



Spring 2026

SAN FRANCISCO RECREATION & PARKS



REGISTRATION OPENS:

Members : February 28th

Priority/Senior: March 4th

General: March 7th

Register at sfrecpark.org/register



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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.

REFUNDS

NO REFUNDS OF CREDIT CARD PROCESSING FEE.
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. Visit sfrecrepark.org/scholarships for information on how to 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 FEE are subject to change any time before the session's program registration begins.



628-652-2900



sfrecrepark.org/register



sfreconline@sfgov.org



[sfrecrepark](https://www.instagram.com/sfrecrepark)



San Francisco Recreation & Park Department

HOW TO REGISTER



SPRING REGISTRATION DATES:

FOSAS and Randall Museum Members: **FEBRUARY 28 @ 10am**

** For classes offered at Sharon Art Studio and Randall Museum only*

Priority registration for active scholarship recipients & senior classes listed for ages 55+: **MARCH 4 @ 10am**

General registration: **MARCH 7 @ 10am**

**We will release the remaining 50% of total slots and open waiting list enrollment*

There are TWO WAYS TO REGISTER for Recreation and Park Programs

Online at sfrecpark.org/register

Call the registration hotline at (628)652-2900

*Your login
is your
email address*

SF BAY SOX SUMMER BASEBALL PROGRAM



**FOR GIRLS AGES 9-14
PRACTICES HELD ON TUESDAYS AND THURSDAY
LATE AFTERNOONS
JUNE 2 THROUGH JULY 16
COST \$509
INCLUDES 14 PRACTICES TO PREPARE FOR THE
"BASEBALL FOR ALL" TOURNAMENT
HELD IN ROCKFORD ILLINOIS, JULY 20-25.
THIS IS A FULL COMMITMENT FOR PLAYERS.
ANY QUESTIONS PLEASE CONTACT RACHELLE
HENLEY OR SFGIRLSBASEBALL@GMAIL.COM**

REGISTRATION MAY 16 AT
SFRECPARK.ORG/REGISTER



SAVE THE DATE

SUMMER DAY CAMP 2026

***Priority Registration March 16**

General Registration March 21

**For active scholarship families*

OUTDOOR - ARTS - AQUATICS - SPORTS - COMMUNITY & MORE



**For scholarship
inquires visit
[sfrecpark.org/
scholarships](http://sfrecpark.org/scholarships)**



**For more
information visit
[sfrecpark.org/
register](http://sfrecpark.org/register)**

ALL AGES



Adaptive Recreation

Deaf Club

Come to a place where we build Deaf community, language and culture. The Deaf Club will be meeting once a month on the first Friday of each month during the season. This space provides time for Deaf community members and their families, as well as anyone interested in engaging in Deaf culture and developing American Sign Language skills. The first half of the evening is designed to support those learning American Sign Language (ASL), including ASL students, and parents who have a child who is Deaf or hard of hearing. The second half of the evening is focused on providing a space for members of the Deaf community, to share culture, resources and socialize in a sign language-only environment. Anyone is welcome to stay for the second half of the evening; but they should be prepared to hold their own in conversation. This is a drop-in program, but a Recreation and Parks Play Pass or sign-in is required.

Location: EUREKA VALLEY REC CENTER

Instructor: Laurie Nabawy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	4/3-5/1	6pm-9pm	All Ages	Free

Disability Sports: Power Chair Soccer

Introducing the Golden State Ducks SF Power Soccer program! Presented by SF Recreation and BORP Adaptive Sports and Recreation, 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.

Location: EUREKA VALLEY REC CENTER

Instructor: Bart Stewicki

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47251	Sa	3/21-5/30	1pm-5pm	18+	Free

Drop-in: Wheelchair Basketball

Glen Park Recreation Center (70 Elk Street) is hosting a free drop-in wheelchair basketball session every Saturday from 3 to 6 p.m. in partnership with BORP Adaptive Sports and Recreation. All ages are welcome. You don't have to have a mobility disability to participate, but you must be able to maneuver a wheelchair. Wheelchairs are available (will fit people 5-feet tall). Let's get hooping!

Location: GLEN CANYON REC CENTER

Instructor: Jorge Macias

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	3/21-5/30	3pm-6pm	All Ages	Free

Alternative Recreation

All Ages Martial Arts Sampler - Beginning

Traditional karate taught by experienced senseis.

Location: ST. MARY'S REC CENTER

Instructor: Lonnie Francis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47697	W	3/18-5/27	6pm-7pm	9+	\$120
47698	Sa	3/21-5/30	9:30-10:30am	9+	\$120

All Ages Martial Arts Sampler - Advanced

Continuing instruction for advanced students in karate (ZBBKI purple belt or higher).

Location: ST. MARY'S REC CENTER

Instructor: Lonnie Francis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47695	W	3/18-5/27	7pm-8pm	9+	\$120
47696	Sa	3/21-5/30	11am-12pm	9+	\$120

Archery - Open Range

Hone your archery skills at our open range! Practice with a variety of target faces, including 3D options, and enjoy distances suited for all skill levels. Personal equipment is recommended, but loaner equipment is available. Note: This is a self-guided session. No formal instruction provided.

Location: MISSION REC CENTER

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47585	Th	3/19-3/19	4pm-6pm	8+	\$15
47586	Th	3/19-3/19	6pm-8pm	8+	\$15
47587	Th	3/26-3/26	4pm-6pm	8+	\$15
47588	Th	3/26-3/26	6pm-8pm	8+	\$15

Archery - Open Range

Hone your archery skills at our open range! Practice with a variety of target faces, including 3D options, and enjoy distances suited for all skill levels. Personal equipment is recommended, but loaner equipment is available. Note: This is a self-guided session - no formal instruction provided.

Location: MISSION REC CENTER

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47589	Th	4/2-4/2	4pm-6pm	8+	\$15
47590	Th	4/2-4/2	6pm-8pm	8+	\$15
47591	Th	4/9-4/9	4pm-6pm	8+	\$15
47592	Th	4/9-4/9	6pm-8pm	8+	\$15
47593	Th	4/16-4/16	4pm-6pm	8+	\$15
47594	Th	4/16-4/16	6pm-8pm	8+	\$15
47595	Th	4/23-4/23	4pm-6pm	8+	\$15
47596	Th	4/23-4/23	6pm-8pm	8+	\$15
47597	Th	4/30-4/30	4pm-6pm	8+	\$15
47598	Th	4/30-4/30	6pm-8pm	8+	\$15
47599	Th	5/7-5/7	4pm-6pm	8+	\$15
47600	Th	5/7-5/7	6pm-8pm	8+	\$15
47601	Th	5/14-5/14	4pm-6pm	8+	\$15
47602	Th	5/14-5/14	6pm-8pm	8+	\$15
47603	Th	5/21-5/21	4pm-6pm	8+	\$15
47604	Th	5/21-5/21	6pm-8pm	8+	\$15
47605	Th	5/28-5/28	4pm-6pm	8+	\$15
47606	Th	5/28-5/28	6pm-8pm	8+	\$15

Drop-in: Shred N' Butter/Mobile Rec

An Introduction to skateboarding. Learn the basics of skateboarding from balance, pushing, turning and

cruising on low impact ramps and surfaces. We offer a safe place for beginning skateboarders to learn how to stand on a skateboard properly while maintaining our balance. We will cover the safety aspects and "flow" of skating flat ground obstacles/ramps. We'll also assist in basic skateboard maintenance and identify each part of the skateboard. Our instructors are certified in teaching youth and helping kids and adults navigate their way through the fundamentals of skateboarding.

Location: UNITED NATIONS PLAZA

Instructor: Londell Gulley

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	4pm-7pm	8-17	Free

Jujitsu

Traditional jujitsu taught by experienced senseis.

Location: ST. MARY'S REC CENTER

Instructor: Lonnie Francis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47699	T	3/17-5/26	6:30pm-7:30pm	8+	\$120

Aquatics

Kayaking - Tandem Self Guided Tour

Designed for two, discover the serene beauty of San Francisco's waterways with a self-guided kayaking experience at either Lake Merced or China Basin. Paddle at your own pace as you explore the lake's tranquil waters, diverse wildlife, and natural habitats; an ideal way to connect with nature and enjoy a refreshing outdoor adventure right in the city. Enrollment includes the rental of a tandem (two-person) kayak and covers up to two participants. Personal flotation devices are provided for all participants. Children 12 and under must be accompanied by an adult in the kayak. All participants must sign a release waiver on the day of their session. Instructional safety videos must be viewed prior to paddling; a link to the videos and waiver will be emailed the week before your scheduled time. Registered participants under the age of 12 must be accompanied on the water by a registered parent or guardian. Expect to get wet—please bring a towel and a change of clothes.

Location: Lake Merced Boathouse

Instructor: James Comfort

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47995	Sa	4/18	9am-10am	8+	\$37
47996	Sa	4/18	10:15am-11:15am	8+	\$37
47997	Sa	4/18	11:30am-12:30pm	8+	\$37
47998	Sa	4/25	10am-11am	8+	\$37
47999	Sa	4/25	11:15am-12:15pm	8+	\$37

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 3:30pm.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	3/21-5/30	1pm-4pm	All Ages	\$10

Arts - Digital Arts & Technologies

Community Gaming Space

Join us at the ultimate gaming hangout where you can build and play games with friends! Learn how to mod your favorite popular games, like Super Smash Bros using 2D and 3D graphics, how to host epic gaming tournaments, and create awesome online content by streaming, editing, and posting your own videos. All this happens in a safe, fun, and super chill environment where you can level up your skills and creativity. This community gaming space is open to ages 10+. Participants are encouraged to bring their own device, and some tablets will be available to use during the gaming hang out.

Location: MISSION ARTS CENTER

Instructor: Chris Palitz

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47633	F	4/17-4/17	6:30pm-8:30pm	10+	\$15
47634	F	5/1-5/1	6:30pm-8:30pm	10+	\$15
47635	F	5/29-5/29	6:30pm-8:30pm	10+	\$15

Dance / Music / Performing Arts

BollyX

BollyX is perfect for anyone looking to dance to Bolly-

wood music, get their heart rate up, and spread more joy in the world! BollyX is a Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with music from around the world.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Linden Cady

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47509	T	3/17-5/26	6pm-7pm	16+	\$120

Exercise & Fitness

Zumba - Drop-in

There is now a minimal fee for Indoor Zumba. Walk-up outdoor classes are free. Visit sfrecpark.org/zumba for a full list of current class information. Purchase a discounted multi-visit pass at sfrecpark.org/register under Passes & Memberships.

Location: BERNAL HEIGHTS REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	3/21-5/30	9am-10am	All Ages	\$5

Location: BETTY ANN ONG CHINESE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	3/21-5/30	9:30-10:30am	All Ages	\$5

Location: CAYUGA PLGD

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	3/19-5/28	6:30-7:30pm	All Ages	\$5
Drop-in	F	3/20-5/29	6:30-7:30pm	All Ages	\$5

Location: CROCKER AMAZON PLGD

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	M	3/16-5/18	6:30-7:30pm	All Ages	\$5

Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	6:30-7:30pm	All Ages	\$5

Location: EXCELSIOR PLGD

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	S	3/15-5/24	10:30-11:30am	All Ages	\$5

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/27	2:30-3:30pm	All Ages	\$5

Location: MINNIE & LOVIE WARD REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Th 3/19-5/28 6:30-7:30pm All Ages\$5
 Drop-in Sa 3/21-5/30 9:15-10:15am All Ages\$5

Location: MISSION ARTS CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Sa 3/21-5/30 10:30-11:30am All Ages \$5

Location: MISSION PLGD
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in M 3/16-5/18 6:30-7:30pm All Ages\$5
 Drop-in W 3/18-5/27 6:30-7:30pm All Ages\$5
 Drop-in F 3/20-5/29 6:30-7:30pm All Ages\$5

Location: PALEGA REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in W 3/18-5/27 6:30-7:30pm All Ages\$5
 Drop-in Sa 3/21-5/30 9:15-10:15am All Ages\$5

Location: RICHMOND REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T 3/17-5/26 10:30-11:30am All Ages\$5
 Drop-in F 3/20-5/29 10:30-11:30am All Ages\$5

Location: SUNSET REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T 3/17-5/26 6:30-7:30pm All Ages\$5

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T,F 3/17-5/29 9am-10am All Ages\$5
 Drop-in Sa 3/21-5/30 9:30-10:30am All Ages\$5

Zumba - Drop-in

Walk-up outdoor Zumba is free! Visit sfrecpark.org/zumba for a full schedule of current classes.

Location: CIVIC CENTER PLAZA
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in S 3/15-5/24 10am-11am All AgesFree
 Drop-in W,F 3/18-5/29 12pm-1pm All AgesFree

Location: HILLTOP PARK
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in S 3/15-5/24 9am-10am All AgesFree

Location: GOLDEN GATE PARK CAROUSEL
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in M 3/16-5/18 5pm-6pm All AgesFree

Location: MISSION CREEK PARK
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Th 3/19-5/28 12pm-1pm All AgesFree

Location: SOUTH SUNSET PLGD
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Sa 3/21-5/30 10:30-11:30am All AgesFree

Outdoor Recreation

Bayfront Biking

Pedal alongside San Francisco's iconic waterfront on this scenic, guided bayfront ride! We'll cruise the Embarcadero with unbeatable views of the Bay Bridge, sail past Pier 39's lively harbor, and roll through the historic curve of Aquatic Park. This ride blends smooth waterfront paths with classic city scenery for a truly unforgettable outing. Riders should bring their own bike, helmet, water, sunscreen, and a light snack. We'll start with a quick safety refresher and route overview before setting off. Designed for riders with some experience, this tour includes steady-paced riding with occasional street crossings. Meet at the boatlaunch near Berry St.

Location: MISSION CREEK PARK

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47614	Sa	3/21-3/21	10am-1pm	10+	\$21
47615	Sa	4/25-4/25	10am-1pm	10+	\$21
47616	Sa	5/16-5/16	10am-1pm	10+	\$21

Pedal The Park

Gear up for a scenic bike tour designed for ages 10 and up. Bring your own bike, pack a bag lunch, water, and sunscreen as we explore Sunset Dunes and Golden Gate Park. We'll kick off with a quick safety tutorial and an overview of our exciting route. This 3-hour program is all about staying active, enjoying nature, and having fun on two wheels.

Location: SOUTH SUNSET PLGD

Instructor: Ron Oliva

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47571	Sa	5/2-5/2	10am-1pm	10+	\$21

Rock Climbing - Open Climb

Rock Climbing is a great activity for the entire family to enjoy a full body workout together. No prior climbing experience needed. Harnesses and helmets provided. Weight requirement is between 40-300 lbs. Open Climb times are one hour sessions and enrollment is

required in advance. Fill out the enrollment form on the Glen Park Rec Center page at sfrecpark.org. Adults are welcome!

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	3/17-5/28	4pm-7pm	5+	\$20
Drop-in	Sa	3/21-5/30	10am-4pm	5+	\$20

Ropes Course Adventure

Challenge yourself at your own pace! Experience the thrill of the Ropes Course at McLaren Park, San Francisco's only ropes course set among the trees at the corner of Mansell St. and Visitacion Ave. This one-of-a-kind outdoor adventure is perfect for friends, families, and groups looking to build trust and strengthen teamwork. The course features high elements designed to help participants stretch beyond their comfort zones, all while safely harnessed and belayed by our trained staff. Every moment is an opportunity for discovery and lasting memories. Adults are welcome! Helmets and harnesses are provided.

Location: JOHN MCLAREN PARK

Instructor: Samuel Perez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47579	Sa	3/28-3/28	10am-12pm	9+	\$45
47580	Sa	3/28-3/28	1pm-3pm	9+	\$45
47581	Sa	4/11-4/11	10am-12pm	9+	\$45
47582	Sa	4/11-4/11	1pm-3pm	9+	\$45
47583	Sa	5/9-5/9	10am-12pm	9+	\$45
47584	Sa	5/9-5/9	1pm-3pm	9+	\$45



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	3/21-5/30	10:30-11:30am	All Ages	\$10

Social Activities

Drop-in: Bingo!

Try your hand at a game that's fun for all ages! BINGO!

Location: GLEN CANYON REC CENTER

Instructor: Joan Gallagher

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	3/19-5/28	1:30pm-3:30pm	14+	Free

Drop-in: Movie Night

Come to Glen Park Rec Center Tuesday nights for 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	3/17-5/26	6pm-8pm	14+	Free

Sports

Tang Soo Doo House - All Levels

This course is open to students of all skill levels, from complete beginners to experienced practitioners. Instruction emphasizes the development of strong fundamentals, proper technique, and overall physical fitness through structured training. Students will build confidence, learn practical self-defense skills, and have opportunities to advance at their own pace in a supportive and disciplined environment.

Location: JOSEPH LEE REC CENTER

Instructor: Donald Williams

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47198	Sa	3/21-5/30	12pm-2pm	5+	\$44

Tang Soo Doo House - Beginning

Tang Soo Do is a traditional Korean martial art whose name reflects its roots: Tang (from the Tang Dynasty), Soo (open hand or way of the hand), and Do (way of life). This course introduces students to the philosophy and practice of Tang Soo Do, with training in kicking, punching, blocking, and other open-hand techniques. Instruction emphasizes discipline, , and self-defense skills. Students will also have the opportunity to purchase uniforms and belts for an additional fee.

Location: JOSEPH LEE REC CENTER

Instructor: Donald Williams

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47197	Th	3/19-5/28	5pm-7pm	5+	\$44

Tang Soo Doo - Intermediate

This class is for students that have achieved Orange Belt (7th Gup in Korean) and above. Conceptual Knowledge is required. One should have already learned the basic skills needed for advancement. The General Requirements 1 through 3 shows examples. The Pyung Form signifies the changing aspect of Tang Soo Do, called the Turtle. The Turtle has "peace of mind", it's the slow steady controlled pace to success. Mind, Body, and Spirit.

Location: JOSEPH LEE REC CENTER

Instructor: Donald Williams

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47199	F	3/20-5/29	5pm-7pm	5+	\$44

Drop-in: Badminton

Location: BETTY ANN ONG CHINESE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	7pm-8:30pm	All Ages	Free
Drop-in	F	3/20-5/29	10am-3:30pm	All Ages	Free

Location: HAMILTON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	10:30-1:30pm	All Ages	Free

Drop-in: Basketball

Looking to shoot hoops, break a sweat, and meet fellow players? Drop by for open gym basketball. Whether you're practicing solo or jumping into a pickup game, there's always action on the court.

Location: BETTY ANN ONG CHINESE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/27	10am-2pm	All Ages	Free
Drop-in	Th	3/19-5/28	10-8:30pm	All Ages	Free
Drop-in	F	3/20-5/29	4pm-8:30pm	All Ages	Free
Drop-in	Sa	3/21-5/30	9am-1pm	All Ages	Free

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T-W,F	3/17-5/29	10am-4pm	16+	Free
Drop-in	Th	3/19-5/28	12pm-3:30pm	16+	Free

Location: RICHMOND REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	12-4pm	All Ages	Free
Drop-in	T	3/17-5/26	6-8:45pm	All Ages	Free
Drop-in	W	3/18-5/27	2:45-5:15pm	All Ages	Free
Drop-in	Th	3/19-5/28	1:30-3:30pm	All Ages	Free
Drop-in	F	3/20-5/29	2:30-4:30pm	All Ages	Free
Drop-in	F	3/20-5/29	7:30-8:45pm	All Ages	Free
Drop-in	Sa	3/21-5/30	2pm-4:45pm	All Ages	Free

Location: MISSION REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	9-10:30m	All Ages	Free
Drop-in	T	3/17-5/26	2:30-4pm	All Ages	Free
Drop-in	Th	3/17-5/26	9am-4pm	All Ages	Free
Drop-in	W,F,Sa	3/18-5/27	9am-5pm	All Ages	Free

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	12pm-5:30pm	6+	Free
Drop-in	W	3/18-5/27	10am-3:45pm	6+	Free
Drop-in	W	3/18-5/27	6:45pm-8:30pm	6+	Free
Drop-in	Th	3/19-5/28	10am-6:15pm	6+	Free
Drop-in	Th	3/19-5/28	7:45pm-8:30pm	6+	Free
Drop-in	F	3/20-5/29	10am-8:30pm	6+	Free
Drop-in	Sa	3/21-5/30	10:15-4:30pm	6+	Free

Location: POTRERO HILL REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	10am-8pm	All Ages	Free
Drop-in	W-Th	3/18-5/28	10am-5pm	All Ages	Free
Drop-in	F	3/20-5/29	1pm-6pm	All Ages	Free
Drop-in	Sa	3/21-5/30	9am-5pm	All Ages	Free

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	3/20-5/29	12pm-1:30pm	6+	Free

Drop-in: Pickleball

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

Location: MISSION REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	11-2pm	All Ages	Free

Location: GLEN CANYON REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in W-Th 3/18-5/28 12:30-2:30pm 9+ Free
 Drop-in F 3/20-5/29 4:30pm-7:30pm 9+ Free

Location: HAMILTON REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in W,F 3/18-5/29 10:30-1pm All Ages Free

Location: RICHMOND REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in Th 3/19-5/28 10:30-1:30pm All Ages Free
 Drop-in Sa 3/21-5/30 9:15-1:30pm All Ages Free

Drop-in: Ping Pong

Come play ping pong. No instruction. just show up with your play pass. Paddles & Balls are available. Open to all skill levels.

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T-F 3/17-5/21 9am-7pm 6+ Free



Drop-in: Ping Pong

Step up to the table and sharpen your reflexes with our Ping Pong Basics class! Whether you're brand new to the game or looking to improve your skills, this fun and fast-paced class teaches the foundations of table tennis in an easy-to-follow, supportive environment.

Location: CROCKER AMAZON PLGD
 Instructor: Christopher McMahon
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T-Sa 3/17-5/30 1pm-5pm 5+ Free

Drop-in: Racquetball/Squash

Come and play racquetball or squash or even handball in our dedicated racquetball courts! Play solo or with a buddy. All levels welcome, equipment provided. Open Tuesdays-Fridays 9am-9pm, and Saturdays 9am-5pm.

Location: MISSION REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T-Sa 3/17-5/30 9am-9pm All Ages Free

Drop-in: Table Tennis

Come play table tennis. No instruction—just drop in with your Play Pass. Paddles and balls provided. Open to all skill levels.

Location: BETTY ANN ONG CHINESE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T 3/17-5/26 1:30-8pm All Ages Free
 Drop-in W 3/18-5/27 10:30-8pm All Ages Free
 Drop-in Th 3/19-5/28 1:30-8pm All Ages Free
 Drop-in F 3/20-5/29 1:30-8pm All Ages Free
 Drop-in Sa 3/21-5/30 11:30-4pm All Ages Free

Location: HAMILTON REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T 3/17-5/26 5:30-8:30pm All Ages Free
 Drop-in Sa 3/21-5/30 1pm-4pm All Ages Free

Location: MISSION REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T-F 3/17-5/30 9am-9pm All Ages Free
 Drop-in S 3/21-5/30 9am-5pm All Ages Free

Location: MINNIE & LOVIE WARD REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T 3/17-5/26 10am-8:30pm 6+ Free
 Drop-in W 3/18-5/27 3:30-8:30pm 6+ Free
 Drop-in Th-F 3/19-5/29 12:30-8:30pm 6+ Free
 Drop-in Sa 3/21-5/30 3:30-4:30pm 6+ Free

Location: POTRERO HILL REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T-Th 3/17-5/28 10am-2pm 6+ Free
 Drop-in Sa 3/21-5/30 10am-4pm 6+ Free

Location: RICHMOND REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T 3/17-5/26 10:30-1:30pm All Ages Free
 Drop-in W 3/18-5/27 1:30-8:45pm All Ages Free
 Drop-in Th 3/19-5/28 2pm-6pm All Ages Free
 Drop-in F 3/20-5/29 2pm-8:45pm All Ages Free
 Drop-in Sa 3/21-5/30 3:30-5:15pm All Ages Free

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in T-F 3/17-5/21 9am-7pm 6+ Free

Drop-in: Volleyball

Come spike the ball with friends!

Location: BETTY ANN ONG CHINESE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/27	3pm-8:30pm	All Ages	Free
Drop-in	Sa	3/21-5/30	1:30-4:30pm	All Ages	Free

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	3/20-5/29	4:30pm-8:30pm	16+	Free
Drop-in	Sa	3/21-5/30	2pm-4:30pm	16+	Free

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/27	6pm-8pm	14+	Free

Drop-in: Women's Basketball

Location: BETTY ANN ONG CHINESE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	10-3:30pm	All Ages	Free

Location: BERNAL HEIGHTS REC CENTER

Instructor: Max Francisco

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47505	Th	3/19-4/23	11:45-12:45pm	3-6	\$70
47507	Th	4/30-5/28	11:45-12:45pm	3-6	\$70

Location: GLEN CANYON REC CENTER

Instructor: Roman Braham

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47446	T	4/28-5/26	11:30-12:30pm	3-6	\$70



Shred N' Butter Scooters, Skateboards & Pedal Bikes

Learn the basics of skateboarding, scootering and pedal biking on a variety of ramps. Helmets are mandatory to participate. We will provide skateboards, pedal bikes, scooters and helmets if needed. Our instructors are trained and experienced in teaching the very basics of skateboarding, scootering and pedal biking. Each child must be accompanied by a participating adult.

Location: GLEN CANYON REC CENTER

Instructor: Kai Dogan

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47447	W	3/18-4/22	11:30-12:30pm	3-6	\$70

Location: GLEN CANYON REC CENTER

Instructor: Roman Braham

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47448	W	4/29-5/27	11:30-12:30pm	3-6	\$70

TOTS

Alternative Recreation

Shred N' Butter for Tots

A perfect place to start if it's your first time stepping on a skateboard. We offer a safe place for beginning skateboarders to learn how to stand on a skateboard properly while maintaining our balance. Our instructors are trained and experienced in teaching Tot skateboarders the very basics skating. We provide very low impact ramps designed for beginner skaters. Helmets are mandatory. Skateboards and helmets will be provided if needed. Each child must be accompanied by participating adult.

Location: GLEN CANYON REC CENTER

Instructor: Kai Dogan

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47445	T	3/17-4/21	11:30-12:30pm	3-6	\$70

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. Swim classes are limited to one class per person per session.

Location: BALBOA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47677	T	3/17-5/19	10:30am-11am	6m -2	\$96
47678	W	3/18-5/20	3:30pm-4pm	6m -2	\$96

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47741	M	3/16-5/18	9:30am-10am	6m -2	\$96

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47881	M	3/16-5/18	10am-10:30am	6m -2	\$96
47879	S	3/22-5/17	10:30am-11am	6m -2	\$96

Preschool 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. Swim classes are limited to one class per person per session.

