll explore the classic hand tools needed to make furniture: chisels, hand planes, measuring and marking tools and various types of saws. We’ll also learn to use, evaluate and select small power tools; drills, saws, biscuit joiners, power planes, sanders and more. We’ll look at shop vacs and dust collection, clamps, fences and hold down systems. With 20+ years as a professional woodworker, instructor Mike Bray knows scores of tricks and techniques for working safely and accurately in small spaces. This is a great class for folks with little or no woodworking experience, and for those looking to refine their skills. There will be an additional $30 materials fee due to the instructor on the
Woodworking Safety Orientation
This class is a prerequisite and must be taken before your first woodworking class. Tour the entire shop and learn how to safely operate our shop’s woodworking machines. The safety orientation must be taken no earlier than the preceding session. Free refresher available to returning students.

Location: RANDALL MUSEUM
Instructor: Susan Working

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Woodworking: Joinery Basics
In this class, we explore the world of wood joinery, with lots of hands on practice. Learn to layout and cut a set of increasingly complex joints, from the halflap to the dovetail. Along the way, learn what joints do and why we use them. You’ll gain a solid foundation for understanding when and how to use joinery in your future creations. We’ll use hand tools for the most part, but will demonstrate biscuit joinery, the pocket hole system, Miller dowels and the Festool Domino. There will be an additional $30 materials fee due to the instructor on the first day of class.

Location: RANDALL MUSEUM
Instructor: Mike Bray

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<td>6:30-9:30pm</td>
<td>15+</td>
<td>$405/$415</td>
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Woodworking: Open Studio (session one)
Open Shop is an opportunity for more experienced woodworkers to pursue their own projects in our shop under moderate supervision. Instruction building upon foundational skills is available. Projects are subject to instructor approval. Wood is purchased by students; materials & project storage is limited. Prerequisite: Successful completion of two Woodworking I classes at the Randall Museum within the last three years, plus instructor approval. Please note that the first meeting will be devoted to a mandatory safety refresher course and written test. A $10 materials fee is due to the instructor on the first day of class. Students who have not met prerequisites will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM
Instructor: Bob Treanor

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<td>15+</td>
<td>$405/$415</td>
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Woodworking: Tool Sharpening Workshop
Sharp tools make woodworking easier and much more fun. In this class, you’ll learn to sharpen tools to a razor-sharp finish easily and well. We’ll focus on the proper preparation, sharpening, and honing of chisels, plane irons, marking knives, carving tools and cabinet scrapers, using electric grinders, water stones, sandpaper and more. You may bring in your own chisels, planes, and

Woodworking: Spoon Carving II
Now that you’ve made a couple of spoons, your tools are probably pretty dull. Spend an evening learning how to sharpen your spoon carving tools and how to strop them to a razor edge. You’ll make your own strop, and practice sharpening your tools. Then, Mike will demonstrate techniques and give an overview of how to carve your next project: salad servers. Class fee includes materials for strops, stropping compound, and two hardwood blanks suitable for salad servers.

Location: RANDALL MUSEUM
Instructor: Mike Bray

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<td>6:30-9pm</td>
<td>15+</td>
<td>$80/$90</td>
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Woodworking: Spoon Carving
Carving your own wooden spoon by hand is a quiet, calm and satisfying endeavor. A handmade wooden spoon is a joy to use, and makes a treasured gift. We’ll teach you how to carve safely and with confidence, using traditional techniques. Included in the class fee are a set of Swedish spoon knives and two solid wood spoon blanks. You’ll come away with the skills and equipment you need to keep carving spoons and other wooden ware at home.

Location: RANDALL MUSEUM
Instructor: Mike Bray

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Woodworking: Joinery Basics
In this class, we explore the world of wood joinery, with lots of hands on practice. Learn to layout and cut a set of increasingly complex joints, from the halflap to the dovetail. Along the way, learn what joints do and why we use them. You’ll gain a solid foundation for understanding when and how to use joinery in your future creations. We’ll use hand tools for the most part, but will demonstrate biscuit joinery, the pocket hole system, Miller dowels and the Festool Domino. There will be an additional $30 materials fee due to the instructor on the first day of class.

Location: RANDALL MUSEUM
Instructor: Mike Bray

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<td>6:30-9pm</td>
<td>15+</td>
<td>$175/$185</td>
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Woodworking: Spoon Carving
Carving your own wooden spoon by hand is a quiet, calm and satisfying endeavor. A handmade wooden spoon is a joy to use, and makes a treasured gift. We’ll teach you how to carve safely and with confidence, using traditional techniques. Included in the class fee are a set of Swedish spoon knives and two solid wood spoon blanks. You’ll come away with the skills and equipment you need to keep carving spoons and other wooden ware at home.

Location: RANDALL MUSEUM
Instructor: Mike Bray

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Arts - Photography

Basic BW Film Development
Learn the basics of black and white film development. In this quick workshop students will be taught how to properly process their black and white film. 35mm and 120mm film development will all be explained. Students must bring in a black and white roll of film ready for development. There are no prerequisites and beginners are encouraged to sign-up. No class time will be spent in the darkroom and color film development will not be addressed in this course. Photo Center Orientation is required for darkroom.
Location: HARVEY MILK PHOTO CENTER
Instructor: Chris Gould

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<td>1pm-4pm</td>
<td>18+</td>
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Darkroom Essentials & Processes
This introductory class covers all of the key basics in Black and White Darkroom printing. Learn the essential steps and key processes to get you on your way to printing your images! Students will gain the techniques to grow in skill and confidence. Instructor will go over the needed materials in the first class. This class can be taken in lieu of Photography Center Orientation.
Location: HARVEY MILK PHOTO CENTER
Instructor: Chris Gould

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<td>5pm-8pm</td>
<td>18+</td>
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Introduction to Inkjet Printing
Take your images off the screen and into the printed form! This course will focus on building a body of work in the form of printed photographs. This course will cover best practices in shooting, editing, preparing images for print, and archival storage methods. The class will utilize the Epson Stylus Pro, an inkjet printer capable of delivering stunning professional-quality prints on multiple types of media. Passing familiarity with Adobe Photoshop and/or Lightroom are highly recommended. Please bring a laptop with current version of Adobe Photoshop and/or Lightroom and thumb drive. This class will supply (2) 8 x 10 inch prints. Should students wish to print more, a materials fee will be charged according to the size and number of prints created.
Location: HARVEY MILK PHOTO CENTER
Instructor: Brian Shapiro

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Photoshop Collage Class
In this class, students will learn how to collage together images from different sources to create creative works of digital art. Students will learn the basics of Adobe Photoshop through demonstrations, examples, and hands-on practice. Learn how to create new worlds from found and made images. Topics include how to manipulate photographic images, adjust image scale and resolution, cut, crop, superimpose, work with layers, digital painting, and drawing tools. This class is geared toward Photoshop beginners, but students who are looking to grow or refresh their Photoshop skills are also welcome! Please bring a laptop with current version of Adobe Photoshop and thumb drive. This class will supply (2) 8 x 10 inch prints. Should
students wish to print more, a materials fee will be charged
according to the size and number of prints created.
Location: HARVEY MILK PHOTO CENTER
Instructor: Brian Shapiro
COURSE # DAYS DATES TIMES AGES FEES
33134 T 6/7-7/5 6pm-8pm 18+ $120

Scanning and Digitizing your Negatives and Slides
Have you discovered the wonderful world of making pictures
on film with an old school camera and you want to be able
to share your work with the rest of the world? Or do you have
some boxes of photographic family slides and negatives in
your closet that you want to share and preserve for future
generations? In this class, we will explore the process of
scanning and digitizing your precious memories and preserving
them while also allowing you to share them easily with
the world. Topics will include scanners and software, which settings
to use, cleaning negatives, color correction, and how to fix
scratches and remove dust from your images. Please bring a
laptop with current version of Adobe Photoshop or Lightroom.
Location: HARVEY MILK PHOTO CENTER
Instructor: Brian Shapiro
COURSE # DAYS DATES TIMES AGES FEES
33135 Sa 7/16-7/16 12pm-4pm 18+ $40
33136 Sa 8/13-8/13 12pm-4pm 18+ $40

