



Summer 2025

SAN FRANCISCO RECREATION & PARKS



***REGISTRATION OPENS:**

Members : May 10th

Priority/Senior: May 14th

General: May 17th

Information on each registration tier can be found on page 5



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CONTACT US

Information

Department Website	sfrecpark.org
Registration Website	sfrecpark.org/register
Program Registration Hotline	628-652-2900
Recreation & Parks General Information	831-2700
General Manager's Office	831-2701
Recreation & Parks Commission	831-2750
Inclusion Services	206-1063
Workrecreation Program	831-6812
Volunteer Opportunities	831-6330
Public Information Office	831-2782
Permits, Reservations, Rentals	831-5500
Athletic Field Reservations	831-5500
Camp Mather Reservations	831-2715
TTY (McLaren Lodge)	666-7058
TTY-VP (Project Insight)	242-5700

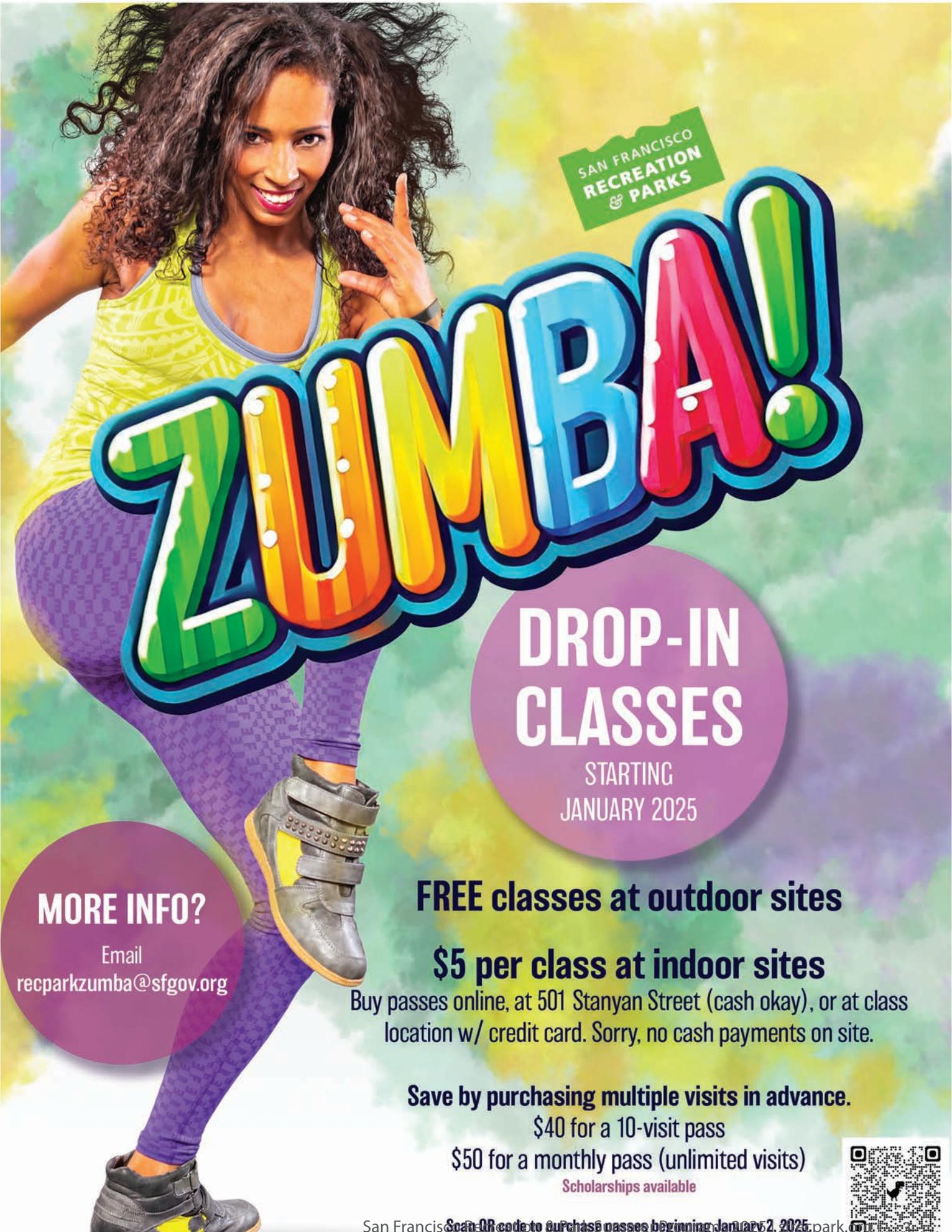
Pools

Balboa	831-6805
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
Sava	661-6327

Recreation Centers

Bernal Heights Rec Center	695-5007
Betty Ann Ong Chinese Rec Center	359-9103
Crocker Amazon Clubhouse	337-4708
Eureka Valley Rec Center	831-6810
Glen Park Rec Center	239-4007
Golden Gate Park Senior Center	666-7079
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	628-652-7217
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





SAN FRANCISCO
RECREATION
& PARKS

ZUMBA!

**DROP-IN
CLASSES**

STARTING
JANUARY 2025

MORE INFO?

Email
recparkzumba@sfgov.org

FREE classes at outdoor sites

\$5 per class at indoor sites

Buy passes online, at 501 Stanyan Street (cash okay), or at class location w/ credit card. Sorry, no cash payments on site.

Save by purchasing multiple visits in advance.

\$40 for a 10-visit pass

\$50 for a monthly pass (unlimited visits)

Scholarships available



San Francisco Recreation & Parks | Scan QR code to purchase passes beginning January 2, 2025. park



RPD REGISTRATION POLICIES

WITHDRAWALS & TRANSFERS

Withdrawals must be requested at least one week before the course starts. The withdrawal fee is a minimum of \$15 or 20% of the course fee, whichever is greater. The remaining balance will be credited to your family account. Failure to withdraw at least one week before the course starts will result in forfeiture of entire class fee. Call (628) 652-2900 or email sfreconline@sfgov.org to withdraw from a course. Failure to meet attendance requirement for any activity will be subject to withdrawal policy

REFUNDS

NO REFUNDS OF CREDIT CARD PROCESSING FEES. ALL REFUNDS WILL BE PROCESSED BACK TO THE ORIGINAL METHOD OF PAYMENT. CASH PAYMENTS WILL RECEIVE A CHECK REFUND.

SCHOLARSHIPS

Recreation and Parks offers annual Recreation Scholarships to eligible, low-income individuals and families. ATTENDANCE IS MANDATORY TO RETAIN SCHOLARSHIP. Visit sfrecpark.org/scholarships for information on how to qualify and apply.

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.



628-652-2900



www.sfrecpark.org/register



sfreconline@sfgov.org



[sfrecpark](#)



San Francisco Recreation & Park Department



HOW TO REGISTER

SUMMER REGISTRATION DATES:

Sharon Arts and Randall Museum Members: May 10th at 10am * For classes offered at Sharon Arts & Randall Museum only.

Priority registration for active scholarship recipients: May 14th at 10am
*Priority registration will have access to 50% of total slots

Adults 55 and better: May 14th at 10am *only for programs listed as 55+

General registration: May 17th at 10am
*We will release the remaining 50% of total slots and activate the wait list

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

Online at sfrecpark.org/register

Call the registration hotline at (628)652-2900

Your login is
your
email address

ALL AGES



TR Family Day

Join us for some family fun and connection! This program is for families and friends of our Therapeutic Recreation programs. Open to siblings, caregivers, and others, our TR Family Days program provides the opportunity for families of children with disabilities to connect with one another, create friendships, experience new recreation activities, and build community. Come join us for our family outings this season! Note that one caregiver must accompany your child for this program. All family members attending must be registered and must plan to meet us at the designated location/outing. Outings will be announced by email two weeks prior to the activity. Families who are registered will receive the meeting location for the outing. Get on the list to hear about upcoming outings by calling 415-831-6841 or emailing us at rpdr@sfgov.org!

Location: SUNSET REC CENTER

Instructor: Jonathan Lee

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43813	S	8/17-8/17	12pm-4pm	1+	Free

Alternative Recreation

Adaptive Recreation

Golden State Ducks SF Power Soccer Program

Introducing the Golden State Ducks SF Power Soccer program! Presented by SF Recreation and Parks and Bay Area Outreach and Recreation Program (BORP), this program welcomes beginner and experienced players. Power Soccer is a disability sport, played in specially modified power wheelchairs. Participants can enjoy practice play or high-level tournament competition! If you do not have your own power soccer chair, we may be able to provide a chair for you to use to help you get started. And if you want to keep playing, we can help connect you with resources for purchasing your own chair!

After you register, or if you have questions or want to check out the sport before you register, reach out to goldenstateducks@gmail.com. Eureka Valley Recreation Center is located on 100 Collingwood St, San Francisco, CA 94114.

Location: EUREKA VALLEY REC CENTER

Instructor: Bart Stewicki

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43812	Sa	6/14-8/16	1pm-5pm	5+	Free

SF Adaptive Cycling Program

The San Francisco Adaptive Cycling Program is a collaboration between Recreation and Parks, MTA, and BORP Adaptive Sports and Recreation. The program runs Saturdays, 12PM -4PM, June-October in Golden Gate Park, behind the Bandshell in the Music Concourse. Reservations are required and bike availability is limited. To make a reservation: call 510-848-2930 or email cycling@borp.org. All bike reservations must be made before 5pm on the Thursday before the event. Include your Full Name, Bike Type requested (if known), and requested date and time of arrival in your reservation request.

Location: SAN FRANCISCO RECREATION & PARKS

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43814	S	6/15-8/17	12pm-4pm	All Ages	Free

Rec and Parkour - All Ages

Parkour 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. Participants under 18 must be accompanied by a registered adult.

Location: GLEN CANYON REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44186	Sa	6/14-7/12	12:30pm-2pm	10+	\$65
44187	Sa	7/26-8/16	12:30pm-2pm	10+	\$65

Arts & Crafts

Saturday Afternoon Drop-in Art

Drop by the Randall Museum art room on Saturdays and get creative with your kids. Art instructors guide a different hands on activity each week. Projects are suitable for ages 4+. All children under 8 must be accompanied by a participating adult. \$10 per adult/child combo; \$5 each additional person. Register at the Front Desk; last sign-ups at 3:30 pm.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	6/14-8/16	1pm-4pm	4+	\$10

Exercise & Fitness

Tang Soo Do House

Tang from the Tang dynasty, Soo means open hand or way of the hand and Do means way of life. These 3 components is what's made up of a self defense art form from South Korea. Formally the class is called Tang Soo Do House. Students will also learn kicking, punching, blocking and other open hand techniques, Students will have the opportunity to purchase a uniform and belts at an extra fee.

Location: JOSEPH LEE REC CENTER

Instructor: Donald Williams

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43703	Th-F	6/12-8/15	5pm-7:30pm	5+	Free
43698	Sa	6/14-8/16	11:30am-1:30pm	5+	Free

Outdoor Recreation

Rock Climbing - Open Climb

Visit Glen Park Rec Center's indoor rock wall for a 1-hour open climbing session! Rock Climbing is a great activity for the entire family to enjoy a full body workout together. Adults are welcome! No prior climbing experience needed. Climbers must weigh 40-300lbs. Harnesses and helmets provided; closed toed shoes required. Online sign-ups are available on the day of and are encouraged. Scholarships accepted. Drop-ins are permitted.

For more information, please visit the 'Outdoor Recreation' page at sfrecpark.org or call us at (415)239-4007.

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	6/10-8/14	4pm-7pm	5+	\$15
Drop-in	Sa	6/14-8/9	10am-4pm	5+	\$15

Science & Technology

Saturday Science Drop-in Workshop

Get enthralled by simple science topics presented through project-based activities. Most classes produce a fun project to take home. Register at the front desk; sign ups begin at 10AM. \$10 per adult/child combo; \$5 each additional person.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	6/14-8/16	10:30-11:30am	All Ages	\$10

Social Activities

Bingo!

Try your hand at a game that's fun for all ages! BINGO! All are welcome.

Location: GLEN CANYON REC CENTER

Instructor: Joan Gallagher

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	6/12-8/14	1:30pm-3:30pm	14+	Free

Chess Club

Come match wits with an opponent in the most strategic of board games: Chess. This program is a collaboration with the Glen Park Library, and both sites will take turns hosting. Glen Park Rec Center will host the second and fourth Thursdays of every month.

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	6/12-8/14	4pm-6pm	6+	Free

Classic Movie Night

Come to Glen Park Rec Center Tuesday nights for Classic Movie Night! Free admission, and snacks are sometimes included. Visit the Glen Park Rec Center webpage for the film lineup.

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	6/10-8/12	6pm-8pm	14+	Free

Young @ Heart

Young @ Heart events are brought to you by the Citywide Senior Program area within the SF Recreation and Parks Department. We are excited to deliver these programs that bring children, families, and seniors together in a unique way to share stories, participate in activities, and so much more. No matter your age we can bridge the gap and have fun together!

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Katherine Villasin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	M	6/23-6/23	10am-11am	1+	Free
Drop-in	M	7/14-7/14	10am-10:40am	1+	Free
Drop-in	M	8/11-8/11	10am-10:40am	1+	Free

Sports

Badminton

Come to Glen Park Rec Center for Tuesday night badminton, one of the most popular sports in the world.

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	6/10-8/12	6:30pm-8pm	14+	Free

Basketball

Play a game of H-O-R-S-E or just improve your 3 point shot! The court is yours during our drop-in Basketball times!

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T-Th	6/10-8/14	10am-5pm	6+	Free
Drop-in	F	6/13-8/15	10am-7:30pm	6+	Free

Pickleball

Come try your hand at pickleball, the fastest growing sport in the country.

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W-Th	6/11-8/14	12:30-2:30pm	9+	Free
Drop-in	F	6/13-8/15	4:30pm-7:30pm	9+	Free

Volleyball

Come to open gym volleyball on Wednesday nights at Glen Park Rec Center! Recommended for ages 14+.

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	6/11-8/13	6pm-8pm	14+	Free

Sports - Alternative

All Ages Jujitsu

Join our Jujitsu class at the Rec Center to learn self-defense techniques, improve strength, and build confidence in a fun, supportive environment. All skill levels welcome!

Location: ST. MARY'S REC CENTER

Instructor: Lonnie Francis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43957	T	6/10-8/12	6:30pm-7:30pm	8+	\$105

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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43935	W	6/11-8/13	6pm-7pm	8+	\$105
43936	Sa	6/14-8/16	9:30-10:30am	8+	\$95

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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43933	W	6/11-8/13	7pm-8pm	8+	\$105
43934	Sa	6/14-8/16	11am-12pm	8+	\$95



TOTS 5 & UNDER



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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44050	Sa	6/14-8/9	9am-9:30am	6m -2	\$69

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44051	T	6/17-8/5	3:45pm-4:15pm	6m -2	\$69

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44061	Sa	6/14-8/9	9am-9:30am	6m -2	\$69

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44052	S	6/15-7/13	10:30am-11am	6m -2	\$37
44189	S	7/20-8/10	10:30am-11am	6m -2	\$37

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
44053	Sa	6/14-8/9	9:45-10:15am	3-5	\$69

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44054	Sa	6/14-7/12	10:30am-11am	3-5	\$37
44060	Sa	7/19-8/9	10:30am-11am	3-5	\$37

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44055	S	6/15-8/10	10:30am-11am	3-5	\$69

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44056	Sa	6/14-8/9	9:45am-10:15am	3-5	\$69
44062	Sa	6/14-8/9	11:15-11:45am	3-5	\$69
44059	T	6/17-8/5	4:15pm-4:45pm	3-5	\$69

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44063	Sa	6/14-8/9	9:45am-10:15am	3-5	\$69

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44058	Sa	6/14-8/9	10:30am-11am	3-5	\$69

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44057	Sa	6/14-8/9	10:30am-11am	3-5	\$69

Arts & Crafts

Woodworking for Tots with Grownups

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. Learning is progressive in this class. For safety reasons, please don't register for the class if you can't come to every class meeting. 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: Donna Di Meo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43970	Sa	6/7-6/21	10am-11am	3-5	\$80/\$90
43971	Sa	6/7-6/21	11:15-12:15pm	3-5	\$80/\$90

Early Childhood Recreation

A Place to Play

Come play with your young ones as they CRAWL, CLIMB, and EXPLORE our indoor playground like environment! This is a parent/caregiver participation activity. No drop-offs allowed.

Location: BERNAL HEIGHTS REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	6/10-8/14	10am-11:30am	6m-4	Free

Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W,F	6/11-8/1	10am-11:30am	6m-3	Free

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th-F	6/12-8/15	10am-12pm	6m-4	Free

Location: JOE DIMAGGIO PLGD

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	M-T,F	6/10-8/15	9:30am-12pm	1-5	Free

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	6/12-8/7	10am-11:30am	6m-3	Free

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T-F	6/10-8/15	10am-11:30am	6m-4	Free
Drop-in	Sa	6/14-8/16	11:30am-4pm	6m-4	Free

Drop-in: Nannies Time Out

A space for babies, nannies and parents to use for lunch, socializing and gatherings.

Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T-F	6/10-8/15	11:30-3:30pm	6m-4	Free

Little Hands Creative Art

Let's experiment with different textures and materials to explore, express and create with paper, paint and crayons. Register for a 30 min time slot and Let's get messy! Adult must stay in the class, there is no drop-offs

Location: MOSCONE REC CENTER

Instructor: Zach Enea

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43927	W	6/11-7/2	10am-10:30am	3-5	\$45
43928	W	6/11-7/2	10:30am-11am	3-5	\$45
43929	W	6/11-7/2	11am-11:30am	3-5	\$45
43930	W	7/16-8/6	10am-10:30am	3-5	\$45
43931	W	7/16-8/6	10:30am-11am	3-5	\$45
43932	W	7/16-8/6	11am-11:30am	3-5	\$45



Youth Swim Lessons Enrollment Process

SFRPD offers Learn to Swim lessons for children 6-17 at all of our 9 aquatic centers. Our enrollment process is structured to ensure youth have better access when registering for the swim lessons and therefore progress through the swim levels with the end goal of being water safe.