Location: BALBOA SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47682	W	3/18-5/20	4:15pm-4:45pm	3-5	\$96
47681	Sa	3/21-5/16	10:30am-11am	3-5	\$96

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47686	Sa	4/25-5/16	10:30am-11am	3-5	\$48

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47739	S	3/22-5/17	10:30am-11am	3-5	\$96

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47858	Sa	3/21-5/16	10:30am-11am	3-5	\$96

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47752	T	3/17-5/19	3:30pm-4pm	3-5	\$96
47751	Sa	3/21-5/16	9:45-10:15am	3-5	\$96

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47823	W,F	3/18-4/17	10:30am-11am	3-5	\$96
47828	Sa	3/21-5/16	10:30am-11am	3-5	\$96
47826	W,F	4/29-5/22	10:30am-11am	3-5	\$96

Arts & Crafts

Art and Animals

Each week, a different animal is the star of our classroom. We learn fun facts and explore the wonders of these amazing animals. Often, a live animal pays us a visit in person; other times we closely examine skeletons, taxidermy models, and habitats. Then we get busy making art inspired by their unique characteristics. You can count on having fun, getting messy and learning something new every week. Class fee includes one child and one participating adult. Please register using the child's name.

Location: RANDALL MUSEUM

Instructor: Amy Graham

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47485	T	4/7-5/12	10-11am	2.5-5	\$145/\$155
47486	T	4/7-5/12	1:15-12:15pm	2.5-5	\$170/\$180

Dynamic Duo Clay Explorers

Discover the wonders of clay with your small child. Together you'll get your hands into this wonderfully tactile medium. Roll coils, build with slabs, pinch pots, and paint on glazes. You can make projects together that neither one of you could do alone. Registration fee includes one child and one adult. Each child must be accompanied by a participating adult. Please register for class using the child's name.

Location: RANDALL MUSEUM

Instructor: Denise Zachariah

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47540	W	3/25-5/20	9:30-10:30am	3-4	\$215/\$225

Playing With Art

Play-based art exploration for toddlers and their caregivers. This class gives young children opportunities to experience and experiment with all sorts of materials, mediums and squishy things. Kids and caregivers are encouraged to enjoy the process of manipulating everyday items into art. Dress for a mess! Class fee includes one child and one participating adult. Please register using the child's name.

Location: RANDALL MUSEUM

Instructor: Rene Walker

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47492	W	4/8-4/29	10am-11am	2-3	\$95/\$105
47493	Th	4/9-4/30	10am-11am	2-3	\$95/\$105
47494	F	4/10-5/1	10am-11am	2-3	\$95/\$105
47495	W	5/6-5/27	10am-11am	2-3	\$95/\$105
47496	Th	5/7-5/28	10am-11am	2-3	\$95/\$105
47497	F	5/8-5/29	10am-11am	2-3	\$95/\$105

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. Registration fee includes one child and one adult. Each child must be accompanied by a participating adult. Please register for class using the child's name.

Location: RANDALL MUSEUM

Instructor: Donna Di Meo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47469	Sa	3/21-4/11	10am-11am	3-5	\$100/\$110
47470	Sa	3/21-4/11	11:15-12:15pm	3-5	\$100/\$110
47471	Sa	4/25-5/23	10am-11am	3-5	\$100/\$110
47472	Sa	4/25-4/23	11:15-12:15pm	3-5	\$100/\$110

Arts - Visual

Active Art for Toddlers

Let the art adventures begin early! This playful, hands-on class is designed especially for our youngest artists. Together, children and their caregivers will use toys and familiar art tools to make this introduction to art extra fun. Painting with sponges, miniature cars, rollers and fingers all add to the hands-on experience and keep little hands and minds engaged. Our young artists will also have the chance to explore alternative activities that encourage social interaction and fine motor skills throughout each class. Participating toddlers must be accompanied by a participating adult. As with every art class, dress for a mess! Appropriate for toddlers 2 to 4 years, accompanied by a participating adult.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Keesham Johnson

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47993	Th	3/26-5/28	10:30-11:30am	2-4	\$120

Location: MISSION ARTS CENTER

Instructor: Hitomi Silver

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47624	T	3/24-5/26	10am-11am	2-4	\$120
47625	F	3/27-5/29	10am-11am	2-4	\$120
47626	F	3/27-5/29	11am-12pm	2-4	\$120

Location: POTRERO HILL REC CENTER

Instructor: Keesham Johnson

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47656	W	3/25-5/27	10:30-11:30am	2-4	\$120
47657	F	3/27-5/29	10am-11am	2-4	\$120

Camps - Spring Break

Look What I Can Do! Spring Break Camp - Ages 4-5

Come have fun and discover everything under the sun! Play, explore, investigate, use your imagination and get messy! Children will do arts and crafts, sing songs, read books, play small group games, learn about nature and so much more. This camp does not offer extended care.

Location: MIDTOWN TERRACE PLGD

Instructor: Jessenia Renteria

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47983	M-F	3/30-4/3	9am-2pm	4-5	\$250

Early Childhood Recreation

Creative Cruisers

A fun, hands-on class combining movement and creativity! Tuesdays focus on wheels: children build fine and gross motor skills while exploring bikes, ride-on cars, trucks, and trains through active play. Thursdays are all about art: children rotate through art stations using various materials to create individual projects and participate in teacher-led activities.

Location: CAYUGA PLGD

Instructor: Allison Kent

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47259	T,Th	3/17-4/16	10am-11:30am	2-5	\$90
47260	T,Th	4/21-5/14	10am-11:30am	2-5	\$90

Drop-in: 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 3/17-5/28 10am-11:30am 6m-4 Free

Location: CAYUGA PLGD
COURSE # DAYS DATES TIMES AGES FEES
Drop-in M,W 3/16-5/13 10am-11:30am 6m-5 Free

Location: EUREKA VALLEY REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in W 3/18-5/13 10am-11:30am 6m-3 Free

Location: GARFIELD SQUARE
Instructor: Anitra Harper-Baker
COURSE # DAYS DATES TIMES AGES FEES
Drop-in T 3/17-5/19 10am-12pm 6m-5 Free

Location: GLEN CANYON REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in W-F 3/18-5/29 10am-12pm 6m-4 Free

Location: HAMILTON REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in W,F 3/18-5/29 10am-12pm 6m-3 Free

Location: JOE DIMAGGIO PLGD
COURSE # DAYS DATES TIMES AGES FEES
Drop-in M 3/16-5/25 9am-11am 1-4 Free

Location: POTRERO HILL REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in T 3/17-5/26 10am-12pm 9m-5 Free
Drop-in Th 3/19-5/28 10am-12pm 9m-5 Free

Location: MINNIE & LOVIE WARD REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in T 3/24-5/26 10am-11:30am 9m-5 Free

Location: MOSCONE REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in W-Th 3/18-5/28 10am-12pm 1-3 Free

Location: PALEGA REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in Th 3/26-5/21 10am-11:30am 6m-3 Free

Location: UPPER NOE REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in T-Sa 3/17-5/29 11am-2pm 6m-3 Free

Drop-in: Ethiopian Music & Dance

The class teaches the beautiful, energetic folk dances of Ethiopia, with a focus on Eskista, the iconic "dancing shoulders" style movements.

Location: MINNIE & LOVIE WARD REC CENTER
Instructor: Ada Robi
COURSE # DAYS DATES TIMES AGES FEES
Drop-in Th 3/19-5/14 10:40-11:30am 9m-3 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 3/17-5/29 11am-3:30pm 6m-4 Free

Drop-in: Storytime

Join us for a joyful and interactive story time where young children explore the magic of language through stories and songs. Children will enjoy a gentle introduction to new words and sounds, build listening skills all while having fun!

Location: MINNIE & LOVIE WARD REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
Drop-in Th 3/19-5/28 11:30-12:15pm 9m-4 Free

Location: GARFIELD SQUARE
Instructor: Anitra Harper-Baker
COURSE # DAYS DATES TIMES AGES FEES
Drop-in Th 3/19-5/21 10am-12pm 6m-5 Free

Little Hands Creative Art

Let's experiment with different textures and materials to explore, express and create with paper, paint and crayons. Parent participation is required.

Location: EXCELSIOR PLGD
Instructor: Angelic Anderson
COURSE # DAYS DATES TIMES AGES FEES
47255 T,Th 4/7-4/30 10am-11:30am 6m-3 \$72
47256 T,Th 5/5-5/28 10am-11:30am 6m-3 \$72

Location: EUREKA VALLEY REC CENTER
Instructor: Zach Enea
COURSE # DAYS DATES TIMES AGES FEES
47746 F 3/20-5/29 2pm-2:30pm 3-5 \$60

Location: MIDTOWN TERRACE PLGD

Instructor: Jessenia Renteria

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47257	W	3/18-4/22	11-12:30pm	1.5-3	\$45
47258	W	4/29-5/27	11-12:30pm	1.5-3	\$45

Little People’s Movin’ & Groovin’

Percussion, movement, rhythm and motion. Tots and their caregivers explore a fun world of improvisational dance and drumming in this 45 minute class. An easy fun call and response for anatomy starts the class after roll is taken. Children are encouraged to speak in class. Easy isolation warm up and light stretching precede a series of somatic exercises that will help develop motor skills and abilities to understand basic classroom structure.

Location: GLEN CANYON REC CENTER

Instructor: Candy Corbitt

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47261	T	3/17-5/5	10am-10:45am	3-5	\$90

Rec and Parkour - Little Tumblerz

Parkour builds physical and mental strength using only your environment and body so that you can move more quickly, confidently, and creatively.

Location: MOSCONE REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47747	Sa	3/21-4/18	9:30am-11am	4-5	\$54
47749	Sa	5/2-5/23	9:30am-11am	4-5	\$54



Roly Polys: All Things Wheels

Big wheels, little riders - A giggly good time where little ones zoom, scoot, and roll their way around the gym on wheels of all kinds.

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47984	T	3/17-5/26	10am-11:30am	1.5-5	\$81

Location: POTRERO HILL REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47979	F	3/27-5/29	10am-11:30am	1.5-5	\$81

Tiny Explorers

Join us for a fun-filled tot program where little ones can explore a variety of toys, crawl, and play in a safe and engaging environment. Our friendly staff will be there to encourage curiosity, foster social interaction, and make every moment exciting for your child.

Location: EXCELSIOR PLGD

Instructor: Angelic Anderson

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47263	W,F	4/8-5/1	10am-11:30am	6m-3	\$90
47264	W,F	5/6-5/29	10am-11:30am	6m-3	\$90

Location: MIDTOWN TERRACE PLGD

Instructor: Jessenia Renteria

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47265	Th	3/19-4/23	11am-12:30pm	6m-2	\$90
47266	Th	4/30-5/28	11am-12:30pm	6m-2	\$90

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: EUREKA VALLEY REC CENTER

Instructor: Zach Enea

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47709	F	3/20-5/29	4pm-5pm	3-5	\$150

Location: GLEN CANYON REC CENTER
 Instructor: Zach Enea
 COURSE # DAYS DATES TIMES AGES FEES
 47708 F 3/20-5/29 10am-11am 3-5 \$150

Location: MOSCONE REC CENTER
 Instructor: Zach Enea
 COURSE # DAYS DATES TIMES AGES FEES
 47706 W 3/18-5/27 4pm-5pm 3-5 \$150

Location: UPPER NOE REC CENTER
 Instructor: Zach Enea
 COURSE # DAYS DATES TIMES AGES FEES
 47707 Th 3/19-5/28 4pm-5pm 3-5 \$150

Location: BERNAL HEIGHTS REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47865 W 4/8-5/27 10am-11am 3-4 \$88
 47866 W 4/8-5/27 11am-12pm 3-4 \$88

Location: EUREKA VALLEY REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47862 T 4/7-5/26 2pm-3pm 3-4 \$88

Location: JOSEPH LEE REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47868 Th 4/9-5/28 10am-11am 3-4 \$88

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: Sherlyn Chab
 COURSE # DAYS DATES TIMES AGES FEES
 47836 Sa 4/11-5/16 2pm-3pm 3-5 \$66
 47837 Sa 4/11-5/16 3pm-4pm 3-5 \$66

Location: ST. MARY'S REC CENTER
 Instructor: Sherlyn Chab
 COURSE # DAYS DATES TIMES AGES FEES
 47832 Sa 4/11-5/16 10am-11am 3-5 \$66
 47833 Sa 4/11-5/16 11am-12pm 3-5 \$66

Location: UPPER NOE REC CENTER
 Instructor: Skylar Simpson
 COURSE # DAYS DATES TIMES AGES FEES
 47834 W 4/15-5/20 9:30-10:30am 3-5 \$66
 47835 W 4/15-5/20 10:30-11:30am 3-5 \$66

Tot Futsal (Indoor Soccer)

These classes are designed to introduce the fundamentals of this globally beloved sport in a safe, fun and positive environment. Through a variety of skill-development drills and games, our experienced coaches will help boost each child's confidence, physical fitness, and motor skills, while making new friends.

Location: MISSION REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47867 Th 4/9-5/28 1pm-2pm 3-4 \$88

Location: MOSCONE REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47864 T 4/7-5/26 11:30-12:30pm 3-4 \$88

Location: SUNSET REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47863 T 4/7-5/26 10am-11am 3-4 \$88

Location: UPPER NOE REC CENTER
 Instructor: Luis Azucena
 COURSE # DAYS DATES TIMES AGES FEES
 47869 F 4/10-5/29 10am-11am 3-4 \$77



YOUTH

Alternative Recreation



Archery - Indoor Target League

A mixed format indoor archery league (Adults 20yds, Youth 10yds). The league is a great way to learn how to score with other archers of all ages, skill levels & bow styles. Bow categories are: Olympic Recurve, Barebow Recurve, Traditional, Compound Freestyle, and Compound Bowhunter. While usage of your own equipment is recommended, barebow recurve & barebow compound equipment is available for league use. League schedule is comprised of a 5-week season, followed by a finals competition. Awards will be given at season's end. Please contact joe.arnaldo@sfgov.org for more information.

Location: RICHMOND REC CENTER

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47556	W	3/18-4/15	5:45pm-7:45pm	8-17	\$128
47558	W	4/22-5/13	5:45pm-7:45pm	8-17	\$128

Archery - Intro to Archery Development

Build your target archery skills in this 3-week course!

Following the USA Archery curriculum, students will learn about range and equipment safety, proper techniques, basic scoring mathematics, and participate in fun archery shooting games. Location: GOLDEN GATE PARK ARCHERY FIELD

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47560	Sa	3/21-4/11	10am-11:30am	8-17	\$72
47562	Sa	4/25-5/9	10am-11:30am	8-17	\$72

Archery After School

Introduce your child to the exciting world of indoor target archery with After School Archery! This program is designed for youth of all ages, helping participants develop valuable skills like focus, self-control, and discipline: traits that benefit both on the range and in the classroom. The curriculum follows the NASP (National Archery in Schools Program) format, and all necessary equipment is provided.

Location: BETTY ANN ONG CHINESE REC CENTER

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47564	T	3/17-4/14	5:30pm-6:30pm	8-14	\$80
47565	T	4/21-5/12	5:30pm-6:30pm	8-14	\$80

Archery Development - Intermediate/Advanced

Level up your archery skills in this exciting 6-week course, designed for young archers! Using the USA Archery Junior Olympic Archery Development Program, you'll learn about different bow styles, including Olympic recurve and bowhunter compound, and challenge yourself with various distances and target sizes. Earn achievement pins as you complete each goal, celebrating your progress and growth. USA Archery membership is required for national recognition.

Location: GOLDEN GATE PARK ARCHERY FIELD

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47566	Sa	3/21-5/9	12pm-1:30pm	8-17	\$144

San Francisco Archery Classic Tournament

Join us for an exciting FITA Archery Round Tournament set in the scenic surroundings of San Francisco's historic Boxer Stadium. This class prepares participants to compete confidently in a full FITA-style event, covering scoring formats, distance requirements, equipment setup, and competitive shooting techniques. Archers will receive guided coaching, safety instruction, and structured practice rounds leading up to the tournament. Whether you're aiming to sharpen your skills or experience the thrill of organized competition, this

course offers a memorable archery experience in one of San Francisco's most beautiful outdoor venues.

Location: BALBOA PARK

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47619	Sa	4/18-4/18	9am-3pm	8-17	\$65

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 and 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
47728	W	3/18-5/27	6:30pm-7:30pm	11-14	\$155

Intro to Disc Golf

This course provides a beginner-friendly introduction to the fast-growing sport of disc golf. Students will learn essential throwing techniques, rules of play, disc types and their uses, course etiquette, and basic strategy. Through hands-on practice and guided play, participants will build confidence, develop fundamental skills, and gain an understanding of how to enjoy disc golf both recreationally and competitively.

Location: Golden Gate Park Disc Golf Course

Instructor: Eric De Paula

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47617	W	3/18-4/8	4pm-5:30pm	13-16	\$60
47618	W	4/22-5/6	4pm-5:30pm	13-16	\$60

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
47700	W	3/18-5/27	7pm-8pm	9-12	\$140

Location: GLEN CANYON REC CENTER

Instructor: DeLonzo Pope

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47702	F	3/20-5/29	7pm-8pm	9-12	\$140

Location: UPPER NOE REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47701	W	3/18-5/27	5pm-6pm	9-12	\$140

Karate Kidz - Little Kickers

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.

Location: EUREKA VALLEY REC CENTER

Instructor: DeLonzo Pope

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47703	W	3/18-5/27	6pm-7pm	6-8	\$140

Location: GLEN CANYON REC CENTER

Instructor: DeLonzo Pope

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47705	F	3/20-5/29	6pm-7pm	6-8	\$140

Location: UPPER NOE REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47704	W	3/18-5/27	4pm-5pm	6-8	\$140

Rec and Parkour

Parkour builds physical and mental strength using only your environment and body so that you can move more quickly, confidently, and creatively. This class utilizes indoor and outdoor environments to teach the fundamentals or gives you a space to sharpen them if you already have a little experience. All you need is athletic shoes and a bottle of water.

Location: GLEN CANYON REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47710	T	3/17-4/14	4pm-5pm	6-8	\$54
47711	T	3/17-4/14	5:15pm-6:15pm	9-13	\$54
47712	T	4/28-5/19	4pm-5pm	6-8	\$54
47713	T	4/28-5/19	5:15pm-6:15pm	9-13	\$54

Location: MOSCONE REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47714	Sa	3/21-4/18	10:30-11:30am	6-8	\$54
47715	Sa	3/21-4/18	12pm-1pm	9-13	\$54
47716	Sa	5/2-5/23	10:30-11:30am	6-8	\$54
47717	Sa	5/2-5/23	12pm-1pm	9-13	\$54

Rec and Parkour - All Girls

Parkour builds physical and mental strength using only your environment and body so that you can move more quickly, confidently, and creatively. This class utilizes indoor and outdoor environments to teach the fundamentals or gives you a space to sharpen them if you already have a little experience. All you need is athletic shoes and a bottle of water.

Location: SUNSET REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47718	F	3/20-4/17	4pm-5pm	6-8	\$54
47719	F	3/20-4/17	5:30pm-6:30pm	9-13	\$54
47720	F	5/1-5/22	4pm-5pm	6-8	\$54
47721	F	5/1-5/22	5:30pm-6:30pm	9-13	\$54



Shred N' Butter

An Introduction to skateboarding. Learn the basics of skateboarding from balance, pushing, turning and cruising on low impact ramps and surfaces. We offer a safe place for beginning skateboarders to learn how to stand on a skateboard properly while maintaining our balance. We will cover the safety aspects and flow of skating flat ground obstacles/ramps. We'll also assist in basic skateboard maintenance and identify each part of the skateboard. Our instructors are trained and experienced in teaching youth and helping kids and adults navigate their way through the fundamentals of skateboarding. Helmets are mandatory. We will provide helmets and skateboards if needed.

Location: SUNSET DUNES

Instructor: Felix Whittington

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47440	Th	3/19-4/23	4pm-5pm	8-12	\$70

Location: MISSION CREEK PARK

Instructor: Felix Whittington

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47441	Th	4/30-5/28	4pm-5pm	8-12	\$70

Location: RICHMOND REC CENTER

Instructor: Felix Whittington

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47442	F	3/20-4/24	5pm-6pm	8-12	\$70
47443	F	5/1-5/29	5pm-6pm	8-12	\$70

Wrestling - Camp Grapple - Junior

This is 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	FEES
47726	Sa	3/21-5/30	1pm-2pm	7+	\$143

Location: UPPER NOE REC CENTER

Instructor: Calvin Malone

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47727	Sa	3/21-5/30	3pm-4pm	7+	\$143



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.

Aquatics

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
 47860 Sa 3/21-5/16 9am-10am 10-15 \$160

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
 47878 Sa 3/21-5/16 10:15-11:15am 12-17 \$160

Coffman Catfish 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: COFFMAN SWIMMING POOL
 COURSE # DAYS DATES TIMES AGES FEES
 47685 W,F 4/29-5/22 4:15pm-5:15pm 6-17 \$160

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
 47748 T,Th 3/17-4/16 4:30pm-5:30pm 6-17 \$160
 47750 T,Th 4/28-5/21 4:30pm-5:30pm 6-17 \$320

Jr. Garfield Gators Swim Team

Non-competitive swim team for Levels 4 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
 47744 M,W 3/16-4/15 4pm-5pm 6-17 \$160
 47745 M,W 4/27-5/20 4pm-5pm 6-17 \$160

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.

Location: MARTIN LUTHER KING, JR. SWIMMING POOL
 COURSE # DAYS DATES TIMES AGES FEES
 47845 T,Th 4/7-5/28 4:30pm-5:30pm 6-17 \$320

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 FEES
 47344 W 3/18-5/20 5pm-5:30pm 6-17 \$80
 47343 Sa 3/21-5/16 9am-9:30am 6-17 \$80

Location: COFFMAN SWIMMING POOL
 COURSE # DAYS DATES TIMES AGES FEES
 47345 W,F 4/29-5/22 3:30pm-4pm 6-17 \$80

Location: GARFIELD SWIMMING POOL
 COURSE # DAYS DATES TIMES AGES FEES
 47348 T,Th 3/17-4/16 4:30pm-5pm 6-17 \$80
 47346 S 3/22-5/17 9am-9:30am 6-17 \$80
 47347 S 3/22-5/17 9:45am-10:15am 6-17 \$80

Location: HAMILTON SWIMMING POOL
 COURSE # DAYS DATES TIMES AGES FEES
 47608 Th 3/19-5/21 3:30pm-4pm 6-17 \$80
 47349 Sa 3/21-5/16 9am-9:30am 6-17 \$80
 47350 Sa 3/21-5/16 11:15am-11:45am 6-17 \$80

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47351	T-F	3/17-3/27	3:45pm-4:15pm	6-17	\$80
47352	Sa	3/21-5/16	9am-9:30am	6-17	\$80
47422	Sa	3/21-5/16	9:45-10:15am	6-17	\$80

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47423	W,F	3/18-4/17	3:45pm-4:15pm	6-17	\$80
47424	Sa	3/21-5/16	9am-9:30am	6-17	\$80
47425	W,F	4/29-5/22	3:45pm-4:15pm	6-17	\$80

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47426	S	3/22-5/17	9am-9:30am	6-17	\$70
47427	S	3/22-5/17	9:45-10:15am	6-17	\$70

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
47431	W	3/18-5/20	5pm-5:30pm	6-17	\$80
47432	Sa	3/21-5/16	9:45-10:15am	6-17	\$80

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47433	W,F	4/29-5/22	4:15pm-4:45pm	6-17	\$80

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47434	S	3/22-5/17	9am-9:30am	6-17	\$80
47435	S	3/22-5/17	9:45-10:15am	6-17	\$80
47436	T,Th	4/28-5/21	4:30pm-5pm	6-17	\$80

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47449	T	3/17-5/12	4:15pm-4:45pm	6-17	\$70
47609	Th	3/19-5/21	4:15pm-4:45pm	6-17	\$80
47437	Sa	3/21-5/16	10:30am-11am	6-17	\$80

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47504	T-F	3/17-3/27	4:30pm-5pm	6-17	\$80
47506	Sa	3/21-5/16	9am-9:30am	6-17	\$80

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47512	Sa	3/21-5/16	9:45-10:15am	6-17	\$80
47514	W,F	4/29-5/22	4:30pm-5pm	6-17	\$80

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47534	S	3/22-5/17	9:45-10:15am	6-17	\$80

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
47544	W	3/18-5/20	3:30pm-4pm	6-17	\$80
47545	W	3/18-5/20	4:15pm-4:45pm	6-17	\$80

Location: COFFMAN SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47546	W,F	4/29-5/22	3:30am-4am	6-17	\$80

Location: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47547	T,Th	3/17-4/16	3:45am-4:15pm	6-17	\$80

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47548	Sa	3/21-5/16	10:30am-11am	6-17	\$80

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47610	T-F	3/17-3/27	3:45pm-4:15pm	6-17	\$80
47549	Sa	3/21-5/16	9:45-10:15am	6-17	\$80

Location: NORTH BEACH SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47550	W,F	3/18-4/17	3:45pm-4:15pm	6-17	\$80
47611	Sa	3/21-5/16	9am-9:30am	6-17	\$80
47612	Sa	3/21-5/16	9:45-10:15am	6-17	\$80

Location: ROSSI SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47551	S	3/22-5/17	9am-9:30am	6-17	\$80

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: GARFIELD SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47553	T,Th	3/17-4/16	3:45pm-4:15pm	6-17	\$80
47554	T,Th	4/28-5/21	3:45pm-4:15pm	6-17	\$80

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47607	Sa	3/21-5/16	9:45-10:15am	6-17	\$80

Location: MARTIN LUTHER KING, JR. SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47613	T-F	3/17-3/27	4:30am-5am	6-17	\$80

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
47623	T,Th	4/28-5/21	3:45am-4:15am	6-17	\$80

Location: HAMILTON SWIMMING POOL

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47621	Sa	3/21-5/16	9am-9:30am	6-17	\$80
47622	Sa	3/21-5/16	11:15-11:45am	6-17	\$80

Day on the Bay

Join The Call of the Sea, St. Francis Yacht Club, and other youth, in a three-hour voyage on Seaward, an 82-foot ship. All youth will become sailors and scientists for the day. You will get to help sail the ship. You will also get to learn about ecology, marine life, sailing skills and teamwork. Seaward will do a lap of the bay. You will board at the docks of the St. Francis Yacht Club. The route will begin with a ride to the Golden Gate Bridge, a view from below the bridge and then will go around Angel Island, near Alcatraz and then, on the way back to the yacht club, you will sail past city landmarks along the waterfront. Every participant should bring non-skid shoes such as tennis shoes, long pants, a jacket and layers of clothes. The Saint Francis Yacht Club will only be a pick up/drop off point for this class. There is no waiting area for parents or guardians. The address is 99 Yacht Rd, San Francisco, CA 94123. This event will go on rain or shine. Questions please contact Rex.Biteng@sfgov.org ****EACH CHILD MAY SIGN UP FOR ONLY ONE SESSION.**

Location: St. Francis Yacht Club

COURSE #	DAYS	DATES	TIMES	AGES	FEES
48004	Sa	3/28-3/28	9am-12pm	9-12	Free
48005	Sa	3/28-3/28	1pm-4pm	9-12	Free
48006	S	3/29-3/29	9am-12pm	9-12	Free
48007	S	3/29-3/29	1pm-4pm	9-12	Free

Wave Riders

Catch your first wave at Mirada Surf Beach in Half Moon Bay! This beginner-friendly surfing class is ideal for first-timers or those looking to build confidence in the water. Learn the basics of paddling, popping up, and ocean safety from experienced instructors in a fun, supportive environment. Instruction includes beach-based practice and supervised time in the water. Surfboards are provided. Note: Participants must be comfortable swimming in the ocean and pass a required deep-water swim test. Waiver and swim test forms are required. For more information please contact Rex Biteng at rex.biteng@sfgov.org

Location: Mirada Surf Beach

Instructor: Thomas Angelone

COURSE #	DAYS	DATES	TIMES	AGES	FEES
48002	Sa	4/11-4/11	12pm-2pm	10-14	\$70
48003	Sa	4/11-4/11	10am-12pm	10-14	\$70

Arts & Crafts

Architects for the Tiny

Have fun imagining and creating any interior space in miniature: A cat cafe, your dream clubhouse, or maybe your future home! Try your hand at interior decorating as you build furniture, select textiles and create scale models with our ample supply of tools, craft supplies and repurposed items.