Arts - Visual

Acrylic Abstract Painting-Splash, Drip and Pour
Let your imagination and paint flow. Join in the fun of creating
abstract Acrylic Pour Paintings. Learn the techniques of swipe,
tilt, flip, dip, funnel pours, dirty pours and puddle pours. You
will work with tiles, wood, cradled canvas and glass. Materials
included in the cost of the class.
Location: SHARON ART STUDIO
Instructor: Dolores Gray
COURSE # DAYS DATES TIMES AGES FEES
33166 F 6/17-8/12 8pm-9pm 18+ $240/$265

Beading Workshop: Summer Necklace Fun
Create a vibrant beaded necklace expressing the colorful
energy of summer! Learn how to use beading wire and glass
beads in all shapes and sizes, and balance colors and textures
into a fun necklace for summer. Great workshop to take with a
friend!
Location: SHARON ART STUDIO
Instructor: Hsiao-Yun Chu
COURSE # DAYS DATES TIMES AGES FEES
33172 Sa 7/9-7/9 10am-12pm 18+ $50/$75

Beginning Watercolor
In this class, we will learn watercolor basics. The dynamics of
visual perception and activation of the right-brain faculties will
be explored through direct observation of still-life. We'll also
practice mixing and applying watercolors upon wet and dry
surfaces. Please note: Basic drawing experience is required.
Materials included in the cost of the class.
Location: SHARON ART STUDIO
Instructor: Carlo Grunfeld
COURSE # DAYS DATES TIMES AGES FEES
33184 W 6/22-8/10 5pm-8pm 18+ $240/$265

Casting
Learn the organic metal art of lost wax casting. This course will
cover the process by which metal object is cast from a wax
model, allowing you to see the limitless forms that metal can
take. The class starts by showing you how to work with wax
(hot and cold) to create pieces of jewelry that will be cast. You
will enjoy mixing your own investment and working with the
instructor to pour your metal into your mold. The class fee
covers the cost of basic materials. Students who wish to use
materials beyond what is provided need to have the approval
of the instructor and be responsible for purchasing and safe
storage. Each student will be given one 2 1/2 inch flask to fit
their wax designs in. Instructor will be doing the castings for the
students. Beginners are welcome.
Location: SHARON ART STUDIO
Instructor: Erik James
COURSE # DAYS DATES TIMES AGES FEES
33163 Sa 6/18-7/23 1pm-4pm 18+ $270/$295

Beginner Ceramics - Sharon Art Studio
This course offers beginner students an opportunity to
learn and explore a variety of ceramic techniques including
handbuilding and throwing on the potter’s wheel. Students can
work with and explore different clays, including stoneware and
porcelain. Our selection of glazes is unsurpassed. We fire cone
10 reduction and raku. No clay from the outside is allowed.
Clay is available for purchase from the studio. Limit 100lbs clay
per session. Students may enroll in only one ceramics class
per session. Note: New students (new to Sharon Art Studio)
must attend the first three classes.
Location: SHARON ART STUDIO
Instructor: Richelle Soper
COURSE # DAYS DATES TIMES AGES FEES
33158 Sa 6/18-8/13 3pm-6pm 18+ $240

Book Magic
Have a yen to put your hands on a good book you created?
Learn the craft of bookmaking. You can make your own travel
journal or diary or family album. This class will introduce
students to the basics of handcrafting books. Experience the
delight of creating functional and beautiful handmade books
from scratch. The course will guide you through the process
of creating unique books using a variety of materials. Let your
creativity loose while learning the bookmaking styles! Materials
are included in the cost of the class.
Location: SHARON ART STUDIO
Instructor: Dolores Gray
COURSE # DAYS DATES TIMES AGES FEES
33167 T 6/14-8/2 6:30-9:30pm 18+ $125/$150

Drawing Studio: The Basics
For the first half of this class, the basic strategies of line
contour, shading, and perspective are covered. The second
half introduces watercolor washes, and how to know when a
drawing is finished. For the first class bring an 18"x24" newsprint
pad, 4B & 6B graphite pencils, a 6B charcoal pencil, and a
kneaded eraser.
Location: SHARON ART STUDIO
Instructor: Jacqueline Ruben
COURSE # DAYS DATES TIMES AGES FEES
33170 Th 7/7-7/28 6:30-8:30pm 18+ $96/$121

**Drop-in Life Drawing**
This drop in class is for individuals who wish to draw and study classic human anatomy. You are required to supply and bring your own art supplies. If you need some instruction, guidance will be available. In order to participate in this drop in class, you must be on time for these sessions in order to set-up and participate. Arriving late is distracting to the model and other artists working, and is not allowed. Space is limited and can reach capacity.
Location: EUREKA VALLEY REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in T,Sa 6/7-7/26 1:30pm-4:30pm 18+ Free

**Go Figure! The Long Pose**
Come experience drawing from a live model. Each class will have a particular focus on the figure and helpful techniques for rendering. We will work from both clothed and nude models. The class will have longer poses with some sessions dedicated to a single pose the entire class time, giving students more time for drawing and on-the-spot instructions. Cost of the model is included in the price of the class. **Drops-ins not available at this time.**
Location: SHARON ART STUDIO
Instructor: Virginia Banta
COURSE # DAYS DATES TIMES AGES FEES
33169 Th 6/16-8/11 10-12:30pm 18+ $270/$295

**Ink and Colored Pencil Sketching**
The simple materials of colored pencil and ink pens can create a vibrant image. We will be combining these materials to draw both quick, energetic sketches and bold, finished drawings. Lessons in layering and blending colored pencil along with basic color theory will be taught. You will also learn how to use ink pens effectively using different line widths and mark making to give your drawing strong lines and texture. We will be working from both clothed and landscape photographs. All levels welcome. Materials are included in the cost of the class.
Location: SHARON ART STUDIO
Instructor: Karen Bash
COURSE # DAYS DATES TIMES AGES FEES
33182 Sa 6/18-7/9 11am-2pm 18+ $144/$169

**Intro to Bezel Settings: Rings**
Take your skills as a metalsmith to a new level and learn how to size, form, and set a sterling silver ring. In this class, you’ll learn or expand upon basic metalworking skills while discovering techniques for stone setting and ring forming. Basic Metals or previous metalworking experience preferred but not required. Materials included in the cost of the class.
Location: SHARON ART STUDIO
Instructor: Cera Deibel
COURSE # DAYS DATES TIMES AGES FEES
33165 S 7/24-8/14 2pm-5pm 18+ $192/$217
Life Drawing
Come experience drawing from a live model. Class is self-directed, each week focusing on a different part of the anatomy. Critiques of student work made upon request to the instructor. Emphasis is on gesture poses, short poses, ending with 20 minute poses. Please bring paper and drawing materials to class. Price of the model is included in the cost of the class. No Drop-ins available at this time.

Location: SHARON ART STUDIO
Instructor: Alison Burek
Course # Days Dates Times Ages Fees
33154 T 6/14-8/9 12pm-3pm 18+ $216/$241

Linoleum Block Printing
In this class you will learn to carve a design or pattern onto a linoleum block, which can be printed many times over onto paper or fabric. We will cover single and multiple color printing methods and how to make a uniform edition of prints. Appropriate for all levels. The price of the class includes materials.

Location: SHARON ART STUDIO
Instructor: Elizabeth Murray
Course # Days Dates Times Ages Fees
33155 W 6/15-8/10 2pm-5pm 18+ $216/$241
33156 W 6/15-8/10 6:30-9:30pm 18+ $216/$241

Painting with Pens: Figures
"Value does all the work and color gets all the credit" is an artist’s saying. In this class we will give value it’s due and focus on using grey scale water-soluble pens to create images with strong lights and darks, as well as subtle midtones. We will be using a variety of grey and black Tombow pens for this class. These are wonderfully diverse water-soluble ink pens with a brush on one end and a fine line tip on the other. We’ll have fun exploring how to draw on dry paper and painting wet, as well as how to use both the brush and hard tips to create different marks. Your sketch will have a combination of lines, edges and values. We will work from photographs. All levels welcome. Materials are included in the cost of the class.