Enrollment in one lesson per session for a youth.

To provide more access for youth to enroll, we are allowing parents/guardians to enroll one youth in only one swim lesson per session. This will allow an additional 150 youth to have access to a swimming slot each session.

Wait List option available only for youth not currently enrolled in a lesson.

We will acknowledge waiting list enrollment only for children who are not enrolled in a lesson. This will allow slots that open up to go easily to those not yet enrolled in a lesson.

In order to enroll in a swim level, the youth must have passed the previous swim level. As a youth passes a level, their account will be updated to recognize their eligibility to enroll in the next level.

Enrolled youth participating in the RPD swim lessons are eligible to advance to each swim level. This will allow for the child to promote through the levels more quickly and allows space for other children to enroll.



Food & Nutrition

Petite Bakers

This class teaches tots the art of baking in a fun and energetic setting. Learn the basics of baking, while learning how to safely work in a kitchen. The parent will be asked to provide some materials for the classes. Please notify program coordinator of any dietary restrictions: don.franklin@sfgov.org.

Location: GLEN CANYON REC CENTER

Instructor: Zach Enea

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43945	F	6/13-8/15	10am-11am	3-5	\$95

Location: MOSCONE REC CENTER

Instructor: Zach Enea

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43943	W	6/11-8/13	4pm-5pm	3-5	\$105

Location: UPPER NOE REC CENTER

Instructor: Zach Enea

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43944	Th	6/12-8/14	4pm-5pm	3-5	\$95

Sports

Basketball - Pee Wee

Calling all Pee Wees for basketball! Our Pee wees will be introduced the basic skills to play basketball, including how to dribble, shoot, and pass. At this young age, many are new to the team concept, so the most important results are to boost self-confidence and to have fun!

Location: MOSCONE REC CENTER

Instructor: Michelle Ngai

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43890	Sa	6/14-7/5	9:30-10:30am	3-5	\$33
43891	Sa	7/19-8/9	11am-12pm	3-5	\$33



Youth Tweens & Teens 17 & UNDER



Alternative Recreation

Fencing

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.

Location: MOSCONE REC CENTER

Instructor: Jake McCrae

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43938	W	6/11-8/13	6:30pm-7:30pm	10-15	\$155

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.

Location: EUREKA VALLEY REC CENTER

Instructor: DeLonzo Pope

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43939	W	6/11-8/13	7pm-8pm	9-12	\$105

Location: UPPER NOE REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
43940	W	6/11-8/13	5pm-6pm	9-12	\$105

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: EUREKA VALLEY REC CENTER

Instructor: DeLonzo Pope

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
43941	W	6/11-8/13	6pm-6:45pm	6-8	\$105

Location: UPPER NOE REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
43942	W	6/11-8/13	4pm-4:45pm	6-8	\$105

Rec and Parkour

Parkour builds physical and mental strength using only your environment and body so you can move more quickly, confidently, and efficiently. Learn from scratch or sharpen your skills with us. All you need is a bottle of water and athletic shoes. (Older age ranges will learn using a combination of outdoors and indoors.

Location: GLEN CANYON REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
43946	Sa	6/14-7/12	9:30-10:30am	6-8	\$45
43948	Sa	6/14-7/12	11am-12pm	9-13	\$45
43947	Sa	7/26-8/16	9:30-10:30am	6-8	\$45
43949	Sa	7/26-8/16	11am-12pm	9-13	\$45

Wrestling - Camp Grapple - Junior

This is a an introductory course to freestyle wrestling. Wrestlers will learn proper and safe techniques of competitive wrestling. This is a development class for beginners that will teach the proper holds, throws and pins for future competitions

Location: ST. MARY'S REC CENTER

Instructor: Calvin Malone

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
43956	Sa	6/14-8/16	1pm-2pm	7-13	\$95



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.**

Registration is limited to one class per participant.

Location: BALBOA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44072	Sa	6/14-8/9	10:30am-11am	6-17	\$45

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44074	Sa	6/14-8/9	9am-9:30am	6-17	\$45

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44077	S	6/15-8/10	9am-9:30am	6-17	\$45

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44081	Sa	6/14-8/9	9am-9:30am	6-17	\$45
44082	T	6/17-8/5	5pm-5:30pm	6-17	\$45
44083	Th	6/26-8/7	4:15pm-4:45pm	6-17	\$40

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44084	Sa	6/14-8/9	9am-9:30am	6-17	\$40
44085	Sa	6/14-8/9	9:45am-10:15am	6-17	\$40

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44096	T,Th	6/17-7/10	3:15pm-3:45pm	6-17	\$40
44097	T,Th	6/17-7/10	4pm-4:30pm	6-17	\$40
44098	T,Th	6/17-7/10	4:45pm-5:15pm	6-17	\$40
44099	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$40

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44087	W,F	6/11-7/2	3:45pm-4:15pm	6-17	\$40
44086	Sa	6/14-8/9	9am-9:30am	6-17	\$45
44088	W,F	7/16-8/8	3:45pm-4:15pm	6-17	\$45

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44089	M,W	6/9-7/2	4:15pm-4:45pm	6-17	\$45
44090	S	6/15-8/10	9am-9:30am	6-17	\$45
44095	M,W	7/14-8/6	4:15pm-4:45pm	6-17	\$45

Location: SAVA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEE\$
44093	T,Th	6/10-7/3	4pm-4:30pm	6-17	\$40
44091	Sa	6/14-8/9	9am-9:30am	6-17	\$45
44092	Sa	6/14-8/9	10:30am-11am	6-17	\$45
44094	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$45

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. Registration is limited to one swim class per participant.

Location: BALBOA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44102	T,F	6/10-7/1	3:30pm-4pm	6-17	\$40

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44104	Sa	6/14-8/9	9am-9:30am	6-17	\$45

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44106	T,Th	6/10-7/3	4:30pm-5pm	6-17	\$40
44107	S	6/15-8/10	9:45am-10:15am	6-17	\$45
44108	T,Th	7/15-8/7	4:30pm-5pm	6-17	\$45

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44109	Sa	6/14-8/9	10:30am-11am	6-17	\$45
44101	Th	6/26-8/7	5pm-5:30pm	6-17	\$40

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44110	Sa	6/14-8/9	9am-9:30am	6-17	\$45

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44118	T,Th	6/17-7/10	3:15pm-3:45pm	6-17	\$40
44119	T,Th	6/17-7/10	4pm-4:30pm	6-17	\$40
44120	T,Th	6/17-7/10	4:45pm-5:15pm	6-17	\$40
44137	T,Th	7/15-8/7	3:15pm-3:45pm	6-17	\$45
44138	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$45
44139	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44111	W,F	6/11-7/2	4:30pm-5pm	6-17	\$40
44112	Sa	6/14-8/9	9am-9:30am	6-17	\$45
44121	W,F	7/16-8/8	4:30pm-5pm	6-17	\$45

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44140	M,W	6/9-7/2	4:50-5:20pm	6-17	\$45
44113	S	6/15-8/10	9:45am-10:15am	6-17	\$45
44141	M,W	7/14-8/6	4:50-5:20pm	6-17	\$45

Location: SAVA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44116	T,Th	6/10-7/3	4pm-4:30pm	6-17	\$40
44136	T,Th	6/10-7/3	4:45pm-5:15pm	6-17	\$40
44114	Sa	6/14-8/9	9am-9:30am	6-17	\$45
44115	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
44135	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$40

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. Registration is limited to one swim class per participant.**

Location: BALBOA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44144	T,F	7/15-8/8	3:30pm-4pm	6-17	\$40

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44145	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44149	Sa	6/14-8/9	9am-9:30am	6-17	\$45

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44150	Sa	6/14-8/9	9:45am-10:15am	6-17	\$40

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44158	T,Th	6/17-7/10	3:15pm-3:45pm	6-17	\$40
44159	T,Th	6/17-7/10	4pm-4:30pm	6-17	\$40
44160	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$45
44161	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44151	W,F	6/11-7/2	3:45pm-4:15pm	6-17	\$40
44157	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
44143	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
44155	W,F	7/16-8/8	3:45pm-4:15pm	6-17	\$45

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44180	M,W	6/9-7/2	5:30pm-6pm	6-17	\$45
44152	S	6/15-8/10	9am-9:30am	6-17	\$45

Location: SAVA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44156	T,Th	6/10-7/3	4:45pm-5:15pm	6-17	\$40
44153	Sa	6/14-8/9	10:30am-11am	6-17	\$45
44154	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45

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 scissors 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 #	DAYS	DATES	TIMES	AGES	FEES
44171	T,F	7/15-8/8	4:15pm-4:45pm	6-17	\$45

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44165	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44163	T,Th	6/10-7/3	3:45pm-4:15pm	6-17	\$40
44164	T,Th	7/15-8/7	3:45pm-4:15pm	6-17	\$45

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44162	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44168	T,Th	6/17-7/10	4:45pm-5:15pm	6-17	\$40
44169	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$40
44170	T,Th	7/15-8/7	3:15pm-3:45pm	6-17	\$40

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44173	W,F	6/11-7/2	4:30pm-5pm	6-17	\$40
44174	W,F	7/16-8/8	4:30pm-5pm	6-17	\$45

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44172	S	6/15-8/10	9:45am-10:15am	6-17	\$45

Location: SAVA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44166	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45
44167	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45



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: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44176	T,Th	6/10-7/3	3:45pm-4:15pm	6-17	\$40
44177	T,Th	7/15-8/7	3:45pm-4:15pm	6-17	\$45

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44175	Sa	6/14-8/9	10:30am-11am	6-17	\$45

Location: MISSION SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44178	T,Th	7/15-8/7	3:15pm-3:45pm	6-17	\$45

Competitive Stroke Clinic - Junior Piranhas

Junior Piranhas Stroke Clinic will provide an individualized and excellent chance for your swimmer to improve their technique, racing skills, and confidence in the water. Good for individuals interested in gaining the foundational skills to pursue competitive swimming or a career in lifeguarding. Must be a level 4 swimmer to participate.

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44048	Sa	6/14-8/9	9am-10am	10-15	\$85

Competitive Stroke Clinic - Piranhas

Piranhas Stroke Clinic will provide an individualized and excellent chance for your swimmer to improve their technique, racing skills, and confidence in the water. Good for individuals interested in gaining the foundational skills to pursue competitive swimming or a career in lifeguarding. Must be a level 5 or 6 swimmer.

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44049	Sa	6/14-8/9	10:15-11:15am	12-17	\$85

Coffman Catfish Swim Team

Non-competitive swim team for Levels 5 and over. Focuses on team building skills, promotes health and wellness through proper stroke techniques, core strength and endurance training. Good for individuals interested in gaining the foundational skills to pursue competitive swimming or a career in lifeguarding.

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44064	W,F	6/18-8/8	4:15pm-5:15pm	6-17	\$155

Garfield Gators Swim Team

Non-competitive swim team for Levels 5 and over. Focuses on on team building skills, promotes health and wellness through proper stroke techniques, core strength and and endurance training. Good for individuals interested in gaining the foundational skills to pursue competitive swimming or a career in lifeguarding.

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44065	T,Th	6/10-7/3	4:30pm-5:30pm	6-17	\$75
44066	T,Th	7/15-8/7	4:30pm-5:30pm	6-17	\$85

King Barracuda Swim Team

Non-competitive swim team for Levels 5 and over. Focuses on on team building skills, promotes health and wellness through proper stroke techniques, core strength and and endurance training. Good for individuals interested in gaining the foundational skills to pursue competitive swimming or a career in lifeguarding. **Class meets T-F 4:30-5:30 & Saturdays 12-12:30pm**

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44067	T-Sa	6/17-6/28	4:30-5:30pm/12-12:30pm	6-17	\$85
44068	T-Sa	7/1-7/12	4:30-5:30pm/12-12:30pm	6-17	\$85
44069	T-Sa	7/15-7/26	4:30-5:30pm/12-12:30pm	6-17	\$95
44070	T-Sa	7/29-8/9	4:30-5:30pm/12-12:30pm	6-17	\$95

Arts - Photography

Film Photography for Teens

This introductory class is designed for high school students, who wish to learn how to shoot, process and print film in the Photo Center darkroom. It's a fun class as we keep the class small so you can really have time to learn and experiment. 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. Repeating this course is not recommended.

Location: HARVEY MILK PHOTO CENTER

Instructor: John Longyear

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43844	W	7/9-8/6	4pm-6pm	13+	\$130

Photo Center Orientation

This is a required course for all potential members of the Photography Center. This course is not required if you just want to take a photography class. This course will include a talk about the rules and regulations of the Photography Center, a complete tour of the facility including a tour of our forty-enlarger darkroom with instructions on the uses for the enlargers and how to process both your resin coated and fiber black and white prints for optimum results. You will see the film developing rooms and learn about the uses of the dry mount presses. You will also visit the Gallery plus the Digital Lab. After the tour, there will be a question-and-answer session to address any of the subjects regarding black and white photography. Call the Photo Center for more information at 415-554-9522.

Location: HARVEY MILK PHOTO CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43846	Sa	6/14-6/14	11am-12pm	13+	Free
43847	Sa	6/28-6/28	11am-12pm	13+	Free
43848	Sa	7/12-7/12	11am-12pm	13+	Free
43849	Sa	7/26-7/26	11am-12pm	13+	Free
43850	Sa	8/9-8/9	11am-12pm	13+	Free
43851	Sa	8/23-8/23	11am-12pm	13+	Free

Arts - Visual

Teen Ceramics

This teen ceramics class is accessible to all skill levels and offers the opportunity to try a variety of ceramic techniques. We'll explore hand building, throwing on the wheel, surface texture, and glazing. Materials are included in the price of the class.

Location: SHARON ART STUDIO

Instructor: Jody Murphy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43888	Sa	6/21-8/16	10am-12:30pm	14-17	\$340/\$365

Teen Clothed Figure Drawing

This class is an introduction on how to approach figure drawing from the ground up. Focusing on a different part of the body each week, students will have lots of deep concentrated drawing time to learn through doing. Included will be live demonstrations by the instructor, as well as troubleshooting, corrections, and critiques of student work. Emphasis will be on gesture poses, short poses, and we will end class with 20 minute poses. All models will be clothed. Please bring paper and drawing materials to class. Materials list available at sharonartstudio.org. Model fee included in the price of the class.

Location: SHARON ART STUDIO

Instructor: Mara Ramirez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43909	M	6/23-7/28	4pm-6pm	14-17	\$336/\$361

Exercise & Fitness

Mindful Move & Groove for Tweens

Each teen will take a short inward-bound journey through Mindful Movement, Music, and Meditation to arrive at their Authentic Self. Teens are taught to energize their bodies and calm their minds, enabling them to approach their lives with a fresh, positive outlook and a strong sense of self-worth that comes from emotional and physical wellness. Lower anxiety, squash anger, and reduce stress while increasing your ability to find connection with others and with your own mind, body, and spirit. Awareness, reflection, transformation, peace.

Location: HAMILTON REC CENTER

Instructor: Juliet Martine

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43644	W	6/11-7/30	4:30pm-5:30pm	9-13	Free

Science & Technology

New Technologies: Laser Cut Animals, Heroes, and More!

Create a silhouette model of your favorite animal or character with a laser cutter! You'll imagine your favorite animal that represents your own creative self. We'll adapt it using simple line drawing software to then laser cut and engrave personalized shapes from plywood. Then color, decorate, and even learn how to adapt your design to make stencils for painting, key rings for gifts, and more. This is a fun, easy way to gain experience with basic design software and the use of precision maker tools. No previous experience necessary.

Location: RANDALL MUSEUM

Instructor: Tom Steele

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43964	Sa	6/14-7/12	10am-12pm	10-14	\$170/\$180

Sports

Basketball

Play a game of H-O-R-S-E or just improve your 3 point shot! Any adult must be accompanied by a minor.

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	6/10-8/14	3:30pm-5pm	6-17	Free

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	6/12-8/21	2pm-4:45pm	5-17	Free

Sports - Girls

SF Bay Sox Baseball Program

Bay Sox is largest public girls baseball program currently operating in the US. This summer team, will practice and scrimmage in local tournament and scrimmages to get ready and compete in the **Baseball For All National Tournament in Sparks Nevada July 21-25**

Location: JACKSON PLGD

Instructor: Anna Marjavi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43892	T,Th	6/3-7/24	4:30pm-6:30pm	8-11	\$509

Location: JACKSON PLGD

Instructor: Jandro Alcantar

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43893	T,Th	6/3-7/24	4:30pm-6:30pm	9-13	\$509

Location: JACKSON PLGD

Instructor: Justice Alcantar

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43894	T,Th	6/3-7/24	4:30pm-6:30pm	12-15	\$509

Location: JACKSON PLGD

Instructor: James Burke

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43895	T,Th	6/3-7/24	4:30pm-6:30pm	14-17	\$509

ADULTS 18+



Alternative Recreation

Women's Self-Defense

Learn simple martial arts maneuvers to help develop confidence and awareness. This class is for women.

Location: MOSCONE REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43952	W	6/11-8/13	6:45pm-7:45pm	18+	\$105

Aquatics

Adult Swim - Learning the Basics

This class is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency.