Location: RANDALL MUSEUM

Instructor: Sarah Watanabe

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47484	W	3/18-4/15	4pm-5:30pm	6-8	\$100/\$110
47503	W	4/29-5/27	4pm-5:30pm	9-12	\$130/\$140

Arts & Crafts

This class is a fun and creative space where you can explore and express yourself through painting, sculpture, and much more!

Location: MINNIE & LOVIE WARD REC CENTER

Instructor: Ada Robi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47935	F	3/20-5/29	3pm-5pm	5-7	Free

Beadwork and Jewelry Exploration

Learn beading and jewelry making techniques and get creative with your fashion. Once you've mastered a few basics, you can take this art form into so many exciting directions!

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47542	W	3/25-5/6	4pm-5:30pm	8-10	\$165/\$175

Ceramics - Randall Clay Club

Members of the Randall Museum Clay Club tackle a variety of fun projects both functional and sculptural, experimental and playful. Learn basic clay building skills making projects like animal figures, self-portraits, cups, boxes, bowls, and so much more. We'll explore slab, coil, and pinching methods as well as a range of decorative texturing and glazing techniques.

Location: RANDALL MUSEUM

Instructor: Darien Prendergast

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47453	Sa	3/28-5/23	10am-11:30am	9-11	\$215/\$225
47454	Sa	3/28-5/23	11:30am-1pm	12-14	\$215/\$225

Location: RANDALL MUSEUM

Instructor: Denise Zachariah

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47450	T	3/24-5/19	4pm-5:30pm	6-8	\$230/\$240

Location: RANDALL MUSEUM

Instructor: Mariko Allbritton

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47452	W	3/18-5/20	4pm-5:30pm	9-11	\$230/\$240
47451	Th	3/19-5/21	4:30pm-6pm	12-14	\$230/\$240

Colorful Printmaking

Color theory and printmaking adventures await! We'll explore the effects of complimentary colors and practice mixing, tinting, toning and layering ink and paint. Then we'll carve, collage, draw and roll to make monoprints, foam prints, and block prints galore.

Location: RANDALL MUSEUM

Instructor: Amy Graham

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47461	T	4/7-5/12	4:30pm-6pm	8-10	\$155/\$165

Stitch Club

This is a fun and social class for stitchers of all levels. Cross stitch and create charms, frameable signs or even QR codes for your socials. Learn basic embroidery and embellish your clothes or bags. Materials and patterns provided, but your projects from home are also welcome at Stitch Club!

Location: RANDALL MUSEUM

Instructor: Katherine Galeas Veliz

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47539	W	4/29-5/27	4pm-5:30pm	10-14	\$130/\$140

Woodworking for Kids

Do you like to make things? You'll learn basic wood-working skills in this class by building toys, tool boxes, or simple furniture like a bench or a stool! Learn to solve 3D problems, use measuring devices, and to safely use some power tools and hand tools. Creativity, craft skills, teamwork, and fun are all equally encouraged.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47468	T	3/24-5/12	4pm-5:30pm	6-8	\$205/\$215

Woodworking for Tweens: From the Animal Room to the Woodshop

Bat houses, bird houses, and bee houses, oh my! How can we bring our knowledge of local ecology into the woodshop? We'll start this session with our Animal Room staff, learning how we can be better neighbors to our local species. Then we'll move into the woodshop, and using the drill press, bandsaw, and a range of hand tools, we'll design and build small structures to support local wildlife.

Location: RANDALL MUSEUM

Instructor: Amir Sberlo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47473	W	3/25-5/13	4:30pm-6pm	9-11	\$205/\$215

Arts - Digital Arts & Technologies

Audio Production

"Hey this class sounds great!" Audio Production class is an introductory level class for 10-14 year olds, that covers all the basic skills of audio production, such as computer sounds, sound effects, dialogue recording for podcasts/movies/radio, and of course MUSIC! This class uses microphones, keyboards/sequencers, and audio production software. Students will make an electronic music piece, record sounds, record voices, basic mixing techniques, and HAVE FUN! From Garage band to Star Wars, come make some noise, and then capture it!

Location: MOSCONE REC CENTER

Instructor: John Madden

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47630	T	3/24-5/26	4:30pm-6:30pm	10-14	\$240

Beginning Coding for Minecraft

Dive in and explore the exciting world of coding by making your own games and interactive adventures with Minecraft! Students will learn to create code and can join forces with fellow participants to create fun features, and try them out in both casual and competitive gaming. Students will build skills like teamwork, problem-solving, and good sportsmanship - all while having a blast coding and playing together! Tablets are available for students to use during class, and students may bring their own device with the Minecraft app already purchased and installed.

Location: MISSION ARTS CENTER

Instructor: Chris Palitz

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47632	F	4/10-5/29	4:30pm-6pm	10-14	\$144

Digital Painting: Concept Art

Students will learn the basics of concept art, create background art and characters, and learn how to paint digitally in Procreate. Students are encouraged to bring their own iPads to class, and must have the Procreate app already purchased and installed on their device.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Eugene Nam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47639	Sa	4/11-5/30	1pm-2:30pm	12-17	\$144

Introduction to Cartoon & Animation

Students will learn to create animation characters, turnarounds, props, and scenes in a fun and casual environment. In this class, students will explore real techniques and methods used in the animation and cartoon industry. All materials included. iPads and pencils will be available for students to use during class. Students may bring their own iPads to class, and must have the Procreate app already purchased and installed on their device.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Eugene Nam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47643	T	3/24-5/26	4:30pm-6pm	10-14	\$162

Mini Cinema

Got a favorite movie? Ever wonder how the great movies got their magic? This class teaches you how! This class is an exploration of cinema style and technique through replication, imitation, creation of cinema, movies, TV, and net series. The class watches and analyzes famous movies, focusing on specific techniques, which they then replicate in class. First we watch it, then we do it! This class will use short scenes, script analysis, making short-films, lighting, camera drills, and students will practice acting/blocking tactics for movie success.

Location: GLEN CANYON REC CENTER

Instructor: John Madden

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47646	Th	3/26-5/28	4pm-6pm	10-14	\$216
47647	F	4/10-5/29	4:30pm-6:30pm	10-14	\$192

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: John Madden

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47645	W	3/25-5/27	4:30pm-6:30pm	10-14	\$240

New Technologies: 3D Printing

Explore the awesome world of 3D printing and modeling! You'll jump right in designing and building your own simple three-dimensional objects in TinkerCad, a 3D modeling program. Then you'll export your files to our MakerBot Replicator 3D printers, and learn how to finish & refine the printed objects. Your creative, design and digital skill sets will expand as you refine your designs through prototypes and revisions.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47462	F	3/27-5/22	4:30-6:30pm	8-9	\$310/\$320

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
47524	W	4/22-5/20	4pm-6pm	13-18	\$130

Arts - Visual

Art Exploration

Through this hands-on class, students will work independently and have opportunities to collaborate with others to make two-dimensional collages, drawings, and paintings and build three-dimensional structures inspired by parallels with natural/urban settings. The projects aim to empower students to participate in developing their creativity and engagement by using traditional art supplies like paint, markers, colored pencils, and an array of recycled materials, such as fabric scraps, cardboard, tin cans, magazines, and wooden pieces.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Charles Dabo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47628	Th	3/26-5/28	4pm-5pm	7-9	\$120

Location: MISSION ARTS CENTER

Instructor: Charles Dabo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47627	W	3/25-5/27	4pm-5pm	7-9	\$108

Location: PALEGA REC CENTER

Instructor: Charles Dabo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47629	F	4/10-5/29	4pm-5pm	7-9	\$96

Ceramics: Tween/Teen Ceramics

This program 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: Margaret Wilson

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47796	M	4/6-5/18	4:30-6pm	11-17	\$126/\$151
47797	W	4/8-5/20	4pm-6pm	11-17	\$196/\$221

Location: SHARON ART STUDIO

Instructor: Nicole Solomon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47795	Th	4/16-5/21	4:30pm-6pm	11-17	\$126/\$151

Location: SHARON ART STUDIO

Instructor: Jody Murphy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47798	T	4/7-5/19	4:30-6pm	11-17	\$126/\$151

Location: SHARON ART STUDIO

Instructor: Farzanaeh Sajadi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47794	Sa	4/4-5/23	10-12:30pm	11-17	\$260/\$285

Creative Art Discovery

Unleash your imagination and explore the world of art through hands-on projects. This class is for young artists who like to experiment, create & discover new techniques, & get inspired by being around other young artists. From painting & drawing, sculpture & mixed media, students can experiment with both traditional and unconventional art materials. Students will explore color, shape, & texture while developing their creativity, problem-solving & confidence in their art!

Location: MISSION ARTS CENTER

Instructor: Hitomi Silver

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47636	F	4/10-5/29	4pm-5pm	7-9	\$96

Creative Visual Art

Come have some fun in this ultimate creative arts class which combines both imagination and inspiration from real-world images. We will be inventing imaginary scenes, creating intricate abstract works of art, and making the mundane extraordinary using both drawing and painting techniques. On our journey we will explore some of the elements and principles of art, which are foundational pillars of a visual arts education. This class aids in the development of visual

art skills, which can help prepare students for entering visual arts high schools and beyond.

Location: GLEN CANYON REC CENTER

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47638	W	3/25-5/27	3pm-4pm	10-13	\$120

Location: MISSION ARTS CENTER

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47637	T	3/24-5/26	4:30pm-5:30pm	10-13	\$117

Creative Worlds Studio: Imaginative Art

Students will create imaginary scenes, transform everyday objects into abstract art, and explore mixed-media projects in drawing, painting, collage, and light sculpture, all while building strong visual storytelling and foundational art skills for secondary visual arts education.

Location: MISSION ARTS CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47733	Sa	4/11-5/30	11:30-12:45am	10-13	\$130

Easter Family Workshop

Spring into creativity with our delightful Easter Workshop, where kids and their caregivers can bond while crafting charming cardboard bunnies, vibrant beaded necklaces, and other whimsical spring-themed creations. We will supply an inspiring array of recyclable and mixed media material, including cardboard, colorful papers, fabrics, air-dry clay, pastels, and a spectrum of paints. This engaging class promotes sustainability by re-purposing materials and offers an excellent opportunity for you to work alongside your child.

Together, you can ignite their imagination and bring their artistic visions to life! Join us to experience the joy of creating together in a supportive and cheerful environment. Adult participation is required. Spaces are limited. If you have more than 1 child participating, you must enroll for 2 spaces.

Location: GLEN CANYON REC CENTER

Instructor: Krista Kamman Lowe

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47734	Sa	3/28-3/28	11am-1pm	5-8	\$40

Family Workshop: Upcycled Treehouses

Jump into Spring with this hands-on workshop that promises fun for kids and their caregivers! Discover the joy of creativity as you design and build imaginative model treehouses using recycled materials. Participants will work with an assortment of recyclables and mixed media, including cardboard, paper, fabric, wood-

en sticks, and paint. This workshop not only encourages sustainability, but also ignites the imagination! Join us to create something special that your child can take home and cherish for years to come. Adult participation is required. Spaces are limited. If you have more than 1 child participating, you must enroll for 2 spaces.

Location: GLEN CANYON REC CENTER

Instructor: Eugene Nam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47642	Sa	5/23-5/23	11am-1pm	5-8	\$40

Jewelry & Metal Arts for Teens

This after school jewelry class is offered for those interested in taking their metal arts skills to the next level. Both beginning and intermediate level students are welcome. Beginning students will be introduced to the basic skills of professional jewelry making and metalsmithing, and returning students will dive deeper into techniques to create unique pieces such as pendants, earrings and rings as well as 3-D objects made of copper and brass. Intermediate students will be given the opportunity to work with sterling silver. Materials are included in the price of the class. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Julia Farrow

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47808	W	4/1-5/20	4:30pm-6pm	11-17	\$264/\$289

Monster Mash Family Workshop

Join us for an exhilarating adventure at our Monster Mash Family Workshop, where you and your child will unleash your creativity as you craft a whimsical character from a vast assortment of recyclable and mixed media materials. Dive into a treasure trove of supplies including cardboard, tin cans, colorful papers, fabric, pastels and paints! This workshop promotes sustainability while offering a unique bonding opportunity, enabling collaboration with your child and igniting their imagination. Together, you'll embark on a journey of artistic expression, bringing your colorful monster creations to life! Adult participation is required. Spaces are limited. If you have more than 1 child participating, you must enroll for 2 spaces.

Location: GLEN CANYON REC CENTER

Instructor: Krista Kamman Lowe

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47735	Sa	4/25-4/25	11am-1pm	5-8	\$40

Personal Expression Lab: Drawing & Painting

Students explore drawing and painting through personal storytelling, symbolism, and visual exploration - creating mandalas, surreal creatures, and inventive window paintings. Projects develop skills in composition, color, line, value, and form, laying a foundation for advanced visual arts education.

Location: MISSION ARTS CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47736	Sa	4/11-5/30	10am-11:15am	10-13	\$108

Portfolio Development

This class is a drawing class for anyone who wants to improve their drawing skills. Need a portfolio but not sure where to start? This special workshop will help you get a jump start on your drawing portfolio, polish your skills and boost your confidence. We'll focus on still life, figure drawing, portraits, proportions, hands and faces. All materials provided.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Eugene Nam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47651	Sa	4/11-5/30	11am-12:30pm	11-14	\$168

Textiles: Kids Knit & Crochet

Finally a knitting and crochet class especially for kids! Students will learn basic techniques for knitting, finger knitting and crochet to increase dexterity, concentration and creativity. Your hands + yarn = infinite possibilities. All materials are provided.

Location: HARVEY MILK CENTER FOR THE ARTS

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47737	W	3/25-5/27	4:30pm-5:30pm	7-10	\$120
47738	W	3/25-5/27	5:30pm-6:30pm	7-10	\$120

The Elements of Art: Drawing & Painting with Tweens

Come explore the elements of art through drawing and painting in this fun, one-of-a-kind art class! Here we will experiment with foundational elements of art such as line, shape, value, and form while taking visual information and inspiration from striking images. On our journey we will play with imagery from nature, objects from everyday life, and cartoon-inspired art--while creating unique representational and abstract artwork. This class aids in the development of visual art skills, which can deepen secondary visual arts education.

Location: GLEN CANYON REC CENTER

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47653	W	3/25-5/27	4:30pm-5:30pm	10-13	\$108

Location: MISSION ARTS CENTER

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47652	T	3/24-5/26	6pm-7pm	10-13	\$108

Camps - Spring Break

Archery & Adventure Spring Break Camp

Archery & Adventure Camp is a unique and inclusive camp at the oldest archery range in the country! Your child will learn basic archery skills using recurve & compound bows along with all necessary shooting & safety equipment provided. USA Archery certified instructors will provide the proper techniques, help build hand/eye coordination, and self-confidence in a fun and safe environment. Other activities include various field sports games, archery-themed arts and crafts projects, offsite field trips, and Archery Tag on the last day at Ocean Beach! Drop off and pick up is at Cabrillo Playground.

Location: CABRILLO PLGD

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47568	M-F	3/30-4/3	9am-4pm	8-13	\$300

Camp Whisk & Flame

Powered by Peace Parks - Calling all teen foodies! Get ready to chop, saute', and serve! Our teen cooking camp is a flavorful adventure where you'll learn real kitchen skills, explore exciting recipes, and collaborate with fellow campers to create delicious dishes. It's more than cooking - it's a culinary experience! Campers may go on a field trip.

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47967	M-F	3/30-4/3	10am-4pm	13-17	\$257

Castles and Fortresses

Adventures in castle building and defense systems! In this 3 day, Spring Break morning class, we'll imagine and build miniature castles with upcycled materials and craft supplies. Our castles will become fortresses when we engineer working catapults, arrows, traps, drawbridges and moats to protect them from marauders!

Location: RANDALL MUSEUM

Instructor: Blu Fahey

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47541	T-Th	3/31-4/2	10-12pm	8-10	\$110/\$120

Great Time Out Camp

It's a great time to have a ball! Great Timeout Camp offers kids the chance to learn and play a variety of sports, try indoor rock climbing, and enjoy the scenic outdoors of Glen Canyon Park. Sports include basketball, soccer, volleyball, and more. With a focus on teamwork and sportsmanship, campers will create lasting friendships and memories. Equipment for rock climbing is provided. Please note: Extended care is available for this camp.

Location: GLEN CANYON REC CENTER

Instructor: Ron Oliva

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47570	M-F	3/30-4/3	8:30am-5:30pm	8-13	\$204



Shred N' Butter - Spring Break Camp

An Introduction to skateboarding. Learn the basics of skateboarding from balance, pushing, turning and cruising on low impact ramps and surfaces. We offer a safe place for beginning skateboarders to learn how to stand on a skateboard properly while maintaining our balance. We will cover the safety aspects and flow of skating flat ground obstacles/ramps. We'll also assist in basic skateboard maintenance and identify each part of the skateboard. Our instructors are trained and experienced in teaching youth and helping kids and adults navigate their way through the fundamentals of skateboarding. Helmets are mandatory. We will provide helmets and skateboards if needed.

Location: ROCHAMBEAU PLGD

Instructor: Noah Lund

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47439	M-Th	3/30-4/2	9am-4pm	8-12	\$254

Tennis - Vocabulary, Chess & Art Spring Break Camp

The Maunupau Method-Learning & Fun Tennis System is an eclectic mix of tennis instruction methodologies from; SFRPD, USTA, USPTA, PTR, & the MM-LAFTS certification curriculum, as well as 30+ years of on court coaching in the public & private sector. Instruction is divided into; safety & technical lecture, drills to support the theme of the technical lecture, fun games that are related to the theme of the technical lecture, & match play. Campers will learn the etymology of tennis grips; continental, eastern forehand, semi-western, full western, & eastern 1 handed backhand. Students will also learn stances; square, open, & closed, as well as pronation on the serve. Campers will also be introduced to the game of chess, a tennis themed art project, & a word of the day, to increase high school vocabulary.

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47890	M-F	3/30-4/3	8:30am-5:30pm	8-12	\$428

Dance/Music/Performing Arts

Act It Out! Creative Theater Games

Unlock creativity, confidence, and collaboration through the joy of theater games! This playful and energetic class introduces students to the fundamentals of drama using improvisation, storytelling activities, movement exercises, and group challenges. Participants learn to think on their feet, express themselves boldly, and work as a team all while having a great time. No acting experience necessary; just bring your imagination!

Location: MISSION ARTS CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47959	Th	4/9-5/14	4:30pm-5:30pm	11-13	\$96

Guitar: Beginner

Have fun learning to play the guitar. We will start by learning how to press, pick and strum. As the session progresses, we will move on to easy chords, scales, and rhythms that we can use to play some of our favorite songs in different musical styles. Student must bring their own beginner youth student guitar to class. We do not have any guitars to practice with in class.

Location: MISSION ARTS CENTER

Instructor: Kevin Mullane

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47944	T	3/24-5/19	4pm-5pm	7-13	\$135

Ukulele: Beginning

Have fun learning to play the ukulele. We will start by learning how to press, pick and strum. As the session progresses, we will move on to easy chords, scales, and rhythms that we can use to play some of our favorite songs in different musical styles. Ukuleles can be borrowed for the class during class time, but it is recommended that students bring their own so they may practice at home between classes.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Kevin Mullane

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47950	F	3/27-5/22	3:30pm-4:30pm	7-13	\$135

Ukulele II

Ukulele II is for students who have some previous experience playing the ukulele or who have taken the Beginning Ukulele class. We will continue our study of scales, chords and rhythms to learn more challenging songs. Each student will have the option to share an in class performance of a song that they have practiced. Ukuleles can be borrowed for the class during class time, but it is recommended that students bring their own so they may practice at home between classes.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Kevin Mullane

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47949	F	3/27-5/22	4:45pm-5:45pm	7-13	\$135

Young People's Teen Musical Theatre Company

Young People's Teen Musical Theatre Company (YPT-MTC) is a musical theatre program for teens in the Bay Area. YPTMTC offers training and performance opportunities in dance, theatre, voice, and stage craft. Previous experience is not required. For show title and audition information visit yptmtc.org. Questions? Email director@yptmtc.org

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Nicola Bosco-Alvarez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47511	W,F-Sa	3/18-5/2	4:30-6pm	13-18	\$150

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
47366	W	3/18-5/6	4:30pm-5:30pm	9-13	Free

Outdoor Recreation

Camp In, Climb On Overnight

Calling all young explorers! Join us for a night of outdoor fun at Glen Park Rec Center. Designed for ages 8-12, this exciting overnight adventure will teach camping basics like pitching a tent (with tents provided), cooking a camping-style dinner, and sleeping under the stars (indoors, of course!). We'll also hit the trails for a canyon hike and try some indoor rock climbing with all gear provided. Our certified staff will lead the way, ensuring a safe and fun experience. Snacks and dinner are provided, just bring your adventure spirit!

Location: GLEN CANYON REC CENTER

Instructor: Ron Oliva

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47569	Sa/Su	3/21-3/22	6pm-10am	8-12	\$245

Rock Climbing 101

Discover the thrill of rock climbing with Rock Climbing 101! In this beginner-friendly class, you'll learn essential skills and techniques, from properly securing your harness to mastering foundational climbing moves. By the end of the course, you'll feel confident tackling more challenging routes and climbing with friends. All climbing gear is provided. Participants must weigh between 40 and 300 lbs. and wear closed-toe shoes.

Location: GLEN CANYON REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47575	W	3/18-4/15	4pm-5:30pm	8-13	\$108
47576	W	3/18-4/15	6pm-7:30pm	8-13	\$108
47577	W	4/29-5/20	4pm-5:30pm	8-13	\$108

Personal Development

Drop-in: Teen time-out

Want some assistance in school work. Join with friends.

Location: GARFIELD SQUARE

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
Drop-in	M-T	3/16-5/26	6pm-8pm	12-18	Free

YEP! Workshop Series

Step into your future with Pathways & Possibilities - a creative and empowering workshop designed just for teens. Through the art of vision boarding, participants will explore their goals, passions, and dreams, transforming them into vibrant visual representations. Whether you're dreaming big or just figuring things out, this hands-on experience will help you clarify your path, boost your confidence, and connect with others who are on their own journeys. Let your imagination lead the way!

Location: MINNIE & LOVIE WARD REC CENTER

Instructor: Yuri Ugarte

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47964	W	3/18-3/18	4pm-6pm	13-17	Free

Location: GLEN CANYON REC CENTER

Instructor: Yuri Ugarte

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47968	W	3/25-3/25	4pm-6pm	13-17	Free

Location: ST. MARY'S REC CENTER

Instructor: Yuri Ugarte

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47969	W	4/8-4/8	4pm-6pm	13-17	Free

Location: TENDERLOIN REC CENTER

Instructor: Yuri Ugarte

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47970	W	4/15-4/15	4pm-6pm	13-17	Free

Location: MARGARET HAYWARD PLGD

Instructor: Yuri Ugarte

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47971	W	4/22-4/22	4pm-6pm	13-17	Free

Location: CROCKER AMAZON PLGD

Instructor: Yuri Ugarte

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47972	W	4/29-4/29	4pm-6pm	13-17	Free

Science & Technology

Mad Scientists Mashup!

Mad Scientists unite! Experimentation, creativity and play bring scientific concepts to life in this hands-on class. We'll explore the physical sciences by building, mixing, blasting and experimenting with new science topics each week!

Location: RANDALL MUSEUM

Instructor: Blu Fahey

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47489	F	4/10-5/1	4-5:30pm	6-8	\$100/\$110
47490	F	5/8-5/29	4-5:30pm	6-8	\$100/\$110

New Technologies: Creative Mechatronics

Challenge your brain and learn awesome new skills that will enable you to bring amazing mechatronic creations to life. You'll learn how to build kinetic art by using electronics, sensors, and programming to interact with lights, motors, and objects. You'll design, simulate & program circuits on the computer and then actually build them in the real world, using soldering & other fabrication techniques. You'll even write code for the Arduino microcomputers you'll use to control your circuits.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47464	T	3/24-5/19	4:30-6pm	10-14	\$230/\$240

New Technologies: Inventor Lab

Are you curious about electronics? Would you enjoy turning your friends into piano keys, making your pencil sing, or turning your stuffed animals into doorbells? We'll work on fun projects like these using Makey Makey, an electronics invention tool that lets us connect ordinary objects to a computer, and then, make them do unusual things! Along the way, we'll learn about circuits, sensors & even a bit of programming.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47466	Th	3/26-5/21	4pm-6pm	8-9	\$310/\$320

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

Do you have a favorite animal or superhero? A character that represents your creative self? Using simple line drawing software we'll engrave and then laser cut these figures, shapes, and drawings from plywood. You'll color, decorate, and learn to adapt your design to make stencils for painting, key rings, and more. This

is a fun, easy way to gain experience with basic design software and the precision digital maker tools in the Fab Lab. No previous experience necessary.

Location: RANDALL MUSEUM

Instructor: Tom Steele

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47987	Sa	3/28-4/11	10:30-12:30pm	10-14	\$100/\$110
47988	Sa	3/28-4/11	1:30-3:30pm	10-14	\$100/\$110
47989	Sa	5/9-5/23	1:30-3:30pm	10-14	\$100/\$110
47990	Sa	5/9-5/23	10:30-12:30pm	10-14	\$100/\$110

New Technologies: Robotics Workshop

Use Lego Mindstorm EV3 technologies to play robot games in this fun and engaging class. Robot engineers will write "apps" to make robots do cool tasks! Learn programming, engineering and problem solving using our robotic systems. Prebuilt robots will be progressively modified and adapted for games and challenges such as robot races, bumper cars, baseball, tag and soccer. Mindstorm Robot kits and laptops are provided for class use. Due to the progressive learning format, students who miss more than one class with instructor permission may be dropped without refund.