Location: SHARON ART STUDIO
Instructor: Karen Bash
Course # Days Dates Times Ages Fees
33174 F 7/22-8/12 10am-1pm 18+ $144/$169

Trace Monotypes
In this workshop you will learn the basic steps of the trace monotype process. This easy printing technique is called “trace monotype” because you trace the desired image on the back of the paper. The act of tracing the image transfers the ink to the paper, creating a one-of-a-kind print. In this workshop we will be using non-toxic, water-soluble printing inks. Prints will be hand-pulled without a press. No previous printing experience is needed. All materials are provided.

Location: SHARON ART STUDIO
Instructor: Karen Bash
Course # Days Dates Times Ages Fees
33173 F 6/17-7/8 10am-1pm 18+ $75/$100

Dance / Music / Performing Arts

Ballroom Dancing
Come Join The Fun! Bring your partner & glide across the dance floor during our Open Ballroom Dance sessions. Offered on Tuesdays, these sessions are music based & no instruction is provided. Music is played by volunteers. Sign up for this fun, recreational dance program!

Location: PALEGA REC CENTER
Instructor: Kenneth Lau
Course # Days Dates Times Ages Fees
33058 T, Th 6/7-6/9 12:30pm-2pm 18+ Free
Line Dancing
Dance, dance, dance. Get the whole family involved in a multi-age class focusing on the traditional instruction of a variety of dance styles.

Location: PALEGA REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
33063 T 6/7-7/26 10am-12pm 18+ Free

Location: PALEGA REC CENTER
Instructor: Karen Tung
COURSE # DAYS DATES TIMES AGES FEES
33188 T 6/7-8/9 10am-12pm 18+ Free
33186 Th 6/9-8/11 10am-12pm 18+ Free
33187 Th 6/9-8/11 2:30-4:30pm 18+ Free
33185 F 6/10-8/12 10am-12pm 18+ Free
33062 Sa 6/11-8/13 10am-12pm 18+ Free

Exercise & Fitness

Boot Camp
This class will help you strengthen, tone, and increase your cardio fitness. This boot camp workout is designed to build your confidence and boost your well-being.

Location: BOEDDEKER PLGD
Instructor: Delio Medina
COURSE # DAYS DATES TIMES AGES FEES
32929 Sa 6/11-7/30 10:30-11:30am 18+ Free

Location: UPPER NOE REC CENTER
Instructor: Delio Medina
COURSE # DAYS DATES TIMES AGES FEES
32880 Th 6/9-7/28 6:30-7:30pm 18+ $64

Feldenkrais
The Feldenkrais method is an educational system that allows the body to move and function more efficiently and comfortably. Its goal is to re-educate the nervous system and improve motor ability.

Location: UPPER NOE REC CENTER
Instructor: Naoko Katakami
COURSE # DAYS DATES TIMES AGES FEES
32903 W 6/8-7/27 12pm-1pm 18+ $48

Flexion Free Pilates
This class is designed for individuals who have been advised to exercise with little spinal motion, and is appropriate for all fitness levels. Pilates exercises help to strengthen muscles and increase range of motion, balance and stability.

Location: EUREKA VALLEY REC CENTER
Instructor: Sue Free
COURSE # DAYS DATES TIMES AGES FEES
32925 Th 6/9-7/28 10am-11am 18+ $56

Forever Fit
An active approach to conditioning, geared for those who want to get fit without the pounding of an extreme class. Including both cardiovascular exercises along with muscle conditioning, this class is great for those looking for a beginning to intermediate level class, the mature fitness enthusiast, and those just coming back to exercise.

Location: RICHMOND REC CENTER
Instructor: Susan Freund
COURSE # DAYS DATES TIMES AGES FEES
32909 T 6/7-7/26 6pm-7pm 18+ $64

Mindful MBSR + Meditation
The most scientifically researched mindfulness program (MBSR) plus meditation, this class introduces mindfulness practices in the form of sitting meditation, body awareness, and mindful movement. Reduce stress and live with greater ease through this tested and well-established mindfulness meditation program. Cultivate self-awareness. Respond rather than react to stress. Change habitual reactivity patterns. This program can help if stress is having a negative impact on your life, or if you are simply interested in learning ways to maintain health and well-being.

Location: EUREKA VALLEY REC CENTER
Instructor: Lane Kennedy
COURSE # DAYS DATES TIMES AGES FEES
32912 W 6/8-7/27 6pm-7pm 18+ $48

Pilates - All Levels
Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the body’s core or powerhouse (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

Location: GLEN CANYON REC CENTER
Instructor: Sue Free
COURSE # DAYS DATES TIMES AGES FEES
32918 Th 6/16-7/28 12pm-1pm 18+ $56

Location: UPPER NOE REC CENTER
Instructor: Jules Olaso
COURSE # DAYS DATES TIMES AGES FEES
32914 T 6/7-7/26 12pm-1pm 18+ $64
32915 Th 6/9-7/28 12pm-1pm 18+ $64

Pilates/Yoga Fusion
This class is perfect for those in midlife and beyond who want to regain or increase their vitality! Sessions start with gentle yoga to help reduce stress levels, increase energy & flexibility, and strengthen the mind-body-spirit connection. We then transition to beginner Mat Pilates exercises to actively engage and strengthen core muscles. Class concludes with a guided relaxation. ***Participants need to be able to get down to their mats on the floor and back up to standing***

Location: POTRERO HILL REC CENTER
Instructor: Juliet Martine
COURSE # DAYS DATES TIMES AGES FEES
32922 T 6/7-7/26 6:30pm-7:30pm 18+ $64
Tai Chi
This tai chi class is low impact and led by a volunteer. Learn the art of meditation in motion. All levels are welcome. Wear comfortable shoes.
Location: EUREKA VALLEY REC CENTER
Instructor: Alex Medel
COURSE # DAYS DATES TIMES AGES FEES
32926 F 6/10-7/29 10:15-11:15am 18+ Free

Tai Chi - Drop In
This tai chi class is low impact and led by a volunteer. Learn the art of meditation in motion. All levels are welcome. Wear comfortable shoes.
Location: RICHMOND REC CENTER
Instructor: Alex Medel
COURSE # DAYS DATES TIMES AGES FEES
32928 Sa 6/11-7/30 10am-11am 18+ Free

Yoga - Gentle Hatha
Gentle Hatha incorporates restorative and standing postures into a slow, meditative, calm practice. This class is great for beginners or advanced students and will help stimulate and relax the body through mind-body awareness.
Location: SUNSET REC CENTER
Instructor: Susan Saylor
COURSE # DAYS DATES TIMES AGES FEES
32933 Sa 6/11-7/30 9:15-10:15am 18+ $64

Yoga - Hatha Traditional
There is much more in Hatha yoga practice than poses. In this series, we still explore practices aimed to improve our physical well-being through asanas (poses); we also introduce practices that include pranayama (breath expansion) techniques, and finally we experience the benefits of simple meditation techniques. The intention is awareness at a physical, mental and emotional level on as well as off the mat.
Location: MINNIE & LOVIE WARD REC CENTER
Instructor: Ausura Duverge
COURSE # DAYS DATES TIMES AGES FEES
32931 W 6/8-7/27 6:30pm-7:30pm 18+ $64

Yoga - Vinyasa
Vinyasa is dynamic way of linking breath to movement, and sequencing is often built around sun salutations. The class is approachable and non-competitive, and students are encouraged to find their own rhythm and pace. In the class you will build heat, endurance, flexibility, strength and concentration. Classes are for all levels; in Level 1-2 basics will be reviewed and pace may be slower.
Location: GLEN CANYON REC CENTER
Instructor: Adam Snellings
COURSE # DAYS DATES TIMES AGES FEES
32936 W 6/8-7/27 6:45pm-7:45pm 18+ $64

Yoga: Community Reset
Foundational adaptive full-body stretches synching breath with standing/sitting postures at your own pace. With one breath at a time, restoring and reconnecting to the different layers of the body to further recognize the different layers of your community. This class is for all-levels.
Location: CROCKER AMAZON PLGD
Instructor: Fatima Ahmed
COURSE # DAYS DATES TIMES AGES FEES
32932 Sa 6/25-7/30 9am-10am 18+ $48

Science & Technology

New Technologies: Laser Cut Boxes
In this 5-week introduction to laser cutting, we’ll focus on using the laser cutter to create 3D objects. Trays, jewelry boxes, bento boxes, finger-joint boxes, book covers, lanterns and light boxes—the possibilities are endless. You’ll learn the basics of Inkscape and related software, laser cutting and engraving techniques, along with simple construction techniques for creating three-dimensional forms from flat materials. No experience is necessary, but computer proficiency is required. We’ll gladly teach you basic graphics software skills. Familiarity with Adobe Photoshop Illustrator will be very helpful.