Location: BALBOA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44037	T,F	6/10-7/1	4:15pm-4:45pm	18+	\$82

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44039	Sa	6/14-8/9	10:30am-11am	18+	\$93
44038	W	6/18-8/6	4:45pm-5:15pm	18+	\$93

Location: GARFIELD SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44040	M	6/16-8/4	4pm-4:30pm	18+	\$93

Location: HAMILTON SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44041	Sa	6/14-8/9	10:30am-11am	18+	\$93

Location: MARTIN LUTHER KING, JR. SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44042	Sa	6/14-8/9	11:15-11:45am	18+	\$93

Location: NORTH BEACH SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44043	Th	6/26-8/7	3:20pm-3:50pm	18+	\$82

Location: ROSSI SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44044	M,W	7/14-8/6	5:30pm-6pm	18+	\$93

Location: SAVA SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44045	T,Th	6/10-7/3	5:30pm-6pm	18+	\$82
44046	T,Th	7/15-8/7	5:30pm-6pm	18+	\$93

Adult Swim - Improving Skills and Swimming Strokes

This class seeks to improve participants' proficiency in basic aquatic skills (including rotary breathing, surface dives and treading) and the six basic swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). (The butterfly stroke is optional.) Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency.

Location: COFFMAN SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
43997	F	6/20-8/8	4:45pm-5:15pm	18+	\$82

Location: GARFIELD SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
43998	S	6/15-8/10	10:30am-11am	18+	\$93

Location: HAMILTON SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
43999	Sa	6/14-8/9	11:15-11:45am	18+	\$93

Location: MARTIN LUTHER KING, JR. SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44000	Sa	6/14-8/9	11:15-11:45am	18+	\$82

Location: NORTH BEACH SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44001	Th	6/26-8/7	3:20pm-3:50pm	18+	\$82

Location: ROSSI SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44036	S	6/15-8/10	10:30am-11am	18+	\$93

Location: SAVA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44002	T,Th	6/10-7/3	5:30pm-6pm	18+	\$82
44035	T,Th	7/15-8/7	5:30pm-6pm	18+	\$93

Adult Swim - Swimming for Fitness

Adult Swim - Swimming for Fitness focuses on refining the participant's front crawl, back crawl and breaststroke strokes and turns, and building endurance. (The butterfly stroke and turn are optional.) Participants strive for stroke performance at the level indicated in the Learn-to-Swim Level 5 outline and stroke performance charts. Participants also learn skills and concepts needed to stay safe around water.

Location: NORTH BEACH SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44047	Sa	6/14-8/9	4:30pm-5pm	18+	\$93

Lifeguard Training

The primary purpose of the lifeguard training program is to provide entry-level lifeguard skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for sudden illnesses until advanced medical personnel arrives and takes over. This program includes a lifeguard training course with aquatics-specific first aid and cardio-pulmonary resuscitation (CPR) training. Note: Participants MUST pass the pre-test on the first day of class. The test consists of the following: 300-yard swim; tread water for 2 minute without the use of arms; swim 20 yards, then surface dive to retrieve a 10-lb brick, swim back to the starting point with both hands on the brick, and climb out of the water without assistance, skill must be performed in under 1 minute 40 seconds. Depending on the skills of the participants and their comprehension of the materials presented, the participants may be dismissed early or need to stay later each day.

Location: ROSSI SWIMMING POOL					
COURSE #	DAYS	DATES	TIMES	AGES	FEES
44179	M-F	6/9-6/13	8:30am-5:30pm	15+	\$207



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 must NOT be enrolled in another Leaded Glass class. Glass fusing allowed during this class. Firing will be done by the instructor in the communal kiln.

Location: SHARON ART STUDIO

Instructor: Constance Flannery

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43855	F	6/13-8/15	10am-1pm	18+	\$338/\$363

Beginner Jewelry

Develop or renew your basic skills in jewelry-making. Beginner students will learn how to cut, anneal, texture, shape, solder, and polish metal. Intermediate students will continue their metalsmithing journey with tailored instruction depending on their designs. Class fee includes the use of tools and materials for one introductory project such as a pendant, keychain, a ring, or earrings. 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. Jewelry making requires normal hand dexterity. New students must attend the first class to receive instruction that will not be repeated. Please note that the Jewelry Studio is located upstairs in the Sharon Art Studio.

Location: SHARON ART STUDIO

Instructor: Erik James

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43914	F	6/13-8/8	11am-2pm	18+	\$396/\$421

Beginner Jewelry & Metal Arts

Develop or renew your basic skills in jewelry-making. Beginner students will learn how to cut, anneal, texture, shape, solder, and polish metal. Intermediate students will continue their metalsmithing journey with tailored instruction depending on their designs. Class fee includes the use of tools and materials for one introductory project such as a pendant, keychain, a ring, or earrings. 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. Jewelry making requires normal hand dexterity. New students must attend the first class to receive instruction that will not be repeated. Please note that the Jewelry Studio is located upstairs in the Sharon Art Studio.

Location: SHARON ART STUDIO

Instructor: Eddie Roceta

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43856	T	6/17-8/5	6:30-9:30pm	18+	\$396/\$421

Ceramics - Sharon Art Studio

This class introduces hand building techniques including pinch, coil, and slab construction, and basic wheel throwing techniques of wedging, centering, throwing cups and bowls, and trimming. Instructor provides individual guidance for all skill levels. Surface decoration and glazing techniques will also be explored. Clay is available for purchase at the studio with a 100-pound clay limit per session. No outside clay or glazes

allowed. Students must purchase a basic pottery tool kit prior to the first day of class. Suggested materials list can be found at sharonartstudio.org. 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. All skill levels welcome.

Location: SHARON ART STUDIO

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43866	W	6/11-8/13	6:30-9:30pm	18+	\$390/\$415

Location: SHARON ART STUDIO

Instructor: Elizabeth Liu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43867	M	6/9-8/11	10am-1pm	18+	\$390/\$415
43864	F	6/13-8/15	10am-1pm	18+	\$351/\$376

Location: SHARON ART STUDIO

Instructor: Farzanaeh Sajadi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43868	M	6/9-8/11	6:30pm-9:30pm	18+	\$390/\$415

Location: SHARON ART STUDIO

Instructor: Katina Price

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43859	T	6/10-8/12	1pm-4pm	18+	\$390/\$415
43865	F	6/13-8/15	6:30-9:30pm	18+	\$351/\$376

Location: SHARON ART STUDIO

Instructor: Susan Gold

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43861	W	6/11-8/13	1pm-4pm	18+	\$390/\$415
43863	Th	6/12-8/14	6:30-9:30pm	18+	\$351/\$376

Location: SHARON ART STUDIO

Instructor: Vincent Cheung

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43860	T	6/10-8/12	6:30-9:30pm	18+	\$390/\$415

Location: SHARON ART STUDIO

Instructor: Yuko Sato

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43862	Th	6/12-8/14	1pm-4pm	18+	\$351/\$376



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
43869	M	6/9-8/11	4pm-6pm	18+	\$170/\$195

Location: SHARON ART STUDIO

Instructor: Katina Price

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43870	T	6/10-8/12	4pm-6pm	18+	\$170/\$195

Location: SHARON ART STUDIO

Instructor: Susan Gold

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43871	W	6/11-8/13	4pm-6pm	18+	\$170/\$195

Location: SHARON ART STUDIO

Instructor: Yuko Sato

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43872	Th	6/12-8/14	4pm-6pm	18+	\$153/\$178
43873	F	6/13-8/15	1:30-3:30pm	18+	\$153/\$178
44188	F	6/13-8/15	4pm-6pm	18+	\$153/\$178

Ceramics: Anything Goes!

Explore the vast, imaginative possibilities of clay! Hone your wheel throwing skills or your sculptural skills- or both! This class welcomes all clay makers from novice to advanced. Across the spectrum from functional to fun clay art. If you already have a project in mind, you can get technical and creative support. If you just want to get your hands in the mud, you can receive guidance to help you go where the clay leads you. Clay wizard Darien Prendergast can help you sculpt, coil, wheel-throw and glaze for pieces and people big and small. In this clay class, anything goes! NOTE: New students must attend the first three class meetings.

Location: RANDALL MUSEUM

Instructor: Darien Prendergast

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43958	F	6/13-7/25	6:30pm-9:30pm	16+	\$375/\$385

Ceramics: Beginner Pottery Wheel

This course offers beginner students an opportunity to learn and explore a variety of ceramic techniques focusing 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. 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. Because this is a class for beginners, you must attend the first three classes.

Location: SHARON ART STUDIO

Instructor: Jody Murphy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43916	Sa	6/14-8/16	1:30pm-4:30pm	18+	\$358/\$383

Ceramics: Creativity Explored

This class welcomes adults of all levels to make both functional and non-functional ceramics. Learn basic clay handling, hand building and wheel throwing. Finish up your pieces with investigations of surface decoration and glazing options. Bring your curiosity and expand your creativity through working with clay in a social and supportive environment. Instructor provides individual guidance for all skill levels. Clay, tools, and glazes will be provided. NOTE: New students must attend the first three class meetings.

Location: RANDALL MUSEUM

Instructor: Mariko Allbritton

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43959	W	6/11-7/9	6:30pm-9:30pm	16+	\$270/\$280
43979	W	7/16-8/13	6:30pm-9:30pm	16+	\$270/\$280

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. NOTE: New students must attend the first three class meetings.

Location: RANDALL MUSEUM

Instructor: Mariko Allbritton

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43960	T	6/10-7/8	6:30pm-9:30pm	16+	\$270/\$280
43961	T	7/15-8/12	6:30pm-9:30pm	16+	\$270/\$280

Ceramics Intensive: Figure Sculpture

Please Note: Students must have experience working with clay and know basic handbuilding techniques. Drawing experience helpful. Dive into the art of creating expressive ceramic portraits and figurative sculptures in this 3-week intensive. With a live, costumed model as reference, you'll learn essential techniques for capturing human anatomy, gesture, and costume details. The course covers building armatures, advanced clay modeling for facial features and textures, and applying surface treatments and glazes. Through demonstrations and personalized instruction, you'll refine your skills and bring your creative vision to life. All materials and tools are provided, making this course ideal for artists eager to expand their sculpting abilities. Model fee is included in the price of the class.

Location: SHARON ART STUDIO

Instructor: Tsungwei Moo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43915	M-Th	7/28-8/14	10am-12pm	18+	\$492/\$517

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 will be 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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43882	W	6/11-8/13	5pm-8pm	18+	\$360/\$385
43878	Th	6/12-8/14	7pm-10pm	18+	\$324/\$349

Location: SHARON ART STUDIO

Instructor: Dolores Gray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43876	M	6/9-8/11	2pm-5pm	18+	\$360/\$385
43877	T	6/10-8/12	7pm-10pm	18+	\$360/\$385

Location: SHARON ART STUDIO

Instructor: Elizabeth Liu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43879	F	6/13-8/15	2pm-5pm	18+	\$324/\$349
43881	Sa	6/14-8/16	10am-1pm	18+	\$324/\$349
43880	Sa	6/14-8/16	2pm-5pm	18+	\$324/\$349

Jewelry Intensive: Casting

In this 5 day casting intensive, students will learn the organic metal art of lost wax casting and make silver, or bronze cast rings or pendants. This course will cover the process by which a 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. The class fee covers the cost of basic materials. Students who wish to cast sterling silver are responsible for purchasing and safe storage. The instructor will email students before class with a link to purchase sterling silver. 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. Please note that the Jewelry Studio is located upstairs in the Sharon Art Studio.

Location: SHARON ART STUDIO

Instructor: Jamie Fields

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43921	M-F	8/11-8/15	11am-2pm	18+	\$338/\$363

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: Rebecca Rippon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43923	F	6/20-7/18	3pm-6pm	18+	\$252/\$277

Meditative Practices: Awaken Through Art

Guided by Hannah Ghioni and Valerie Van Ryn Berselli, this workshop will help you return to your true creative nature through a combination of breathwork, meditation, sketching and creating artwork through inspiration from the natural world. Students will walk away with a renewed sense of their creative essence and an art piece inspired from our very own backyard, Golden Gate Park! Students must bring their own yoga mats. Art materials provided in class.

Location: SHARON ART STUDIO

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43925	Sa	7/5-7/12	10am-1pm	18+	\$144/\$169

Mixed Media on Paper

In this creative and dynamic class we will explore printmaking with soft pastel, watercolor, and acrylic painting opens up so many possibilities for artistic expression. Each medium brings its own unique qualities to the artwork, and when combined, they can create stunning textures, layers, and visual effects. Participants will have the opportunity to experiment with different techniques and materials, allowing for a truly multidimensional approach to their artwork. It's a fantastic opportunity for artists to push their boundaries and explore new ways of working with mixed media. Please bring supplies to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Tsungwei Moo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43926	T	7/8-8/12	2pm-5pm	18+	\$234/\$259

The Art of Floral Design

Learn to create beautiful floral arrangements for everyday use, gifting, entertaining and special occasions. Guided by professional florist Greg Lum, AIFD, We'll use a variety of fresh flowers and artful materials to explore different styles and techniques. We'll also learn how to craft armatures from natural materials, make flowers to wear like corsages or boutonnieres, and more! Open to all levels. Flowers and materials are included in the class fee.

Location: RANDALL MUSEUM

Instructor: Greg Lum

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43968	T	6/10-7/8	6:30pm-9pm	16+	\$315/\$325
43969	T	7/15-8/12	6:30pm-9pm	16+	\$315/\$325

Woodturning: A Short Introduction

Join us for a brief introduction to the magic of wood turning. You'll learn about the parts and functions of the wood lathe, and a variety of turning tools and their uses. We'll discuss wood selection, preparation and mounting techniques. We'll demonstrate spindle and faceplate turning, and We'll discuss proper sanding & finishing techniques. The class will combine demonstrations with some hands-on experience. Everyone will have a chance to turn and finish a mallet or a French rolling pin.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43983	Sa	7/12-7/26	9:30am-12:30pm	16+	\$205/\$215

Woodworking I: Shaker Bench

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. NOTE: Please do not sign up for the class if you cannot make every session; For safety reasons, students who miss 2 or more meetings will be dropped. 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: Deirdre Visser

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43972	T	6/17-8/12	6:30pm-9:30pm	16+	\$460/\$470

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 works horses of the wood shop: table saws, jointers, planers, bandsaws and more. You'll learn about wood selection, milling, joinery, scraping, sanding, assembly and finishing.

NOTE: Please do not sign up for the class if you cannot make every session; For safety reasons, students who miss 2 or more meetings will be dropped. 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: Deirdre Visser

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43973	Th	6/12-8/14	6:30pm-9:30pm	16+	\$460/\$470



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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43974	T	6/3-6/3	6:30pm-9pm	16+	\$30/\$40
43975	W	6/4-6/4	6:30pm-9pm	16+	\$30/\$40

Woodworking: Beginning 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 a solid wood spoon blank. You'll come away with the skills and equipment you need to keep carving spoons and other wooden ware at home. No prerequisites.

Location: RANDALL MUSEUM

Instructor: Mike Bray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43976	W	6/11-6/18	6:30pm-9:30pm	16+	\$190/\$200

Woodworking: Intro to Marquetry

Learn how to design, cut and assemble veneers into awesome patterns. They say a journey begins with a single step. Start your exploration of marquetry in this short introductory class. We will create designs, choose our veneers, and use the supplied tools to make a small decorative panel. We teach a method you can apply at home, so you can easily take your next steps with what you learn here. Warning: marquetry is addictive!

Location: RANDALL MUSEUM

Instructor: Mike Bray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43982	W	7/23-8/6	6:30pm-9:30pm	16+	\$195/\$205

Woodworking: More Spoon Carving

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: serving utensils. Class fee includes materials for strops, stropping compound, and a hardwood blank suitable for a serving utensil.

Location: RANDALL MUSEUM

Instructor: Mike Bray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43977	W	6/25-6/25	6:30pm-9:30pm	16+	\$95/\$105

Woodworking: Open Studio

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: Susan Working

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43978	Sa	6/14-8/16	1pm-5pm	15+	\$615/\$625

Arts - Photography

Basic Black and White 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 120 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: Aaron Anderson

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43835	F	6/27-6/27	3pm-5:30pm	18+	\$50
43836	F	7/11-7/11	3pm-5:30pm	18+	\$50

Location: HARVEY MILK PHOTO CENTER

Instructor: Chris Gould

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43834	Th	6/12-6/12	6pm-8:30pm	18+	\$50



Location: HARVEY MILK PHOTO CENTER

Instructor: John Longyear

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43833	W	6/18-6/18	6pm-8:30pm	18+	\$50
43837	Sa	7/26-7/26	10am-12:30pm	18+	\$50

Cyanotype for All

Join us for a one-day workshop exploring one of the oldest photographic processes, the cyanotype. This alternative process produces a characteristic blue hued photographic print. In this workshop participants will use found objects like flowers, plants, or other common items to create unique photograms using the cyanotype process. We will cover the basics of the process from mixing and applying emulsion to exposure and development. Participants are encouraged to bring their own objects with them on the day. Advice will be provided on suitable objects.

Location: HARVEY MILK PHOTO CENTER

Instructor: Katherine Akey

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43838	F	6/20-6/20	10am-2pm	18+	\$93
43839	F	7/18-7/18	10am-2pm	18+	\$93
43852	F	7/25-7/25	10am-2pm	18+	\$93

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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43841	Th	7/10-8/14	6pm-8:30pm	18+	\$230

Location: HARVEY MILK PHOTO CENTER

Instructor: Marilyn Montufar

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43840	T	6/10-7/15	6pm-8:30pm	18+	\$230

Developing Your Personal Vision

This hands-on class is designed for the intermediate photographer who wants to take their technical proficiency to the next level exploring concept, subject matter and self-expression. Emphasis is placed on developing a personal vision and approach to picture making. The class work can be done in any format: digital, film, black & white, or color. Solid basic photographic knowledge is required. The instructor will lead insightful, engaging critiques of student work, assign a theme and give individual feedback on the progress of the work. A brief history of photography will be presented and the work of noted photographers will be introduced.