Location: RANDALL MUSEUM

Instructor: Michael Wong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47491	F	4/10-5/29	4:30-6:30pm	9-12	\$270/\$280

New Technologies: Scrapyard Robotics

Do you like to figure out how things work? Do you enjoy building things? In this Fab Lab class at the Randall Museum, you'll design and build your own robot from scratch using scrap parts, motors, and common circuitry components. You'll learn about gears, motors, sensors, LEDs, how electricity works, and much more. We'll emphasize creativity, invention, problem solving, and teamwork.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47467	W	3/25-5/20	4pm-6pm	8-9	\$310/\$320

Rocketmobiles Crash Course

Blast off your own flying rocketmobiles! Design and build unique launchable rockets that shoot, race, crash and roll. Work with tools to take stuff apart, reshape materials, and rebuild into your own imaginative designs. Experiment, test, tinker, and play!

Location: RANDALL MUSEUM

Instructor: Blu Fahey

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47498	T	4/7-4/28	4pm-5:30pm	8-10	\$100/\$110
47513	T	5/5-5/26	4pm-5:30pm	8-10	\$100/\$110

Sports

Basketball Fundamentals

Our Basketball Fundamentals focus on the skill sets of dribbling, shooting, and passing. Some game time drills will be introduced like fast breaks and boxing out for rebounds. We're looking to help these young ballers develop their love for the game.

Location: ST. MARY'S REC CENTER

Instructor: Byron Jones

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47839	T,Th	4/14-5/21	5pm-6pm	9-11	\$120

Location: SUNSET REC CENTER

Instructor: Jeffrey Butac

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47838	T,Th	4/16-5/21	4:30pm-5:30pm	9-11	\$110

Basketball Fundamentals - Advanced

Join our Advance Basketball Fundamentals as we zone in on game time drills and scrimmages with pressure from the clock. Be prepared to focus on complex defense as well as improving our footwork and shooting range with accuracy while mastering the fundamentals.

Location: ST. MARY'S REC CENTER

Instructor: Byron Jones

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47841	T,Th	4/14-5/21	6pm-7pm	9-11	\$120

Location: SUNSET REC CENTER

Instructor: Jeffrey Butac

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47840	T,Th	4/14-5/21	5:30pm-6:30pm	9-11	\$120

Drop-in: 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	3/17-5/28	3:30pm-5pm	6-17	Free

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/20	2pm-5pm	6-17	Free

Drop-in: Basketball Youth

Play a game of H-O-R-S-E or work on your 3-point shot.

Join a pickup game with friends.

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	3/17-5/21	2pm-5pm	6-17	Free

Drop-in: Volleyball

Powered by Peace Parks - Teen Spike & Social

Bring your energy and your crew or come solo and make new friends! This open gym is all about fast-paced games, teamwork, and good vibes. Light competition keeps it exciting, and the social scene makes it a blast.

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T	3/17-5/26	6pm-8pm	13-18	Free

Location: POTRERO HILL REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	3/19-5/28	5pm-7pm	13-18	Free

Kids' Games @ Kezar

Join us for this Olympic-style track meet for 5-14 year-old boys and girls, featuring the 50 meters, 100 meters, and long jump. There's absolutely NO cost to you; lunch will be served, trainers and coaches will be working with the runners, and t-shirts will be provided. All participants will receive ribbons and the top three finishers in each age group will receive medals atop our SFRPD podium! Check-in begins at 8am on the day of the event.

Location: KEZAR SPORTS COMPLEX

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47918	S	5/3-5/3	9am-1pm	5-14	Free

Tennis - Beginning

The Maunupau Method/Learning & Fun Tennis System (LAFTS) curriculum uses a progressive learning module to teach entry level students to play tennis with proper technique. Students can expect to learn grips, swing flight paths, stances, the art of the rally, shoulders being perpendicular to the net, and match play.

Location: DUPONT TENNIS COURTS

Instructor: Daniel Rodriguez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47912	Sa	3/21-5/30	4pm-5pm	11-12	\$210

Location: UPPER NOE REC CENTER

Instructor: Rene Tucker

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47899	T	3/17-5/26	6pm-7pm	8-10	\$231
47901	F	3/20-5/29	6pm-7pm	8-10	\$231

Tennis - High Performance (Juniors)

This course will be taught by former University of San Francisco tennis team standout-David Hong. This class will teach match play and strategy to help students succeed on the tennis court. Students must be able to serve, rally, and keep score. This is for the advanced player only.

Location: SUNSET REC CENTER

Instructor: David Hong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47895	Sa	3/21-5/30	1:30pm-2:30pm	13-17	\$210

Tennis - Jr. Tennis Team Advanced

This course will be taught by former University of San Francisco tennis team standout, David Hong. This class will teach players how to rally, be familiar with singles/doubles formats, keep score, & be able to play a match with United States Tennis Association rules & regulations. Coach Hong will work on advanced tournament style drills & match play. This is not a beginners tennis course & is for the advanced player.

Location: SUNSET REC CENTER

Instructor: David Hong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47896	S	3/15-5/24	12pm-1pm	12-16	\$210
47894	Sa	3/21-5/30	12pm-1pm	12-16	\$210

Tennis - Jr. Tennis Team Intermediate

This course will be taught by former University of San Francisco tennis team standout, David Hong. This class will teach players how to rally, be familiar with doubles formats, keep score, & be able to play a match with United States Tennis Association rules & regulations. Coach Hong will work on advanced tournament style drills & match play. This is not a beginners tennis course & is for the intermediate player.

Location: SUNSET REC CENTER

Instructor: David Hong

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47897	S	3/15-5/24	1:30pm-2:30pm	11-15	\$147
47891	F	3/20-5/29	4pm-5pm	11-15	\$147

Youth Soccer

Our intent is to provide a safe and fun environment for young athletes to develop a passion for the most popular sport on earth. Through a variety of skill-development drills and scrimmages, each week will build on what was covered in the week(s) before with a focus on running, controlling the ball, passing, shooting, defending and, of course, working well with their teammates and coaches. Ultimately, we want the kids

to love to play, just for the sake of playing? And to play the right way, with passion! All classes will be held outside on the athletic field. Please have your children wear appropriate athletic clothing and shoes. Please also bring a water bottle, sunscreen and a hat.

Location: VISITACION VALLEY PLGD

Instructor: Luis Azucena

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47889	W	4/8-5/27	4pm-5pm	6-9	\$90

Sports - Girls

Drop-in: Girls Basketball

Join us for a fun and welcoming drop-in basketball session! All skill levels are invited, whether you're just starting out or looking to get some extra practice in. Come shoot around, play casual games, build your skills, and meet other girls who love basketball. Just show up, bring your energy, and have a great time on the court! Any adult must be accompanied by a minor.

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	3/20-5/29	5:30pm-7:30pm	11-17	Free

Girls Play Sports - Teen Open Gym Volleyball

This drop-in course encourages teen girls to bump the ball around and play pick up games. All levels are welcome!

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	3/20-5/15	6:30pm-7:45pm	11-17	Free

Girl's Beginning Tennis

The Maunupau Method/Learning & Fun Tennis System(LAFTS) curriculum uses a progressive learning module to teach entry level students to play tennis with proper technique. Students can expect to learn grips, swing flight paths, stances, the art of the rally, shoulders being perpendicular to the net, and match play.

Location: ROCHAMBEAU PLGD

Instructor: Lou Maunupau

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47916	T	3/17-5/26	4pm-5pm	9-10	\$210
47917	Th	3/19-5/28	4pm-5pm	9-10	\$210

Girls Basketball Fundamentals

Learn the basics of basketball in a fun, supportive environment! This class is designed for middle-school girls, and covers dribbling, passing, shooting, and teamwork,

with fun drills and games. In this class, you will develop your basketball skills, make new friends, build confidence, and have fun!

Location: MOSCONE REC CENTER

Instructor: Maggie Scott

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47660	F	4/10-5/15	4:30pm-5:30pm	11-14	\$60

Girls Play Sports - Spring Volleyball League

This development volleyball league will give girls a chance to practice their bumping, setting, and serving in a fun and safe environment, with games on Saturdays. Games will be held on Saturdays at Upper Noe Rec Center between 12:30 - 5pm. You must attend both the practice and game time to register. You cannot sign up for more than one team.

8-10yrs Division

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47664	W	3/18-5/13	4pm-5pm	8-10	\$120

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47669	Th	3/19-5/14	4:15pm-5:15pm	8-10	\$120

Location: RICHMOND REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47672	Th	3/19-5/14	4:15pm-5:15pm	8-10	\$120

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47676	F	3/20-5/15	4:15pm-5:15pm	8-10	\$120

10-12yrs Division

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47663	W	3/18-5/13	5pm-6pm	10-12	\$120

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47665	W	3/18-5/13	4pm-5pm	10-12	\$120

Location: PALEGA REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47667	Th	3/19-5/14	4:15pm-5:15pm	10-12	\$120

Location: RICHMOND REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47670	Th	3/19-5/14	4:15pm-5:15pm	10-12	\$120

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 47673 F 3/20-5/15 4:15pm-5:15pm 10-12 \$120
 47674 F 3/20-5/15 5:30pm-6:30pm 10-12 \$120

12-14yrs Division

Location: MOSCONE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 47666 W 3/18-5/13 5pm-6pm 12-14 \$120

Location: PALEGA REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 47668 Th 3/19-5/14 5:30pm-6:30pm 12-14 \$120

Location: RICHMOND REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 47671 Th 3/19-5/14 5:30pm-6:15pm 12-14 \$120

Location: UPPER NOE REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 47675 F 3/20-5/15 5:30pm-6:30pm 12-14 \$120

Girls Play Sports - Advanced Volleyball Clinic

This advanced volleyball clinic will refine and elevate the skills of experienced players. This clinic offers specialized and individualized instruction, advanced playing techniques, and a fun, competitive playing environment. You must have two years of playing experience to enroll in this course.

Location: ST. MARY'S REC CENTER
 Instructor: Mike Duong
 COURSE # DAYS DATES TIMES AGES FEES
 47680 W 3/18-5/13 4:30pm-6pm 12-15 \$105

Girls Play Sports: Archery

Ready, set, shoot! This 6-week archery course is designed just for girls who want to build their skills, grow their confidence, and have a blast doing it. Following the USA Archery curriculum, you'll learn how to shoot safely and accurately while mastering proper form, scoring basics, and range etiquette. Each session includes fun games, friendly challenges, and empowering instruction in a supportive, all-girls environment. Whether you're brand new or aiming to improve, this class is your target for fun and growth. All equipment is provided, just bring your focus and fierce energy!

Location: CAYUGA PLGD
 Instructor: Joe Arnaldo
 COURSE # DAYS DATES TIMES AGES FEES
 47919 F 3/20-4/17 4pm-5pm 10-16 \$96
 47920 F 4/24-5/15 4pm-5pm 10-16 \$96

Girls Play Sports: Intro to Volleyball

This beginner-friendly class is designed to introduce girls to the exciting world of volleyball in a fun, supportive, and empowering environment. Whether participants are brand new to the sport or have a little experience, this class focuses on building confidence, teamwork, and fundamental skills.

Location: EUREKA VALLEY REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 47661 Th 3/19-5/14 4:15pm-5:15pm 8-11 \$160

ADULTS

Adaptive Recreation

TR Stream

Join us for our new pilot, TR's STREAM. We are partnering with GoodBoost, an app-based exercise program that is completely customizable to the individual. This program is independently facilitated with onsite support provided by TR staff.

Location: MISSION PLGD
 Instructor: Jonathan Lee
 COURSE # DAYS DATES TIMES AGES FEES
 47252 W 3/18-5/13 1pm-2pm 18+ Free

Alternative Recreation

Archery - Indoor Target League

A mixed format indoor archery league (Adults 20yds, Youth 10yds). The league is a great way to learn how to score with other archers of all ages, skill levels & bow styles. Bow categories are: Olympic Recurve, Barebow Recurve, Traditional, Compound Freestyle, and Compound Bowhunter. While usage of your own equipment is recommended, barebow recurve & barebow compound equipment is available for league use. League schedule is comprised of a 5-week season, followed by a finals competition. Awards will be given at season's end. Please contact joe.arnaldo@sfgov.org

for more information.

Location: RICHMOND REC CENTER

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47557	W	3/18-4/15	5:45pm-7:45pm	18+	\$128
47559	W	4/22-5/13	5:45pm-7:45pm	18+	\$128

Archery - Intro to Archery Development

Build your target archery skills in this 3-week course! Following the USA Archery curriculum, students will learn about range and equipment safety, proper techniques, basic scoring mathematics, and participate in fun archery shooting games. Adults are welcome to join!

Location: GOLDEN GATE PARK ARCHERY FIELD

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47561	Sa	3/21-4/11	10am-11:30am	18+	\$72
47563	Sa	4/25-5/9	10am-11:30am	18+	\$72

Archery Development - Intermediate/Advanced

Take your archery skills to new heights in this 6-week course, designed for adult archers looking to refine their technique. Through the USA Archery Adult Achievement Development Program, you'll explore different bow styles, including Olympic recurve and bowhunter compound, and test your skills at varying distances and target sizes. As you reach milestones, you'll earn achievement pins to mark your progress. USA Archery membership is required for national recognition.

Location: GOLDEN GATE PARK ARCHERY FIELD

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47567	Sa	3/21-5/9	12pm-1:30pm	18+	\$144

San Francisco Archery Classic Tournament

Join us for an exciting FITA Archery Round Tournament set in the scenic surroundings of San Francisco's historic Boxer Stadium. This class prepares participants to compete confidently in a full FITA-style event, covering scoring formats, distance requirements, equipment setup, and competitive shooting techniques. Archers will receive guided coaching, safety instruction, and structured practice rounds leading up to the tournament. Whether you're aiming to sharpen your skills or experience the thrill of organized competition, this course offers a memorable archery experience in one of San Francisco's most beautiful outdoor venues.

Location: BALBOA PARK

Instructor: Joe Arnaldo

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47620	Sa	4/18-4/18	9am-3pm	18+	\$65

Shred N' Butter for Adults

Skateboarding can be intimidating, but not here. A wonderful activity to start at any age, we offer skateboarding for adults in an inclusive environment. Shred N' Butter is a safe place for beginning skateboarders to learn how to stand on a skateboard properly while maintaining our balance. Learn the basics of skateboarding from balance, pushing, turning and cruising on low impact ramps and surfaces. We will cover the safety aspects and flow of skating flat ground obstacles/ramps. We'll also assist in basic skateboard maintenance and identify each part of the skateboard.

Location: RICHMOND REC CENTER

Instructor: Max Francisco

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47444	F	3/20-4/24	6:15pm-7:15pm	18+	\$70
47483	F	5/1-5/29	6:15pm-7:15pm	18+	\$70

Women's Self-Defense

Learn simple martial arts maneuvers to help develop confidence and awareness.

Location: UPPER NOE REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47723	W	3/18-5/27	6:30pm-7:30pm	18+	\$126

Aquatics

Wave Riders

Catch your first wave at Mirada Surf Beach in Half Moon Bay! This beginner-friendly surfing class is ideal for first-timers or those looking to build confidence in the water. Learn the basics of paddling, popping up, and ocean safety from experienced instructors in a fun, supportive environment. Instruction includes beach-based practice and supervised time in the water. Surfboards are provided. Note: Participants must be comfortable swimming in the ocean and pass a required deep-water swim test. Waiver and swim test forms are required. For more information please contact Rex Biteng at rex.biteng@sfgov.org

Location: Mirada Surf Beach

Instructor: Thomas Angelone

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
48000	Sa	5/9-5/9	10am-12pm	18+	\$70
48001	Sa	5/9-5/9	12pm-2pm	18+	\$70

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: GARFIELD SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47740 S 3/22-5/17 10:30am-11am 18+ \$136

Location: HAMILTON SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47769 Sa 3/21-5/16 11:15-11:45am 18+ \$136

Location: MARTIN LUTHER KING, JR. SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47819 T-F 3/17-3/27 5:15pm-5:45pm 18+ \$136
47770 W,F 3/18-4/17 11:30am-12pm 18+ \$136
47820 Sa 3/21-5/16 11:15-11:45am 18+ \$136
47771 W,F 4/29-5/22 11:30am-12pm 18+ \$136

Location: NORTH BEACH SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47855 Th 3/19-5/21 3:20pm-3:50pm 18+ \$136

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
47683 T 3/17-5/19 3:30pm-4pm 18+ \$136

Location: COFFMAN SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47684 W,F 4/29-5/22 5pm-5:30pm 18+ \$136

Location: GARFIELD SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47742 M 3/16-5/18 10:15-10:45am 18+ \$136

Location: HAMILTON SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47768 Sa 3/21-5/16 10:30am-11am 18+ \$136

Location: MARTIN LUTHER KING, JR. SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47830 T-F 3/17-3/27 5:15pm-5:45pm 18+ \$136
47842 W,F 3/18-4/17 11:15-11:45am 18+ \$136
47844 Sa 3/21-5/16 11:15-11:45am 18+ \$136
47843 W,F 4/29-5/22 11:15-11:45am 18+ \$136

Location: NORTH BEACH SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47856 Th 3/19-5/21 3:20pm-3:50pm 18+ \$136

Location: ROSSI SWIMMING POOL
COURSE # DAYS DATES TIMES AGES FEES
47883 M 3/16-5/18 10:30am-11am 18+ \$136
47882 S 3/22-5/17 10:30am-11am 18+ \$136

Adult Swim - Swimming for Fitness

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
47857 Sa 3/21-5/16 4:30pm-5pm 18+ \$136

Arts & Crafts

Abstract Printmaking: Texture, Shape & Color

This class is a playful, low-pressure dive into abstract image-making through hand printed techniques. We'll focus on core visual principles: texture, repetition, color, and composition while creating intuitive, expressive prints using linoleum blocks, gelatin plates, and collage. With zero pressure to draw something or create representational images, students will build visual fundamentals organically, making it a great fit for beginners or rusty creatives. Emphasizing process, intuition, and play, this class encourages flow-state work that's restorative and creatively satisfying. Each student will develop a mini-series of prints or a visual journal

exploring their own personal visual language. Please bring required materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Rebecca Rippon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47773	F	5/1-5/15	3pm-6pm	18+	\$165/\$190

Advanced Glass

This is an advanced class. In order to enroll, students must have 6 months of stained glass experience to register and may not be enrolled in another Leaded Glass class. Glass fusing allowed during this class. Firing will be done by the instructor in communal kiln. Class is self-directed, minimal instruction provided.

Location: SHARON ART STUDIO

Instructor: Constance Flannery

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47774	F	3/27-5/22	10am-1pm	18+	\$324/\$349

Beginner Bezel Settings with Cabochons

In this beginner class, each student can expect to design and fabricate a unique sterling silver stone set ring. Students will learn foundational silversmithing techniques- cut metal with the jewelers saw, sand, file, stamp, form, solder and create a bezel cup in order to fabricate their final product. This class is a great opportunity to learn a new skill or brush up on existing metalsmithing skills. All levels of experience are welcome. Materials and tools are provided with the cost of the class, but please feel free to bring your own cabochons and supplies. If this will be your first ring and you would like to purchase your own cabochons to use in the class, please purchase oval or circular. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Danielle Hoang

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47775	M	3/23-5/18	6:30pm-9pm	18+	\$360/\$385

Beginning/Intermediate Knitting

Hats? Scarves? Cows? Blankets? Fingerless Gloves? Socks? In this class designed for both beginning and intermediate knitters, anything is possible! Beginners will learn to knit, purl, cast on and cast off. Intermediate knitters will learn new techniques. Yarn and needles are provided for practice, and the instructor will provide a variety of knitting patterns.

Once you've chosen your project, you'll be expected to bring your own yarn and knitting needles to class.

Location: RANDALL MUSEUM

Instructor: Rhonda Rungstiyakorn

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47487	W	3/18-4/15	12pm-2pm	15+	\$150/\$160
47488	W	4/29-5/27	12pm-2pm	15+	\$150/\$160

Casting in Silver

Learn the organic metal art of lost wax casting. This course will cover the process by which metal object is cast from a wax model, allowing you to see the limitless forms that metal can take. The class starts by showing you how to work with wax (hot and cold) to create pieces of jewelry that will be cast. The class fee covers the cost of basic materials. Each student will be given one 2.5 inch flask to fit their wax designs in. Students are responsible for purchasing sterling silver which will be covered in class. Instructor will be doing the castings for the students. Beginners are welcome. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Erik James

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47777	Th	4/16-5/14	2pm-5pm	18+	\$315/\$340

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

Instructor: Elizabeth Liu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47786	M	3/23-5/18	10am-1pm	18+	\$312/\$337
47783	F	3/27-5/22	10am-1pm	18+	\$351/\$376

Location: SHARON ART STUDIO
 Instructor: Farzanaeh Sajadi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47787	M	3/23-5/18	6:30-9:30pm	18+	\$312/\$337
47785	W	3/25-5/20	6:30-9:30pm	18+	\$351/\$376

Location: SHARON ART STUDIO
 Instructor: Jeannie Ichimura

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47781	Th	3/26-5/21	10am-1pm	18+	\$351/\$376

Location: SHARON ART STUDIO
 Instructor: Katina Price

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47784	F	3/27-5/22	6:30-9:30pm	18+	\$351/\$376

Location: SHARON ART STUDIO
 Instructor: Susan Gold

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47780	W	3/25-5/20	10am-1pm	18+	\$351/\$376
47782	Th	3/26-5/21	6:30-9:30pm	18+	\$351/\$376

Location: SHARON ART STUDIO
 Instructor: Vincent Cheung

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47779	T	3/24-5/19	6:30-9:30pm	18+	\$312/\$337

Location: SHARON ART STUDIO
 Instructor: Katina Price

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47778	T	3/24-5/19	10am-1pm	18+	\$312/\$337



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
47788	M	3/23-5/18	1:30-3:30pm	18+	\$136/\$161

Location: SHARON ART STUDIO
 Instructor: Jeannie Ichimura

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47791	Th	3/26-5/21	1:30-3:30pm	18+	\$153/\$178

Location: SHARON ART STUDIO
 Instructor: Katina Price

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47789	T	3/24-5/19	1:30-3:30pm	18+	\$136/\$161

Location: SHARON ART STUDIO
 Instructor: Susan Gold

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47790	W	3/25-5/20	1:30-3:30pm	18+	\$153/\$178

Location: SHARON ART STUDIO
 Instructor: Yuko Sato

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47792	F	3/27-5/22	1:30-3:30pm	18+	\$153/\$178

Ceramics Workshop: Organic Whimsical Vases

Explore the playful side of clay in this handbuilding class focused on creating 1-3 whimsical, organic vases. As a starting point, students will learn coiling, slip and score, and attachment techniques to bring imaginative forms to life. Each week builds from concept sketches and prototypes to fully realized ceramic pieces. Along the way, you'll experiment with surface textures, test glazes, and finish your creations with vibrant color and personality. Perfect for beginners and returning makers, this class invites creativity, exploration, and a love of imperfect, organic beauty. Tools and clay provided.

Location: SHARON ART STUDIO

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47877	F	4/10-5/15	4pm-6pm	18+	\$156/\$181

Ceramics: Anything Goes!

Explore the vast, imaginative possibilities of clay in the Randall's open studio setting. Hone your skills throw-

ing on a wheel or hand-building, making something for use or building sculptural pieces. If you have some experience in clay, whether back in high school or recently, and would like to develop a project and take your skills to the next level, this class is for you. Get one-on-one guidance and support from our experienced instructors.

Location: RANDALL MUSEUM

Instructor: Darien Prendergast

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47455	F	3/27-5/22	5:30pm-8:30pm	15+	\$460/\$470
47456	Sa	3/28-5/23	2pm-5pm	15+	\$415/\$425

Location: RANDALL MUSEUM

Instructor: Mariko Allbritton

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47457	T	3/17-5/19	6:30-9:30pm	15+	\$460/\$470

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: Farzanaeh Sajadi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47793	Sa	3/28-5/23	1:30-4:30pm	18+	\$336/\$361

Ceramics: Let's Get Hand-Building

Whether you are new to clay, have loads of experience, or just want to get your hands dirty, this class is for you! Together we will develop the foundations of hand-building: pinch, coil, and slab techniques to create both functional and decorative objects. Explore structure, texture, and embellishment. Get inspired and have a ball (of clay!) NOTE: New students must attend the first three class meetings.

Location: RANDALL MUSEUM

Instructor: Denise Zachariah

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47458	T	3/24-5/19	11am-2pm	15+	\$460/\$470

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: Darien Prendergast

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47460	F	3/27-5/22	10am-1pm	15+	\$460/\$470

Location: RANDALL MUSEUM

Instructor: Mariko Allbritton

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47459	W	3/18-5/20	6:30-9:30pm	15+	\$460/\$470
47986	Th	3/19-5/21	6:30-9:30pm	15+	\$460/\$470

Community Sewing Class - Beginners

This course introduces students to the fundamentals of sewing and is designed for beginners. Participants will learn to operate industrial sewing machinery while gaining practical experience in garment construction. Weekly lessons will focus on essential techniques, including installing zippers, attaching collars, adding pockets, performing basic alterations, and assembling garments. By the end of the course, students will have developed the skills necessary to complete a variety of sewing projects with confidence.

Location: JOSEPH LEE REC CENTER

Instructor: Dale Banks

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47195	W,F	3/18-5/29	3pm-5pm	18+	\$110

Community Sewing Class - Intermediate

Have you completed the Community Sewing Class? This intermediate course is designed for students with basic sewing experience who wish to advance their techniques and knowledge. Instruction will focus on garment construction, seam finishing, reading and interpreting sewing patterns, and introductory pattern manipulation. By the end of the course, students will gain greater confidence in sewing and be prepared to tackle more complex projects.