**Location:** RANDALL MUSEUM  
**Instructor:** Tom Steele  
**COURSE # DAYS DATES TIMES AGES FEES**  
33032 W 6/15-7/13 6:30pm-9:30pm 16+ $245/$255

### Sports

#### Basketball

Shoot some hoops or just improve your 3 point shot. Experience the thrill of competition, the agony of defeat and the joy of friendship. Different recreation centers will have different set ups for game playing.

**Location:** PALEGA REC CENTER  
**COURSE # DAYS DATES TIMES AGES FEES**  
33059 Sa 6/18-7/30 9am-10am 18+ $42  
33060 Sa 6/18-7/30 10am-11am 18+ $42

#### Drop-in: Pickleball

Want to play Pickleball? Drop in to play, practice or learn the game. Bring your own equipment or borrow ours. No instruction. All adults entering the facility must show proof of vaccination.

**Location:** EUREKA VALLEY REC CENTER  
**COURSE # DAYS DATES TIMES AGES FEES**  
Drop-in F 6/10-8/12 12pm-3pm 18+ Free

#### Drop-in: Volleyball - Intermediate / Advance

Drop In Advance Volleyball (Coed)  
**Location:** EUREKA VALLEY REC CENTER  
**COURSE # DAYS DATES TIMES AGES FEES**  
Drop-in Th 6/9-8/11 5:30pm-8:30pm 18+ Free

#### Drop-in: Volleyball - Advance

Drop In Advance Volleyball (Coed)  
**Location:** EUREKA VALLEY REC CENTER  
**COURSE # DAYS DATES TIMES AGES FEES**  
Drop-in Sa 6/11-8/13 9am-1pm 18+ Free

#### Drop-in: Women’s Basketball

Play pick up games, full court with other women of all levels. All adults entering the facility must show proof of vaccination.

**Location:** EUREKA VALLEY REC CENTER  
**COURSE # DAYS DATES TIMES AGES FEES**  
Drop-in T 6/7-8/9 6pm-8pm 18+ Free

### Sports - Alternative

#### Intro to Parkour

Learn to move freely and safely through your environment using technical skills. Become strong to be useful in emergency situations. Build confidence that can be applied throughout everyday life while staying in shape and having fun.

**Location:** GLEN CANYON REC CENTER  
**Instructor:** Derek Magsanay  
**COURSE # DAYS DATES TIMES AGES FEES**  
33045 Sa 6/11-7/9 12:30-1:30pm 18+ $40  
33052 Sa 7/16-8/13 12:30-1:30pm 18+ $50
Virtual Arts, Crafts & Technology

Adobe Lightroom Classic
Lightroom Classic is a powerful image management and image editing software program. In Part 1, we cover the Library Module which is designed to streamline your workflow and organize your entire photo collection. In Part 2, we concentrate on the Develop Module which is the powerful image-processing component of Lightroom. I will show you how to get the most out of the Develop Module to take your images to the next. Whether you are a beginner or advanced photographer, this workshop will help you achieve your goals through providing a well-grounded foundation for organizing and post-processing your images. Don’t struggle to get your images looking the way you want, come to this class and learn how to do it. Practice images will be provided, as well as, written handouts. *More detailed information will be emailed to registered participants.

Instructor: David Gubernick
Location: HARVEY MILK PHOTO CENTER
Course # Days Dates Times Ages Fees
33199 Sa 7/30-8/13 1pm-4pm 18+ $175

Online Drawing The Forest Through the Trees
Take a break from the everyday with this fun, one-of-a-kind drawing class! We will use images of trees which incorporate surprising colors, textures, and perspectives for inspiration. You will learn some basics around line quality, balance, intuitive art-making, and easy ways to draw trees. You get to be the orchestrator here. There's no right or wrong way. All are welcome! Whether you have experience drawing or not, join us and create your own unique abstract drawing. Materials list available at sharonartstudio.org

Instructor: Michelle Champlin
Location: SHARON ART STUDIO
Course # Days Dates Times Ages Fees
33118 M 6/13-6/27 1pm-2:30pm 15+ $60/$85

Online Multi-Linear Experimental Comics Making
What is a comic? Is it a sequence of images or the combination of word and image? Is it defined by the panels or the content of those panels? In this course we will be looking at both the conceptual and physical frameworks comics were born into. By looking at the history of storytelling and experimentation with the medium of indie comics we will forge our own path forward into the contemporary world of unconventional comics. Playing with concepts, paneling, abstraction, and the physical book as an art object, we will find what methods feel right for telling our individual stories. Marinating in everyday moments as well as creating new worlds, we embark together. Materials list can be found at sharonartstudio.org/materials.

Instructor: Mara Ramirez
Course # Days Dates Times Ages Fees
33206 M 6/27-8/8 6:30pm-8:30pm 15+ $144/$169

Online Playful Intuitive Drawing
Playful Intuitive Drawing is a fun and exploratory drawing class that gives folks an opportunity to express themselves creatively through drawing and connecting with their intuition. We will be taking inspiration from unique real world images which incorporate interesting colors, textures, and shapes. You will learn basic drawing techniques using the elements of art and will be experimenting with representational and abstract concepts using your intuition as a guide. You get to be the orchestrator here. There is no right or wrong in this class and no prior drawing experience is necessary. Join us and have some fun! Materials list available at sharonartstudio.org

Instructor: Michelle Champlin
Location: SHARON ART STUDIO
Course # Days Dates Times Ages Fees
33208 M 7/18-8/8 1pm-2:30pm 15+ $121/$146

Online Portrait Painting
Understand proportion of the facial anatomy from various perspectives. Use light and shadow to understand the shaping of the face and discover new ways to enhance your palette with a variety of facial hues giving a rich sense of volume. Students will work photos to focus on the details of the face. Demonstrations will be made prior to each assignment. For continuing students in with a Painting emphasis. Materials list is available at www.sharonartstudio.org.

Instructor: Alan Tarbell
Location: SHARON ART STUDIO
Course # Days Dates Times Ages Fees
33171 W 7/20-8/10 3pm-4:30pm 15+ $121/$146

Arts & Crafts

Beaded Light-Catchers And Ornaments
Craft your own beaded light-catchers and ornaments using lightweight acrylic beads and wire or monofilament. Your 2-D and 3-D creations will sparkle cheerfully. Learn several beading techniques from simple to more complex as we make all kinds of creatures and designs. Step by step instructions with graphics in addition to teacher support guarantee with a fun time and learning success. There is a $10 material fee that includes all beads and supplies.

Instructor: Dolores Sacha
Location: GOLDEN GATE PARK SENIOR CENTER
Course # Days Dates Times Ages Fees
33117 F 6/10-8/12 1pm-3pm 55+ Free

Knitting & Crocheting
Share your skills and techniques with each other in this volunteer-led program. Participants must bring their own supplies. Come share ideas about knitting and crocheting.

Class meets the 1st and 3rd Thursday of the month.