Location: HARVEY MILK PHOTO CENTER

Instructor: Chris Gould

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43842	Sa	7/12-8/9	1pm-4pm	18+	\$230

Film Camera Basics

This hands-on class covers the basics in film camera usage starting with properly loading your film, exposure, depth of field basics and more. Please make sure to bring your film camera and a roll of film. 35 mm and medium format will be covered. Please call the Photo Center if you at 415-554-9522 if you have any questions about this class.

Location: HARVEY MILK PHOTO CENTER

Instructor: Marilyn Montufar

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43843	T	7/29-7/29	6pm-8:30pm	18+	\$50

Matting, Framing, Presenting Your Photos

Learn from a fine art photographer the easy methods and tools for matting and framing your work, including preparing your work for presentation and finding affordable ways to enhance your images. This workshop will include a hands-on instruction and demonstration. Students can bring examples of their work for the demonstration.

Location: HARVEY MILK PHOTO CENTER

Instructor: Grant Rusk

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43845	Sa	6/14-6/14	11am-2:30pm	18+	\$80

Mordantage

Explore the beautiful and unique mordantage process in this six-week course. Mordantage is an obscure darkroom technique developed in the 1970's by French photographer Jean-Pierre Sudre, which evolved from the 19th century process of bleach-etching. Participants will learn how to apply the mordantage process to achieve painterly and illustrative effects including bleach/etch, dépouillement, veils, and redevelopment. Participants will have ample time over the duration of this course to experiment with and explore this unpredictable process. Participants must provide their own silver gelatin darkroom prints for use in this class (prints can be freshly made or archival), so previous darkroom experience is required.

Location: HARVEY MILK PHOTO CENTER

Instructor: Katherine Akey

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43889	W	7/16-8/6	6pm-8pm	18+	\$165

Wet Plate Collodion Photography Workshop

This 2-day workshop serves as a hands-on introduction to this demanding but beautiful photographic process, invented by Frederick Scott Archer in the mid-19th Century. Participants will use large format period-correct cameras to explore the craftsmanship of tintypes and ambrotypes. The goal is to provide a taste of how the process works, with each participant walking away with 3-4 plates. We will be making photographs at/around the Harvey Milk Photo Center. Participants are invited to bring their own props, old costumes, etc. Note: Please bring aprons and work clothing (materials used can easily stain clothing). This course is taught by Allan Barnes, a former photojournalist who has been working extensively with the process for almost ten years.

Location: HARVEY MILK PHOTO CENTER

Instructor: Allan Barnes

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43853	S,Sa	6/28-6/29	10am-4pm	18+	\$305

Arts - Visual

Acrylic Painting

This class introduces advanced skills of acrylic painting. From image transfer, color theory, textures, and detail techniques. Come explore working with different acrylic mediums. This class will be explored through direct observation of still-life flowers, ferns, plants, and photos of landscapes or animals. Please bring requested materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Tsungwei Moo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43857	Th	7/10-8/14	2pm-5pm	18+	\$234/\$259

Advanced Figure Drawing: Space to Play

Please note: this is an advanced level figure drawing class. Drawing experience required. Figure drawing is an active process; an engagement with material that is both physical and intellectual. In this class, students will be encouraged to work in terms of process rather than making a finished product, in order to foster curiosity and therefore, insight. Insights will be learned through visual problem solving, exploring the looking and seeing relationship, and the expression of touching marker to paper. This class is a choose your own adventure, as it is completely self-directed. As soon as class starts, we will dive into meditation as a group through deep concentrated drawing time. Emphasis will be on gesture poses, working our way up through short poses of various time lengths, and ending each class with 20 minute poses. In addition, our entire final class day will be spent on a long pose. (Troubleshooting, corrections, and critiques of student work made upon request to the instructor during 5 minute breaks between poses.) Price of the model is included in the cost of the class. The cost includes a \$100 model fee. Please bring paper and drawing materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Mara Ramirez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43913	M	6/23-7/28	6:30pm-9pm	18+	\$330/\$355

Beginning Watercolor

Learn the basics of watercolor painting in this inspiring class. 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 that you need to be comfortable with drawing in order to move into the watercolor medium. Materials included in the cost of the class.

Location: SHARON ART STUDIO

Instructor: Carlo Grunfeld

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43858	Th	6/26-8/14	6:30pm-9:30pm	18+	\$312/\$337

Community Sewing Class

Teaching basic sewing techniques, this class is geared for all sewing levels Beginning-Advanced. Participants will learn to sew garments using industrial sewing machinery. During this course, each week we will focus on these specific areas, such as installing zippers, collars, pockets, alterations, and garment construction.

Location: JOSEPH LEE REC CENTER

Instructor: Dale Banks

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43696	W,F	6/11-8/15	3pm-6pm	15+	\$120

Community Sewing Class - Intermediate

Have you completed the Community Sewing class beginners level course, and want to continue on the fun journey of sewing. If so, this intermediate level sewing class is a great opportunity for individuals who have some sewing experience and want to expand their skills. This course will cover garment construction, seam finishing techniques, reading patterns, and pattern manipulation.

Location: JOSEPH LEE REC CENTER

Instructor: Dale Banks

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43697	T,Th	6/10-8/14	3pm-6pm	15+	\$120

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, a Sharpie or Flair pen, and a kneaded eraser. All levels are welcome.

Location: SHARON ART STUDIO

Instructor: Jacqueline Ruben

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43874	T	7/1-7/29	6:30pm-8:30pm	18+	\$198/\$223

Drawing Workshop

This Drawing Workshop will cover observational drawing foundations and practice, practice, practice! All skill levels are welcome. Class 1: Contour Line Drawing (still life), Class 2: Value Studies (still life), Class 3: Gestures & Figure Drawing (live model). Sighting and scaling techniques discussed. Class begins with an inspiration-demonstration, after which we dive into the exercise. Class wraps with a voluntary mini-show, where participants may share their class work. Materials info available at sharonartstudio.org. Price of the model is included in the cost of the class.

Location: SHARON ART STUDIO

Instructor: Theresa Currie

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43917	Sa	7/12-8/2	2pm-5pm	18+	\$149/\$174

Enhancing Creativity by Drawing What You See

This course focuses on basic drawing skills, including perspective and the elliptical system. During each class, We'll warm-up with exercises that awaken the right side of the brain. Then We'll use pencil, charcoal, or ink to draw from either still-life, life, or landscape outside the Sharon Arts building. There will be time for critiques and sharing our work with the class at the end of each session. Materials provided.

Location: SHARON ART STUDIO

Instructor: Carlo Grunfeld

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43918	F	7/11-8/8	7pm-9:30pm	18+	\$163/\$187

Figure Drawing: Proportion Bootcamp

In this weekly, 3-hour class, Christopher help you better control the proportion or your figure drawings We will examine various techniques including structural anatomy, using anatomical landmarks, units of measure, and intercross. We will work from both the live model and from our imagination to slowly develop a greater understanding of these concepts. In this particular class, I will not be teaching value (though you are welcome to use it if you so choose). The idea is to keep things as whittled down as possible - using a primarily linear approach - so we can place all of our attention on proportion. After taking this class you will feel more confident i your figure drawings (both from life or imagination). This class is open to all skill levels. Please bring materials to class. Materials list available at sharonartstudio.org. Model fee included in the price of the class.

Location: SHARON ART STUDIO

Instructor: Christopher Davison

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43875	F	6/20-8/15	11am-2pm	18+	\$365/\$390

Fine Arts Intensive

Come for four days of fun exploring your creativity, meeting new friends and making art. We will do drawing exercises and a still life, a painting in acrylic or watercolor and experiment with print making. No experience required. Materials provided. Just bring your enthusiasm to play and have fun!

Location: SHARON ART STUDIO

Instructor: Kristin Pflumm

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43919	M-Th	7/28-7/31	10am-1pm	18+	\$294/\$319

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 solely to a single pose. This style of class gives students more time for drawing and on-the-spot instructions. Please bring a pad of drawing paper and preferred drawing materials to class. Basic drawing materials will also be provided. The cost includes a \$100 model fee. Drops-ins not available at this time.

Location: SHARON ART STUDIO

Instructor: Virginia Banta

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43883	Th	6/26-8/14	10am-12:30pm	18+	\$360/\$385

Gouache Still Life

Still Life in Gouache is a perfect place for beginners and intermediate painters to hone in observation skills and color work. In this class, students will get a better understanding of creating form, building a composition, and making a vibrant still-life painting. During class, there will be a still-life set up for students to observe, and Maggie will explain how to break

down the objects into simple shapes and forms, as well as help you make decisions on how to compose and color the painting. We will use and practice with gouache, a unique medium between oil paint and watercolor. Gouache paints provided. Please bring requested materials to class. Materials list available at sharonartstudio.org

Location: SHARON ART STUDIO

Instructor: Maggie Burns

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43920	Sa	7/26-8/16	10am-1pm	18+	\$178/\$203

Jewelry Workshop: Do-it-Yourself Earrings

Make a statement in your own handmade pair of earrings! In this class, students will create one pair of brass or copper earrings while learning basic metalsmithing skills like sawing, texturing, polishing, wire wrapping. We will explore design principles such as symmetry/ asymmetry and negative/ positive space. Students are welcome to bring in beads or other craft elements to incorporate into their designs. This class will not teach hands-on soldering techniques, but it may be demonstrated. Jewelry making requires normal hand dexterity. Materials provided. Please note that the Jewelry Studio is located upstairs in the Sharon Art Studio.

Location: SHARON ART STUDIO

Instructor: Cera Deibel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43885	Sa	7/26-8/9	11am-2pm	18+	\$225/\$250

Jewelry Workshop: Introduction to Precious Metal Clay

Create a jewelry piece from beginning to end with this hands-on workshop. Participants will explore the versatility of precious metal clay (PMC) to craft unique and personalized jewelry pieces (rings/pendants/earrings). From designing to firing, this class covers the entire process, allowing attendees to create custom jewelry. Tools and materials provided. Please note that the Jewelry Studio is located upstairs in the Sharon Art Studio.

Location: SHARON ART STUDIO

Instructor: Kanita Thon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43884	M	6/23-6/30	6:30pm-9:30pm	18+	\$216/\$241

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. The cost includes a \$100 model fee. No Drop-ins available at this time.

Location: SHARON ART STUDIO

Instructor: Kanita Thon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43887	W	7/9-8/13	6:30pm-9pm	18+	\$285/\$310

Location: SHARON ART STUDIO

Instructor: Elizabeth Murray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43886	W	7/9-8/13	3pm-5:30pm	18+	\$285/\$310

Watercolor Still Life

In this watercolor class we will paint a new still life set-up each week. Demonstrations in various techniques such as how to effectively use soft edges to contrast sharp forms and wet-in-wet color blending will be shown. Composition design guidelines and basic color theory will be discussed as well. Competent drawing skills are required. This is not a beginner watercolor class so some watercolor painting experience is recommended. Students provide their own materials. Materials list available at www.sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Karen Bash

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43911	W	6/11-7/30	11am-2pm	18+	\$288/\$313

Watercolor: Fun and Free Landscapes

Improve your watercolor skills! This class will include working from photographs as well as painting the scenic views around the studio en plain air. We will explore layering of color, practice spontaneous wet-on-wet painting, and stylize with expressive brush strokes. Our subjects will include water, foliage and skies. Intermediate level class, watercolor experience recommended but not required. Bring materials to the first class. Materials list can be found at sharonartstudio.org/materials.

Location: SHARON ART STUDIO

Instructor: Carlo Grunfeld

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43912	T	6/24-8/12	10am-1pm	18+	\$300/\$325

Dance / Music / Performing Arts

Ballroom Dance

Come Join The Fun! Bring your partner & glide across the dance floor during our Open Ballroom Dance sessions. Offered on Tuesdays & Thursdays, 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
44190	T,Th	6/10-8/7	12:30pm-2pm	18+	Free

Chinese Classical Dance

Chinese classical dance includes movements and postures from other artistic forms such as Chinese folk dance and martial arts. Focusing on the breath, it is displayed with finesse, elegance, and the controlled expression of strength and power.

Location: PALEGA REC CENTER

Instructor: Winne Kwok

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44195	Sa	6/14-8/9	12pm-2pm	18+	Free

Chinese Music Appreciation

Music lovers are welcome to join our choir! The goal of this choir is to enrich Senior adult recreation by participating in Chinese music appreciation and improving singing skills. A volunteer will lead the choir in training, teaching students the music theory knowledge, vocal skills, and a variety of Chinese art songs, eventually integrating all elements into the choir practice.

Location: PALEGA REC CENTER

Instructor: Reymond Lee

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43896	Sa	6/14-8/9	10am-12pm	18+	Free

Harvey Milk Pride Color Guard

Be a part of the Harvey Milk Pride Color Guard! Harvey Milk Pride Color Guard is an inclusive performance-based community group. No prior color guard or dance experience is required. Members will learn basic color guard skills and choreography in a nurturing environment to be performed at various events in the Bay Area, including the SF Pride Parade and Castro Street Fair. Regular rehearsals are Tuesday evenings at the Harvey Milk Center for the Arts, with additional weekend rehearsals leading up to performances. Open registration for new members will happen in the Fall 2025. For more information, and how to become a member, email nicola.bosco@sfgov.org or harveymilkpridecolorguard@gmail.com.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Brian Hernandez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43832	T,Sa	6/3-6/28	7:30pm-4pm	18+	\$105

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

Instructor: Karen Tung

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43898	W	6/11-8/6	10am-12pm	18+	Free
43899	Th	6/12-8/7	10am-12pm	18+	Free
43900	F	6/13-8/8	10am-12pm	18+	Free

Location: PALEGA REC CENTER

Instructor: Lisa Zhen Xu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43897	T,Sa	6/10-8/9	10am-12pm	18+	Free

Sing Along

Group singing requires participants to engage with each other in a simultaneous musical dialogue in a pluralistic and emergent context, creating a coherent cultural expression through the reflexive negotiation of (musical) meaning manifest in the collective power of the human voice. This is a volunteer-led course

Location: PALEGA REC CENTER

Instructor: Jason Housa

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43901	Sa	6/14-8/9	2pm-4pm	18+	Free

Exercise & Fitness

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
43640	W	6/11-7/30	12pm-1pm	18+	\$85

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
43641	Th	6/12-8/7	10am-11am	18+	\$125

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
43642	T	6/10-7/29	5pm-6pm	18+	\$125

Healing Yoga

Yoga is an ancient practice used for developing strength and balance between mind and body. These classes will build your knowledge and skill in addition to teaching fundamental poses which will increase your flexibility, enhance muscle tone, and improve coordination. We provide a certain number of mats but encourage you to bring your own.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Stephanie Tucker

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43643	T,Th	6/10-7/31	3:30pm-5pm	18+	Free

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
43647	Th	6/12-8/7	12pm-1pm	18+	\$125

Location: UPPER NOE REC CENTER

Instructor: Jules Olaso

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43645	T	6/10-7/29	12pm-1pm	18+	\$125
43646	Th	6/12-8/7	12pm-1pm	18+	\$125

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
43648	T	6/10-7/29	6:30pm-7:30pm	18+	\$125

Strength and Flexibility

For active adults looking for an intermediate to advanced physical conditioning class that will provide a challenging and intensive low impact workout, focusing on body strength and flexibility. The use of pilates and yoga techniques, along with hand weights, mats and extra props, and using a variety of active and passive stretches, will provide a solid workout that will build lean muscle, while keeping your body strong and flexible.

Location: UPPER NOE REC CENTER

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43649	T	6/10-7/29	1:30pm-2:30pm	18+	\$125
43650	Th	6/12-8/7	1:30pm-2:30pm	18+	\$125

Stress Management+Meditation

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 class can help if stress negatively impacts your life or if you are simply interested in learning ways to maintain health and well-being. New or old to meditation all are welcome.

Location: EUREKA VALLEY REC CENTER

Instructor: Lane Kennedy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43652	W	6/11-7/30	6pm-7pm	18+	\$61

Location: GLEN CANYON REC CENTER

Instructor: Lane Kennedy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43651	W	6/11-7/30	1:30pm-2:30pm	18+	\$61

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
43653	W	6/11-7/30	10:15am-11:15am	18+	Free

Location: RICHMOND REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43654	Sa	6/14-8/2	10am-11am	18+	Free

Tai Chi

Get your body moving and flowing with Tai Chi! Good for all ages.

Location: GLEN CANYON REC CENTER

Instructor: Josh Horowitz

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	6/13-8/15	1pm-2pm	18+	Free

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: GLEN CANYON REC CENTER

Instructor: Cyrelle McDonald

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43656	T	6/10-7/29	10am-11am	18+	\$125

Location: HAMILTON REC CENTER

Instructor: Juliet Martine

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43658	W	6/11-7/30	6:30pm-7:30pm	18+	\$125

Location: JOE DIMAGGIO PLGD

Instructor: Susan Saylor

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43655	M	6/9-7/28	12pm-1pm	18+	\$125

Location: PALEGA REC CENTER

Instructor: Donna Davis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43659	W	6/11-7/30	12:30pm-1:30pm	18+	\$125

Location: PALEGA REC CENTER

Instructor: Juliet Martine

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43660	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125

Location: RICHMOND REC CENTER

Instructor: Cyrelle McDonald

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43661	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125

Location: SUNSET REC CENTER

Instructor: Jamie Rayman

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43657	W	6/11-7/30	6:30pm-7:30pm	18+	\$125

Location: SUNSET REC CENTER

Instructor: Susan Saylor

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43662	Sa	6/14-8/2	9:15am-10:15am	18+	\$125

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: CROCKER AMAZON PLGD

Instructor: Iza Pardinias

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43667	Sa	6/14-8/2	11am-12pm	18+	\$110

Location: GLEN CANYON REC CENTER

Instructor: Adam Snellings

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43666	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125

Location: GLEN CANYON REC CENTER

Instructor: Cyrelle McDonald

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43664	W	6/11-7/30	6:30pm-7:30pm	18+	\$125

Location: UPPER NOE REC CENTER

Instructor: Aditi Garg

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43663	T	6/10-7/29	6:30pm-7:30pm	18+	\$125

Location: UPPER NOE REC CENTER

Instructor: Iza Pardinias

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43665	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125



Personal Development

Writing to Remember

Come check out our drop-in memoir-writing class! Free to join!