Location: JOSEPH LEE REC CENTER

Instructor: Dale Banks

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47196	T,Th	3/17-5/28	3pm-5pm	18+	\$117

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
47807	W	3/25-5/20	5pm-8pm	18+	\$324/\$349
47803	Th	3/26-5/21	7pm-10pm	18+	\$324/\$349

Location: SHARON ART STUDIO

Instructor: Dolores Gray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47801	M	3/23-5/18	2pm-5pm	18+	\$288/\$313
47802	T	3/24-5/19	7pm-10pm	18+	\$288/\$313

Location: SHARON ART STUDIO

Instructor: Elizabeth Liu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47804	F	3/27-5/22	2pm-5pm	18+	\$324/\$349
47805	Sa	3/28-5/23	2pm-5pm	18+	\$324/\$349
47806	Sa	3/28-5/23	10am-1pm	18+	\$324/\$349

Jewelry Intensive - Bar Clasp

Take your jewelry-making to the next level by learning to make a ring and bar style clasp as a beautiful way to finish off any necklace or bracelet! We will expand upon your metalsmithing skills by crafting a clasp. Students will learn how to shape jump rings, solder, and polish a sterling silver clasp in our 4 hour course. Our wonderful jewelry studio is outfitted with all the tools and equipment to take your jewelry making to the next level and beyond. Students must have taken the beginner course previously or demonstrate equivalent skills. Class fee includes the use of tools and materials for one sterling silver bar and ring clasp. 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. Additional silver can be purchased in class for a fee, payable to the instructor. Jewelry making requires normal hand dexterity.

Students must attend class on time to receive instruction that will not be repeated. Tools and materials provided. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Sarah Ellison

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47874	Sa	5/16-5/16	10am-2pm	18+	\$148/\$173

Jewelry Open Studio

This open studio provides space and equipment for students to work independently to complete jewelry projects. Experience with studio equipment and safety protocols is necessary. Minimal instruction is provided. A jewelry monitor will be available to help answer questions and ensure proper safety precautions are taken with studio equipment. Please Note: The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. To help ensure availability, please submit accommodation requests at least two weeks before the start of the class. **Please Note: In order to register for open studio, you must be currently enrolled in a Sharon Art Studio a beginner or intermediate jewelry class that is 5 weeks or longer.**

Location: SHARON ART STUDIO

Instructor: Sarah Ellison

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47811	Sa	4/4-5/23	3pm-5pm	18+	\$196/\$215

Jewelry Workshop - Pearl Knotting

Knotting isn't just for pearls, it's a way to keep precious gemstone beads evenly spaced, prevent wear at the edges, and save the beads from scattering if the thread is broken. Try this ancient technique for yourself! This class will discuss the differences between thread material and types of gemstones. You'll learn how to properly thread precious gemstones, including pearls, into a necklace or bracelet. You'll have access to a variety of different types of clasps, thread, and gemstones so you can truly create a one-of-a-kind piece of wearable art! Tools and materials available. Light refreshments provided to quench your thirst as you work.

Location: SHARON ART STUDIO

Instructor: Sarah Ellison

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47812	F	4/24-4/24	6:30-9:30pm	18+	\$80/\$105

Jewelry Workshop: Brass & Rainbow Crystal Sun Catchers

This hands-on workshop teaches participants to create stunning brass and rainbow crystal sun catchers by hand-sawing brass shapes of their own design and incorporating rainbow crystals. Students will learn metalworking fundamentals, including sawing and wire-working, to create functional art pieces that catch and refract light. Jewelry is not just for the body. Embellish your home with metal and light. Tools and materials provided.

Location: SHARON ART STUDIO

Instructor: Kenna Roberts

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47870	Th	5/7-5/21	11am-2pm	18+	\$198/\$223

Jewelry Workshop: Creating Script with Metal

For those who adore typeface and linework-- this class invites you to turn your love of shapes and worlds into something you can wear daily. Learn to saw delicate designs that echo hand drawn script or drawings, to solder jump rings, and to drill holes, shape and polish brass and copper with a Flex shaft tool. Each piece becomes a small act of translation of your artistic voice into a luminous physical form! Open to all experience levels, from those new to metal working as well as those more advanced and looking to practice creating more detail in their pieces. Tools and materials provided. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Lucinda Gold

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47871	Sa	3/28-4/11	11am-2pm	18+	\$207/\$232

Jewelry Workshop: Intro to Up-Cycled Jewelry Design

Give life back to your broken and outdated costume and broken jewelry. In this class, students will design and craft unique up-cycled jewelry while learning foundational metalsmithing skills such as jump rings, light soldering, hand sawing, hammer techniques, wire forging, and more. Skills will depend on the type of jewelry the student brings and the designs they wish to create. The instructor will assist with design and fabrication strategy to keep the expected results within the students' skill level. This is a beginner class, and we

will not be working with fine jewelry or metals. Tools and materials provided.

Location: SHARON ART STUDIO

Instructor: Kenna Roberts

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47872	T	4/7-4/28	2pm-5pm	18+	\$180/\$205

Jewelry Workshop: Polymer Clay Jewelry

Discover the colorful, creative world of polymer clay jewelry! In this hands-on class, instructor Sophie Wertz will guide you through the process of designing and creating your own unique sets of earrings. Polymer clay has become a favorite medium among DIY jewelry makers. It's lightweight, vibrant, and incredibly versatile. Once you learn a few key sculpting techniques, the design possibilities are endless! You'll start by getting familiar with polymer clay through short lessons on color mixing, clay conditioning, and handling techniques. Sophie will demonstrate popular methods like marbling, sculpting miniature florals, and using carving and modeling tools. You'll have access to a variety of cutters, rollers, and texture tools to shape and personalize your designs. From there, you'll learn how to prepare clay sheets, bake your creations, assemble, and finish your earrings. By the end of class, you'll go home with a custom jewelry piece and leave with confidence, skills, and know-how to keep creating polymer clay jewelry on your own! Tools and materials provided.

Location: SHARON ART STUDIO

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47873	M	4/27-4/27	6:30pm-9pm	18+	\$70/\$95

Stained Glass Jewelry Workshop

Learn the basics of stained glass including glass cutting and soldering. Instruction will include the copper foil method of stained glass (AKA the Tiffany method). Select from a variety of glass to create your custom earrings and/or pendants, ready to take home with you at the end of class. This class is great for beginning level students. Intermediate and returning students will learn decorative solder and wire techniques. All tools and materials provided.

Location: SHARON ART STUDIO

Instructor: Julie Morrice

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47817	Th	4/23-4/23	11am-3pm	18+	\$180/\$205

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. 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
47501	Th	3/19-4/16	6:30pm-9pm	15+	\$310/\$320
47502	Th	4/30-5/28	6:30pm-9pm	15+	\$310/\$320

Watercolor Line & Wash Techniques: Fresh Harvest

Fresh Harvest: The Line and Wash Way invites students into an immersive, hands-on exploration of botanical watercolor. We'll focus on the textures, shapes, and colors of early spring vegetables and herbs. Across four sessions, each built around working from life, participants will develop foundational pen and watercolor skills including color mixing, composition, proportion, texture, and edge control. Please bring requested materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Marco Flavio

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47818	F	3/27-4/17	3pm-6pm	18+	\$180/\$205

Watercolor: Plants & Animals

Improve your watercolor skills! We will use photographs to create pictures featuring plants and wild animals. Some of the wild animal studies will include landscape, while our studies of plants will consist mostly of blooming flowers along with some forest views. However, this is not a scientific or botanical illustration class. The emphasis will be on composition, exciting use of color, and spontaneous painting with watercolor techniques. Basic watercolor experience required for this class. Please bring requested materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Carlo Grunfeld

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47875	Th	4/2-5/21	6:30-9:30pm	18+	\$312/\$337

Woodworking I: Shaker Bench

Our project-based beginning classes provide a thorough introduction to woodworking tools, techniques and machinery. As you build a Shaker bench, 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. NOTE: Please don't sign up for the class if you cannot make every session; for safety reasons, students who miss 2 or more meetings may be dropped. A \$50 mate-

rials fee is folded into the overall cost of the class. Prerequisite: Woodworking Safety Orientation. Students who have not met the prerequisite will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM

Instructor: Seth Newsome

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47474	W	3/25-5/27	6:30-9:30pm	15+	\$560/\$570

Woodworking I: Shaker Table

Our project-based beginning classes provide a thorough introduction to woodworking tools, techniques and machinery. As you build a Shaker table, 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. NOTE: Please don't sign up for the class if you cannot make every session; for safety reasons, students who miss 2 or more meetings may be dropped. A \$50 materials fee is folded into the overall cost of the class. Prerequisite: Woodworking Safety Orientation. Students who have not met the prerequisite will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47475	T	3/24-5/26	6:30-9:30pm	15+	\$510/\$520

Woodworking in Small Spaces: Portable Workbenches!

Are you interested in woodworking but like most city residents have limited space? Have you built saw horses at the Randall and want to explore how to put them to use? In this hands-on class you'll build a portable workbench that can mount on those saw horses or at your kitchen table. From the classic hand tools needed to make furniture (chisels, hand planes, measuring and marking tools, and various types of saws) to small, portable power tools, you'll go home with a deeper sense of what's possible in small spaces. Instructor Mike Bray has decades of experience and scores of tricks and techniques for working safely and accurately. A \$100 materials fee is included in the cost and covers the unique demands of the bench, including a bench vise, two layers of finished ply, and hardwood framing. Prerequisite: Woodshop Safety Orientation. Students who have not met the prerequisite will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM

Instructor: Mike Bray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47476	Th	3/26-5/14	6:30-9:30pm	15+	\$510/\$520

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: Deirdre Visser

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47477	T	3/17-3/17	6:30pm-9pm	15+	\$30/\$40
47478	Th	3/19-3/19	6:30pm-9pm	15+	\$30/\$40

Woodworking: Community Design-Build!

In this class we'll collectively design and build a furniture piece for the entry of the GLBT Historical Society in downtown San Francisco. We'll begin by considering the spatial and material constraints and needs, and move through a collective building process, developing new hand and machine skills along the way. Prerequisites: Successful completion of two Woodworking I classes at the Randall or instructor approval.

Location: RANDALL MUSEUM

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47479	F	3/27-5/22	9:30-12:30pm	15+	\$460/\$470

Woodworking: Open Shop

Open Shop is an opportunity for more experienced woodworkers to pursue independent projects with the support of a skilled instructor. Wood is purchased by students; materials & project storage is limited. Projects are subject to instructor approval. Prerequisite: Successful completion of two Woodworking I classes at the Randall Museum within the last three years, or equivalent. Instructor approval is required. (Email deirdrevisser@sfgov.org.) Students who have not met prerequisites will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM

Instructor: Seth Newsome

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47480	T	3/24-5/19	9:30-1:30pm	15+	\$615/\$625

Woodworking: Open Shop

Open Shop is an opportunity for more experienced woodworkers to pursue independent projects with the support of a skilled instructor. Wood is purchased by students; materials & project storage is limited. Projects are subject to instructor approval. Prerequisite: Successful completion of two Woodworking I classes at the Randall Museum within the last three years,

or equivalent. Instructor approval is required. (Email deirdrevisser@sfgov.org.) Students who have not met prerequisites will be withdrawn and charged a 20% refund processing fee.

Location: RANDALL MUSEUM

Instructor: Seth Newsome

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47481	Sa	3/21-5/23	1pm-5pm	15+	\$615/\$625

Woodworking: Turning Spindles, Boxes, and Bowls!

Whether you're new to turning or have some experience, in this NEW 9-session, 4-person turning class, you'll have the chance to push your skills farther. We'll begin with spindles and expand from there, exploring a range of woods hard and soft, and a range of scales. Standard materials included.

Location: RANDALL MUSEUM

Instructor: Cindy Navarro

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47482	Th	3/26-5/14	1pm-4pm	15+	\$410/\$420

Arts - Digital Arts & Technologies

Introduction to Cartoon & Animation

Students will learn to create animation characters, turnarounds, props, and scenes in a fun and casual environment. In this class, students will explore real techniques and methods used in the animation and cartoon industry. All materials included. iPads and pencils will be available for students to use during class. Students may bring their own iPads to class, and must have the Procreate app already purchased and installed on their device.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Eugene Nam

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47644	T	3/24-5/26	7pm-8:30pm	18+	\$210

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: Chris Gould

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47518	Th	5/21-5/21	6pm-8:30pm	18+	\$50

Location: HARVEY MILK PHOTO CENTER
 Instructor: John Longyear

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47516	W	3/25-3/25	6pm-8:30pm	18+	\$50
47517	Th	5/7-5/7	6pm-8:30pm	18+	\$50

Location: HARVEY MILK PHOTO CENTER
 Instructor: Parker Mosby

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47515	T	3/17-3/17	6pm-8:30pm	18+	\$50

Beginning Adobe Photoshop

Take your photographs to the next level with Adobe Photoshop's powerful digital editing tools. Together we'll navigate a wide variety of features including layers, color manipulation, text, brushes and filters while working on individual class projects. Learn the basics while having fun. Students must have Adobe Photoshop and most current version of zoom installed onto their computer prior to the first class. Zoom information will be emailed to students before the first class.

Location: HARVEY MILK PHOTO CENTER
 Instructor: Barbara Pollak - Lewis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47519	T	5/5-5/26	6pm-8pm	18+	\$185

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
47536	Sa	4/11-4/11	11am-3pm	18+	\$110
47535	F	5/8-5/8	11am-3pm	18+	\$110

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
47521	Th	3/26-4/30	6pm-8:30pm	18+	\$230

Location: HARVEY MILK PHOTO CENTER
 Instructor: Parker Mosby

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47520	T	4/7-5/12	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
47522	Sa	4/18-5/23	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: Parker Mosby

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47523	T	5/26-5/26	6pm-8:30pm	18+	\$50

Getting to Know Your DSLR Camera

Learn the controls of your digital camera and improve your photographs along the way! Step by step instruction and demonstrations will be covered in class. Please bring your digital camera manual to class, along with your camera that is fully charged, and with back up batteries. This class requires a Digital SLR Camera. For any questions please contact Photo Center at 415-554-9522.

Location: HARVEY MILK PHOTO CENTER

Instructor: Quincy Stamper

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47525	W	4/8-4/29	6pm-8:30pm	18+	\$170

Luminograms

During this class students will learn how to make luminograms. Lumen prints are made using gelatin silver paper, which is exposed to light and placed directly into the fixer. The prints can be made using digital negatives or objects (like a photogram), but they can also be made using only light itself. Beautiful pastel tones emerge in the process, and the prints can be left unfixed to further change over time. Students will experiment with different techniques to better understand the factors that influence the colors of the gelatin silver paper - the time of exposure, the type of light, and the kind of paper used in the process.

Location: HARVEY MILK PHOTO CENTER

Instructor: Katherine Akey

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47538	W	5/6-5/27	6pm-8pm	18+	\$185

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 form 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
47526	Sa	3/28-3/28	11am-2:30pm	18+	\$80

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 drymount 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
47527	Sa	3/21-3/21	11am-12pm	13+	\$15
47528	Sa	4/4-4/4	11am-12pm	13+	\$15
47529	Sa	4/18-4/18	11am-12pm	13+	\$15
47530	Sa	5/2-5/2	11am-12pm	13+	\$15
47531	Sa	5/16-5/16	11am-12pm	13+	\$15
47532	Sa	5/30-5/30	11am-12pm	13+	\$15
47533	Sa	6/13-6/13	11am-12pm	13+	\$15

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
47537	S,Sa	5/30-5/31	10am-4pm	18+	\$350

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
47772	T	3/24-5/19	2pm-5pm	18+	\$288/\$313

Beginner Jewelry

Are you a jewelry enthusiast? Join our foundational class for those looking to start their journey in jewelry-making. We will explore the basic and vital techniques to jewelry fabrication and metalsmithing. Students will learn how to properly cut, saw, anneal, texture, shape, solder, and polish metal in our 8-week introduction to jewelry fabrication. Our wonderful jewelry studio is outfitted with all the tools and equipment to take your jewelry making to the next level and beyond. Class fee includes the use of tools and materials for two introductory project such as a pendant, keychain, a ring, or earrings in brass or copper. 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. Additional silver and gemstones can be purchased in class for a fee, payable to the instructor. Jewelry making requires normal hand dexterity. New students must attend the first class to receive instruction that will not be repeated. Tools and materials available. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Sarah Ellison

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47810	T	3/24-5/19	10am-1pm	18+	\$330/\$355
47809	W	3/25-5/20	6:30pm-9:30pm	18+	\$396/\$421

Beginner Jewelry & Independent Study

Start or renew your core skills in contemporary jew-

elry-making in our supportive and structured introduction to metalsmithing course. Students will create multiple pieces through the exploration of foundational jewelry fabrication techniques such as how to cut metal with the jewelers saw, sand, file, anneal, stamp/texture, form, solder, patina and polish. Intermediate jewelers choosing independent study will have instructor guidance as needed for creative decision making and to fabricate their designs. Class fee includes the use of tools, copper and brass, and materials for one silver introductory project. Please purchase your own silver for anything beyond that, which can be discussed during the first class. Jewelry making requires hand dexterity. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Danielle Hoang

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47876	T	3/24-5/19	6:30pm-9pm	18+	\$330/\$355

Beginning Sewing

Join us for a hands-on introduction to sewing in this beginner-friendly class. You'll learn essential sewing machine skills including how to thread a machine, wind bobbins, cut fabric, and troubleshoot basic issues. Practice key techniques like straight stitching, box corners, hemming, and using a simple pattern. All materials provided.

Location: HARVEY MILK CENTER FOR THE ARTS

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47631	Th	3/26-5/28	6:30pm-8:30pm	18+	\$252

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
47776	T	3/24-5/19	11am-1pm	18+	\$312/\$337

Digital Painting: Concept Art

Discover the creative possibilities of gelli plate printing in this hands-on workshop designed for adult learners of all experience levels. Students will learn the basics of gelli printing, including how to prep the gelli plate, how to ink it, how to create designs that can be easily printed, and how to make stellar prints. We will begin with focused instruction in design and color specific to gelli printing, helping you understand how layering, contrast, and transparency work in this unique process. Moving forward, students will create images that work in a positive/negative style on their gelli plates, exploring how shapes, textures, and stencils interact to produce dynamic, one-of-a-kind prints. Participants will leave with a collection of original prints and a deeper understanding of this playful and versatile printmaking technique.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Marcia Weisbrot

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47994	Sa	4/25-4/25	1pm-4pm	18+	\$50

Drawing at the de Young Museum

This hands-on workshop invites participants to explore the rich, tactile world of oil pastels through a series of guided exercises inspired by the vibrant collections of the de Young Museum. Blending drawing and painting techniques, participants will learn how to layer, blend, and build texture using oil pastels to create expressive, colorful works on paper. Participants will engage with museum artworks as sources of inspiration, drawing connections between historical and contemporary uses of color, composition, and gesture. Emphasis will be placed on personal expression, process, and experimentation rather than representational accuracy, making this workshop accessible to all skill levels. At the de Young Museum, sketching is allowed in the permanent collection with a pencil and a small (9 x 12 inch or smaller) pad. At the first class the class will meet at the lily pond outside of the de Young. Please do not be late for the first day of the class as important information and rules will be covered before going inside the museum. Students are responsible for their own entry tickets if needed. Please bring drawing materials to class. See materials list at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Tsungwei Moo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47921	F	4/3-5/22	11am-2pm	18+	\$312/\$337

Drawing from your Imagination

In this workshop, students will utilize a variety of tech-

niques employed by surrealists to paint unique and dreamlike scenes from their imagination. Techniques such as Frottage (used by artists such as Max Ernst) which utilizes wood grain and other abstract textures to help artists visualize surreal images. Your instructor will guide you through using such a technique for finding inspiration. Great for both beginners and more experienced artists. Come draw with us! All materials provided.

Location: SHARON ART STUDIO

Instructor: Tsungwei Moo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47922	M	5/11-5/18	11am-2pm	18+	\$102/\$127

Drawing Practice with Meditation

Drawing Practice with Meditation welcomes participants to a focused space for observational drawing practice beginning with a 5 minute silent meditation. Subjects include a mix of figure and still life. Materials covered: graphite, charcoal, ink. Tools and techniques presented: gesture, contour, sighting, measuring, value scale, composition, viewfinder, scaling, thumbnails. The session wraps with a mini-show to reflect on the work and share friendly feedback. Newsprint, paper and some supplies are provided. Please bring requested materials to class. Materials list available at sharonartstudio.org. The cost of the class includes the cost of the model.

Location: SHARON ART STUDIO

Instructor: Theresa Currie

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47923	Sa	3/28-5/16	2pm-5pm	18+	\$297/\$322

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, any felt tip pen such as a Fine or Ultra Sharpie, Stabilo, Micron, or comparable pen or Flair pen, a Tortillon which is a rolled paper drawing stump, and a kneaded eraser. All levels are welcome.

Location: SHARON ART STUDIO

Instructor: Jacqueline Ruben

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47799	T	3/31-5/5	6:30-8:30pm	18+	\$198/\$223

Drawing with Color

Colored pencils are versatile and precise. Enhance your drawing repertoire with gem-like sticks of color! In

this four-week class, we'll start with exercises to create our own color charts that explore blending, alternate finishes, and texture. Next we will sketch from a basic still-life. Then we'll work on an exquisite rendering from a landscape photo for the last two meetings. Photo references will be provided, but instead you may certainly work from a picture that you have at home. There will be time for critiques and sharing our work with the class at the end of each session. Please bring materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Carlo Grunfeld

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47924	F	4/10-5/8	7pm-9:30pm	18+	\$162/\$187

Drawing with Soft Pastels: Portrait & Figure

Come explore working with soft pastels to create portraits and figuredrawings. In this class we will go over basic pastel fundamentals, how to use and mix colors, and how to create your own paper surface for both portrait and figure. Develop images from gesture poses, short poses, ending with 2 hours poses. Beginners welcome. Cost of the model included in the price of the class. 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
47925	Th	4/2-5/21	2pm-5pm	18+	\$300/\$325

Drawing Workshop: Nature-Inspired Creativity

In this workshop students will grab their sketchbooks and head into the gardens of Golden Gate Park to learn how to sketch plants and nature to create a piece of work that combines nature and wellness through a combination of playful painting, collage, storytelling, and recalling ways that the earth has helped shape our individual wellness! Students of all levels are encouraged to come along for this day of both instruction and creative play. Some pencils and coloring supplies will be provided. Please bring a sketchbook (size of your choice) for activities to the workshop as well as any preferred drawing materials you would like to work with, such as specific pencils, paint, pastels, etc. Please note: since the class will be heading outdoors for drawing activities, please feel free to bring a portable folding chair or blanket to sit on while you create out in nature.

Location: SHARON ART STUDIO

Instructor: Hannah Marie

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47929	Sa	5/16-5/16	10am-1pm	18+	\$65/\$90

Dynamic Portrait Drawing

Learn to feel more confident with your portrait drawing by examining the anatomy, structure, and proportion of the head, neck, and shoulders of the figure. We will work both from live models and from our imagination and use a variety of materials including charcoal, graphite, and pastel, colored pencil. After this class you will feel more confident in your ability to not only draw portraits with greater facility but also and with a more unique dynamic energy. This class is open to all skill levels. A \$138 model fee is included in the price of the class. Please bring requested materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Christopher Davison

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47800	F	3/27-5/15	11am-2pm	18+	\$312/\$337

Exploration in Clay

Explore the myriad of sculptural potential in clay. We will cover basic ceramic hand-building, wheel thrown forms, surface decorations and glazing. Instructor will work with advanced students to explore and develop individual techniques and projects. All levels welcome.

Location: MISSION ARTS CENTER

Instructor: Erik James

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47640	Sa	3/28-5/30	10am-1pm	18+	\$390
47641	Sa	3/28-5/30	2pm-5pm	18+	\$390

Intermediate Metal Arts

Basic metal working knowledge is required to take this class. Learn the ins and outs of using a hydraulic press to shape and form metal, texturing with a rolling mill, and more while exploring the world of metal arts. Students will learn various stone settings, die forming using a hydraulic press, acid etching, and more. The cost of the class includes the use of tools and access to basic materials. Students are responsible for purchasing materials specific to desired projects. Intermediate and advanced level students are welcome. The Jewelry Studio is located on the upper floor, with stair access only. For accommodations requests or accessibility questions, please contact rpdaccess@sfgov.org or 415-831-6841. Please note that submitting your request two weeks before the beginning of the class will help ensure availability.

Location: SHARON ART STUDIO

Instructor: Erik James

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47931	Th	4/2-5/21	10am-1pm	18+	\$372/\$397

Intuitive Abstract Art: Fun with Nature

Join us in this relaxed, one-of-a-kind painting and drawing class. This class gives folks an opportunity to express themselves creatively through art-making and connecting with their intuition. We will use images of trees and various other parts of the natural world—which incorporate surprising colors, textures, and perspectives—for inspiration. We will experiment with elements and principles of art such as line, shape, and balance, while exploring intuitive art making. You get to be the orchestrator here. There's no wrong in this workshop and no prior drawing or painting experience is necessary. Join us and have some fun! Students are required to bring materials to class. See materials list at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47933	M	3/23-4/27	1:30-3:30pm	18+	\$250/\$275

Life Drawing

Come experience drawing from a live model. Class is self-directed with minimal instruction. 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.

Location: SHARON ART STUDIO

Instructor: Elizabeth Murray

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47813	W	4/15-5/20	3pm-5:30pm	18+	\$247/\$272
47814	W	4/15-5/20	6:30pm-9pm	18+	\$247/\$272

Life Drawing: The Long Pose

Come experience life drawing! Each class begins with gesture drawing warm ups followed by progressively longer poses. The final class will be a single pose. Our subject is the human form. The long pose is an invitation to develop a drawn study or a finished work in a medium of your choosing. Materials and techniques discussed. No fume producing materials please (turpen-tines, spray fixatives indoors, etc.). On-the-spot instruction provided. Music played during class. Class finishes in a mini show with reflection and friendly feedback. Please bring a sketchbook and preferred drawing materials to class. Various drawing materials will also be provided. The cost includes a \$100 model fee.