Instructor: Ann Cabral
Course # Days Dates Times Ages Fees
33108 Th 6/16-8/4 1pm-3pm 55+ Free
Knitting & Crocheting
Share your skills and techniques with each other in this volunteer-led program. Participants must bring their own supplies. Come share ideas about knitting and crocheting.
Class meets the 2nd and 4th Thursday of the month.
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Ann Cabral
COURSE # DAYS DATES TIMES AGES FEES
33109 Th 6/9-8/11 1pm-3pm 55+ Free

Sketching and Painting for Seniors
This class will focus on sketching and painting through various mediums, including pencils, watercolors, and more. There will be a sketching component every week, as well as ongoing personal projects.
Location: MOSCONE REC CENTER
Instructor: Alison Burek
COURSE # DAYS DATES TIMES AGES FEES
33078 W 6/8-8/10 1pm-3pm 55+ Free

Arts - Visual

Art and Painting
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Myrna Yee
COURSE # DAYS DATES TIMES AGES FEES
33105 T 6/7-8/9 1pm-3pm 55+ Free

Jewelry Making (Intermediate Level)
This is an intermediate Jewelry class. This class is based on off loom bead weaving. Project oriented with projects selected by class participants. Participants MUST know the basics of bead weaving and have fundamental skills of off loom work. Instructor will provide assistance and advance your knowledge of techniques.
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Sheena Carrasco
COURSE # DAYS DATES TIMES AGES FEES
33106 M 6/6-8/8 2:30pm-4pm 55+ Free

Dance / Music / Performing Arts

Argentine Tango - Beginning
Join this low impact tango class which welcomes all levels of dancers. Detailed instruction and partner participation. The dance consists of a variety of styles that developed in different regions and eras.
Location: HAMILTON REC CENTER
Instructor: Ivan Shvarts
COURSE # DAYS DATES TIMES AGES FEES
33068 T 6/7-8/9 3:30-5:30pm 55+ Free

Beginning Tap
In this class you will learn basic tap vocabulary and steps such as shuffle, flap, stomp, stamp, waltz clog, buffalo, time step, paradiddle, cramp rolls, etc. You will also learn easy routines.
Location: UPPER NOE REC CENTER
Instructor: Ivan Shvarts
COURSE # DAYS DATES TIMES AGES FEES
33069 F 6/10-8/12 1pm-4pm 55+ Free
Location: RICHMOND REC CENTER
Instructor: Yuko Franklin
COURSE # DAYS DATES TIMES AGES FEES
33101 T 6/7-8/9 9:30-10:30am 55+ Free

Advanced/Intermediate Tap
Knowledge of basic steps suggested for this class. We will be practicing dance routines for the advanced tap students on a weekly basis.
Location: RICHMOND REC CENTER
Instructor: Yuko Franklin
COURSE # DAYS DATES TIMES AGES FEES
33100 T 6/7-8/9 10:30-11:30am 55+ Free

Line Dancing
Learn steps, figures, and patterns of dances to popular and traditional Country and Western music from various countries. No partners are needed and beginners are encouraged to register. There may be some fast turning in the more advanced dances. Wear comfortable shoes!
Location: MINNIE & LOVIE WARD REC CENTER
Instructor: Russell Breslauer
COURSE # DAYS DATES TIMES AGES FEES
33097 Sa 6/11-8/13 1pm-3pm 55+ Free

Line Dancing - Ultra Beginners
Learn the basics of Line Dancing. You will learn steps, figures and patterns of line dances to all genres of music. No partners are needed. New and challenged seniors are encouraged. It is an ongoing class for beginners. No extra materials are needed except a comfortable pair of shoes for dancing.
Location: HAMILTON REC CENTER
Instructor: Russell Breslauer
COURSE # DAYS DATES TIMES AGES FEES
33074 Sa 6/11-8/13 9am-10:30am 55+ Free

Line Dancing - Intermediate
This is an intermediate level line dance class. No partner needed to participate in this dance class. Class will involve some turning dance steps.
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Angela Cheung
COURSE # DAYS DATES TIMES AGES FEES
33110 T 6/7-8/9 2pm-3:30pm 55+ Free

Line Dancing-Intermediate
This course is an introduction for advanced dances. No partner needed to participate in this dance class. Class will involve some turning dance steps. Wear comfortable shoes and enjoy the music while learning new dance routines.
Location: HAMILTON REC CENTER
Instructor: Angela Cheung
COURSE # DAYS DATES TIMES AGES FEES
33072 Sa 6/11-8/13 10:30am-12pm 55+ Free

Outdoor Tango
This outdoor class encourages all levels to join. Beginners will learn the history of the tango, basic steps, balance and posture. Intermediate students will learn floor craft, codes, create steps and movements. Advance students will learn about different orchestra music and recognize the three types of tango categories.
Location: Golden Gate Park Bandshell
Instructor: Ivan Shvarts
COURSE # DAYS DATES TIMES AGES FEES
33075 Th 6/9-8/11 2pm-5pm 55+ Free

Soul Line Dancers
A total body workout, regardless of fitness level. This workout is a combination of aerobic, flexibility and resistance training with music.
Location: MINNIE & LOVIE WARD REC CENTER
Instructor: Inez Bradstreet
COURSE # DAYS DATES TIMES AGES FEES
33079 F 6/24-8/12 4pm-5:30pm 55+ Free

Ukulele
Bring your own Ukulele and play along with other participants. This is not a Ukulele instructional class.
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Pat Avera
COURSE # DAYS DATES TIMES AGES FEES
33118 F 6/10-8/12 2:15pm-3:45pm 55+ Free
Exercise & Fitness

Chinese Cultural Dance-Beginner & Intermediate
All levels welcome! Beginner and intermediate level dances will be taught. Our dances contain elements from Chinese classical dance, folk dance and group dance. You will have a joyful afternoon with our beautiful dance steps and music.
Location: SUNSET REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
33088 Sa 6/11-8/13 2pm-4pm 55+ Free

Physical Conditioning for Active Seniors
This fitness class will provide a total body workout that is fun, challenging and low impact. This class provides a combination of Yoga and Pilates techniques, flexibility and balance work, hand weights strength work, and mat core and body lengthening work. Work outs may vary week to week. You will need a yoga mat and hand weights (2, 3 or 5 lbs). Please inform your Doctor that your are participating in a physical workout.
Location: GLEN CANYON REC CENTER
Instructor: Paul Zager
COURSE # DAYS DATES TIMES AGES FEES
33076 T 6/7-8/9 10am-11am 55+ Free

Stretching and Relaxation
Exercise with bands (rubber) building muscle strength and flexibility. This course also helps participants learn to relax with meditation music. Please bring your own light weights, rubber exercise stretch band, and exercise mat. Please make your doctor aware that your are participating in an exercise program.
Location: GLEN CANYON REC CENTER
Instructor: Judy Canterbury
COURSE # DAYS DATES TIMES AGES FEES
33111 Th 6/9-8/11 1pm-2pm 55+ Free

Tai Chi
This tai chi class is low impact and led by a volunteer. Learn the art of meditation in motion. All levels are welcome. Wear comfortable shoes.
Location: MINNIE & LOVIE WARD REC CENTER
Instructor: Cady Wong
COURSE # DAYS DATES TIMES AGES FEES
33099 Sa 6/11-8/13 10am-12pm 55+ Free

Tai Chi for Beginners
Improve balance, flexibility, mobility, and body and sensory awareness through detailed hands-on instruction in the 37-posture Cheng Man-Ching short Yang style Tai Chi Chuan form. Tai chi comprises multiple components including many physical, cognitive, psychological, and emotional factors. The regular practice of Tai Chi can provide beneficial effects on cardiac and cardiovascular health, the immune system, balance impairments, strength and endurance, brain health, and a sense of well-being. Students, at this class level, will learn about half of the 37-posture Cheng Man-Ching short Yang style form through a mix of lecture and instruction, demonstration, hands-on adjustment, self-learning, and practice. The practice of Tai Chi cultivates self-responsibility, self-discovery, and self-empowerment. Participate in your own healthcare through Tai Chi.
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Maureen Quan
COURSE # DAYS DATES TIMES AGES FEES
33113 M 6/6-8/8 1pm-2pm 55+ Free

Tai Chi for Intermediates
Improve balance, flexibility, mobility, and body and sensory awareness through detailed hands-on instruction in the 37-posture Cheng Man-Ching short Yang style Tai Chi Chuan form. The regular practice of Tai Chi can provide beneficial effects on cardiac and cardiovascular health, the immune system, balance impairments, strength and endurance, brain health, and a sense of well-being. Students, at this class level, will learn and practice the complete 37-posture Cheng Man-Ching short Yang style form. The class will be exposed to a deeper understanding of the benefits of Tai Chi through a mix of lecture and instruction, class discussion, demonstration, hands-on adjustment, self-learning, and practice. Must be vaccinated and have vaccination card with ID when attending class. Must wear a mask as required and social distance.
Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Maureen Quan
COURSE # DAYS DATES TIMES AGES FEES
33112 F 6/10-8/12 1pm-2pm 55+ Free

Social Activities

Bingo
Please join us at Glen Park Recreation Center for Bingo! We are looking to grow our Bingo community, so please bring yourself and bring a friend!
Location: GLEN CANYON REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
DROP-IN Th 6/7-8/9 1pm-3pm 55+ Free

Bingo for Seniors
Come enjoy playing bingo and meet some new friends!
Location: PALEGA REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
33191 W 6/8-8/10 10am-11:30am 55+ Free

Book Discussion Group
Reading and Discussion of “The Cat Who Saved Books” from one of the bestselling authors in Japan comes a heartwarming celebration of books, cats, and the people who love them. Features mystery, whimsy, humor, philosophy, empathy, unforgettable characters and BOOKS, BOOKS, BOOKS...
Location: GLEN CANYON REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in T 6/7-8/9 1pm-3pm 55+ Free
**Sports**

**Drop-in: Basketball**
55 and Better Basketball! A great place to work on your pointers or just come out to shoot some hoops. All adults entering the facility must show proof of vaccination.