Location: GLEN CANYON REC CENTER

Instructor: MG Thomas

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	6/13-8/15	2pm-3:30pm	18+	Free

Science & Technology

New Technologies: Digital Fab Maker Lab

In this course, your imagination is the only limit to what you can create. Here you will learn to use free 3d modeling and vector drawing software to imagine and model your designs, then use the powerful creative tools of our lab to bring your one-of-a-kind parts, assemblies and artworks to life in all their glory. Both beginners and experienced students are welcome. Additional materials may need to be purchased depending on your unique design.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43984	T	6/10-7/8	6pm-8pm	15+	\$200/\$210
43985	T	7/15-8/12	6pm-8pm	15+	\$200/\$210

New Technologies: Electronics and Programming Fab Lab

This is a hands-on course for anyone who is fascinated by the powerful wizardry of electronics and wants to learn its secrets to make awesome stuff that moves, senses and illuminates. We'll explore the basics of electronics and how to write code to program an Arduino to power your creative projects from ground up. You'll animate light strips, motors, sensors and programmable controls with an emphasis on hands-on circuit building, and exploring the infinite possibilities of this art. No experience is required. Basic electronics supplies are provided for the class. But additional materials will cost between \$30-\$50. We recommend you bring your own laptop; however, studio laptops are available.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43962	Th	6/5-7/10	6pm-8pm	15+	\$200/\$210
43963	Th	7/17-8/14	6pm-8pm	15+	\$200/\$210

New Technologies: Laser Engraving Intro

This class is an introduction to the fundamentals of laser engraving and cutting techniques. You will receive hands-on experience with the capabilities and limitations of using a CO2 laser cutter, including how various materials can be used. It will also cover the basics of Inkscape, a free/shareware vector graphics program which can be used to create line-art suitable for realizing most designs. A key outcome of this class will be becoming informed of the most essential aspects needed to realize designs with a laser cutter, including potentially submitting your own designs to be cut/engraved by a third-

party service provider.
 Location: RANDALL MUSEUM
 Instructor: Tom Steele

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43965	W	6/11-7/2	6:30pm-9:30pm	18+	\$150/\$160
43980	Sa	6/14-7/12	12:30-3:30pm	18+	\$150/\$160
43981	W	7/9-7/30	6:30pm-9:30pm	18+	\$150/\$160

from the list of registrants. For more information please contact Don Franklin at don.franklin@sfgov.org

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43954	T	6/10-8/12	6pm-9pm	18+	\$105

Location: SUNSET REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43955	T	6/10-8/12	6pm-9pm	18+	\$105

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
44191	Sa	6/14-7/5	9am-10am	18+	\$41
44192	Sa	6/21-7/12	11:30-12:30pm	18+	\$41
44193	Sa	7/19-8/9	10am-11am	18+	\$41

Beginning Golf

Having some basic knowledge and a passion for learning new sports and hobbies is a must. Learn about the golf swing, rules and etiquette, we will start with a basic grip and stance, move on to putting and chipping and work our way through your bag to get you familiar with all of the clubs so you can enjoy the game and flourish! we will teach you drills and perfect practice techniques that will help make you a more confident player and get you off on the right foot. Previous experience is not required!

Location: LINCOLN PARK GOLF COURSE

Instructor: Robert Togonon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43937	Sa	6/14-8/16	2pm-3:30pm	18+	\$145

Volleyball League - Advanced

Open to players with high school or college experience. Teams will be created based on enrollment.

Location: ST. MARY'S REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43950	W	6/11-8/13	6pm-9pm	18+	\$105

Volleyball League - Intermediate

Open to players looking for a competitive league that is also recreational. Teams will be created based on enrollment.

Location: ST. MARY'S REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43951	Th	6/12-8/14	6pm-9pm	18+	\$105

Womens Adult Volleyball - Intermediate

Join our Intermediate Volleyball League for players looking to elevate their game with competitive matches. Perfect for those with prior experience, this league fosters teamwork, skill development, and a passion for the sport! Teams will be created

Womens Adult Volleyball - Advanced

The Advanced Volleyball League is a competitive platform showcasing elite-level talent, teamwork, and strategy. Designed for advance skilled athletes, it offers fast-paced action and a thrilling experience for players. Teams will be created from the list of registrants. For more information please contact Don Franklin at don.franklin@sfgov.org

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43953	Th	6/12-8/14	6pm-9pm	18+	\$105

Sports - Drop In

Basketball

Experience the thrill of competition! 4-on-4, Full-Court drop-in games for 18+!

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	6/10-8/12	5pm-6:30pm	18+	Free

Basketball

Upper Noe offers two 4-on-4 half-court pickup games for players of all skill levels. Come showcase your talent and join fellow neighborhood hoopsters for some friendly competition.

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	6/12-8/21	5pm-7:45pm	18+	Free

Basketball 40+

4 on 4 Basketball, Old school Style! Come join a team, exercise and socialize.

Location: JOSEPH LEE REC CENTER

Instructor: Fulton Mitchell

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	6/11-8/13	6pm-9pm	40+	Free

Pickleball

Come drop in to play the fastest growing sport in America one of our recreation center! Pickleball is a combination of tennis, ping pong, and badminton, and is lots of fun too. All levels are welcome!

Location: EUREKA VALLEY REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Th-F 6/12-8/15 12pm-3pm 18+ Free

Location: MOSCONE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T,Th 6/10-8/14 1pm-3pm 18+ Free

Location: RICHMOND REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 43741 Th 6/12-8/14 10:30am-1pm 18+ Free
 43742 Sa 6/14-8/16 9:15am-1pm 18+ Free

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T,Th 6/10-8/19 10am-1:30pm 18+ Free

Volleyball

Come spike the ball with friends!

Location: PALEGA REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in F 6/13-8/8 4:30pm-8:30pm 16+ Free
 Drop-in Sa 6/14-8/9 2pm-4:30pm 16+ Free

Volleyball - Advanced

Advance players only, first come first serve.

Location: EUREKA VALLEY REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Th,Sa 6/12-8/14 5:30pm-8pm 18+ Free

Volleyball - Advanced

Drop-in Adult Advanced Volleyball recommended for Collegiate & Elite Players.

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in W 6/11-8/13 5pm-7:45pm 18+ Free

Women's Basketball

Experience the thrill of competition! 4-on-4, Full-Court drop-in games for Women 18+!

Location: MOSCONE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Th 6/12-8/14 5pm-7:30pm 18+ Free

Women's Basketball

Play pick up games, full court with other women of all levels.

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



SENIORS 55 & better



Arts & Crafts

Art Expression for Seniors

Discover and develop your own unique style of creative expression. We'll explore a variety of art forms and experiment with materials from painting to collage to mixed media. Participants are also encouraged to bring their own projects to share with the group and receive feedback and ideas. No previous art experience necessary.

Location: JOE DIMAGGIO PLGD

Instructor: Melissa Karam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43827	Th	6/12-8/14	11:30am-12:30pm	55+	Free

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.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Dolores Sacha

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43782	F	6/13-8/15	1pm-3pm	55+	Free

Fun with Paper

In this class we will be making paper projects like greeting cards, boxes, books, table favors and gifts. You will take home a completed project at the conclusion of each meeting. Required supplies are ruler, pen, pencil, scissors, glue and tape. Also useful but not required are dies, stamps and inks for stamping.

For most projects paper will be supplied.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Margaret Quintana

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43793	W	6/11-8/13	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
43794	M	6/16-8/11	12:45pm-3pm	55+	Free

Knitting and 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.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Joan Padley

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43796	Th	6/12-8/14	1pm-3pm	55+	Free

Arts - Visual

Art & Painting (No Model)

Work on projects using sketches, photos and still life. Please bring your own art materials: paper, canvas, charcoal, acrylics, and watercolors. No Oil base product paints. No instructor in this class, class is organized by volunteer coordinators.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Bob Baker

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43781	T	6/10-8/12	1pm-4pm	55+	Free

Chinese Brush Painting

Learn the fundamentals of Chinese brush painting strokes taught by our senior volunteer with many years of experience. Learn the basic techniques of Chinese painting. Participants must purchase their own art supplies. Class meets twice a month on the first and third Tuesday of each month

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Gloria Gee

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43784	T	6/17-8/5	10am-11:30am	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
43727	W	6/11-8/13	1pm-3pm	55+	Free

Location: SUNSET REC CENTER

Instructor: Alison Burek

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44184	F	6/13-8/15	1pm-3pm	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.

This class will incorporate a variety of styles that developed in different regions and eras

Location: RICHMOND REC CENTER

Instructor: Ivan Shvarts

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43706	W	6/11-8/13	11am-1pm	55+	Free
43705	T	6/10-8/12	11am-1pm	55+	Free

Baby Boomer Sing a Long

Join the fun as we sing popular songs that we know, love and grew up with. Songs from movies and musicals and songs by 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: RICHMOND REC CENTER

Instructor: Clifford Louie

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43707	Th	7/3-8/7	10:15am-11:45am	55+	Free

Ballroom Dance

Learn and improve your ballroom dance basic skills in a social setting. Dance partner not required. You will enjoy the dance music and have your exercise done at the same time. This is an instructional class. No drop-ins.

Location: BETTY ANN ONG CHINESE REC CENTER

Instructor: Bik Lee

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43708	F	6/13-8/15	11am-2pm	55+	Free

Beginning Line Dance and Nutrition

Line dance to urban R&B music with step by step instructions and techniques of the nationwide line dance movement. Nutrition fact sheets and water will be provided by Lady G. Location: JOSEPH LEE REC CENTER

Instructor: Regina Rodney

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43709	T	6/10-8/12	11am-3pm	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: RICHMOND REC CENTER

Instructor: Yuko Franklin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43710	F	6/13-8/15	10:30am-12pm	55+	Free

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: RICHMOND REC CENTER

Instructor: Amy Tsang

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43714	T	6/10-8/12	2pm-4pm	55+	Free

Chinese Line Dance

Being 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) and step counts, and following with practices led by the instructor, except that much more emphasis will be placing on hands/arms, feet and whole body coordination, making whole body movement accents in relation to the Chinese music, expressing the character of various Chinese ethnic groups and being incorporated with modern dance. Currently it is also known as "Fitness (Dancing) Exercise", being very popular in China. Chinese line dance quoted from websites below is for reference only. Our class at GGPSC is of beginners/intermediate level.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Nancy Kwong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43785	F	6/13-8/15	10:30am-12pm	55+	Free

Global Dance for Active Adults

Come and learn elements of traditional folk dances from around the world including Chinese folk dances, and more. These classes are well-suited for beginner and intermediate level dancers. Just remember to wear comfortable shoes and have a fun time with dance and music! Class taught in English & Chinese.

Location: RICHMOND REC CENTER

Instructor: Lisa Wan

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43715	T	6/10-8/12	7:45pm-9:15pm	55+	Free

Improvisation Class

You will learn how to playfully "think on your feet." You will be given a situation such as, you are home and an obnoxious salesman knocks on your door. What do you say? What does he say? How do you say no? How does he try to get you to say yes? You'll be surprised at the funny things that come out of your mouth. First-timers are welcome. Come give it a try! 2nd and 4th Thursdays of the month.

Location: RICHMOND REC CENTER

Instructor: John Nockels

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43718	Th	6/12-8/14	10:15am-12pm	55+	Free

Intermediate Tap

Knowledge of basic steps suggested for this class. We will be practicing dance routines for more advanced tap students on a weekly base.

Location: RICHMOND REC CENTER

Instructor: Yuko Franklin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43719	F	6/13-8/15	12pm-1:30pm	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: Kevin Mok

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43721	Sa	6/14-8/16	1pm-3pm	55+	Free

Location: SUNSET REC CENTER

Instructor: Teresa Yu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43720	Sa	6/14-8/16	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. This course is an introduction for advanced dances. It is an ongoing class for beginners. No extra materials are needed except a comfortable pair of shoes for dancing.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Russell Breslauer

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43800	T	6/10-8/12	1pm-2:30pm	55+	Free



Location: HAMILTON REC CENTER

Instructor: Russell Breslauer

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43723	Sa	6/14-8/16	9:10am-10:40am	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
43722	Sa	6/14-8/16	10:45am-11:45am	55+	Free

Line Dancing - Intermediate Level

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
43797	W	6/11-8/13	2:30pm-4pm	55+	Free

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: John Pon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43798	T	6/10-8/12	10:45am-12:15pm	55+	Free
43799	Th	6/12-8/14	10:45am-12:15pm	55+	Free

Round Dance

Full dances are choreographed to a specific piece of music. The dance routines and dance figures conform predominantly to international ballroom standards and consist of all the standard dance rhythms Waltz, Rumba, Cha Cha, Foxtrot, Tango, Bolero, Jive, West Coast Swing, etc. Round Dance is unique in that all dancers execute the same figure as cued just prior to each figure. You learn the figure and name and execute as cued.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Mary Sheen

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43805	T	6/10-8/12	2:45pm-4pm	55+	Free

Ukulele Jam Session

In this class you will have an opportunity to come play your Ukulele and sing songs in a group jam session. This is not a class with an instructor to teach you how to play. This is a jam session where you must know how to play your own ukulele instrument.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Pat Avera

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43810	F	6/13-8/15	2:30pm-4pm	55+	Free

Arts - Virtual

Beginner's Ballroom Dance Lesson

Get social in this senior beginner's ballroom dance program. There will be a beginner's level instructional monthly dance theme such as waltz, cha cha, rumba, disco, salsa, and more. Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Martha Lee

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43783	Th	6/12-8/14	2:45pm-4pm	55+	Free

International Folk Dance

Come learn Folk Dances from around the world. The class will use circles, lines, sets couples, trios - and more! Beginners welcome! Dance helps maintain balance and brain health. Seniors encouraged to participate. Our dance circle is part of the Folk Dance Federation of Northern California. For more information contact Barbara Duhl bduhl@hotmail.com (415) 710-8137

Location: UPPER NOE REC CENTER

Instructor: Barbara Duhl

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43831	W	6/11-8/13	10:45am-12:15pm	55+	Free

Exercise & Fitness

Adult Workout

This class focuses on mobile senior bodies. Come join us as we continue moving through our golden years focusing to maintain our strength and balance and hold onto our muscle tone.

Music (American, Canto, Mando, Latin-American, Italian, South African-IsiZulu and Korean Pop) serves as a background to the guided routines as we cover the floor to dance-steps, use light weights, mats for floor work to stretch and perform yoga poses and, the occasional line-dance.

Location: RICHMOND REC CENTER

Instructor: Valentina Belyak

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43704	Sa	6/14-8/16	11:30am-12:30pm	55+	Free



Chair Yoga

This hour long class is developed specifically for people 55 and older. It will focus on developing strength, flexibility, and balance in a supportive environment provided by the use of chairs and other props. Although called Chair Yoga and much of the class will be seated work, we will progress towards standing and mat postures. People new to yoga welcome!

Location: MIDTOWN TERRACE PLGD

Instructor: Ilya Kaltman

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43712	T	6/10-8/12	1pm-2pm	55+	Free

Chair Yoga & Social Activities

This course is a low impact yoga workout for seniors which includes chair stretches for pain relief, balance and flexibility. Lady G will provide modifications when necessary. Please, share any areas of needed focus. The class concludes with social activities to enhance physical and mental strength.

Location: JOSEPH LEE REC CENTER

Instructor: Regina Rodney

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43713	Th	6/12-8/14	11am-3pm	55+	Free

Chair Zumba/Zumba Gold

Zumba Gold is for active older adults who want to participate in the original Zumba dance class at a lower intensity. Enjoy the traditional Zumba Latin atmosphere, as well as music of different genres from a seated or standing position. Choreographed to Zumba music, the instructor will start the class in a seated position with emphasis on the arms+per body. She will then teach in a standing position for the later part of the class. Students have the option to sit or stand during parts or all of the hour-long class. Registration is not required - Just Drop In.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Evangeline McCarthy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	6/11-8/13	11am-12pm	55+	Free



Hatha Flow Yoga for Strength and Balance

Julie's Hatha Flow for Strength and Balance is built to include everyone and is purposefully slower paced so that movements can be truly experienced. This class is for active seniors able to (with or without accommodation) sit on the floor and get up again. Students find value in Julie's modifications and alignment details. This is an ideal class for people who want to build strong bones or for those with low bone density. This is a practice of wise, mindful movement taught with kindness.

Location: MOSCONE REC CENTER

Instructor: Julie Newbold

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43716	T	6/24-8/12	10:15am-11:15am	55+	Free
43717	F	6/27-8/15	10:15am-11:15am	55+	Free

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: GOLDEN GATE PARK SENIOR CENTER

Instructor: Pablo Molina

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43801	T	6/10-8/12	9:45am-10:30am	55+	Free
43802	Th	6/12-8/14	9:45am-10:30am	55+	Free

Move n Groove Fitness for Seniors

Great for body and spirit! Enjoy the music and sense of community. Each class includes stretching, light weights for muscle tone and strength training, core conditioning, legwork with a chair for stability, and easy steps for cardio/aerobic activity. Go at your own pace. Wear comfortable clothes and sturdy shoes. Bring water for hydration.