Location: SHARON ART STUDIO

Instructor: Theresa Currie

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47815	Th	4/2-5/21	10am-1pm	18+	\$300/\$325

Mixed Media Printmaking

This class is geared towards Seniors, but all adults are welcome. Students will start with brushes, pencils, pens, and some traditional drawing techniques and move into using image transfers and stencils. They will continue with more in depth printmaking such as monotypes and collagraphs. All work will include combining various types of media at once in a single work of art. Some supplies will be included, and a materials list will be provided at the first class meeting. Students are encouraged to bring in their favorite brushes, pencils, and other related materials to use in class meetings.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Marcia Weisbrot

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47648	T	4/7-5/12	10:30am-1pm	18+	\$90

Mixed Media: Abstract and Figure-Hybrid Art

This class emphasizes the power of inner vision: creating images from within, rather than simply copying nature. While we will begin by studying and imitating existing forms, the focus will shift toward transforming those observations into original, expressive creations. The main goal of this course is for students to discover their own unique visual style. By exploring Surrealist, Cubist, and imitating ancient artistic influences, students will experience the joy of creative transformation within oneself. Students will first learn the principles of abstract geometric composition, then move toward combining figurative or organic elements with abstraction. The aim is to develop an individual artistic flavor, a step toward personal originality. Hands-on support will be provided throughout. No prior experience is necessary. A \$138 Model fee included in the price of the class. Please bring supplies to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Takeshi Nakayoshi

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47816	W	3/25-4/15	10am-1pm	18+	\$234/\$259

Oil Painting Workshop: Trees of San Francisco

In this workshop, students will learn how to paint with oil in a non-toxic/sustainable way, while gaining a new appreciation for the trees in San Francisco - who will be serving as our muse for the class activity. We'll do an overview of oil paints as a medium, their history, and a quick overview of color theory. Then diving right in, students will be guided on how to use paint brushes and a palette knife to create their own unique version

of a tree of San Francisco (provided by the teacher). This workshop is perfect for both beginners and intermediate artists who want to learn the basics of oil painting, sharpen their eye for detail, all while focusing on one of the magnificent trees of San Francisco. By the end of the workshop, students will have a new set of oil painting skills and the proof to show for it! Their ready to frame piece of art will make for a great gift or home decor addition! 8"x10" canvas, palettes, palette knives, and cleaning materials provided. Students will be required to bring paint set and brushes, and be encouraged to bring an apron or wear clothes to get messy in. Please see materials list for what is required to bring to the workshop. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Jessica Kiever

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47934	Sa	4/4-4/11	10am-1pm	18+	\$174/\$199

Playful Intuitive Art Exploration

Are you retired and looking for something new to explore? Do you have time on a Tuesday afternoon and are curious about trying drawing and painting in a fun, laid back environment? Are you wanting to connect with your intuition, play, or destress using art as a vehicle? Playful Intuitive Art Exploration is a fun and exploratory drawing and painting class that gives folks an opportunity to express themselves creatively through creating art and connecting with their intuition. We will be taking inspiration from unique real-world images (centered around nature and microscopic photography) which incorporate interesting colors, textures, and shapes. You will learn basic drawing techniques using the elements of art and will be experimenting with abstract and representational concepts using your intuition as a guide. You get to be the orchestrator here. There is no right or wrong in this class and no prior drawing experience is necessary! Join us and have some fun!

Location: MISSION ARTS CENTER

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47649	T	3/24-5/26	3pm-4pm	18+	\$140

Location: GLEN CANYON REC CENTER

Instructor: Michelle Champlin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47650	W	3/25-5/27	6:30pm-7:30pm	18+	\$140

Sketchbooking : Planting Seeds

Together, we will turn towards the generative practice of expressing ourselves through the creative process of keeping a visual journal. Through various exercises, we will till the soil needed for your ideas to take root, to return to, once they have bloomed for harvest. Through creating an intimate relationship with our sketchbook, we will embark on a devotion to ourselves and our art practices together. Drawing will become once again a process and play, instead of a product; a space for experimentation and play in community, with a practice you can take with you long after leaving the classroom. Please bring requested materials to class. Materials list available at sharonartstudio.org.

Location: SHARON ART STUDIO

Instructor: Mara Ramirez

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47936	M	4/27-5/18	6:30pm-9pm	18+	\$190/\$215



Dance / Music / Performing Arts

Adult Ballet

This class is designed for adult dancers of all abilities. Students will continue to strengthen their ballet technique with exercises and combinations aimed to improve alignment and balance, strengthen muscles, and increase flexibility. Prior ballet experience is recommended.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Alina Peneyra

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47508	Th	3/19-5/28	11am-12pm	18+	\$160

Adult Improv

Step into the world of improv with this fun, low-pressure beginner class designed just for adults! Through classic theater games, collaborative exercises, and simple improv scenes, participants will learn to think on their feet, build confidence, boost creativity, and embrace spontaneity. No experience is required, just a willingness to play, explore, and say "yes...and!" This supportive troupe-style environment encourages teamwork, laughter, and personal growth while developing core improv skills like listening, reacting, and creating characters on the fly. Perfect for newcomers to the stage, performers returning after a break, or anyone looking to try something new in a welcoming community setting.

Location: MISSION ARTS CENTER

COURSE # DAYS DATES TIMES AGES FEES
47957 Th 4/2-5/21 6:30pm-8pm 18+ \$135

Audio Recording: Beginner

Learn to record instruments and other sounds in an audio studio setting. We will cover how to use basic studio equipment, microphones, and develop effective recording and mixing practices. The course will conclude with making recordings together as a class and creating our own mix of what we recorded.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Tom Conneely

COURSE # DAYS DATES TIMES AGES FEES
47941 T 3/17-5/12 6:30pm-8:30pm 18+ \$120

Ballroom Dance

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

Location: PALEGA REC CENTER

Instructor: Kenneth Lau

COURSE # DAYS DATES TIMES AGES FEES
47753 T,Th 3/17-5/21 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: Jeannie Mak

COURSE # DAYS DATES TIMES AGES FEES
47758 Sa 3/21-5/30 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
47759 Sa 3/21-5/30 10am-12pm 18+ Free

Guitar: Beginner

This Beginning Guitar class is for newcomers or any guitarist who wants to fill in the gaps and develop a solid foundation for making music on the guitar. This class teaches students proper guitar techniques (including finger picking and strumming), how to read music, musicianship skills, how to practice and play with others. We have lots of fun and play a variety of folk and blues music. Students must bring their own acoustic guitar!

Location: RICHMOND REC CENTER

Instructor: Doug Cameron

COURSE # DAYS DATES TIMES AGES FEES
47946 T 3/24-5/19 6:30pm-7:30pm 18+ \$135

Location: SUNSET REC CENTER

Instructor: Doug Cameron

COURSE # DAYS DATES TIMES AGES FEES
47945 Th 3/26-5/21 4:30pm-5:30pm 18+ \$135

Guitar: Beginner/Intermediate

This Beginner/ Intermediate Guitar class is for beginners looking to build on their skills. In this class, students are guided to move up the fretboard and learn a variety of scales and new chord shapes ie. Bar Chords, Finger style techniques like Strumming, Arpeggios, and Bass/Melody arrangements are taught. Students must bring their own acoustic guitar!

Location: RICHMOND REC CENTER

Instructor: Doug Cameron

COURSE # DAYS DATES TIMES AGES FEES
47947 T 3/24-5/19 7:45pm-8:45pm 18+ \$135

Location: SUNSET REC CENTER

Instructor: Doug Cameron

COURSE # DAYS DATES TIMES AGES FEES
47948 Th 3/26-5/21 6pm-7pm 18+ \$135

Guitar: Intermediate

This intermediate Guitar class is for those looking to build on their skills. In this class, students are guided to move up the fretboard and learn a variety of scales and new chord shapes ie. Bar Chords, Finger style techniques like Strumming, Arpeggios, and Bass/Melody arrangements are taught. Students must bring their own acoustic guitar!

Location: SUNSET REC CENTER

Instructor: Doug Cameron

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47963	Th	3/26-5/21	7:30pm-8:30pm	18+	\$135

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. 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
47510	T	3/17-5/26	7:30pm-8:30pm	18+	\$70

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
47764	W	3/18-5/27	10am-12pm	18+	Free
47765	Th	3/19-5/28	10am-12pm	18+	Free
47766	F	3/20-5/29	10am-12pm	18+	Free

Location: PALEGA REC CENTER

Instructor: Lisa Zhen Xu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47763	T,Sa	3/17-5/30	10am-12pm	18+	Free

Ukulele: Beginning

Have fun learning to play the ukulele. We will start by

learning how to press, pick and strum. As the session progresses, we will move on to easy chords, scales, and rhythms that we can use to play some of our favorite songs in different musical styles. Ukuleles can be borrowed for the class during class time, but it is recommended that students bring their own so they may practice at home between classes.

Location: HARVEY MILK CENTER FOR THE ARTS

Instructor: Kevin Mullane

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47951	F	3/27-5/22	2:30pm-3:30pm	18+	\$135

Exercise & Fitness

Drop-in: Medical Qi Gong & Tai Chi

Get your body moving and flowing with Qi Gong and Tai Chi!

Location: GLEN CANYON REC CENTER

Instructor: Ashima Sarin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	3/19-5/28	2pm-2:45pm	18+	Free

Drop-in: for Adults

Join our drop-in class for adults (18+) for a full body warm up and workout experience that is both enjoyable and low impact. The class fuses elements of Yoga and Pilates, emphasizing flexibility, balance, coordination, and core strength. Priorities include fun and success for all, including "modify as needed," depending on your health and conditioning.

Location: GARFIELD SQUARE

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/6	10:30am-12pm	18+	Free

Drop-in: Weight Room

Excercise using our various work-out equipment. Adults 18+ ONLY.

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Sa	3/21-5/30	10am-4:30pm	18+	Free

Drop-in: Women Only Weight Room

This drop-in course encourages women of all levels to get fit for the summer, get strong, and practice proper technique using free weights and machines. Women only.

Location: MISSION REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	3/19-5/28	6pm-8:45pm	18+	Free

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
47363	W	3/18-4/22	12pm-1pm	18+	\$66

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
47364	Th	3/19-5/7	10am-11am	18+	\$128

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
47365	T	3/17-5/5	6pm-7pm	18+	\$128

Hatha Yoga and Ashtanga Yoga Fusion

A Yoga style from Mind to Body and it's a step to Hatha Yoga which says from Body to Mind. In addition, with a yoga practice of Fusion Yoga - Ashtang (Eight Limbs) Yoga and Hatha Yoga.

Location: MISSION ARTS

Instructor: Shashikant Jadhav

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47419	W	3/18-5/6	9:30am-10:30am	18+	\$128

Intro to Pilates - Yoga Fusion

Wake up your body to focus your mind! This class is ideal for those in midlife and beyond who want to regain their vitality. You will learn techniques that increase flexibility, enhance posture, improve balance, and lower stress levels. Rediscover long-forgotten muscles and calm the mind with low-impact Hatha

Yoga followed by beginner Mat Pilates exercises. Pilates more actively engages and stabilizes your core, and a strong core leads to better health! The class ends with a guided relaxation. ***Participants must be able to get down and up from the floor.***

Location: HERZ PLGD

Instructor: Juliet Martine

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47420	Th	3/19-5/7	12:30pm-1:30pm	18+	\$128

Nuture Your Well-Being

An hour to slow down, breathe, and access your calm and clarity within. Relax with weekly guided practices (breathwork, guided meditation, imagery, movement, and sound) designed to calm your nervous system and help you feel more peaceful. You'll walk away with practical techniques to manage stress, feel more grounded, and navigate life with greater ease.

Location: GLEN CANYON REC CENTER

Instructor: Nicole Lapuyade

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47421	T	3/17-5/5	4pm-5pm	18+	\$64

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
47369	Th	3/19-5/7	12pm-1pm	18+	\$128

Location: UPPER NOE REC CENTER

Instructor: Jules Olaso

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47367	T	3/17-4/21	12pm-1pm	18+	\$96
47368	Th	3/19-4/23	12pm-1pm	18+	\$96

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
47370	T	3/17-5/5	6:30pm-7:30pm	18+	\$128

Strength and Flexibility

For active adults looking for an intermediate to advanced 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
47371	T	3/17-5/5	1:30pm-2:30pm	18+	\$128
47372	Th	3/19-5/7	1:30pm-2:30pm	18+	\$128

Stress Management for Modern Day Living

Learn to regulate stress—not endure it, with practical, science-backed tools to calm your nervous system and reduce stress. This class blends mindfulness and meditation with polyvagal-informed nervous system practices to help you build real, lasting calm. Build resilience, reset your patterns, and feel more grounded in daily life. All experience levels welcome.

Location: EUREKA VALLEY REC CENTER

Instructor: Lane Kennedy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47374	W	3/18-5/6	6pm-7pm	18+	\$48

Location: GLEN CANYON REC CENTER

Instructor: Lane Kennedy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47373	W	3/18-5/6	1:30pm-2:30pm	18+	\$48

Tai Chi

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
47375	W	3/18-5/6	10:15am-11:15am	18+	Free
47884	W	3/18-5/6	10:15am-11:15am	18+	Free

Location: RICHMOND REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47377	Sa	3/21-5/9	10am-11am	18+	Free

Location: SUNSET REC CENTER

Instructor: Alex Medel

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47376	F	3/20-5/8	10:15am-11:15am	18+	Free

Women's Weightlifting Class

Empower your fitness journey! This class is designed for women of all levels who want to build strength, improve technique, and gain confidence in the weight room. With expert coaching and a supportive environment, participants will learn proper form for lifts like squats, deadlifts, and presses, while progressing safely toward their goals.

Location: MISSION REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47694	Th	3/19-5/7	6pm-7:30pm	18+	\$105

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
47379	T	3/17-5/5	10am-11am	18+	\$128
47382	W	3/18-5/6	6:30pm-7:30pm	18+	\$128

Location: HAMILTON REC CENTER

Instructor: Juliet Martine

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47381	W	3/18-5/6	6:30pm-7:30pm	18+	\$128

Location: JOE DIMAGGIO PLGD

Instructor: Susan Saylor

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47378	M	3/16-5/4	12pm-1pm	18+	\$96

Location: PALEGA REC CENTER

Instructor: Donna Davis

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47383	W	3/18-5/6	12:30pm-1:30pm	18+	\$128

Location: PALEGA REC CENTER
 Instructor: Juliet Martine
 COURSE # DAYS DATES TIMES AGES FEES
 47384 Th 3/19-5/7 6:30pm-7:30pm 18+ \$128

Location: RICHMOND REC CENTER
 Instructor: Cyrelle McDonald
 COURSE # DAYS DATES TIMES AGES FEES
 47385 Th 3/19-5/7 6:30pm-7:30pm 18+ \$128

Location: SUNSET REC CENTER
 Instructor: Jamie Rayman
 COURSE # DAYS DATES TIMES AGES FEES
 47380 W 3/18-5/6 6:30pm-7:30pm 18+ \$128

Location: SUNSET REC CENTER
 Instructor: Susan Saylor
 COURSE # DAYS DATES TIMES AGES FEES
 47386 Sa 3/21-5/9 9:15am-10:15am 18+ \$128

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
 47390 Sa 3/21-5/9 11am-12pm 18+ \$112

Location: UPPER NOE REC CENTER
 Instructor: Aditi Garg
 COURSE # DAYS DATES TIMES AGES FEES
 47387 T 3/17-5/5 6:30pm-7:30pm 18+ \$128

Location: UPPER NOE REC CENTER
 Instructor: Iza Pardinias
 COURSE # DAYS DATES TIMES AGES FEES
 47388 Th 3/19-5/7 6:30pm-7:30pm 18+ \$128

Ashtanga Yoga & Hatha Yoga Fusion

One is compiled around 200 BCE and other was oriented over 5000 years ago, one is the gift to humanity by Maharshi Patanjali which is then instituted by Swami Vivekanandji and the other by Swami Swatmaramaji in the form of his compilation viz. HathaYoga Pradipika. Let's gradually study Chakras and the practice of Body,

Mind and Breath to fuse these year-old traditions for the exploration of the Self and Nature.

Location: GLEN CANYON REC CENTER
 Instructor: Shashikant Jadhav
 COURSE # DAYS DATES TIMES AGES FEES
 47389 Th 3/19-5/7 6:30pm-7:30pm 18+ \$128

Yoga: 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
 47391 T,Th 3/17-5/5 1pm-2:30pm 18+ Free



Outdoor Recreation

Pedal The Park for Adults

Ready to explore San Francisco on two wheels? This bicycle ride will be a 4-hour guided bike tour designed for riders with some experience and a love for adventure. We'll cruise through iconic neighborhoods, waterfront paths, and scenic routes—including Sunset Dunes, Golden Gate Park, the Presidio, Embarcadero, and more. Bring your own bike, snacks, water, and sunscreen as we take on this exciting loop around the city. We'll begin with a quick safety refresher and map overview before hitting the road. Please note that there will be stretches where we'll be riding in the streets, so familiarity with city biking is recommended. This ride is perfect for those looking to stay active, see the sights,

and experience San Francisco in a whole new way.

Location: SOUTH SUNSET PLGD

Instructor: Ron Oliva

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47572	Sa	4/18-4/18	10am-2pm	18+	\$29

Rock Climbing 101

Learn the basic skills and fundamentals of indoor rock climbing: from learning how to secure your harness to learning basic climbing techniques. Participants will be introduced to knot school and top-rope belaying techniques (using a dual slot belay device and climbing rope) provided by our trained staff. By the end of the course, participants will be able to overcome more challenging routes and feel comfortable climbing with friends! Harnesses provided. Participants must be within 40 - 300 lbs. and must wear closed toed shoes.

Location: GLEN CANYON REC CENTER

Instructor: Mike Leo

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47578	W	4/29-5/20	6pm-7:30pm	18+	\$120

Personal Development

Drop-in: Writing to Remember

Come check out our drop-in memoir-writing class!

Location: GLEN CANYON REC CENTER

Instructor: MG Thomas

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	3/20-5/29	2pm-3:30pm	18+	Free

Science & Technology

New Technologies: 3D Printing and Laser Cutting Fab 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
47463	T	3/24-5/19	6:30-9:30pm	15+	\$460/\$470

New Technologies: Electronic Inventor Lab with AI Coding

What if you could invent the machine to feed your dog when it's hungry, or the clothing that lights up to the rhythms of your heart beat? In this hands-on course we'll use AI to do the coding while we focus on learning to use programmable microcontrollers (Arduinos) to interface with the physical world through sensors, animating LED displays, motors, and more. Moving from group projects to individual inventions, you will learn the principles and theory of practical electronics and circuit building, as well as best practices for creating AI generated code that can enable your creative power. Learn how to get your ideas and inventions out of your head and into existence. No experience is required. Basic electronics supplies are provided for the class, but there's an additional material fee of \$40. A paid subscription to an AI service such as ChatGPT or Gemini is recommended. Repeat students are welcomed and can work on their ongoing projects. This class pairs well with a Digital Fab Lab course that focuses on building and fabrication.

Location: RANDALL MUSEUM

Instructor: Joel Dream

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47465	Th	3/26-5/21	6:30-9:30pm	15+	\$460/\$470

Social Activities

Drop-in: Ballroom Dance

Come join the fun! Bring your partner & glide across the dance floor. These sessions are music based and no instruction is provided. Music is played by volunteers. Sign up for this fun, recreational dance program!

Location: RICHMOND REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W,F	3/18-5/29	12:30pm-2:30pm	18+	Free

Drop-in: Mah-jong

Location: BETTY ANN ONG CHINESE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	F	3/20-5/29	10am-1pm	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
47767	Sa	3/21-5/30	2pm-4pm	18+	Free

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
47754	Sa	3/21-4/4	9am-10am	18+	\$36
47755	Sa	4/18-5/2	11:30-12:30pm	18+	\$36
47756	Sa	5/16-5/30	10am-11am	18+	\$36

Coed Boxing for Adults

This class is a non-contact training experience designed to develop and refine essential boxing skills through consistent repetition and high-energy drills. Focused on mastering real, time-tested boxing fundamentals, this class builds a strong foundation - no gimmicks, no flashy moves, just authentic technique. Perfect for beginners and seasoned enthusiasts alike, it emphasizes footwork, form, and conditioning in a safe, supportive, and non-contact environment.

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47824	W	3/18-5/20	6:30pm-8pm	18+	\$150

Drop-in: 40 and Over Basketball

Our 40 & Over Basketball League offers a fun, competitive, and supportive environment for players looking to stay active, sharpen their skills, and enjoy the game they love. The league emphasizes unity, sportsmanship, and respect both on and off the court. Whether you're returning to the game or never stopped playing, this league provides structured games, team camaraderie, and a positive atmosphere where athletes can compete, connect, and grow together.

Location: JOSEPH LEE REC CENTER

Instructor: Sean Joyce

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/27	6pm-9pm	40+	Free

Drop-in: Adult Volleyball - Advanced

Advance players only, first come first serve.

Location: RICHMOND REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th	3/19-5/28	6:15pm-9pm	18+	Free

Drop-in: Basketball

5-on-5, Full-Court drop-in games for 18+!

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	3/17-5/21	6:30pm-8:45pm	18+	Free

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	3/17-5/26	5pm-7:30pm	18+	Free

Drop-in: Pickleball

Come play the fastest growing sport in America.

Pickleball is a combination of tennis, ping pong, and badminton. It's a super fun game & is easy to learn. All Levels welcome.

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	3/17-5/21	9am-1:30pm	18+	Free

Drop-in: Pickleball

Pickleball is a fast-paced and challenging sport that can provide hours of fun and excitement for players of all skill levels. Come drop in to play the fastest growing sport in America.

Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	Th-F	3/19-5/29	12pm-3:30pm	18+	Free
Drop-in	F	3/20-5/29	5pm-8pm	18+	Free

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/27	4pm-6:30pm	18+	Free

Drop-in: Pickleball

Pickleball is a fast-paced and challenging sport that can provide hours of fun and excitement for players of all skill levels. Come drop in to play the fastest growing sport in America at Moscone Recreation Center!

Location: MOSCONE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	3/17-5/28	1pm-3pm	18+	Free

Drop-in: Volleyball - Advanced

Advance players only, first come first serve.

Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
Drop-in	Th,Sa	3/19-5/30	5:15pm-1pm	18+	Free

Drop-in: Weight Room

Excercise using our various work-out equipment.

Adults 18+ ONLY.

Location: MINNIE & LOVIE WARD REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
Drop-in	T-F	3/17-5/29	10am-8:30pm	18+	Free

Drop-in: 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	FEEES
Drop-in	Th	3/19-5/28	5pm-7:30pm	18+	Free

Location: EUREKA VALLEY REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
Drop-in	T	3/17-5/26	6pm-8pm	18+	Free

Drop-in: Womens Volleyball

This is your space to serve, spike, and shine! Our open gym welcomes women of all skill levels to enjoy the game, meet new people, and stay active in a supportive environment.

Location: POTRERO HILL REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
Drop-in	W	3/18-5/27	5pm-7pm	18+	Free

Golf: Beginning

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	FEEES
47729	Sa	3/21-5/30	2pm-3:30pm	18+	\$176

Tennis - Beginning / Intermediate

Learn the fundamentals of tennis, including essential strokes and basic point-play strategies, in a fun and active environment.

Location: UPPER NOE REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47902	F	3/20-5/29	7pm-8pm	18+	\$231

Location: UPPER NOE REC CENTER

Instructor: Rene Tucker

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47900	T	3/17-5/26	7pm-8pm	18+	\$231

Tennis - Intermediate Doubles Clinic

This course will be taught by former University of San Francisco tennis team standout, David Hong. This class will teach players how to rally, be familiar with doubles formats, keep score, & be able to play a match with United States Tennis Association rules & regulations. Coach Hong will work on advanced tournament style drills & match play. This is not a beginners tennis course & is for the intermediate player.

Location: SUNSET REC CENTER

Instructor: David Hong

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47892	W	3/18-5/27	1:30pm-2:30pm	18+	\$198

Tennis - Intermediate Live Ball

Live Ball is a new format which emphasizes on court competitive drills in a fun, fast, & exciting game format. This tennis course is not for the entry level beginning player.

Location: DUPONT TENNIS COURTS

Instructor: Daniel Rodriguez

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47910	Sa	3/21-5/30	2pm-3pm	18+	\$198

Location: GLEN CANYON REC CENTER

Instructor: Daniel Rodriguez

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47908	F	3/20-5/29	12pm-1pm	18+	\$198

Location: MISSION PLGD

Instructor: Daniel Rodriguez

COURSE #	DAYS	DATES	TIMES	AGES	FEEES
47903	T	3/17-5/26	5:30pm-6:30pm	18+	\$198
47904	T	3/17-5/26	6:30pm-7:30pm	18+	\$198

Location: SUNSET REC CENTER
Instructor: David Hong
COURSE # DAYS DATES TIMES AGES FEES
47898 F 3/20-5/29 12pm-1pm 18+ \$198

Tennis - Women's Beginning

The Maunupau Method/Learning & Fun Tennis System(LAFTS) curriculum uses a progressive learning module to teach juniors to play tennis with proper technique. Deemphasizing winning in favor of learning and sportspersonship. Students can expect to learn grips, swing flight paths, stances, the art of the rally, and match play.

Location: MOSCONE REC CENTER
Instructor: Daniel Rodriguez
COURSE # DAYS DATES TIMES AGES FEES
47914 W 3/18-5/27 6pm-7pm 18+ \$240

Tennis - Women's Intermediate

The Maunupau Method/Learning & Fun Tennis System(LAFTS) curriculum uses a progressive learning module to teach entry level students to play tennis with proper technique. Students can expect to learn grips, swing flight paths, stances, the art of the rally, shoulders being perpendicular to the net, & match play. This is not a beginner's class.

Location: MOSCONE REC CENTER
Instructor: Lou Maunupau
COURSE # DAYS DATES TIMES AGES FEES
47913 T 3/17-5/26 6pm-7pm 18+ \$240
47915 Th 3/19-5/28 6pm-7pm 18+ \$240

Volleyball - Beginner

Learn the rules of the game in this co-ed, fun, and social beginning volleyball program.

Location: GLEN CANYON REC CENTER
Instructor: Molly Hayden
COURSE # DAYS DATES TIMES AGES FEES
47722 T 3/17-5/26 6:30pm-8pm 18+ \$231

Volleyball - Women's Advanced League

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
47725 Th 3/19-5/28 6:15pm-9pm 18+ \$165

Location: SUNSET REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
47730 T 3/17-5/26 6:30pm-9pm 18+ \$165

Volleyball - Women's Intermediate League

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
47724 T 3/17-5/26 6:15pm-9pm 18+ \$165

Volleyball League - Advanced

Bump up the competition in our Adult Advanced Volleyball League! Designed for experienced players, this league offers fast-paced, competitive play with a focus on skill, strategy, and teamwork. Gather your team and get ready to serve, spike, and dig your way through the season. Teams must meet skill requirements. Perfect for seasoned players looking to challenge themselves and have fun!

Location: ST. MARY'S REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
47731 W 3/18-5/27 6pm-9pm 18+ \$231

Location: UPPER NOE REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
47743 W 3/18-5/27 6pm-9pm 18+ \$231

Volleyball League - Intermediate

Ready to take your game to the next level? Our Adult Intermediate Volleyball League is perfect for players with a solid understanding of the game who are looking to improve their skills in a fun, competitive environment. Enjoy structured league play with a focus on teamwork, consistency, and friendly competition. Great for those who have some experience and want to keep the momentum going!

Location: ST. MARY'S REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
47732 Th 3/19-5/28 6pm-9pm 18+ \$231

Women's Boxing Fundamentals (Non-Contact)

Sharpen your skills with high-energy drills and real boxing techniques. No gimmicks, no flashy moves. This non-contact class builds strength, footwork, and conditioning in a safe, supportive environment. Perfect for both beginners and seasoned enthusiasts looking to refine their form and foundation.