Location: EUREKA VALLEY REC CENTER

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**Virtual Dance/Music/Performing Arts**

**Zoom Chinese Line Dance Practice**
Similar to the Western line dance, instructions (including proper demonstrations at the beginning of the class) will be given to the Chinese line dancers with dancing patterns/terminology, step counts, and following with practices led by the instructor, except more emphasis will be place on hands/arms, feet and whole body coordination, making whole body accented movements connecting to the Chinese music, expressing the character of various Chinese ethnic groups and incorporating with modern dance. Currently it is also known as “Fitness (Dancing) Exercise”, very popular in China.

Location: Zoom
Instructor: Anna Yu

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**Virtual Seniors**

**Zoom Baby Boomer Sing a Long**
Join the fun as we sing popular songs that we know, love and grew up with! Songs from musicals like “The Sound of Music”, The Beatles, Carpenters, John Denver, Frank Sinatra and many others. You don't need a great singing voice, you just need to love music! **This class is held every 1st, 3rd and 5th Thursday of the month.**

Location: Zoom
Instructor: Clifford Louie

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**Zoom Line Dance for Intermediate Level**
Fast, upbeat, contemporary music for dancing. Wear your dancing shoes.

Location: Zoom
Instructor: John Pon

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<td>55+</td>
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**Zoom Low Impact Aerobics**
A fitness and exercise course for seniors which include cardio workout, strength and flexibility. Please make sure your Doctor is aware of your participation in the class.

Location: Zoom
Instructor: Pablo Molina

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<tr>
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**Zoom Physical Conditioning for Active Seniors**
This zoom fitness class will provide a total body workout that is fun, challenging and low impact. This class provides a combination of Yoga and Pilates techniques, flexibility and balance work, hand weights strength work, and mat core and body lengthening work. Work outs may vary week to week. You will need a yoga mat and hand weights (2, 3 or 5 lbs). Please inform your Doctor that you are participating in a physical workout.

Location: Zoom
Instructor: Paul Zager

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<tr>
<th>COURSE #</th>
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**Zoom Strength and Conditioning for Seniors**
We will have our Weights and Conditioning Class on Zoom every Monday and Wednesday. As a courtesy to your classmates, please mute yourself if you log in late to class or if class had already began. You will need to use two dumbbells for your workout and water. This class includes some low and high impact aerobics. You decide whether to do low or high impact aerobics. Workout safely and listen to your body. I hope to see you there!

Location: Zoom
Instructor: Victor Lee

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<td>Aquatics - Parent and Tot Swim</td>
<td>32996</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>9am-9:30am</td>
<td>6m-2</td>
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<td>Aquatics - Preschool Swim</td>
<td>32991</td>
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<td>Level 1</td>
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<td>Level 2</td>
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These facilities are physically accessible to people with mobility disabilities.
### CROCKER AMAZON PLGD - 700 Moscow St @ Italy St; (415) 337-4708

<table>
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### ECOCENTER - 32 Jennings St

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### EUREKA VALLEY REC CENTER - 100 Collingwood Street; (415) 831-6810

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### GARFIELD SWIMMING POOL - 1271 Treat St;

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### GLEN CANYON REC CENTER

**Elk St & Chenery St; (415) 239-4007**

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### GOLDEN GATE PARK SENIOR CENTER

**- 6101 Fulton St. @ 37th Ave.; (415) 666-7079**

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## Zoom Strength and Conditioning for Seniors

**Course Code:** 33085  
**Days:** M,W  
**Dates:** 6/6-8/8  
**Times:** 9:15am-10:15am  
**Ages:** 55+  
**Fees:** Free

**Location:** HAMILTON REC CENTER- 1900 Geary Boulevard (@ Steiner Street); (415) 292-2111

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**Location:** HAMILTON SWIMMING POOL- 1900 Geary Blvd.; (415) 292-2008

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**Location:** HARVEY MILK PHOTO CENTER- 50 Scott Street; (415) 554-8742

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### MARTIN LUTHER KING, JR. SWIMMING POOL - 5701 3rd Street; (415) 822-2807

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### MINNIE & LOVIE WARD REC CENTER - 650 Capitol Street @ Montana St; (415) 337-4710

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### MISSION SWIMMING POOL- 101 Linda St; (415)641-2841

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### NORTH BEACH SWIMMING POOL - 651 Lombard Street; (415) 391-0407

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### San Francisco Recreation & Park Summer Programs 2022

**PALEGA REC CENTER- 500 Felton St @ Holyoke St; (415) 831-6828**

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**POTRERO HILL REC CENTER - 801 Arkansas St**

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**RANDALL MUSEUM 199 Museum Way; (415) 554-9600**

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<td>T</td>
<td>6/14-8/9</td>
<td>6:30pm-9:30pm</td>
<td>15+</td>
<td>$405/$415</td>
</tr>
<tr>
<td>Woodworking: Open Studio (session two)</td>
<td>33031</td>
<td>Sa</td>
<td>6/18-8/6</td>
<td>1pm-5pm</td>
<td>15+</td>
<td>$480/$490</td>
</tr>
<tr>
<td>Woodworking: Spoon Carving</td>
<td>33025</td>
<td>M</td>
<td>7/11-7/18</td>
<td>6:30pm-9pm</td>
<td>15+</td>
<td>$175/$185</td>
</tr>
</tbody>
</table>
### Woodworking: Spoon Carving II
- **Course Code:** 33026
- **Days:** M
- **Dates:** 7/25-7/25
- **Times:** 6:30pm-9pm
- **Ages:** 15+
- **Fees:** $80/$90

### Woodworking: Tool Sharpening Workshop
- **Course Code:** 33027
- **Days:** M
- **Dates:** 8/1-8/8
- **Times:** 6:30pm-9:30pm
- **Ages:** 15+
- **Fees:** $95/$105

### Richmond Rec Center - 18th Avenue; (415) 666-7020

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>COURSE#</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIMES</th>
<th>AGES</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced/Intermediate Tap</td>
<td>33100</td>
<td>T</td>
<td>6/7-8/9</td>
<td>10:30am-11:30am</td>
<td>55+</td>
<td>Free</td>
</tr>
<tr>
<td>Beginning Tap</td>
<td>33101</td>
<td>T</td>
<td>6/7-8/9</td>
<td>9:30am-10:30am</td>
<td>55+</td>
<td>Free</td>
</tr>
<tr>
<td>Forever Fit</td>
<td>32909</td>
<td>T</td>
<td>6/7-7/26</td>
<td>6pm-7pm</td>
<td>18+</td>
<td>$64</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>32928</td>
<td>Sa</td>
<td>6/11-7/30</td>
<td>10am-11am</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

### Rossi Swimming Pool - 600 Arguello Blvd; (415) 753-7004

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>COURSE#</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIMES</th>
<th>AGES</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning the Basics</td>
<td>33011</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>10:30am-11am</td>
<td>18+</td>
<td>$65</td>
</tr>
<tr>
<td>Parent and Tot Swim</td>
<td>32997</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>10:30am-11am</td>
<td>6m-2</td>
<td>$52</td>
</tr>
<tr>
<td>Level 1</td>
<td>32872</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>9am-9:30am</td>
<td>6-17</td>
<td>$35</td>
</tr>
<tr>
<td>Level 2</td>
<td>32895</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>9:45am-10:15am</td>
<td>6-17</td>
<td>$35</td>
</tr>
<tr>
<td>Level 3</td>
<td>32916</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>9am-9:30am</td>
<td>6-17</td>
<td>$35</td>
</tr>
<tr>
<td>Level 4</td>
<td>32965</td>
<td>Sa</td>
<td>6/11-8/6</td>
<td>9:45am-10:15am</td>
<td>6-17</td>
<td>$35</td>
</tr>
</tbody>
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### Sharon Art Studio - Golden Gate Park; (415) 753-7004