Location: JOE DIMAGGIO PLGD

Instructor: Melissa Karam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43829	Th	6/12-8/14	10am-11am	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
44185	T	6/10-8/12	10am-11am	55+	Free

Physical Conditioning for Active Seniors

This outdoor group fitness class will give participants a total body workout that is fun, challenging, and low impact. Workouts will change each week, so boredom will not be an issue! We will utilize the whole Kezar Stadium facility, including the track, the grass, and the stadium stairs. The workouts will be specifically designed for seniors, and no participant will be asked to do anything they can't handle. Yoga mats/hand weights (2-3 lbs) are required to bring to class.

Location: KEZAR SPORTS COMPLEX

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43724	Th	6/12-8/14	9:30am-11am	55+	Free
43725	F	6/13-8/15	9:30am-11am	55+	Free

Qi Gong for Seniors

Qi Gong is a martial arts exercise that combines movements, coordinating body posture, meditation and breathing techniques to maintain or improve health and spirituality. The goal is to achieve the Chi or inner energy of the body.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: George Lai

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43804	W	6/11-8/13	1pm-2pm	55+	Free

Strength and Conditioning for Seniors

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: GOLDEN GATE PARK SENIOR CENTER

Instructor: Judson Leong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43806	M	6/16-8/11	2:30pm-3:20pm	55+	Free

Stretch for Seniors

Exercise with bands (rubber) building muscle strength and flexibility. This course also helps participants learn to relax with meditation music. Please bring your own rubber exercise stretch band and exercise mat. Please make your doctor aware that you are participating in an exercise program.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Judy Canterbury

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43807	Th	6/12-8/14	1pm-2:30pm	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: Betty Li

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43728	W,F	6/11-8/15	3pm-5pm	55+	Free

Location: MINNIE & LOVIE WARD REC CENTER

Instructor: Cady Wong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43729	Sa	6/14-8/16	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. 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.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Maureen Quan

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43808	M	6/16-8/11	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.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Maureen Quan

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43809	F	6/13-8/15	1pm-2pm	55+	Free

Yoga for Active Adults

This course is for active seniors able to (with or without accommodation) sit on the floor and get up again. A traditional-style yoga class that utilizes iconic poses that are modified to provide an entry point for mature bodies. After a well-balanced sequence of active poses, each class will wind down with transitional and restorative poses and end with a five-minute deep relaxation (savasana). Bolsters, yoga belts, and blocks will be used to make the poses accessible to most.

Location: EUREKA VALLEY REC CENTER

Instructor: Susan Saylor

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43730	W	6/11-8/13	9:45am-11am	55+	Free



Zumba

Zumba is a dance-fitness program that combines Latin inspired dance moves with easy to follow choreography. It is designed to provide an energetic and fun aerobic workout. Please arrive 5 minutes before class. Once class begins, no late admittance will be allowed.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Terry Villa - Agsulad

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44182	M	6/16-8/11	10am-10:45am	55+	Free

Zumba Gold

Zumba Gold is for active older adults who want to participate in the original Zumba dance class at a lower intensity. Enjoy the traditional Zumba Latin atmosphere, as well as music of different genres. The class introduces easy-to-follow Zumba Choreography that focuses on balance, flexibility and coordination. Please arrive 5 minutes before class. Once class begins, no late admittance will be allowed.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Evangeline McCarthy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43811	M	6/16-8/11	11:30am-12:15pm	55+	Free

Conversation Mandarin for Beginners/Intermediate

For beginning/intermediate mandarin speakers to practice their conversational mandarin.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Jackie Hsieh

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43786	W	6/11-8/13	10:30am-12pm	55+	Free

Seniors - Virtual

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 your are participating in a physical workout.

Location: ZOOM

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43734	M	6/16-8/11	10:30am-11:30am	55+	Free

Personal Development

Book Discussion Group

Join a wonderful group of book lovers to read and discuss challenging and light hearted titles. Our guests not only enjoy reading every week but the discussion that follows, and, the camaraderie that is established.

Location: GLEN CANYON REC CENTER

Instructor: Joan Gallagher

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43711	T	6/10-8/12	1pm-3pm	55+	Free

Social Activities

Bingo for Seniors

Come enjoy playing bingo and meet some new friends!

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44194	W	6/11-8/6	10am-11:30am	55+	Free

Location: JOSEPH LEE REC CENTER

Instructor: Regina Rodney

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43726	W,F	6/11-8/15	12pm-4pm	55+	Free

Bridge

Drop in open Bridge. You must already know how to play Bridge, come and have a fun playing time. You will need to organize your own group of 4 players each week.

Location: GOLDEN GATE PARK SENIOR CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	6/10-8/12	11am-4pm	55+	Free

Chinese Folk Dancing

Learn the fundamentals for Chinese Folk dance including native traditional Chinese dances in the Mandarin language

Location: SUNSET REC CENTER

Instructor: Jane Jiang

COURSE #	DAYS	DATES	TIMES	AGES	FEES
44183	Sa	6/14-8/16	10:30am-12:30pm	55+	Free



Mah Jong

Drop in Mah Jong play. Participate in this game of Chinese origin usually played by 4 persons with tiles resembling dominoes and bearing various designs, which are drawn and discarded until one players win with hand of combinations of three tiles each and a pair of matching tiles. All materials provided.

Location: GOLDEN GATE PARK SENIOR CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	6/12-8/14	1pm-4pm	55+	Free
Drop-in	M	6/16-8/11	11am-4pm	55+	Free

Table Game

Open Table game space is provided have a place to have a place play, to gather with friends and make new ones. Play Mahjong, Bridge cards, Paper cards or chess, etc., It is the best social activity.

Location: GOLDEN GATE PARK SENIOR CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43791	W	6/11-8/13	1pm-4pm	55+	Free

Duplicate Bridge Tournament

This tournament is casual and friendly for intermediate+ players, you could come with partner or come in look for one. There may be a little lesson before the tournament start. The way we play are pairs of N S stay at their assign table and pairs of E W move to the next table after their round of play. After we finish, I will send out the scores in email to everyone on the list.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Kevin Yee

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43792	F	6/13-8/15	12pm-4pm	55+	Free

Karaoke

Music is the universal language and songs are extensions of poetry. Come join the karaoke program; express yourselves and share your feeling with each other. Sign up and enjoy this fun and entertaining activity. Singing order sign in will be determined by place in line - line starts 15 minutes before class.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Anita Wong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
43795	Th	6/12-8/14	12pm-4pm	55+	Free

Table Game

Open Table game space is provided have a place to have a place play, to gather with friends and make new ones. Play Mahjong, Bridge cards, Paper cards or chess, etc., It is the best social activity.

Location: GOLDEN GATE PARK SENIOR CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	6/11-8/13	1pm-4pm	55+	Free

Sports

Basketball 55 & Better

Play pick up games, full court with others ages 55 and better at all levels.

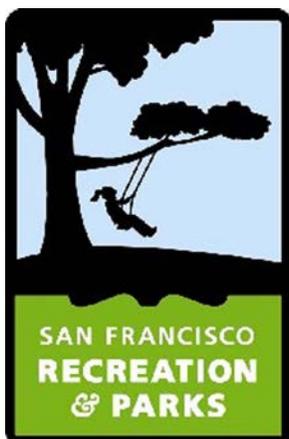
Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T/TH	6/10-8/14	9am-11am	55+	Free

Location: BERNAL HEIGHTS REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	6/11-8/13	6pm-8pm	55+	Free





ACTIVITIES BY LOCATION

BALBOA SWIMMING POOL- 51 Havelock St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Adult Swim - Learning the Basics	44037	T,F	6/10-7/1	4:15pm-4:45pm	18+	\$82
Aquatics - Parent and Tot Swim	44050	Sa	6/14-8/9	9am-9:30am	6m -2	\$69
Aquatics - Preschool Swim	44053	Sa	6/14-8/9	9:45am-10:15am	3-5	\$69
Level 1	44072	Sa	6/14-8/9	10:30am-11am	6-17	\$45
Level 2	44102	T,F	6/10-7/1	3:30pm-4pm	6-17	\$40
Level 3	44144	T,F	7/15-8/8	3:30pm-4pm	6-17	\$40
Level 4	44171	T,F	7/15-8/8	4:15pm-4:45pm	6-17	\$45

BERNAL HEIGHTS REC CENTER - 500 Moultrie

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: A Place to Play	Drop-in	T,Th	6/10-8/14	10am-11:30am	6m -4	Free
Drop-in: Basketball 55 and Better	Drop-in	W	6/11-8/13	6pm-8pm	55+	Free

BETTY ANN ONG CHINESE REC CENTER - 1199 Mason St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Ballroom Dance	43708	F	6/13-8/15	11am-2pm	55+	Free
Drop-in: Badminton	Drop-in	T	6/10-8/12	3:30pm-8:30pm	All Ages	Free
Drop-in: Badminton	Drop-in	F	6/13-8/15	10am-3:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	Th	6/12-8/14	3:30pm-8:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	F	6/13-8/15	4pm-8:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	Sa	6/14-8/16	9am-1pm	All Ages	Free
Drop-in: Mahjong	Drop-in	F	6/13-8/15	10:30am-1:30pm	All Ages	Free
Drop-in: Volleyball	Drop-in	W	6/11-8/13	12:30pm-9pm	All Ages	Free
Drop-in: Volleyball	Drop-in	Sa	6/14-8/16	1:30pm-4:30pm	All Ages	Free

COFFMAN SWIMMING POOL- 1700 Visitacion Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Adult Swim - Improving Skills and Swimming Strokes	43997	F	6/20-8/8	4:45pm-5:15pm	18+	\$82
Adult Swim - Learning the Basics	44038	W	6/18-8/6	4:45pm-5:15pm	18+	\$93
Adult Swim - Learning the Basics	44039	Sa	6/14-8/9	10:30am-11am	18+	\$93
Aquatics - Preschool Swim	44054	Sa	6/14-7/12	10:30am-11am	3-5	\$37

Aquatics - Preschool Swim	44060	Sa	7/19-8/9	10:30am-11am	3-5	\$37
Coffman Catfish Swim Team	44064	W,F	6/18-8/8	4:15pm-5:15pm	6-17	\$155
Level 1	44074	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 2	44104	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 3	44145	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
Level 4	44165	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45

CROCKER AMAZON PLGD - 700 Moscow St @ Italy St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Yoga - Vinyasa	43667	Sa	6/14-8/2	11am-12pm	18+	\$110

EUREKA VALLEY REC CENTER - 100 Collingwood

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: A Place to Play	Drop-in	W,F	6/11-8/1	10am-11:30am	6m -3	Free
Drop-in: Basketball 55 & Better	Drop-in	T,Th	6/10-8/14	9am-11am	55+	Free
Drop-in: Nannies Time Out	Drop-in	T-F	6/10-8/15	11:30am-3:30pm	6m -4	Free
Drop-in: Pickleball	Drop-in	Th-F	6/12-8/15	12pm-3pm	18+	Free
Drop-in: Volleyball - Advanced	Drop-in	Th,Sa	6/12-8/14	5:30pm-8pm	18+	Free
Drop-in: Women's Basketball	Drop-in	T	6/10-8/12	6pm-8pm	18+	Free
Flexion Free Pilates	43641	Th	6/12-8/7	10am-11am	18+	\$125
Golden State Ducks SF Power Soccer Program	43812	Sa	6/14-8/16	1pm-5pm	5+	Free
Karate Kidz	43939	W	6/11-8/13	7pm-8pm	9-12	\$105
Karate Kidz- Little Kickers	43941	W	6/11-8/13	6pm-6:45pm	6-8	\$105
Stress Management + Meditation	43652	W	6/11-7/30	6pm-7pm	18+	\$61
Tai Chi	43653	W	6/11-7/30	10:15am-11:15am	18+	Free
Yoga for Active Adults	43730	W	6/11-8/13	9:45am-11am	55+	Free

GARFIELD SWIMMING POOL - 1271 Treat St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Adult Swim - Improving Skills and Swimming Strokes	43998	S	6/15-8/10	10:30am-11am	18+	\$93
Adult Swim - Learning the Basics	44040	M	6/16-8/4	4pm-4:30pm	18+	\$93
Aquatics - Parent and Tot Swim	44051	T	6/17-8/5	3:45pm-4:15pm	6m -2	\$69
Aquatics - Preschool Swim	44055	S	6/15-8/10	10:30am-11am	3-5	\$69
Garfield Gators Swim Team	44065	T,Th	6/10-7/3	4:30pm-5:30pm	6-17	\$75
Garfield Gators Swim Team	44066	T,Th	7/15-8/7	4:30pm-5:30pm	6-17	\$85
Level 1	44077	S	6/15-8/10	9am-9:30am	6-17	\$45
Level 2	44106	T,Th	6/10-7/3	4:30pm-5pm	6-17	\$40
Level 2	44107	S	6/15-8/10	9:45am-10:15am	6-17	\$45
Level 2	44108	T,Th	7/15-8/7	4:30pm-5pm	6-17	\$45
Level 4	44163	T,Th	6/10-7/3	3:45pm-4:15pm	6-17	\$40
Level 4	44164	T,Th	7/15-8/7	3:45pm-4:15pm	6-17	\$45
Level 5	44176	T,Th	6/10-7/3	3:45pm-4:15pm	6-17	\$40
Level 5	44177	T,Th	7/15-8/7	3:45pm-4:15pm	6-17	\$45

GLEN CANYON REC CENTER- Elk St & Chenery St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Book Discussion Group	43711	T	6/10-8/12	1pm-3pm	55+	Free
Drop-in: A Place to Play	Drop-in	Th-F	6/12-8/15	10am-12pm	6m -4	Free
Drop-in: Badminton	Drop-in	T	6/10-8/12	6:30pm-8pm	14+	Free
Drop-in: Bingo!	Drop-in	Th	6/12-8/14	1:30pm-3:30pm	14+	Free

Drop-in: Chess Club	Drop-in	Th	6/12-8/14	4pm-6pm	6+	Free
Drop-in: Classic Movie Night	Drop-in	T	6/10-8/12	6pm-8pm	14+	Free
Drop-in: Pickleball	Drop-in	W-Th	6/11-8/14	12:30pm-2:30pm	9+	Free
Drop-in: Pickleball	Drop-in	F	6/13-8/15	4:30pm-7:30pm	9+	Free
Drop-in: Tai Chi	Drop-in	F	6/13-8/15	1pm-2pm	18+	Free
Drop-in: Volleyball	Drop-in	W	6/11-8/13	6pm-8pm	14+	Free
Drop-in: Writing to Remember	Drop-in	F	6/13-8/15	2pm-3:30pm	18+	Free
Petite Bakers	43945	F	6/13-8/15	10am-11am	3-5	\$95
Physical Conditioning for Active Seniors	44185	T	6/10-8/12	10am-11am	55+	Free
Pilates - All Levels	43647	Th	6/12-8/7	12pm-1pm	18+	\$125
Rec and Parkour	43946	Sa	6/14-7/12	9:30am-10:30am	6-8	\$45
Rec and Parkour	43947	Sa	7/26-8/16	9:30am-10:30am	6-8	\$45
Rec and Parkour	43948	Sa	6/14-7/12	11am-12pm	9-13	\$45
Rec and Parkour	43949	Sa	7/26-8/16	11am-12pm	9-13	\$45
Rec and Parkour - All Ages	44186	Sa	6/14-7/12	12:30pm-2pm	10+	\$65
Rec and Parkour - All Ages	44187	Sa	7/26-8/16	12:30pm-2pm	10+	\$65
Rock Climbing - Open Climb	43825	T,Th	6/10-8/14	4pm-7pm	5+	\$15
Rock Climbing - Open Climb	43826	Sa	6/14-8/9	10am-4pm	5+	\$15
Stress Management + Meditation	43651	W	6/11-7/30	1:30pm-2:30pm	18+	\$61
Yoga - Hatha Traditional	43656	T	6/10-7/29	10am-11am	18+	\$125
Yoga - Vinyasa	43664	W	6/11-7/30	6:30pm-7:30pm	18+	\$125
Yoga - Vinyasa	43666	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125

GOLDEN GATE PARK SENIOR CENTER - 6101 Fulton St. @ 37th Ave. 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Art & Painting (No Model)	43781	T	6/10-8/12	1pm-4pm	55+	Free
Beaded Light - Catchers and Ornaments	43782	F	6/13-8/15	1pm-3pm	55+	Free
Beginner's Ballroom Dance Lesson	43783	Th	6/12-8/14	2:45pm-4pm	55+	Free
Chinese Brush Painting	43784	T	6/17-8/5	10am-11:30am	55+	Free
Chinese Line Dance	43785	F	6/13-8/15	10:30am-12pm	55+	Free
Conversation Mandarin for Beginners/Intermediate	43786	W	6/11-8/13	10:30am-12pm	55+	Free
Drop-in: Bridge	Drop-in	T	6/10-8/12	11am-4pm	55+	Free
Drop-in: Chair Zumba/Zumba Gold	Drop-in	W	6/11-8/13	11am-12pm	55+	Free
Drop-in: Mah Jong	Drop-in	M	6/16-8/11	11am-4pm	55+	Free
Drop-in: Mah Jong	Drop-in	Th	6/12-8/14	1pm-4pm	55+	Free
Drop-in: Table Game	Drop-in	W	6/11-8/13	1pm-4pm	55+	Free
Duplicate Bridge Tournament	43792	F	6/13-8/15	12pm-4pm	55+	Free
Fun with Paper	43793	W	6/11-8/13	1pm-3pm	55+	Free
Jewelry Making (Intermediate Level)	43794	M	6/16-8/11	12:45pm-3pm	55+	Free
Karaoke	43795	Th	6/12-8/14	12pm-4pm	55+	Free
Knitting and Crocheting	43796	Th	6/12-8/14	1pm-3pm	55+	Free
Line Dance - Intermediate	43797	W	6/11-8/13	2:30pm-4pm	55+	Free
Line Dancing - Intermediate Level	43798	T	6/10-8/12	10:45am-12:15pm	55+	Free
Line Dancing - Intermediate Level	43799	Th	6/12-8/14	10:45am-12:15pm	55+	Free
Line Dancing - Ultra Beginners	43800	T	6/10-8/12	1pm-2:30pm	55+	Free
Low Impact Aerobics	43801	T	6/10-8/12	9:45am-10:30am	55+	Free
Low Impact Aerobics	43802	Th	6/12-8/14	9:45am-10:30am	55+	Free
Qi Gong for Seniors	43804	W	6/11-8/13	1pm-2pm	55+	Free
Round Dance	43805	T	6/10-8/12	2:45pm-4pm	55+	Free
Strength and Conditioning for Seniors	43806	M	6/16-8/11	2:30pm-3:20pm	55+	Free
Stretch for Seniors	43807	Th	6/12-8/14	1pm-2:30pm	55+	Free
Tai Chi for Beginners	43808	M	6/16-8/11	1pm-2pm	55+	Free