Location: UPPER NOE REC CENTER
COURSE # DAYS DATES TIMES AGES FEES
47825 F 3/20-5/29 6:30pm-8:30pm 18+ \$165

SENIORS

Arts & Crafts

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
47219	T	3/17-5/19	1pm-4pm	55+	Free

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
47305	Th	3/19-5/21	11:30am-1pm	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
47221	F	3/20-5/22	1pm-3pm	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
47222	T	3/17-5/19	10am-11:30am	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
47231	W	3/18-5/20	10am-12pm	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
47232	M	3/16-5/18	12:45pm-4pm	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
47234	Th	3/19-5/21	1pm-3pm	55+	Free

Senior Art Expression - Session 1

Unleash your creative expression and stretch your artistic muscles. In a fun social setting, we'll explore art forms and a variety of materials. From painting, to printing on paper, projects will include Weaving, Pastels, Mandala painting, collage, and mixed media

with an upcycled theme. No previous art experience is necessary.

Location: BERNAL HEIGHTS REC CENTER

Instructor: Candy Corbitt

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47330	F	3/20-4/17	11:30am-1pm	55+	Free

Location: GLEN CANYON REC CENTER

Instructor: Candy Corbitt

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47329	T	3/17-4/14	11:30am-1pm	55+	Free

Senior Art Expression - Session 2

Unleash your creative expression and stretch your artistic muscles. In a fun social setting, we'll explore art forms and a variety of materials. From painting, to printing on paper, projects will include Weaving, Pastels, Mandala painting, collage, and mixed media with an upcycled theme. No previous art experience is necessary.

Location: BERNAL HEIGHTS REC CENTER

Instructor: Candy Corbitt

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47332	F	4/24-5/22	11:30am-1pm	55+	Free

Location: GLEN CANYON REC CENTER

Instructor: Candy Corbitt

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47331	T	4/21-5/19	11:30am-1pm	55+	Free



Arts - Visual

Life Painting (Intermediate)

This is an intermediate level activity focused on drawing and painting the human head and body. There is no instructor, so it's a great opportunity for self-guided practice and peer learning. We may work from live, fully clothed volunteer models including members of the group who are willing to model or from photos, reproductions, or other reference images that you bring. Please bring your own art materials, including a portable easel if needed. You are welcome to work in any medium, as long as it does not have a strong odor. Come enjoy a relaxed, collaborative environment where you can learn from fellow artists, practice your technique, and try your hand at modeling, if you're open to it!

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Suzanne Cowan

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47241	F	3/20-5/22	10:30am-1:30pm	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
47333	W	3/18-5/20	1pm-3pm	55+	Free

Location: SUNSET REC CENTER

Instructor: Alison Burek

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47334	F	3/20-5/22	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
47304 W 3/18-5/20 11am-1pm 55+ Free

Location: HAMILTON REC CENTER
Instructor: Ivan Shvarts
COURSE # DAYS DATES TIMES AGES FEES
47303 T 3/17-5/19 1pm-3pm 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
47306 Th 3/19-5/21 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
47307 T 3/17-5/19 11am-1pm 55+ Free

Location: BETTY ANN ONG CHINESE REC CENTER
Instructor: Joseph Lam
COURSE # DAYS DATES TIMES AGES FEES
47308 Th 3/19-5/21 11am-1pm 55+ Free

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, rhumba, disco, salsa, and more.

Location: GOLDEN GATE PARK SENIOR CENTER
Instructor: Martha Lee
COURSE # DAYS DATES TIMES AGES FEES
47220 Th 3/19-5/21 2:45pm-4pm 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
47310 T 3/17-5/19 2pm-4pm 55+ Free

Chinese Cultural Dance-Intermediate

A variety of dances will be taught in the Chinese and English, including Chinese classical dance, Chinese folk dance and group dance. Come and enjoy the music while dancing!

Location: RICHMOND REC CENTER
Instructor: Amy Tsang
COURSE # DAYS DATES TIMES AGES FEES
47985 Sa 3/21-5/23 1pm-3:30pm 55+ Free

Chinese Folk Dancing

Learn the fundamentals for Chinese folk dance including native traditional Chinese dance and international folk dances. Lessons will focus on learning basic steps while improving balance and strength. Please wear comfortable shoes and clothing.

Location: SUNSET REC CENTER
Instructor: Jane Jiang
COURSE # DAYS DATES TIMES AGES FEES
47311 Sa 3/21-5/23 10:30am-12pm 55+ Free

Chinese Line Dancing

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
47223 F 3/20-5/22 10:30am-12pm 55+ Free

Drop-in: Ballroom Dance

Learn & improve basic ballroom dance.

Location: SUNSET REC CENTER

Instructor: Richard Peng

COURSE # DAYS DATES TIMES AGES FEES

Drop-in T,Th 3/17-5/21 1:30pm-3:30pm 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: HARVEY MILK CENTER FOR THE ARTS

Instructor: Lisa Wan

COURSE # DAYS DATES TIMES AGES FEES

47314 T 3/17-5/19 7pm-8:30pm 55+ Free

Guitar II

Guitar II is for students who have some previous experience playing the guitar or who have taken the Beginning Guitar class. We will continue our study of scales, chords and rhythms to learn more challenging songs. Each student will have the option to share an in class performance of a song that they have practiced. Student must bring their own acoustic guitar to class. We do not have any guitars to practice with in class.

Location: MISSION ARTS CENTER

Instructor: Kevin Mullane

COURSE # DAYS DATES TIMES AGES FEES

47942 T 3/24-5/19 2pm-3pm 55+ Free

Guitar: Beginner

Beginner's Guitar Class is designed for the beginner looking to learn the basics of music notation, chords, picking and strumming technique. The course begins simply with the parts of the guitar, the names of the strings, tuning, and technique; whether finger-style or pick. It then explores the basics of music theory with such topics as scales, triads, power chords, and fingering and shapes. At the end of this course, students will understand the structure, parts, and accessories of the instrument, in addition to an understanding of its basic maintenance. Student must bring their own acoustic guitar.

Location: MISSION ARTS CENTER

Instructor: Kevin Mullane

COURSE # DAYS DATES TIMES AGES FEES

47943 T 3/24-5/19 3pm-4pm 55+ Free

Improvisation Activities

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

47317 Th 3/26-5/14 10:15am-12pm 55+ Free

Karaoke

Join our Karaoke program and let your voice be heard! Whether you're a seasoned performer or just singing for fun, this is your chance to express yourself, connect with others, and enjoy a Thursday full of laughter, music, and community.

Location: HAMILTON REC CENTER

Instructor: Terumi Kaneko

COURSE # DAYS DATES TIMES AGES FEES

47318 Th 3/19-5/14 10:30am-12:30pm 55+ Free

Line Dance with R&B

Line dance to urban R&B music with step by step instructions and techniques of the nationwide line dance movement. Water will be provided by Lady G.

Location: JOSEPH LEE REC CENTER

Instructor: Regina Rodney

COURSE # DAYS DATES TIMES AGES FEES

47319 T,Th 3/17-5/21 11:30am-3:30pm 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
47321	W,Sa	3/18-5/23	1pm-3pm	55+	Free

Location: SUNSET REC CENTER

Instructor: Teresa Yu

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47320	W,Sa	3/18-5/23	1pm-3pm	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

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47236	T	3/17-5/19	10:45am-12:15pm	55+	Free
47237	Th	3/19-5/21	10:45am-12:15pm	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
47322	Sa	3/21-5/23	10:45am-11:45am	55+	Free

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Angela Cheung

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47235	W	3/18-5/20	2:30pm-4pm	55+	Free

Line Dancing - Ultra Beginners

Learn the basics of Line Dancing. You will learn steps, figures and patterns of line dances to all genres of music. No partners are needed. New and challenged seniors are encouraged. It is an ongoing class for beginners. No extra materials are needed except a comfortable pair of shoes for dancing.

Location: HAMILTON REC CENTER

Instructor: Russell Breslauer

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47323	Sa	3/21-5/9	9:10am-10:40am	55+	Free

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Russell Breslauer

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47238	T	3/17-5/19	1pm-2:30pm	55+	Free

Tap: Beginning

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
47337	F	3/20-5/22	10:30am-12pm	55+	Free

Tap: Intermediate

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

Location: RICHMOND REC CENTER

Instructor: Yuko Franklin

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47338	F	3/20-5/22	12pm-1:30pm	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
47247	F	3/20-5/22	2:30pm-4pm	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
47302	Sa	3/21-5/23	11:30am-12:30pm	55+	Free

Drop-in: Chair Zumba/Zumba Gold

With the option of sitting or using a chair for support, enjoy the traditional Zumba Latin Party atmosphere, international music, classic songs from our past, and fun, new rhythms at a lower intensity. Offering some toning exercises (weights optional) and easy-to-follow choreography, this hour-long Zumba Gold class has more to offer. Come ready to sweat and prepare to leave empowered and feeling strong. Play Pass required.

Location: GOLDEN GATE PARK SENIOR CENTER

Instructor: Evangeline McCarthy

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/20	11:30am-12:30pm	55+	Free

Drop-in: Forever Fit

A gentle, uplifting workout class designed specifically for older adults who want to stay active, mobile, and confident in their everyday movements. This class focuses on improving strength, balance, flexibility, and coordination through low-impact exercises that are safe for all fitness levels.

Location: CROCKER AMAZON PLGD

Instructor: Christopher McMahon

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	T,Th	3/17-5/26	10:30am-12:30pm	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
47315	T	3/17-5/19	10:15am-11:15am	55+	Free
47316	F	3/20-5/22	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
47239	T	3/17-5/19	9:45am-10:30am	55+	Free
47240	Th	3/19-5/21	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
47324	T	3/17-5/19	10am-11am	55+	Free
47325	Th	3/19-5/21	10am-11am	55+	Free

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 you are participating in a physical workout.

Location: GLEN CANYON REC CENTER

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47326	T	3/17-5/19	10am-11am	55+	Free

Location: KEZAR SPORTS COMPLEX

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47327	Th	3/19-5/21	9:30am-11am	55+	Free
47328	F	3/20-5/22	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
47242 W 3/18-5/20 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
47243 M 3/16-5/18 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
47244 Th 3/19-5/21 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
47335 W,F 3/25-5/8 10am-12pm 55+ Free

Location: MINNIE & LOVIE WARD REC CENTER
Instructor: Cady Wong
COURSE # DAYS DATES TIMES AGES FEES
47336 Sa 3/21-5/23 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
47245 M 3/16-5/18 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
47246 F 3/20-5/22 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
47339 W 3/18-5/20 9:45am-11am 55+ Free

Yoga: 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: SUNSET REC CENTER

Instructor: Ilya Kaltman

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47340	T	3/17-5/19	1pm-2pm	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 - Aagsulad

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47248	M	3/16-5/18	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. This class introduces easy-to-follow Zumba choreography that focuses on balance, flexibility and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong! 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
47249	M	3/16-5/18	11:30am-12:30pm	55+	Free

Personal Development

Book Discussion Group - Volunteer Group Led

Join a wonderful group of book lovers to read and discuss challenging and lighthearted titles. Our guests not only enjoy reading every week but the discussion that follows, and the camaraderie that is established. The LINEUP is What Are You Looking for is in the Library, The Island of Missing Trees, The Secret Life of Sunflowers, The Night Circus and The Barbarians Are Coming. Please join us for reading, discussion, socializing and light refreshments!

Location: GLEN CANYON REC CENTER

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47309	T	3/17-5/19	1pm-3pm	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
47224	W	3/18-5/20	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 you are participating in a physical workout.

Location: SAN FRANCISCO RECREATION & PARKS

Instructor: Paul Zager

COURSE #	DAYS	DATES	TIMES	AGES	FEES
47341	M	3/16-5/18	10:30am-11:30am	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
47757	W	3/18-5/27	10am-11:30am	55+	Free

Drop in: Bingo for Seniors

Senior Bingo participants will gather in a comfortable networking environment. Lady G will host & call all bingo games. Bingo boards and refreshments will be provided.

Location: JOSEPH LEE REC CENTER

Instructor: Regina Rodney

COURSE #	DAYS	DATES	TIMES	AGES	FEES
Drop-in	W	3/18-5/20	12pm-4pm	55+	Free

Drop-in: 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 3/17-5/19 11am-4pm 55+ Free

Drop-in: 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 M 3/16-5/18 11am-4pm 55+ Free
 Drop-in Th 3/19-5/21 11am-4pm 55+ Free

Drop-in: 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 3/18-5/20 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
 47230 F 3/20-5/22 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
 47233 Th 3/19-5/21 12pm-4pm 55+ Free

Sports

Drop-in: Basketball 55 & Better

Play pick up games with others ages 55 & better.

Location: BERNAL HEIGHTS REC CENTER
 COURSE # DAYS DATES TIMES AGES FEES
 Drop-in W 3/18-5/27 6pm-8pm 55+ Free

Drop-in: 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 3/17-5/21 9am-11am 55+ Free



Activities by Location



BALBOA PARK - Ocean Ave & San Jose Ave.

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Archery Classic Tournament	47619	Sa	4/18-4/18	9am-3pm	8-17	\$65
Archery Classic Tournament	47620	Sa	4/18-4/18	9am-3pm	18+	\$65

BALBOA SWIMMING POOL - 51 Havelock St; (415) 831-6805

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Learning the Basics	47683	T	3/17-5/19	3:30pm-4pm	18+	\$136
Parent and Tot Swim	47677	T	3/17-5/19	10:30am-11am	6m-2	\$96
Parent and Tot Swim	47678	W	3/18-5/20	3:30pm-4pm	6m-2	\$96
Preschool Swim	47681	Sa	3/21-5/16	10:30am-11am	3-5	\$96
Preschool Swim	47682	W	3/18-5/20	4:15pm-4:45pm	3-5	\$96
Level 1	47343	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 1	47344	W	3/18-5/20	5pm-5:30pm	6-17	\$80
Level 2	47431	W	3/18-5/20	5pm-5:30pm	6-17	\$80
Level 2	47432	Sa	3/21-5/16	9:45am-10:15am	6-17	\$80
Level 3	47544	W	3/18-5/20	3:30pm-4pm	6-17	\$80
Level 3	47545	W	3/18-5/20	4:15pm-4:45pm	6-17	\$80

BERNAL HEIGHTS REC CENTER- 500 Moultrie; (415) 695-5007

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: A Place to Play	Drop-in	T,Th	3/17-5/28	10am-11:30am	6m-4	Free
Drop-in: Basketball 55 & Better	Drop-in	W	3/18-5/27	6pm-8pm	55+	Free
Senior Art Expression - Session 1	47330	F	3/20-4/17	11:30am-1pm	55+	Free
Senior Art Expression - Session 2	47332	F	4/24-5/22	11:30am-1pm	55+	Free
Shred N' Butter for Tots	47505	Th	3/19-4/23	11:45am-12:45pm	3-6	\$70
Shred N' Butter for Tots	47507	Th	4/30-5/28	11:45am-12:45pm	3-6	\$70
Tot Futsal (indoor soccer)	47865	W	4/8-5/27	10am-11am	3-4	\$88
Tot Futsal (indoor soccer)	47866	W	4/8-5/27	11am-12pm	3-4	\$88
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	9am-10am	All Ages	\$5

BETTY ANN ONG CHINESE REC CENTER - 1199 Mason St; (415) 359-9103 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Archery - ASP Enrichment	47555	T	3/17-5/12	4pm-5pm	8-14	\$160
Archery After School	47564	T	3/17-4/14	5:30pm-6:30pm	8-14	\$80
Archery After School	47565	T	4/21-5/12	5:30pm-6:30pm	8-14	\$80
Ballroom Dance	47307	T	3/17-5/19	11am-1pm	55+	Free
Ballroom Dance	47308	Th	3/19-5/21	11am-1pm	55+	Free
Drop-in: Badminton	Drop-in	T	3/17-5/26	7pm-8:30pm	All Ages	Free
Drop-in: Badminton	Drop-in	F	3/20-5/29	10am-3:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	W	3/18-5/27	10am-2pm	All Ages	Free
Drop-in: Basketball	Drop-in	Th	3/19-5/28	10am-8:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	F	3/20-5/29	4pm-8:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	Sa	3/21-5/30	9am-1pm	All Ages	Free
Drop-in: Mah-jong	Drop-in	F	3/20-5/29	10am-1pm	18+	Free
Drop-in: Table Tennis	Drop-in	T	3/17-5/26	1:30pm-8pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	W	3/18-5/27	10:30am-8pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Th	3/19-5/28	1:30pm-8pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	F	3/20-5/29	1:30pm-8pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Sa	3/21-5/30	11:30am-4pm	All Ages	Free
Drop-in: Volleyball	Drop-in	W	3/18-5/27	3pm-8:30pm	All Ages	Free
Drop-in: Volleyball	Drop-in	Sa	3/21-5/30	1:30pm-4:30pm	All Ages	Free
Drop-in: Women's Basketball	Drop-in	T	3/17-5/26	10am-3:30pm	All Ages	Free
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	9:30am-10:30am	All Ages	\$5

CABRILLO PLGD - 851 38th Ave 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Archery & Adventure Spring Break Camp	47568	M-F	3/30-4/3	9am-4pm	8-13	\$300

CAYUGA PLGD - 301 Naglee Ave 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Creative Cruisers	47259	T,Th	3/17-4/16	10am-11:30am	2-5	\$90
Creative Cruisers	47260	T,Th	4/21-5/14	10am-11:30am	2-5	\$90
Drop-in: A Place to Play	Drop-in	M,W	3/16-5/13	10am-11:30am	6m-5	Free
Girls Play Sports: Archery	47919	F	3/20-4/17	4pm-5pm	10-16	\$96
Girls Play Sports: Archery	47920	F	4/24-5/15	4pm-5pm	10-16	\$96
Zumba - Drop-in	Drop-in	Th	3/19-5/28	6:30pm-7:30pm	All Ages	\$5
Zumba - Drop-in	Drop-in	F	3/20-5/29	6:30pm-7:30pm	All Ages	\$5

CIVIC CENTER PLAZA - 335 McAllister St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Zumba - Drop-in	Drop-in	W,F	3/18-5/29	12pm-1pm	All Ages	Free
Zumba - Drop-in	Drop-in	S	3/15-5/24	10am-11am	All Ages	Free

COFFMAN SWIMMING POOL - 1701 Visitacion Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Learning the Basics	47684	W,F	4/29-5/22	5pm-5:30pm	18+	\$136
Preschool Swim	47686	Sa	4/25-5/16	10:30am-11am	3-5	\$48
Coffman Catfish Swim Team	47685	W,F	4/29-5/22	4:15pm-5:15pm	6-17	\$160
Level 1	47345	W,F	4/29-5/22	3:30pm-4pm	6-17	\$80
Level 2	47433	W,F	4/29-5/22	4:15pm-4:45pm	6-17	\$80
Level 3	47546	W,F	4/29-5/22	3:30am-4am	6-17	\$80

CROCKER AMAZON PLGD - 700 Moscow St @ Italy St; (415) 337-4708

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: Forever Fit	Drop-in	T,Th	3/17-5/26	10:30am-12:30pm	55+	Free
Drop-in: Ping Pong	Drop-in	T-Sa	3/17-5/30	1pm-5pm	5+	Free
YEP! Workshop Series	47972	W	4/29-4/29	4pm-6pm	13-17	Free
Yoga - Vinyasa	47390	Sa	3/21-5/9	11am-12pm	18+	\$112
Zumba - Drop-in	Drop-in	M	3/16-5/18	6:30pm-7:30pm	All Ages	\$5

DUPONT TENNIS COURTS - 336 31st Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Tennis - Beginning	47912	Sa	3/21-5/30	4pm-5pm	11-12	\$210
Tennis - Intermediate Live Ball	47910	Sa	3/21-5/30	2pm-3pm	18+	\$180

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Deaf Club	Drop-in	F	4/3-5/1	6pm-9pm	All Ages	Free
Disability Sports: Power Chair Soccer	47251	Sa	3/21-5/30	1pm-5pm	18+	Free
Drop-in: A Place to Play	Drop-in	W	3/18-5/13	10am-11:30am	6m-3	Free
Drop-in: Basketball 55 & Better	Drop-in	T,Th	3/17-5/21	9am-11am	55+	Free
Drop-in: Nannies Time Out	Drop-in	T-F	3/17-5/29	11am-3:30pm	6m-4	Free
Drop-in: Pickleball	Drop-in	Th-F	3/19-5/29	12pm-3:30pm	18+	Free
Drop-in: Pickleball	Drop-in	F	3/20-5/29	5pm-8pm	18+	Free
Drop-in: Volleyball - Advanced	Drop-in	Th,Sa	3/19-5/30	5:15pm-1pm	18+	Free
Drop-in: Women's Basketball	Drop-in	T	3/17-5/26	6pm-8pm	18+	Free
Flexion Free Pilates	47364	Th	3/19-5/7	10am-11am	18+	\$128
Girls Play Sports: Intro to Volleyball	47661	Th	3/19-5/14	4:15pm-5:15pm	8-11	\$160
Karate Kidz	47700	W	3/18-5/27	7pm-8pm	9-12	\$140
Karate Kidz - Little Kickers	47703	W	3/18-5/27	6pm-7pm	6-8	\$140
Little Hands Creative Art	47746	F	3/20-5/29	2pm-2:30pm	3-5	\$60
Petite Bakers	47709	F	3/20-5/29	4pm-5pm	3-5	\$150
Stress Management	47374	W	3/18-5/6	6pm-7pm	18+	\$48
Tai Chi	47375	W	3/18-5/6	10:15am-11:15am	18+	Free
Tai Chi	47884	W	3/18-5/6	10:15am-11:15am	18+	Free
Tot Futsal (indoor soccer)	47862	T	4/7-5/26	2pm-3pm	3-4	\$88
Yoga for Active Adults	47339	W	3/18-5/20	9:45am-11am	55+	Free
Zumba - Drop-in	47416	T	3/17-5/26	6:30pm-7:30pm	All Ages	\$5

EXCELSIOR PLGD - 579 Madrid St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Little Hands Creative Art	47255	T,Th	4/7-4/30	10am-11:30am	6m-3	\$72
Little Hands Creative Art	47256	T,Th	5/5-5/28	10am-11:30am	6m-3	\$72
Tiny Explorers	47263	W,F	4/8-5/1	10am-11:30am	6m-3	\$90
Tiny Explorers	47264	W,F	5/6-5/29	10am-11:30am	6m-3	\$90
Zumba - Drop-in	Drop-in	S	3/15-5/24	10:30am-11:30am	All Ages	\$5

GARFIELD SQUARE - 3100 26th St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: A Place to Play	Drop-in	T	3/17-5/19	10am-12pm	0-4	Free
Drop-in:	Drop-in	W	3/18-5/6	10:30am-12pm	18+	Free
Drop-in: Teen Time-Out	Drop-in	M-T	3/16-5/26	6pm-8pm	12-18	Free
Drop-in: Tot Storytime	Drop-in	Th	3/19-5/21	10am-12pm	0-4	Free

GARFIELD SWIMMING POOL - 1271 Treat St; (628) 652-7221

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Improving Skills & Swimming Strokes	47740	S	3/22-5/17	10:30am-11am	18+	\$136
Learning the Basics	47742	M	3/16-5/18	10:15am-10:45am	18+	\$136
Parent and Tot Swim	47741	M	3/16-5/18	9:30am-10am	6m-2	\$96
Preschool Swim	47739	S	3/22-5/17	10:30am-11am	3-5	\$96
Garfield Gators Swim Team	47748	T,Th	3/17-4/16	4:30pm-5:30pm	6-17	\$160
Garfield Gators Swim Team	47750	T,Th	4/28-5/21	4:30pm-5:30pm	6-17	\$320
Jr. Garfield Gators Swim Team	47744	M,W	3/16-4/15	4pm-5pm	6-17	\$160
Jr. Garfield Gators Swim Team	47745	M,W	4/27-5/20	4pm-5pm	6-17	\$160
Level 1	47346	S	3/22-5/17	9am-9:30am	6-17	\$80
Level 1	47347	S	3/22-5/17	9:45am-10:15am	6-17	\$80
Level 1	47348	T,Th	3/17-4/16	4:30pm-5pm	6-17	\$80
Level 2	47434	S	3/22-5/17	9am-9:30am	6-17	\$80
Level 2	47435	S	3/22-5/17	9:45am-10:15am	6-17	\$80
Level 2	47436	T,Th	4/28-5/21	4:30pm-5pm	6-17	\$80
Level 3	47547	T,Th	3/17-4/16	3:45am-4:15pm	6-17	\$80
Level 4	47553	T,Th	3/17-4/16	3:45pm-4:15pm	6-17	\$80
Level 4	47554	T,Th	4/28-5/21	3:45pm-4:15pm	6-17	\$80
Level 5	47623	T,Th	4/28-5/21	3:45am-4:15am	6-17	\$80

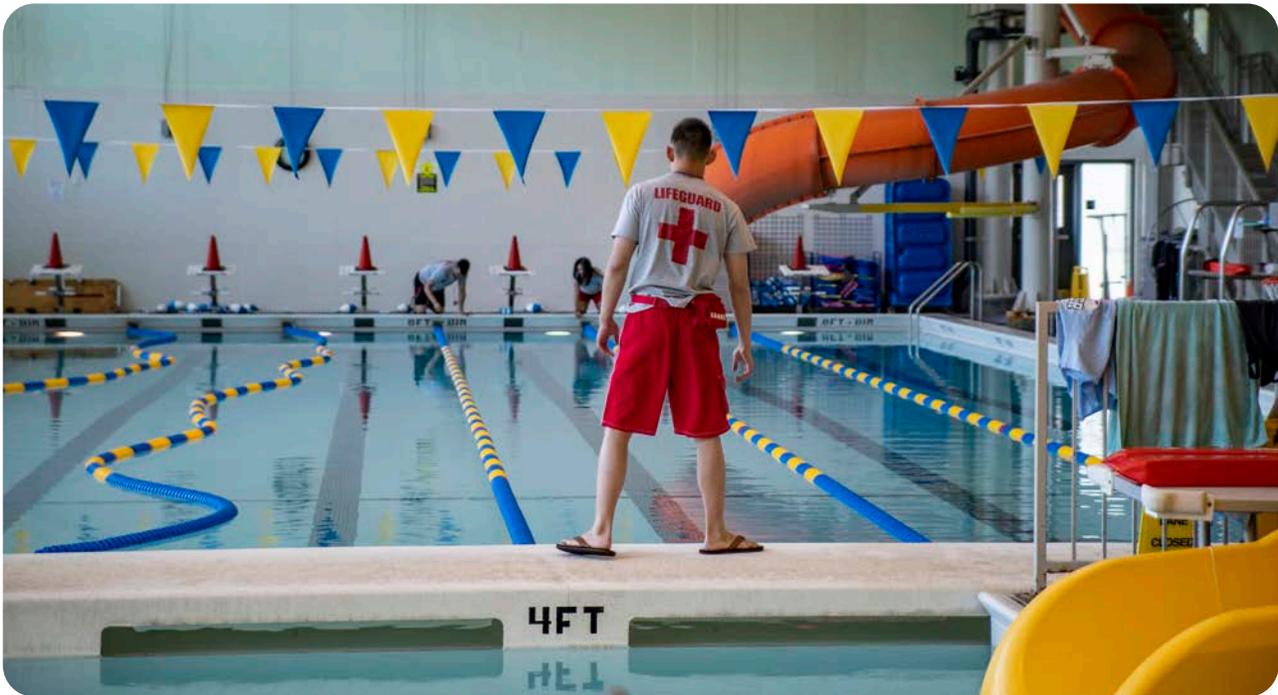
GLEN CANYON REC CENTER - Elk St & Chenery St; (415) 239-4008