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>COURSE#</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIMES</th>
<th>AGES</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic Abstract Painting: Splash, Drip and Pour</td>
<td>33166</td>
<td>F</td>
<td>6/17-8/12</td>
<td>6:30pm-9:30pm</td>
<td>18+</td>
<td>$240/$265</td>
</tr>
<tr>
<td>Advanced Glass</td>
<td>33161</td>
<td>F</td>
<td>6/17-8/12</td>
<td>10am-1pm</td>
<td>18+</td>
<td>$216/$241</td>
</tr>
<tr>
<td>Beading Workshop: Summer Necklace Fun</td>
<td>33172</td>
<td>Sa</td>
<td>7/9-7/9</td>
<td>10am-12pm</td>
<td>18+</td>
<td>$50/$75</td>
</tr>
<tr>
<td>Beginner Ceramics - Sharon Art Studio</td>
<td>33158</td>
<td>Sa</td>
<td>6/18-8/13</td>
<td>5pm-8pm</td>
<td>18+</td>
<td>$240</td>
</tr>
</tbody>
</table>

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San Francisco Recreation & Park Summer Programs 2022 | sfrecpark.org | 39
| Beginning Jewelry & Metal Arts | 33162 | M | 6/13-8/15 | 6:30pm-9:30pm | 18+ | $288/$313 |
| Book Magic | 33184 | W | 6/22-8/10 | 5pm-8pm | 18+ | $240/$265 |
| Casting | 33163 | Sa | 6/18-7/23 | 1pm-4pm | 18+ | $270/$295 |
| Ceramics - Sharon Art Studio | 33067 | M | 6/13-8/15 | 1pm-4pm | 18+ | $216/$241 |
| Ceramics - Sharon Art Studio | 33086 | M | 6/13-8/15 | 6:30pm-9:30pm | 18+ | $216/$241 |
| Ceramics - Sharon Art Studio | 33087 | T | 6/14-8/9 | 1pm-4pm | 18+ | $243/$268 |
| Ceramics - Sharon Art Studio | 33090 | T | 6/14-8/9 | 6:30pm-9:30pm | 18+ | $243/$268 |
| Ceramics - Sharon Art Studio | 33091 | W | 6/15-8/10 | 1pm-4pm | 18+ | $243/$268 |
| Ceramics - Sharon Art Studio | 33092 | W | 6/15-8/10 | 6:30pm-9:30pm | 18+ | $243/$268 |
| Ceramics - Sharon Art Studio | 33093 | Th | 6/16-8/11 | 1pm-4pm | 18+ | $243/$268 |
| Ceramics - Sharon Art Studio | 33094 | Th | 6/16-8/11 | 6:30pm-9:30pm | 18+ | $243/$268 |
| Ceramics - Sharon Art Studio | 33095 | F | 6/17-8/12 | 10am-1pm | 18+ | $243/$268 |
| Ceramics Open Studio | 33102 | M | 6/13-8/15 | 1pm-4pm | 18+ | $243/$268 |
| Ceramics Open Studio | 33104 | T | 6/14-8/9 | 1pm-4pm | 18+ | $243/$268 |
| Ceramics Open Studio | 33114 | W | 6/15-8/10 | 4:30pm-6pm | 18+ | $54/$79 |
| Ceramics Open Studio | 33116 | Th | 6/16-8/11 | 4:30pm-6pm | 18+ | $54/$79 |
| Ceramics Open Studio | 33142 | F | 6/17-8/12 | 1:30pm-3:30pm | 18+ | $72/$97 |
| Ceramics Open Studio | 33143 | F | 6/17-8/12 | 4pm-6pm | 18+ | $72/$97 |
| Color Collage | 33197 | W | 7/20-8/3 | 10am-1pm | 18+ | $108/$133 |
| Draw & Paint with Water-Soluble Wax Crayon | 33183 | Sa | 7/23-8/13 | 11am-2pm | 18+ | $144/$169 |
| Drawing and Painting in Pastels | 33196 | W | 6/15-7/6 | 10am-1pm | 18+ | $144/$169 |
| Drawing Studio: The Basics | 33170 | Th | 7/7-7/28 | 6:30pm-8:30pm | 18+ | $96/$121 |
| Expressive Portraiture | 33195 | Th | 7/21-8/4 | 2pm-5pm | 18+ | $144/$169 |
| Family Clay Day | 33144 | S | 7/24-8/14 | 10am-11:30am | 6-10 | $72/$97 |
| Glass | 33145 | M | 6/13-8/15 | 4:30pm-7:30pm | 18+ | $168/$193 |
| Glass | 33146 | T | 6/14-8/9 | 7pm-10pm | 18+ | $189/$214 |
| Glass | 33147 | Th | 6/16-8/11 | 7pm-10pm | 18+ | $189/$214 |
| Glass | 33148 | F | 6/17-8/12 | 2pm-5pm | 18+ | $189/$214 |
| Glass | 33149 | Sa | 6/18-8/13 | 10am-1pm | 18+ | $168/$193 |
| Glass | 33150 | Sa | 6/18-8/13 | 2pm-5pm | 18+ | $168/$193 |
| Go Figure! The Long Pose | 33169 | Th | 6/16-8/11 | 10am-12:30pm | 18+ | $270/$295 |
| A Focus on Head, Hands & Feet | 33199 | M | 7/18-8/8 | 10am-1pm | 18+ | $168/$193 |
| Ink and Colored Pencil Sketching | 33182 | Sa | 6/18-7/9 | 11am-2pm | 18+ | $144/$169 |
| Ink and Colored Pencil Sketching: Gardens | 33181 | F | 7/22-8/12 | 2pm-5pm | 18+ | $144/$169 |
| Ink and Colored Pencil Sketching: Still Life | 33175 | F | 6/17-7/8 | 2pm-5pm | 18+ | $144/$169 |
| Intermediate Jewelry & Metal Arts | 33164 | Th | 6/16-8/11 | 6:30pm-9:30pm | 18+ | $288/$313 |
| Intermediate Watercolor | 33168 | Th | 6/16-7/7 | 2pm-5pm | 18+ | $144/$169 |
| Intro to Bezel Settings: Rings | 33165 | S | 7/24-8/14 | 2pm-5pm | 18+ | $192/$217 |
| Leaving Your Comfort Zone | 33200 | M | 7/18-8/8 | 2pm-5pm | 18+ | $168/$193 |
| Life Drawing | 33154 | T | 6/14-8/9 | 12pm-3pm | 18+ | $216/$241 |
| Life Drawing | 33155 | W | 6/15-8/10 | 2pm-5pm | 18+ | $216/$241 |
| Life Drawing | 33156 | W | 6/15-8/10 | 6:30pm-9:30pm | 18+ | $216/$241 |
| Linoleum Block Printing | 33205 | S | 7/31-8/14 | 12pm-3pm | 18+ | $128/$153 |
| Master Class: Altered Forms | 33160 | S | 7/24-8/7 | 1pm-5pm | 18+ | $125/$150 |
| Multicultural Architecture | 33202 | S | 8/7-8/14 | 10am-12pm | 6-10 | $100/$125 |
| Online Drawing The Forest Through the Trees | 33207 | M | 6/13-6/27 | 1pm-2:30pm | 15+ | $60/$85 |
| Online Multi-Linear Experimental Comics Making | 33206 | M | 6/27-8/8 | 6:30pm-8:30pm | 15+ | $144/$169 |
| Online Playful Intuitive Drawing | 33208 | M | 7/18-8/8 | 1pm-2:30pm | 15+ | $121/$146 |
| Online Portrait Painting | 33171 | W | 7/20-8/10 | 3pm-4:30pm | 15+ | $121/$146 |
| Painting with Pens: Figures | 33174 | F | 7/22-8/12 | 10am-1pm | 18+ | $144/$169 |
### Painting with Pens: Water
- Course Code: 33173
- Days: F
- Dates: 6/17-7/8
- Times: 10am-1pm
- Ages: 18+
- Fees: $144/$169