Tai Chi for Intermediates	43809	F	6/13-8/15	1pm-2pm	55+	Free
Ukulele Jam Session	43810	F	6/13-8/15	2:30pm-4pm	55+	Free
Young @ Heart	43731	M	6/23-6/23	10am-11am	1+	Free
Young @ Heart	43732	M	7/14-7/14	10am-10:40am	1+	Free
Young @ Heart	43733	M	8/11-8/11	10am-10:40am	1+	Free
Zoom Physical Conditioning for Active Seniors	43734	M	6/16-8/11	10:30am-11:30am	55+	Free
Zumba	44182	M	6/16-8/11	10am-10:45am	55+	Free
Zumba Gold	43811	M	6/16-8/11	11:30am-12:15pm	55+	Free

HAMILTON REC CENTER - 1900 Geary Boulevard (@ Steiner St)

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEEES
Line Dancing - Intermediate	43722	Sa	6/14-8/16	10:45am-11:45am	55+	Free
Line Dancing - Ultra Beginners	43723	Sa	6/14-8/16	9:10am-10:40am	55+	Free
Mindful Move & Groove for Tweens	43644	W	6/11-7/30	4:30pm-5:30pm	9-13	Free
Yoga - Hatha Traditional	43658	W	6/11-7/30	6:30pm-7:30pm	18+	\$125

HAMILTON SWIMMING POOL- 1900 Geary Boulevard (@ Steiner St)

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEEES
Adult Swim - Improving Skills and Swimming Strokes	43999	Sa	6/14-8/9	11:15am-11:45am	18+	\$93
Adult Swim - Learning the Basics	44041	Sa	6/14-8/9	10:30am-11am	18+	\$93
Aquatics - Preschool Swim	44056	Sa	6/14-8/9	9:45am-10:15am	3-5	\$69
Aquatics - Preschool Swim	44059	T	6/17-8/5	4:15pm-4:45pm	3-5	\$69
Aquatics - Preschool Swim	44062	Sa	6/14-8/9	11:15am-11:45am	3-5	\$69
Level 1	44081	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 1	44082	T	6/17-8/5	5pm-5:30pm	6-17	\$45
Level 1	44083	Th	6/26-8/7	4:15pm-4:45pm	6-17	\$40
Level 2	44101	Th	6/26-8/7	5pm-5:30pm	6-17	\$40
Level 2	44109	Sa	6/14-8/9	10:30am-11am	6-17	\$45
Level 3	44149	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 4	44162	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
Level 5	44175	Sa	6/14-8/9	10:30am-11am	6-17	\$45

HARVEY MILK CENTER FOR THE ARTS - 50 Scott St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEEES
Harvey Milk Pride Color Guard	43832	T,Sa	6/3-6/28	7:30pm-4pm	18+	\$105
Healing Yoga	43643	T,Th	6/10-7/31	3:30pm-5pm	18+	Free

HARVEY MILK PHOTO CENTER - 50 Scott St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEEES
Basic Black and White Film Development	43833	W	6/18-6/18	6pm-8:30pm	18+	\$50
Basic Black and White Film Development	43834	Th	6/12-6/12	6pm-8:30pm	18+	\$50
Basic Black and White Film Development	43835	F	6/27-6/27	3pm-5:30pm	18+	\$50
Basic Black and White Film Development	43836	F	7/11-7/11	3pm-5:30pm	18+	\$50
Basic Black and White Film Development	43837	Sa	7/26-7/26	10am-12:30pm	18+	\$50
Cyanotype for All	43838	F	6/20-6/20	10am-2pm	18+	\$93
Cyanotype for All	43839	F	7/18-7/18	10am-2pm	18+	\$93
Cyanotype for All	43852	F	7/25-7/25	10am-2pm	18+	\$93
Darkroom Essentials & Processes	43840	T	6/10-7/15	6pm-8:30pm	18+	\$230
Darkroom Essentials & Processes	43841	Th	7/10-8/14	6pm-8:30pm	18+	\$230
Developing Your Personal Vision	43842	Sa	7/12-8/9	1pm-4pm	18+	\$230

Film Camera Basics	43843	T	7/29-7/29	6pm-8:30pm	18+	\$50
Film Photography for Teens	43844	W	7/9-8/6	4pm-6pm	13+	\$130
Matting, Framing, Presenting Your Photos	43845	Sa	6/14-6/14	11am-2:30pm	18+	\$80
Mordancage	43889	W	7/16-8/6	6pm-8pm	18+	\$165
Photo Center Orientation	43846	Sa	6/14-6/14	11am-12pm	13+	Free
Photo Center Orientation	43847	Sa	6/21-6/21	11am-12pm	13+	Free
Photo Center Orientation	43848	Sa	7/12-7/12	11am-12pm	13+	Free
Photo Center Orientation	43849	Sa	7/26-7/26	11am-12pm	13+	Free
Photo Center Orientation	43850	Sa	8/9-8/9	11am-12pm	13+	Free
Photo Center Orientation	43851	Sa	8/23-8/23	11am-12pm	13+	Free
Wet Plate Collodion Photography Workshop	43853	S,Sa	6/28-6/29	10am-4pm	18+	\$305

JACKSON PLGD - Arkansas St, 94107

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEE\$
SF Bay Sox Baseball Program	43892	T,Th	6/3-7/24	4:30pm-6:30pm	8-11	\$509
SF Bay Sox Baseball Program	43893	T,Th	6/3-7/24	4:30pm-6:30pm	9-13	\$509
SF Bay Sox Baseball Program	43894	T,Th	6/3-7/24	4:30pm-6:30pm	12-15	\$509
SF Bay Sox Baseball Program	43895	T,Th	6/3-7/24	4:30pm-6:30pm	14-17	\$509

JOE DIMAGGIO PLGD - 651 Lombard St 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEE\$
Art Expression for Seniors	43827	Th	6/12-8/14	11:30am-12:30pm	55+	Free
Drop-in: A Place to Play	Drop-in	M-T,F	6/10-8/15	9:30am-12pm	1-5	Free
Move n Groove Fitness for Seniors	43829	Th	6/12-8/14	10am-11am	55+	Free
Yoga - Hatha Traditional	43655	M	6/9-7/28	12pm-1pm	18+	\$125

JOSEPH LEE REC CENTER - 1598 Oakdale Ave (415) 970-9204 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEE\$
Beginning Line Dance and Nutrition	43709	T	6/10-8/12	11am-3pm	55+	Free
Bingo for Seniors	43702	W	6/11-8/13	12pm-2pm	55+	Free
Chair Yoga & Social Activities	43713	Th	6/12-8/14	11am-3pm	55+	Free
Community Sewing Class	43696	W,F	6/11-8/15	3pm-6pm	15+	\$120
Community Sewing Class - Intermediate	43697	T,Th	6/10-8/14	3pm-6pm	15+	\$120
Drop in: Basketball 40+	43699	W	6/11-8/13	6pm-9pm	40+	Free
Tang Soo Do House	43698	Sa	6/14-8/16	11:30am-1:30pm	5+	Free
Tang Soo Do House	43703	Th-F	6/12-8/15	5pm-7:30pm	5+	Free

LINCOLN PARK GOLF COURSE - 300 34th Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEE\$
Beginning Golf	43937	Sa	6/14-8/16	2pm-3:30pm	18+	\$145

MARTIN LUTHER KING, JR. SWIMMING POOL - 5701 3rd St. 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEE\$
Adult Swim - Improving Skills and Swimming Strokes	44000	Sa	6/14-8/9	11:15am-11:45am	18+	\$82
Adult Swim - Learning the Basics	44042	Sa	6/14-8/9	11:15am-11:45am	18+	\$93
Aquatics - Preschool Swim	44058	Sa	6/14-8/9	10:30am-11am	3-5	\$69
King Barracuda Swim Team	44067	T-Sa	6/17-6/28	4:30pm-12:30pm	6-17	\$85
King Barracuda Swim Team	44068	T-Sa	7/1-7/12	4:30pm-12:30pm	6-17	\$85
King Barracuda Swim Team	44069	T-Sa	7/15-7/26	4:30pm-12:30pm	6-17	\$95
King Barracuda Swim Team	44070	T-Sa	7/29-8/9	4:30pm-12:30pm	6-17	\$95

Level 1	44084	Sa	6/14-8/9	9am-9:30am	6-17	\$40
Level 1	44085	Sa	6/14-8/9	9:45am-10:15am	6-17	\$40
Level 2	44110	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 3	44150	Sa	6/14-8/9	9:45am-10:15am	6-17	\$40

MIDTOWN TERRACE PLGD - Clarendon Ave 94131

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Chair Yoga	43712	T	6/10-8/12	1pm-2pm	55+	Free

MINNIE & LOVIE WARD REC CENTER - 650 Capitol St 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Line Dancing	43721	Sa	6/14-8/16	1pm-3pm	55+	Free
Tai Chi	43728	W,F	6/11-8/15	3pm-5pm	55+	Free
Tai Chi	43729	Sa	6/14-8/16	10am-12pm	55+	Free

MISSION SWIMMING POOL - 1 Linda St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Aquatics - Parent and Tot Swim	44061	Sa	6/14-8/9	9am-9:30am	6m -2	\$69
Aquatics - Preschool Swim	44063	Sa	6/14-8/9	9:45am-10:15am	3-5	\$69
Level 1	44096	T,Th	6/17-7/10	3:15pm-3:45pm	6-17	\$40
Level 1	44097	T,Th	6/17-7/10	4pm-4:30pm	6-17	\$40

MISSION SWIMMING POOL - 1 Linda St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Level 1	44098	T,Th	6/17-7/10	4:45pm-5:15pm	6-17	\$40
Level 1	44099	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$40
Level 2	44118	T,Th	6/17-7/10	3:15pm-3:45pm	6-17	\$40
Level 2	44119	T,Th	6/17-7/10	4pm-4:30pm	6-17	\$40
Level 2	44120	T,Th	6/17-7/10	4:45pm-5:15pm	6-17	\$40
Level 2	44137	T,Th	7/15-8/7	3:15pm-3:45pm	6-17	\$45
Level 2	44138	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$45
Level 2	44139	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45
Level 3	44158	T,Th	6/17-7/10	3:15pm-3:45pm	6-17	\$40
Level 3	44159	T,Th	6/17-7/10	4pm-4:30pm	6-17	\$40
Level 3	44160	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$45
Level 3	44161	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45

MISSION SWIMMING POOL - 1 Linda St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Level 4	44168	T,Th	6/17-7/10	4:45pm-5:15pm	6-17	\$40
Level 4	44169	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$40
Level 4	44170	T,Th	7/15-8/7	3:15pm-3:45pm	6-17	\$40
Level 5	44178	T,Th	7/15-8/7	3:15pm-3:45pm	6-17	\$45

MOSCONE REC CENTER - 1800 Chestnut St. @ Buchanan St 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Basketball - Pee Wee	43890	Sa	6/14-7/5	9:30am-10:30am	3-5	\$33
Basketball - Pee Wee	43891	Sa	7/19-8/9	11am-12pm	3-5	\$33
Drop-in: Basketball	Drop-in	T-Th	6/10-8/14	10am-5pm	6+	Free

Drop-in: Basketball	Drop-in	T	6/10-8/12	5pm-6:30pm	18+	Free
Drop-in: Basketball	Drop-in	F	6/13-8/15	10am-7:30pm	6+	Free
Drop-in: Basketball	Drop-in	T,Th	6/10-8/14	3:30pm-5pm	6-17	Free
Drop-in: Pickleball	Drop-in	T,Th	6/10-8/14	1pm-3pm	18+	Free
Drop-in: Women's Basketball	Drop-in	Th	6/12-8/14	5pm-7:30pm	18+	Free
Fencing	43938	W	6/11-8/13	6:30pm-7:30pm	10-15	\$155
Hatha Flow Yoga for Strength and Balance	43716	T	6/24-8/12	10:15am-11:15am	55+	Free
Hatha Flow Yoga for Strength and Balance	43717	F	6/27-8/15	10:15am-11:15am	55+	Free
Little Hands Creative Art	43927	W	6/11-7/2	10am-10:30am	3-5	\$45
Little Hands Creative Art	43928	W	6/11-7/2	10:30am-11am	3-5	\$45
Little Hands Creative Art	43929	W	6/11-7/2	11am-11:30am	3-5	\$45
Little Hands Creative Art	43930	W	7/16-8/6	10am-10:30am	3-5	\$45
Little Hands Creative Art	43931	W	7/16-8/6	10:30am-11am	3-5	\$45
Little Hands Creative Art	43932	W	7/16-8/6	11am-11:30am	3-5	\$45
Petite Bakers	43943	W	6/11-8/13	4pm-5pm	3-5	\$105
Sketching and Painting for Seniors	43727	W	6/11-8/13	1pm-3pm	55+	Free
Women's Self-Defense	43952	W	6/11-8/13	6:45pm-7:45pm	18+	\$105

NORTH BEACH SWIMMING POOL - 1800 Chestnut St. @ Buchanan St 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Improving Skills and Swimming Strokes	44001	Th	6/26-8/7	3:20pm-3:50pm	18+	\$82
Learning the Basics	44043	Th	6/26-8/7	3:20pm-3:50pm	18+	\$82
Swimming for Fitness	44047	Sa	6/14-8/9	4:30pm-5pm	18+	\$93
Competitive Stroke Clinic - Junior Piranhas	44048	Sa	6/14-8/9	9am-10am	10-15	\$85
Competitive Stroke Clinic - Piranhas	44049	Sa	6/14-8/9	10:15am-11:15am	12-17	\$85
Preschool Swim	44057	Sa	6/14-8/9	10:30am-11am	3-5	\$69
Level 1	44086	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 1	44087	W,F	6/11-7/2	3:45pm-4:15pm	6-17	\$40
Level 1	44088	W,F	7/16-8/8	3:45pm-4:15pm	6-17	\$45
Level 2	44111	W,F	6/11-7/2	4:30pm-5pm	6-17	\$40
Level 2	44112	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 2	44121	W,F	7/16-8/8	4:30pm-5pm	6-17	\$45
Level 3	44143	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
Level 3	44151	W,F	6/11-7/2	3:45pm-4:15pm	6-17	\$40
Level 3	44155	W,F	7/16-8/8	3:45pm-4:15pm	6-17	\$45
Level 3	44157	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
Level 4	44173	W,F	6/11-7/2	4:30pm-5pm	6-17	\$40
Level 4	44174	W,F	7/16-8/8	4:30pm-5pm	6-17	\$45

PALEGA REC CENTER - 500 Felton St @ Holyoke St 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Ballroom Dance	44190	T,Th	6/10-8/7	12:30pm-2pm	18+	Free
Basketball	44191	Sa	6/14-7/5	9am-10am	18+	\$34
Basketball	44192	Sa	6/21-7/12	11:30am-12:30pm	18+	\$34
Basketball	44193	Sa	7/19-8/9	10am-11am	18+	\$34
Bingo for Seniors	44194	W	6/11-8/6	10am-11:30am	55+	Free
Chinese Classical Dance	44195	Sa	6/14-8/9	12pm-2pm	18+	Free
Chinese Music Appreciation	43896	Sa	6/14-8/9	10am-12pm	18+	Free
Drop-in: A Place to Play	Drop-in	Th	6/12-8/7	10am-11:30am	6m-3	Free
Drop-in: Volleyball	Drop-in	F	6/13-8/8	4:30pm-8:30pm	16+	Free
Drop-in: Volleyball	Drop-in	Sa	6/14-8/9	2pm-4:30pm	16+	Free
Line Dancing	43897	T,Sa	6/10-8/9	10am-12pm	18+	Free

Line Dancing	43898	W	6/11-8/6	10am-12pm	18+	Free
Line Dancing	43899	Th	6/12-8/7	10am-12pm	18+	Free
Line Dancing	43900	F	6/13-8/8	10am-12pm	18+	Free
Sing Along	43901	Sa	6/14-8/9	2pm-4pm	18+	Free
Womens Adult Volleyball - Advanced	43953	Th	6/12-8/14	6pm-9pm	18+	\$105
Womens Adult Volleyball - Intermediate	43954	T	6/10-8/12	6pm-9pm	18+	\$105
Yoga - Hatha Traditional	43659	W	6/11-7/30	12:30pm-1:30pm	18+	\$125
Yoga - Hatha Traditional	43660	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125

POTRERO HILL REC CENTER - 801 Arkansas St, 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Pilates/Yoga Fusion	43648	T	6/10-7/29	6:30pm-7:30pm	18+	\$125

RANDALL MUSEUM - 199 Museum Way 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Ceramics: Anything Goes!	43958	F	6/13-7/25	6:30pm-9:30pm	15+	\$375/\$385
Ceramics: Creativity Explored	43959	W	6/11-7/9	6:30pm-9:30pm	16+	\$270/\$280
Ceramics: Creativity Explored	43979	W	7/16-8/13	6:30pm-9:30pm	16+	\$270/\$280
Ceramics: Potter's Wheel	43960	T	6/10-7/8	6:30pm-9:30pm	16+	\$270/\$280
Ceramics: Potter's Wheel	43961	T	7/15-8/12	6:30pm-9:30pm	16+	\$270/\$280
New Technologies: Digital Fab Maker Lab	43984	T	6/10-7/8	6pm-8pm	15+	\$200/\$210
New Technologies: Digital Fab Maker Lab	43985	T	7/15-8/12	6pm-8pm	15+	\$200/\$210
New Technologies: Electronics and Programming Fab Lab	43962	Th	6/5-7/10	6pm-8pm	15+	\$200/\$210
New Technologies: Electronics and Programming Fab Lab	43963	Th	7/17-8/14	6pm-8pm	15+	\$200/\$210
New Technologies: Laser Cut Animals, Heroes, and More!	43964	Sa	6/14-7/12	10am-12pm	10-14	\$170/\$180
New Technologies: Laser Engraving Intro	43965	W	6/11-7/2	6:30pm-9:30pm	18+	\$150/\$160
New Technologies: Laser Engraving Intro	43980	Sa	6/14-7/12	12:30pm-3:30pm	18+	\$150/\$160
New Technologies: Laser Engraving Intro	43981	W	7/9-7/30	6:30pm-9:30pm	18+	\$150/\$160
Saturday Afternoon Drop-in Art	Drop-in	Sa	6/14-8/16	1pm-4pm	4+	\$10
Saturday Science Drop-in Workshop	43967	Sa	6/14-8/16	10:30am-11:30am	All Ages	\$10
The Art of Floral Design	43968	T	6/10-7/8	6:30pm-9pm	16+	\$315/\$325
The Art of Floral Design	43969	T	7/15-8/12	6:30pm-9pm	16+	\$315/\$325
Woodturning: A Short Introduction	43983	Sa	7/12-7/26	9:30am-12:30pm	16+	\$205/\$215
Woodworking for Tots with Grownups	43970	Sa	6/7-6/21	10am-11am	3-5	\$80/\$90
Woodworking for Tots with Grownups	43971	Sa	6/7-6/21	11:15am-12:15pm	3-5	\$80/\$90
Woodworking I: Shaker Bench	43972	T	6/17-8/12	6:30pm-9:30pm	16+	\$460/\$470
Woodworking I: Shaker Table	43973	Th	6/12-8/14	6:30pm-9:30pm	16+	\$460/\$470
Woodworking Safety Orientation	43974	T	6/3-6/3	6:30pm-9pm	16+	\$30/\$40
Woodworking Safety Orientation	43975	W	6/4-6/4	6:30pm-9pm	16+	\$30/\$40
Woodworking: Beginning Spoon Carving	43976	W	6/11-6/18	6:30pm-9:30pm	16+	\$190/\$200
Woodworking: Intro to Marquetry	43982	W	7/23-8/6	6:30pm-9:30pm	16+	\$195/\$205
Woodworking: More Spoon Carving	43977	W	6/25-6/25	6:30pm-9:30pm	16+	\$95/\$105
Woodworking: Open Studio	43978	Sa	6/14-8/16	1pm-5pm	15+	\$615/\$625

RICHMOND REC CENTER - 18th Avenue 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Adult Workout	43704	Sa	6/14-8/16	11:30am-12:30pm	55+	Free
Argentine Tango - Beginning	43705	T	6/10-8/12	11am-1pm	55+	Free
Argentine Tango - Beginning	43706	W	6/11-8/13	11am-1pm	55+	Free
Baby Boomer Sing a Long	43707	Th	7/3-8/7	10:15am-11:45am	55+	Free
Beginning Tap	43710	F	6/13-8/15	10:30am-12pm	55+	Free

Chinese Cultural Dance - Beginner & Intermediate	43714	T	6/10-8/12	2pm-4pm	55+	Free
Drop-in: Adult Ballroom Dance	Drop-in	W,F	6/11-8/15	12:30pm-2:30pm	18+	Free
Drop-in: Adult Volleyball - Advanced	Drop-in	Th	6/12-8/14	6pm-8:45pm	18+	Free
Drop-in: Basketball	Drop-in	T	6/10-8/12	2:30pm-8:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	W,F	6/11-8/15	3pm-12:30am	All Ages	Free
Drop-in: Basketball	Drop-in	Th	6/12-8/14	1:30pm-5:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	Sa	6/14-8/16	1:30pm-4:30pm	All Ages	Free
Drop-in: Pickleball	Drop-in	Th	6/12-8/14	10:30am-1pm	18+	Free
Drop-in: Pickleball	Drop-in	Sa	6/14-8/16	9:15am-1pm	18+	Free
Drop-in: Table Tennis	Drop-in	T	6/10-8/12	10:30am-1:30pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	W	6/11-8/13	2:30pm-7:45pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Th	6/12-8/14	2pm-6pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	F	6/13-8/15	4:30pm-7:45pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Sa	6/14-8/16	3:30pm-4:45pm	All Ages	Free
Forever Fit	43642	T	6/10-7/29	5pm-6pm	18+	\$125
Global Dance for Active Adults	43715	T	6/10-8/12	7:45pm-9:15pm	55+	Free
Improvisation Class	43718	Th	6/12-8/14	10:15am-12pm	55+	Free
Intermediate Tap	43719	F	6/13-8/15	12pm-1:30pm	55+	Free
Tai Chi	43654	Sa	6/14-8/2	10am-11am	18+	Free
Yoga - Hatha Traditional	43661	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125

ROSSI SWIMMING POOL - Arguello & Anza St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEEES
Improving Skills and Swimming Strokes	44036	S	6/15-8/10	10:30am-11am	18+	\$93
Learning the Basics	44044	M,W	7/14-8/6	5:30pm-6pm	18+	\$93
Parent and Tot Swim	44052	S	6/15-7/13	10:30am-11am	6m-2	\$37
Parent and Tot Swim	44189	S	7/20-8/10	10:30am-11am	6m-2	\$37
Level 1	44089	M,W	6/9-7/2	4:15pm-4:45pm	6-17	\$45
Level 1	44090	S	6/15-8/10	9am-9:30am	6-17	\$45
Level 1	44095	M,W	7/14-8/6	4:15pm-4:45pm	6-17	\$45
Level 2	44113	S	6/15-8/10	9:45am-10:15am	6-17	\$45
Level 2	44140	M,W	6/9-7/2	4:50pm-5:20pm	6-17	\$45
Level 2	44141	M,W	7/14-8/6	4:50pm-5:20pm	6-17	\$45
Level 3	44152	S	6/15-8/10	9am-9:30am	6-17	\$45
Level 3	44180	M,W	6/9-7/2	5:30pm-6pm	6-17	\$45
Level 4	44172	S	6/15-8/10	9:45am-10:15am	6-17	\$45
Lifeguard Training	44179	M-F	6/9-6/13	8:30am-5:30pm	15+	\$207

SAVA SWIMMING POOL - 2695 19th Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEEES
Improving Skills and Swimming Strokes	44002	T,Th	6/10-7/3	5:30pm-6pm	18+	\$82
Improving Skills and Swimming Strokes	44035	T,Th	7/15-8/7	5:30pm-6pm	18+	\$93
Learning the Basics	44045	T,Th	6/10-7/3	5:30pm-6pm	18+	\$82
Learning the Basics	44046	T,Th	7/15-8/7	5:30pm-6pm	18+	\$93
Level 1	44091	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 1	44092	Sa	6/14-8/9	10:30am-11am	6-17	\$45
Level 1	44093	T,Th	6/10-7/3	4pm-4:30pm	6-17	\$40
Level 1	44094	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$45
Level 2	44114	Sa	6/14-8/9	9am-9:30am	6-17	\$45
Level 2	44115	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
Level 2	44116	T,Th	6/10-7/3	4pm-4:30pm	6-17	\$40
Level 2	44135	T,Th	7/15-8/7	4pm-4:30pm	6-17	\$40

Level 2	44136	T,Th	6/10-7/3	4:45pm-5:15pm	6-17	\$40
Level 3	44153	Sa	6/14-8/9	10:30am-11am	6-17	\$45
Level 3	44154	Sa	6/14-8/9	9:45am-10:15am	6-17	\$45
Level 3	44156	T,Th	6/10-7/3	4:45pm-5:15pm	6-17	\$40
Level 4	44166	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45
Level 4	44167	T,Th	7/15-8/7	4:45pm-5:15pm	6-17	\$45

SHARON ART STUDIO - 300 Bowling Green Dr

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Acrylic Painting	43857	Th	7/10-8/14	2pm-5pm	18+	\$234/\$259
Advanced Figure Drawing: Space to Play	43913	M	6/23-7/28	6:30pm-9pm	18+	\$330/\$355
Advanced Glass	43855	F	6/13-8/15	10am-1pm	18+	\$338/\$363
Beginner Jewelry	43914	F	6/13-8/8	11am-2pm	18+	\$396/\$421
Beginner Jewelry & Metal Arts	43856	T	6/17-8/5	6:30pm-9:30pm	18+	\$396/\$421
Beginning Watercolor	43858	Th	6/26-8/14	6:30pm-9:30pm	18+	\$312/\$337
Ceramics - Sharon Art Studio	43859	T	6/10-8/12	1pm-4pm	18+	\$390/\$415
Ceramics - Sharon Art Studio	43860	T	6/10-8/12	6:30pm-9:30pm	18+	\$390/\$415
Ceramics - Sharon Art Studio	43861	W	6/11-8/13	1pm-4pm	18+	\$390/\$415
Ceramics - Sharon Art Studio	43862	Th	6/12-8/14	1pm-4pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	43863	Th	6/12-8/14	6:30pm-9:30pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	43864	F	6/13-8/15	10am-1pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	43865	F	6/13-8/15	6:30pm-9:30pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	43866	W	6/11-8/13	6:30pm-9:30pm	18+	\$390/\$415
Ceramics - Sharon Art Studio	43867	M	6/9-8/11	10am-1pm	18+	\$390/\$415
Ceramics - Sharon Art Studio	43868	M	6/9-8/11	6:30pm-9:30pm	18+	\$390/\$415
Ceramics Intensive: Figure Sculpture	43915	M-Th	7/28-8/14	10am-12pm	18+	\$492/\$517
Ceramics Open Studio	43869	M	6/9-8/11	4pm-6pm	18+	\$170/\$195
Ceramics Open Studio	43870	T	6/10-8/12	4pm-6pm	18+	\$170/\$195
Ceramics Open Studio	43871	W	6/11-8/13	4pm-6pm	18+	\$170/\$195
Ceramics Open Studio	43872	Th	6/12-8/14	4pm-6pm	18+	\$153/\$178
Ceramics Open Studio	43873	F	6/13-8/15	1:30pm-3:30pm	18+	\$153/\$178
Ceramics Open Studio	44188	F	6/13-8/15	4pm-6pm	18+	\$153/\$178
Ceramics: Beginner Pottery Wheel	43916	Sa	6/14-8/16	1:30pm-4:30pm	18+	\$358/\$383
Drawing Studio ~ The Basics	43874	T	7/1-7/29	6:30pm-8:30pm	18+	\$198/\$223
Drawing Workshop	43917	Sa	7/12-8/2	2pm-5pm	18+	\$149/\$174
Enhancing Creativity by Drawing What You See	43918	F	7/11-8/8	7pm-9:30pm	18+	\$163/\$187
Figure Drawing: Proportion Bootcamp	43875	F	6/20-8/15	11am-2pm	18+	\$365/\$390
Fine Arts Intensive	43919	M-Th	7/28-7/31	10am-1pm	18+	\$294/\$319
Glass	43876	M	6/9-8/11	2pm-5pm	18+	\$360/\$385
Glass	43877	T	6/10-8/12	7pm-10pm	18+	\$360/\$385
Glass	43878	Th	6/12-8/14	7pm-10pm	18+	\$324/\$349
Glass	43879	F	6/13-8/15	2pm-5pm	18+	\$324/\$349
Glass	43880	Sa	6/14-8/16	2pm-5pm	18+	\$324/\$349
Glass	43881	Sa	6/14-8/16	10am-1pm	18+	\$324/\$349
Glass	43882	W	6/11-8/13	5pm-8pm	18+	\$360/\$385
Go Figure! The Long Pose	43883	Th	6/26-8/14	10am-12:30pm	18+	\$360/\$385
Gouache Still Life	43920	Sa	7/26-8/16	10am-1pm	18+	\$178/\$203
Jewelry Intensive: Casting	43921	M-F	8/11-8/15	11am-2pm	18+	\$338/\$363
Jewelry Workshop: Do-it-Yourself Earrings	43885	Sa	7/26-8/9	11am-2pm	18+	\$225/\$250
Jewelry Workshop: Introduction to Precious Metal Clay	43884	M	6/23-6/30	6:30pm-9:30pm	18+	\$216/\$241
Life Drawing	43886	W	7/9-8/13	3pm-5:30pm	18+	\$285/\$310
Life Drawing	43887	W	7/9-8/13	6:30pm-9pm	18+	\$285/\$310

Linoleum Block Printing	43923	F	6/20-7/18	3pm-6pm	18+	\$252/\$277
Meditative Practices: Awaken Through Art	43925	Sa	7/5-7/12	10am-1pm	18+	\$144/\$169
Mixed Media on Paper	43926	T	7/8-8/12	2pm-5pm	18+	\$234/\$259
Teen Ceramics	43888	Sa	6/21-8/16	10am-12:30pm	14-17	\$340/\$365
Teen Clothed Figure Drawing	43909	M	6/23-7/28	4pm-6pm	14-17	\$336/\$361
Watercolor Still Life	43911	W	6/11-7/30	11am-2pm	18+	\$288/\$313
Watercolor: Fun and Free Landscapes	43912	T	6/24-8/12	10am-1pm	18+	\$300/\$325

ST. MARY'S REC CENTER - 95 Justin Dr

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
All Ages Jujitsu	43957	T	6/10-8/12	6:30pm-7:30pm	8+	\$105
All Ages Martial Arts Sampler - Advanced	43933	W	6/11-8/13	7pm-8pm	8+	\$105
All Ages Martial Arts Sampler - Advanced	43934	Sa	6/14-8/16	11am-12pm	8+	\$95
All Ages Martial Arts Sampler - Beginning	43935	W	6/11-8/13	6pm-7pm	8+	\$105
All Ages Martial Arts Sampler - Beginning	43936	Sa	6/14-8/16	9:30am-10:30am	8+	\$95
Volleyball League - Advanced	43950	W	6/11-8/13	6pm-9pm	18+	\$105
Volleyball League - Intermediate	43951	Th	6/12-8/14	6pm-9pm	18+	\$105
Wrestling - Camp Grapple - Junior	43956	Sa	6/14-8/16	1pm-2pm	7-13	\$95

SUNSET REC CENTER - 2201 Lawton St; (415) 242-1070

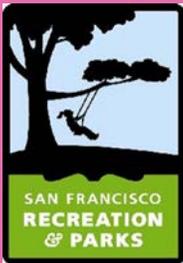


ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Chinese Folk Dancing	44183	Sa	6/14-8/16	10:30am-12:30pm	55+	Free
Line Dancing	43720	Sa	6/14-8/16	1pm-3pm	55+	Free
Sketching and Painting for Seniors	44184	F	6/13-8/15	1pm-3pm	55+	Free
TR Family Day	43813	S	8/17-8/17	12pm-4pm	1+	Free
Womens Adult Volleyball - Intermediate	43955	T	6/10-8/12	6pm-9pm	18+	\$105
Yoga - Hatha Traditional	43657	W	6/11-7/30	6:30pm-7:30pm	18+	\$125
Yoga - Hatha Traditional	43662	Sa	6/14-8/2	9:15am-10:15am	18+	\$125

UPPER NOE REC CENTER - 295 Day St (415) 970-8061



ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: A Place to Play	Drop-in	T-F	6/10-8/15	10am-11:30am	Less than 5	Free
Drop-in: A Place to Play	Drop-in	Sa	6/14-8/16	11:30am-4pm	Less than 5	Free
Drop-in: Advanced Volleyball	Drop-in	W	6/11-8/13	5pm-7:45pm	18+	Free
Drop-in: Basketball	Drop-in	T,Th	6/12-8/21	5pm-7:45pm	18+	Free
Drop-in: Basketball	Drop-in	T,Th	6/12-8/21	2pm-4:45pm	5-17	Free
Drop-in: Pickleball	Drop-in	T,Th	6/10-8/19	10am-1:30pm	18+	Free
Feldenkrais	43640	W	6/11-7/30	12pm-1pm	18+	\$85
International Folk Dance	43831	W	6/11-8/13	10:45am-12:15pm	55+	Free
Karate Kidz	43940	W	6/11-8/13	5pm-6pm	9-12	\$105
Karate Kidz- Little Kickers	43942	W	6/11-8/13	4pm-4:45pm	6-8	\$105
Petite Bakers	43944	Th	6/12-8/14	4pm-5pm	3-5	\$95
Pilates - All Levels	43645	T	6/10-7/29	12pm-1pm	18+	\$125
Pilates - All Levels	43646	Th	6/12-8/7	12pm-1pm	18+	\$125
Strength and Flexibility	43649	T	6/10-7/29	1:30pm-2:30pm	18+	\$125
Strength and Flexibility	43650	Th	6/12-8/7	1:30pm-2:30pm	18+	\$125
Yoga - Vinyasa	43663	T	6/10-7/29	6:30pm-7:30pm	18+	\$125
Yoga - Vinyasa	43665	Th	6/12-8/7	6:30pm-7:30pm	18+	\$125



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