### Personifying Pet Portraits
- Course Code: 33198
- Days: Sa
- Dates: 7/23-8/13
- Times: 3pm-5pm
- Ages: 18+
- Fees: $128/$153

### Remember Your Magic
- Course Code: 33203
- Days: S
- Dates: 6/12-6/12
- Times: 1pm-3pm
- Ages: 6-13
- Fees: $50/$75

### Storybook Art
- Course Code: 33201
- Days: S
- Dates: 7/24-7/31
- Times: 10am-12pm
- Ages: 6-10
- Fees: $100/$125

### Teen Glass
- Course Code: 33153
- Days: Sa
- Dates: 6/25-8/13
- Times: 10am-12pm
- Ages: 14-17
- Fees: $112/$137

### Time for Tea: Beyond the Basics
- Course Code: 33159
- Days: S
- Dates: 6/26-7/10
- Times: 1pm-5pm
- Ages: 18+
- Fees: $96/$121

### Trace Monotypes
- Course Code: 33204
- Days: S
- Dates: 7/24-7/24
- Times: 11am-2pm
- Ages: 18+
- Fees: $75/$100

---

### ST. MARY’S REC CENTER - 95 Justin Drive @ Murray St; (415) 695-5006

### ACTIVITY
- **All Ages Martial Arts Sampler - Advanced**
  - Course Code: 33042
  - Days: W
  - Dates: 6/8-8/10
  - Times: 7:15pm-8:15pm
  - Ages: 8+
  - Fees: $100

- **All Ages Martial Arts Sampler - Advanced**
  - Course Code: 33050
  - Days: Sa
  - Dates: 6/11-8/13
  - Times: 11am-12pm
  - Ages: 8+
  - Fees: $90

- **All Ages Martial Arts Sampler - Beginning**
  - Course Code: 33043
  - Days: W
  - Dates: 6/8-8/10
  - Times: 6pm-7pm
  - Ages: 8+
  - Fees: $100

- **All Ages Martial Arts Sampler - Beginning**
  - Course Code: 33051
  - Days: Sa
  - Dates: 6/11-8/13
  - Times: 9:30am-10:30am
  - Ages: 8+
  - Fees: $90

### SUNSET REC CENTER - 2201 Lawton St @ 29th Avenue; (415) 242-1070

### ACTIVITY
- **Chinese Cultural Dance-Beginner & Intermediate**
  - Course Code: 33088
  - Days: Sa
  - Dates: 6/11-8/13
  - Times: 2pm-4pm
  - Ages: 55+
  - Fees: Free

- **Intro to Fencing for Juniors**
  - Course Code: 33044
  - Days: W
  - Dates: 6/8-8/10
  - Times: 4pm-5pm
  - Ages: 7-13
  - Fees: $150

- **Karate Kidz**
  - Course Code: 33046
  - Days: T
  - Dates: 6/7-8/9
  - Times: 5:15pm-6:15pm
  - Ages: 9-12
  - Fees: $90

- **Karate Kidz- Little Kickers**
  - Course Code: 33047
  - Days: T
  - Dates: 6/7-8/9
  - Times: 4pm-5pm
  - Ages: 6-8
  - Fees: $90

- **Yoga - Gentle Hatha**
  - Course Code: 32933
  - Days: Sa
  - Dates: 6/11-7/30
  - Times: 9:15am-10:15am
  - Ages: 18+
  - Fees: $64

- **Yoga - Hatha Traditional**
  - Course Code: 32934
  - Days: W
  - Dates: 6/8-7/27
  - Times: 6:30pm-7:30pm
  - Ages: 18+
  - Fees: $64

### UPPER NOE REC CENTER - 295 Day Street @ Sanchez St.; (415) 970-8061

### ACTIVITY
- **Argentine Tango - Beginning**
  - Course Code: 33069
  - Days: F
  - Dates: 6/10-8/12
  - Times: 1pm-4pm
  - Ages: 55+
  - Fees: Free

- **Boot Camp**
  - Course Code: 32880
  - Days: Th
  - Dates: 6/9-7/28
  - Times: 6:30pm-7:30pm
  - Ages: 18+
  - Fees: $64

- **Feldenkrais**
  - Course Code: 32903
  - Days: W
  - Dates: 6/8-7/27
  - Times: 12pm-1pm
  - Ages: 18+
  - Fees: Free

- **Karate Kidz**
  - Course Code: 33053
  - Days: T
  - Dates: 6/7-8/9
  - Times: 5:15pm-6:15pm
  - Ages: 9-12
  - Fees: $90

- **Karate Kidz- Little Kickers**
  - Course Code: 33054
  - Days: Th
  - Dates: 6/9-8/11
  - Times: 4pm-5pm
  - Ages: 6-8
  - Fees: $100

- **Pilates - All Levels**
  - Course Code: 32914
  - Days: T
  - Dates: 6/7-7/26
  - Times: 12pm-1pm
  - Ages: 18+
  - Fees: $64

- **Pilates - All Levels**
  - Course Code: 32915
  - Days: Th
  - Dates: 6/9-9/28
  - Times: 12pm-1pm
  - Ages: 18+
  - Fees: $64

- **Yoga - Hatha Traditional**
  - Course Code: 32935
  - Days: T
  - Dates: 6/7-7/26
  - Times: 6:30pm-7:30pm
  - Ages: 18+
  - Fees: $64

---

San Francisco Recreation & Park Summer Programs 2022 | sfrecpark.org | 41
## Contact US

### Information
- **Department Website**: sfrecpark.org
- **Registration Website**: sfrecpark.org/register
- **Program Registration Information**: 831-6800
- **Recreation & Parks General Information**: 831-2700
- **General Manager’s Office**: 831-2701
- **Recreation & Parks Commission**: 831-2750
- **Inclusion Services**: 206-1063
- **Workreation Program**: 831-6812
- **Volunteer Opportunities**: 831-6330
- **Public Information Office**: 831-2782
- **Permits, Reservations, Rentals**: 831-5500
- **Athletic Field Reservations**: 831-5510
- **Camp Mather Reservations**: 831-2715
- **TTY (McLaren Lodge)**: 666-7058
- **TTY-VP (Project Insight)**: 242-5700

### Recreation Centers
- **Bernal Heights Rec Center**: 695-5007
- **Betty Ann Ong Chinese Rec Center**: 359-9103
- **Crockers Amazon Clubhouse**: 337-4708
- **Eureka Valley Rec Center**: 831-6810
- **Glen Park Rec Center**: 239-4007
- **Golden Gate Park Senior Center**: 666-7079
- **Golden Gate Park Tennis Complex**: 753-7001
- **Hamilton Rec Center**: 292-2111
- **Harvey Milk Arts Center**: 554-8742
- **Young People’s Teen Musical Theater Co.**: 554-9523
- **Harvey Milk Photo Center**: 554-9522
- **Joseph Lee Rec Center**: 970-9204
- **Minnie & Lovie Ward Rec Center**: 337-4710
- **Mission Art Center**: 831-6801
- **Mission Playground**: 206-1546
- **Mission Rec Center**: 695-5012
- **Moscone Rec Center**: 292-2045
- **Palega Rec Center**: 831-6828
- **Potrero Hill Rec Center**: 695-5009
- **Randall Museum**: 554-9600
- **Richmond Rec Center**: 666-7020
- **Sharon Art Studio**: 753-7004
- **St. Mary’s Rec Center**: 695-5006
- **SOMA Rec Center**: 554-9532
- **Sunset Rec Center**: 242-1070
- **Tenderloin Rec Center**: 292-2163
- **Upper Noe Rec Center**: 970-8061

### Pools
- **Balboa**: 337-4701
- **Charlie Sava**: 661-6327
- **Coffman**: 337-9085
- **Garfield**: 628-652-7221
- **Hamilton**: 292-2008
- **Martin Luther King, Jr**: 822-2807
- **Mission**: 641-6819
- **North Beach**: 391-0407
- **Rossi -**: 628-652-7230