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Ashtanga Yoga & Hatha Yoga Fusion	47389	Th	3/19-5/7	6:30pm-7:30pm	18+	\$128
Book Discussion Group	47309	T	3/17-5/19	1pm-3pm	55+	Free
Camp In, Climb On Overnight	47569	Sa	3/21-3/21	6pm-10am	8-12	\$245
Creative Visual Art	47638	W	3/25-5/27	3pm-4pm	10-13	\$120
Drop-in: A Place to Play	Drop-in	W-F	3/18-5/29	10am-12pm	6m-4	Free
Drop-in: Bingo!	Drop-in	Th	3/19-5/28	1:30pm-3:30pm	14+	Free
Cesar Chavez Day Celebration	Drop-in	F	3/27-3/27	12:30pm-3:30pm	5+	Free

Drop-in: Medical Qi Gong & Tai Chi	Drop-in	Th	3/19-5/28	2pm-2:45pm	18+	Free
Drop-in: Movie Night	Drop-in	T	3/17-5/26	6pm-8pm	14+	Free
Drop-in: Pickleball	Drop-in	W-Th	3/18-5/28	12:30pm-2:30pm	9+	Free
Drop-in: Pickleball	Drop-in	F	3/20-5/29	4:30pm-7:30pm	9+	Free
Drop-in: Volleyball	Drop-in	W	3/18-5/27	6pm-8pm	14+	Free
Drop-in: Wheelchair Basketball	Drop-in	Sa	3/21-5/30	3pm-6pm	All Ages	Free
Drop-in: Writing to Remember	Drop-in	F	3/20-5/29	2pm-3:30pm	18+	Free
Easter Family Workshop	47734	Sa	3/28-3/28	11am-1pm	5-8	\$40
Upcycled Treehouses	47642	Sa	5/23-5/23	11am-1pm	5-8	\$40
Great Time Out Camp	47570	M-F	3/30-4/3	8:30am-5:30pm	8-13	\$204
Karate Kidz	47702	F	3/20-5/29	7pm-8pm	9-12	\$140
Karate Kidz- Little Kickers	47705	F	3/20-5/29	6pm-7pm	6-8	\$140
Little People's Movin' & Groovin'	47261	T	3/17-5/5	10am-10:45am	3-5	\$90
Mini Cinema	47646	Th	3/26-5/28	4pm-6pm	10-14	\$216
Mini Cinema	47647	F	4/10-5/29	4:30pm-6:30pm	10-14	\$192
Monster Mash Family Workshop	47735	Sa	4/25-4/25	11am-1pm	5-8	\$40
Nuture Your Well-Being	47421	T	3/17-5/5	4pm-5pm	18+	\$64
Petite Bakers	47708	F	3/20-5/29	10am-11am	3-5	\$150
Physical Conditioning	47326	T	3/17-5/19	10am-11am	55+	Free
Pilates - All Levels	47369	Th	3/19-5/7	12pm-1pm	18+	\$128
Playful Intuitive Art Exploration	47650	W	3/25-5/27	6:30pm-7:30pm	18+	\$140
Rec and Parkour	47710	T	3/17-4/14	4pm-5pm	6-8	\$54
Rec and Parkour	47711	T	3/17-4/14	5:15pm-6:15pm	9-13	\$54
Rec and Parkour	47712	T	4/28-5/19	4pm-5pm	6-8	\$54
Rec and Parkour	47713	T	4/28-5/19	5:15pm-6:15pm	9-13	\$54
Rock Climbing - Open Climb	47573	T,Th	3/17-5/28	4pm-7pm	5+	\$20
Rock Climbing - Open Climb	47574	Sa	3/21-5/30	10am-4pm	5+	\$20
Rock Climbing 101	47575	W	3/18-4/15	4pm-5:30pm	8-13	\$108
Rock Climbing 101	47576	W	3/18-4/15	6pm-7:30pm	8-13	\$108
Rock Climbing 101	47577	W	4/29-5/20	4pm-5:30pm	8-13	\$108
Rock Climbing 101	47578	W	4/29-5/20	6pm-7:30pm	18+	\$120
Senior Art Expression - Session 1	47329	T	3/17-4/14	11:30am-1pm	55+	Free
Senior Art Expression - Session 2	47331	T	4/21-5/19	11:30am-1pm	55+	Free
Shred N' Butter for Tots	47445	T	3/17-4/21	11:30am-12:30pm	3-6	\$70
Shred N' Butter for Tots	47446	T	4/28-5/26	11:30am-12:30pm	3-6	\$70
Scooters, Skateboards & Pedal Bikes	47447	W	3/18-4/22	11:30am-12:30pm	3-6	\$70
Scooters, Skateboards & Pedal Bikes	47448	W	4/29-5/27	11:30am-12:30pm	3-6	\$70
Stress Management	47373	W	3/18-5/6	1:30pm-2:30pm	18+	\$48
Tennis - Intermediate Live Ball	47908	F	3/20-5/29	12pm-1pm	18+	\$198
Drawing & Painting with Tweens	47653	W	3/25-5/27	4:30pm-5:30pm	10-13	\$108
Volleyball - Beginner	47722	T	3/17-5/26	6:30pm-8pm	18+	\$231
Volleyball League - Girls	47663	W	3/18-5/13	5pm-6pm	10-12	\$120
Volleyball League - Girls	47664	W	3/18-5/13	4pm-5pm	8-10	\$120
YEP! Workshop Series	47968	W	3/25-3/25	4pm-6pm	13-17	Free
Yoga - Hatha Traditional	47379	T	3/17-5/5	10am-11am	18+	\$128
Yoga - Hatha Traditional	47382	W	3/18-5/6	6:30pm-7:30pm	18+	\$128
Zumba - Drop-in	Drop-in	W	3/18-5/27	2:30pm-3:30pm	All Ages	\$5

GOLDEN GATE PARK ARCHERY FIELD - 901 47th Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Intro to Archery Development	47560	Sa	3/21-4/11	10am-11:30am	8-17	\$72
Intro to Archery Development	47561	Sa	3/21-4/11	10am-11:30am	18+	\$72
Intro to Archery Development	47562	Sa	4/25-5/9	10am-11:30am	8-17	\$72
Intro to Archery Development	47563	Sa	4/25-5/9	10am-11:30am	18+	\$72
Archery Development - Int/Adv	47566	Sa	3/21-5/9	12pm-1:30pm	8-17	\$144
Archery Development - Int/Adv	47567	Sa	3/21-5/9	12pm-1:30pm	18+	\$144



GOLDEN GATE PARK SENIOR CENTER - 6101 Fulton St. @ 37th Ave.; (415) 666-7079

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Art & Painting (No Model)	47219	T	3/17-5/19	1pm-4pm	55+	Free
Beaded Light - Catchers & Ornaments	47221	F	3/20-5/22	1pm-3pm	55+	Free
Beginner's Ballroom Dance Lesson	47220	Th	3/19-5/21	2:45pm-4pm	55+	Free
Chinese Brush Painting	47222	T	3/17-5/19	10am-11:30am	55+	Free
Chinese Line Dancing	47223	F	3/20-5/22	10:30am-12pm	55+	Free
Conversation Mandarin	47224	W	3/18-5/20	10:30am-12pm	55+	Free
Drop-in: Bridge	Drop-in	T	3/17-5/19	11am-4pm	55+	Free
Drop-in: Chair Zumba/Zumba Gold	Drop-in	W	3/18-5/20	11:30am-12:30pm	55+	Free
Drop-in: Mah Jong	Drop-in	M	3/16-5/18	11am-4pm	55+	Free
Drop-in: Mah Jong	Drop-in	Th	3/19-5/21	11am-4pm	55+	Free
Drop-in: Table Game	Drop-in	W	3/18-5/20	1pm-4pm	55+	Free
Duplicate Bridge Tournament	47230	F	3/20-5/22	12pm-4pm	55+	Free
Fun with Paper	47231	W	3/18-5/20	10am-12pm	55+	Free
Jewelry Making (Intermediate Level)	47232	M	3/16-5/18	12:45pm-4pm	55+	Free
Karaoke	47233	Th	3/19-5/21	12pm-4pm	55+	Free
Knitting and Crocheting	47234	Th	3/19-5/21	1pm-3pm	55+	Free
Life Painting (Intermediate)	47241	F	3/20-5/22	10:30am-1:30pm	55+	Free
Line Dancing (Intermediate Level)	47236	T	3/17-5/19	10:45am-12:15pm	55+	Free

Line Dancing (Intermediate Level)	47237	Th	3/19-5/21	10:45am-12:15pm	55+	Free
Line Dancing - Intermediate	47235	W	3/18-5/20	2:30pm-4pm	55+	Free
Line Dancing - Ultra Beginners	47238	T	3/17-5/19	1pm-2:30pm	55+	Free
Low Impact Aerobics	47239	T	3/17-5/19	9:45am-10:30am	55+	Free
Low Impact Aerobics	47240	Th	3/19-5/21	9:45am-10:30am	55+	Free
Qi Gong for Seniors	47242	W	3/18-5/20	1pm-2pm	55+	Free
Strength & Conditioning for Seniors	47243	M	3/16-5/18	2:30pm-3:20pm	55+	Free
Stretch for Seniors	47244	Th	3/19-5/21	1pm-2:30pm	55+	Free
Tai Chi for Beginners	47245	M	3/16-5/18	1pm-2pm	55+	Free
Tai Chi for Intermediates	47246	F	3/20-5/22	1pm-2pm	55+	Free
Ukulele Jam Session	47247	F	3/20-5/22	2:30pm-4pm	55+	Free
Zumba	47248	M	3/16-5/18	10am-10:45am	55+	Free
Zumba Gold	47249	M	3/16-5/18	11:30am-12:30pm	55+	Free

HAMILTON REC CENTER - 1900 Geary Boulevard (@ Steiner St); (415) 292-2111 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Argentine Tango - Beginning	47303	T	3/17-5/19	1pm-3pm	55+	Free
Drop-in: A Place to Play	Drop-in	W,F	3/18-5/29	10am-12pm	6m-3	Free
Drop-in: Badminton	Drop-in	T	3/17-5/26	10:30am-1:30pm	All Ages	Free
Drop-in: Pickleball	Drop-in	W,F	3/18-5/29	10:30am-1pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	T	3/17-5/26	5:30pm-8:30pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Sa	3/21-5/30	1pm-4pm	All Ages	Free
Karaoke	47318	Th	3/19-5/14	10:30am-12:30pm	55+	Free
Line Dancing - Intermediate	47322	Sa	3/21-5/23	10:45am-11:45am	55+	Free
Line Dancing - Ultra Beginners	47323	Sa	3/21-5/9	9:10am-10:40am	55+	Free
Mindful Move & Groove for Tweens	47366	W	3/18-5/6	4:30pm-5:30pm	9-13	Free
Yoga - Hatha Traditional	47381	W	3/18-5/6	6:30pm-7:30pm	18+	\$128

HAMILTON SWIMMING POOL - 1900 Geary Blvd (@ Steiner St); (415) 292-2008 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Improving Skills & Swimming Strokes	47769	Sa	3/21-5/16	11:15am-11:45am	18+	\$136
Learning the Basics	47768	Sa	3/21-5/16	10:30am-11am	18+	\$136
Preschool Swim	47751	Sa	3/21-5/16	9:45am-10:15am	3-5	\$96
Preschool Swim	47752	T	3/17-5/19	3:30pm-4pm	3-5	\$96
Level 1	47349	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 1	47350	Sa	3/21-5/16	11:15am-11:45am	6-17	\$80
Level 1	47608	Th	3/19-5/21	3:30pm-4pm	6-17	\$80
Level 2	47437	Sa	3/21-5/16	10:30am-11am	6-17	\$80
Level 2	47449	T	3/17-5/12	4:15pm-4:45pm	6-17	\$70
Level 2	47609	Th	3/19-5/21	4:15pm-4:45pm	6-17	\$80
Level 3	47548	Sa	3/21-5/16	10:30am-11am	6-17	\$80
Level 4	47607	Sa	3/21-5/16	9:45am-10:15am	6-17	\$80
Level 5	47621	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 5	47622	Sa	3/21-5/16	11:15am-11:45am	6-17	\$80

HARVEY MILK CENTER FOR THE ARTS - 50 Scott St; (415) 554-8742 

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Active Art for Toddlers	47993	Th	3/26-5/28	10:30am-11:30am	2-4	\$120
Adult Ballet	47508	Th	3/19-5/28	11am-12pm	18+	\$160
Art Exploration	47628	Th	3/26-5/28	4pm-5pm	7-9	\$120
Audio Recording: Beginner	47941	T	3/17-5/12	6:30pm-8:30pm	18+	\$120
Beginning Sewing	47631	Th	3/26-5/28	6:30pm-8:30pm	18+	\$252
BollyX	47509	T	3/17-5/26	6pm-7pm	16+	\$120
Digital Painting: Concept Art	47639	Sa	4/11-5/30	1pm-2:30pm	12-17	\$144
Digital Painting: Concept Art	47994	Sa	4/25-4/25	1pm-4pm	18+	\$50
Global Dance for Active Adults	47314	T	3/17-5/19	7pm-8:30pm	55+	Free
Harvey Milk Pride Color Guard	47510	T	3/17-5/26	7:30pm-8:30pm	18+	\$70
Introduction to Cartoon & Animation	47643	T	3/24-5/26	4:30pm-6pm	10-14	\$162
Introduction to Cartoon & Animation	47644	T	3/24-5/26	7pm-8:30pm	18+	\$210
Mini Cinema	47645	W	3/25-5/27	4:30pm-6:30pm	10-14	\$240
Mixed Media Printmaking	47648	T	4/7-5/12	10:30am-1pm	18+	\$90
Portfolio Development	47651	Sa	4/11-5/30	11am-12:30pm	11-14	\$168
Textiles: Kids Knit & Crochet	47737	W	3/25-5/27	4:30pm-5:30pm	7-10	\$120
Textiles: Kids Knit & Crochet	47738	W	3/25-5/27	5:30pm-6:30pm	7-10	\$120
Ukulele II	47949	F	3/27-5/22	4:45pm-5:45pm	7-13	\$135
Ukulele: Beginning	47950	F	3/27-5/22	3:30pm-4:30pm	7-13	\$135
Ukulele: Beginning	47951	F	3/27-5/22	2:30pm-3:30pm	18+	\$135
Yoga: Healing Yoga	47391	T,Th	3/17-5/5	1pm-2:30pm	18+	Free
Young People's Teen Musical Theatre	47511	W,F-Sa	3/18-5/2	4:30pm-6pm	13-18	\$150



HARVEY MILK PHOTO CENTER - 50 Scott St; (415) 554-9522

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Black & White Film Development	47515	T	3/17-3/17	6pm-8:30pm	18+	\$50
Black & White Film Development	47516	W	3/25-3/25	6pm-8:30pm	18+	\$50
Black & White Film Development	47517	Th	5/7-5/7	6pm-8:30pm	18+	\$50
Black & White Film Development	47518	Th	5/21-5/21	6pm-8:30pm	18+	\$50
Beginning Adobe Photoshop	47519	T	5/5-5/26	6pm-8pm	18+	\$185
Cyanotype for All	47535	F	5/8-5/8	11am-3pm	18+	\$110
Cyanotype for All	47536	Sa	4/11-4/11	11am-3pm	18+	\$110
Darkroom Essentials & Processes	47520	T	4/7-5/12	6pm-8:30pm	18+	\$230
Darkroom Essentials & Processes	47521	Th	3/26-4/30	6pm-8:30pm	18+	\$230
Developing Your Personal Vision	47522	Sa	4/18-5/23	1pm-4pm	18+	\$230
Film Camera Basics	47523	T	5/26-5/26	6pm-8:30pm	18+	\$50
Film Photography for Teens	47524	W	4/22-5/20	4pm-6pm	13-18	\$130
Getting to Know Your DSLR Camera	47525	W	4/8-4/29	6pm-8:30pm	18+	\$170
Luminograms	47538	W	5/6-5/27	6pm-8pm	18+	\$185
Matting, Framing, Presenting Photos	47526	Sa	3/28-3/28	11am-2:30pm	18+	\$80
Photo Center Orientation	47527	Sa	3/21-3/21	11am-12pm	13+	\$15
Photo Center Orientation	47528	Sa	4/4-4/4	11am-12pm	13+	\$15
Photo Center Orientation	47529	Sa	4/18-4/18	11am-12pm	13+	\$15
Photo Center Orientation	47530	Sa	5/2-5/2	11am-12pm	13+	\$15
Photo Center Orientation	47531	Sa	5/16-5/16	11am-12pm	13+	\$15
Photo Center Orientation	47532	Sa	5/30-5/30	11am-12pm	13+	\$15
Photo Center Orientation	47533	Sa	6/13-6/13	11am-12pm	13+	\$15
Wet Plate Collodion Photography	47537	S,Sa	5/30-5/31	10am-4pm	18+	\$350

HERZ REC CENTER - 160 Mrs. Jackson Way; (415) 487-8854

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Intro to Pilates - Yoga Fusion	47420	Th	3/19-5/7	12:30pm-1:30pm	18+	\$128

HILLTOP PARK - La Salle & Whitney Young Circle

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Zumba - Drop-in	Drop-in	S	3/15-5/24	9am-10am	All Ages	Free

JOE DIMAGGIO PLGD - 651 Lombard St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Art Expression for Seniors	47305	Th	3/19-5/21	11:30am-1pm	55+	Free
Drop-in: A Place to Play	Drop-in	M	3/16-5/25	9am-11am	1-4	Free
Drop-in: Ping Pong	Drop-in	M	3/16-5/25	1:30pm-4:30pm	All Ages	Free
Move n Groove Fitness for Seniors	47324	T	3/17-5/19	10am-11am	55+	Free
Move n Groove Fitness for Seniors	47325	Th	3/19-5/21	10am-11am	55+	Free
Yoga - Hatha Traditional	47378	M	3/16-5/4	12pm-1pm	18+	\$96

JOHN MCLAREN PARK - Mansell St & Visitacion Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Ropes Course Adventure	47579	Sa	3/28-3/28	10am-12pm	9+	\$45
Ropes Course Adventure	47580	Sa	3/28-3/28	1pm-3pm	9+	\$45
Ropes Course Adventure	47581	Sa	4/11-4/11	10am-12pm	9+	\$45
Ropes Course Adventure	47582	Sa	4/11-4/11	1pm-3pm	9+	\$45
Ropes Course Adventure	47583	Sa	5/9-5/9	10am-12pm	9+	\$45
Ropes Course Adventure	47584	Sa	5/9-5/9	1pm-3pm	9+	\$45

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
All Skill Level Tang Soo Doo House	47198	Sa	3/21-5/30	12pm-2pm	5+	\$44
Beginning Tang Soo Doo House	47197	Th	3/19-5/28	5pm-7pm	5+	\$44
Community Sewing Class - Beg.	47195	W,F	3/18-5/29	3pm-5pm	18+	\$110
Community Sewing Class - Int.	47196	T,Th	3/17-5/28	3pm-5pm	18+	\$117
Drop in: Bingo for Seniors	Drop-in	W	3/18-5/20	12pm-4pm	55+	Free
Drop-in: 40 and Over Basketball	Drop-in	W	3/18-5/27	6pm-9pm	40+	Free
Intermediate Tang Soo Doo	47199	F	3/20-5/29	5pm-7pm	5+	\$44
Line Dance with R&B	47319	T,Th	3/17-5/21	11:30am-3:30pm	55+	Free
Tot Futsal (indoor soccer)	47868	Th	4/9-5/28	10am-11am	3-4	\$88

KEZAR SPORTS COMPLEX- 670 Kezar Dr

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Kids' Games @ Kezar	47918	S	5/3-5/3	9am-1pm	5-14	Free
Physical Conditioning	47327	Th	3/19-5/21	9:30am-11am	55+	Free
Physical Conditioning	47328	F	3/20-5/22	9:30am-11am	55+	Free

LAKE MERCED BOATHOUSE - 1 Harding Rd

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Kayaking - Tandem Self Guided Tour	47995	Sa	4/18-4/18	9am-10am	8+	\$37
Kayaking - Tandem Self Guided Tour	47996	Sa	4/18-4/18	10:15am-11:15am	8+	\$37
Kayaking - Tandem Self Guided Tour	47997	Sa	4/18-4/18	11:30am-12:30pm	8+	\$37
Kayaking - Tandem Self Guided Tour	47998	Sa	4/25-4/25	10am-11am	8+	\$37
Kayaking - Tandem Self Guided Tour	47999	Sa	4/25-4/25	11:15am-12:15pm	8+	\$37

LINCOLN PARK GOLF COURSE - 300 34th Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Golf: Beginning	47729	Sa	3/21-5/30	2pm-3:30pm	18+	\$176

MARGARET HAYWARD PLGD - 1016 Laguna St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
YEP! Workshop Series	47971	W	4/22-4/22	4pm-6pm	13-17	Free

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Improving Skills & Swimming Strokes	47770	W,F	3/18-4/17	11:30am-12pm	18+	\$136
Improving Skills & Swimming Strokes	47771	W,F	4/29-5/22	11:30am-12pm	18+	\$136
Improving Skills & Swimming Strokes	47819	T-F	3/17-3/27	5:15pm-5:45pm	18+	\$136
Improving Skills & Swimming Strokes	47820	Sa	3/21-5/16	11:15am-11:45am	18+	\$136
Learning the Basics	47830	T-F	3/17-3/27	5:15pm-5:45pm	18+	\$136
Learning the Basics	47842	W,F	3/18-4/17	11:15am-11:45am	18+	\$136
Learning the Basics	47843	W,F	4/29-5/22	11:15am-11:45am	18+	\$136
Learning the Basics	47844	Sa	3/21-5/16	11:15am-11:45am	18+	\$136
Preschool Swim	47823	W,F	3/18-4/17	10:30am-11am	3-5	\$96
Preschool Swim	47826	W,F	4/29-5/22	10:30am-11am	3-5	\$96
Preschool Swim	47828	Sa	3/21-5/16	10:30am-11am	3-5	\$96
King Barracuda Swim Team	47845	T,Th	4/7-5/28	4:30pm-5:30pm	6-17	\$320
Level 1	47351	T-F	3/17-3/27	3:45pm-4:15pm	6-17	\$80
Level 1	47352	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 1	47422	Sa	3/21-5/16	9:45am-10:15am	6-17	\$80
Level 2	47504	T-F	3/17-3/27	4:30pm-5pm	6-17	\$80
Level 2	47506	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 3	47549	Sa	3/21-5/16	9:45am-10:15am	6-17	\$80
Level 3	47610	T-F	3/17-3/27	3:45pm-4:15pm	6-17	\$80
Level 4	47613	T-F	3/17-3/27	4:30am-5am	6-17	\$80
Lifeguard Training	47846	M-F	3/30-4/3	9:30am-4pm	15+	Free

MIDTOWN TERRACE PLGD - 280 Olympia Way @ Clarendon St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Little Hands Creative Art	47257	W	3/18-4/22	11am-12:30pm	1y 5m-3	\$45
Little Hands Creative Art	47258	W	4/29-5/27	11am-12:30pm	1y 5m-3	\$45
Spring Break Camp for Tots	47983	M-F	3/30-4/3	9am-2pm	4-5	\$250
Tiny Explorers	47265	Th	3/19-4/23	11am-12:30pm	6m-2	\$90
Tiny Explorers	47266	Th	4/30-5/28	11am-12:30pm	6m-2	\$90

MINNIE & LOVIE WARD REC CENTER - 650 Capitol St.; (415) 337-4710

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Arts & Crafts	47935	F	3/20-5/29	3pm-5pm	5-7	Free
Camp Whisk & Flame	47967	M-F	3/30-4/3	10am-4pm	13-17	\$257
Drop-in: A Place to Play	Drop-in	T	3/24-5/26	10am-11:30am	9m-5	Free
Drop-in: Basketball	Drop-in	T	3/17-5/26	12pm-5:30pm	6+	Free
Drop-in: Basketball	Drop-in	W	3/18-5/27	10am-3:45pm	6+	Free
Drop-in: Basketball	Drop-in	W	3/18-5/27	6:45pm-8:30pm	6+	Free

Drop-in: Basketball	Drop-in	Th	3/19-5/28	10am-6:15pm	6+	Free
Drop-in: Basketball	Drop-in	Th	3/19-5/28	7:45pm-8:30pm	6+	Free
Drop-in: Basketball	Drop-in	F	3/20-5/29	10am-8:30pm	6+	Free
Drop-in: Basketball	Drop-in	Sa	3/21-5/30	10:15am-4:30pm	6+	Free
Drop-in: Ethiopian Music & Dance	Drop-in	Th	3/19-5/14	10:40am-11:30am	9m-3	Free
Drop-in: Pickleball	Drop-in	W	3/18-5/27	4pm-6:30pm	18+	Free
Drop-in: Storytime	Drop-in	Th	3/19-5/28	11:30am-12:15pm	9m-4	Free
Drop-in: Table Tennis	Drop-in	T	3/17-5/26	10am-8:30pm	6+	Free
Drop-in: Table Tennis	Drop-in	W	3/18-5/27	3:30pm-8:30pm	6+	Free
Drop-in: Table Tennis	Drop-in	Th-F	3/19-5/29	12:30pm-8:30pm	6+	Free
Drop-in: Table Tennis	Drop-in	Sa	3/21-5/30	3:30pm-4:30pm	6+	Free
Drop-in: Volleyball	Drop-in	T	3/17-5/26	6pm-8pm	13-18	Free
Drop-in: Weight Room	Drop-in	Sa	3/21-5/30	10am-4:30pm	18+	Free
Drop-in: Weight Room	Drop-in	T-F	3/17-5/29	10am-8:30pm	18+	Free
Line Dancing	47321	W,Sa	3/18-5/23	1pm-3pm	55+	Free
Roly Polys - All Things Wheels	47984	T	3/17-5/26	10am-11:30am	1y 5m-5	\$81
Tai Chi	47335	W,F	3/25-5/8	10am-12pm	55+	Free
Tai Chi	47336	Sa	3/21-5/23	10am-12pm	55+	Free
YEP! Workshop Series	47964	W	3/18-3/18	4pm-6pm	13-17	Free
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	9:15am-10:15am	All Ages	\$5
Zumba - Drop-in	Drop-in	Th	3/19-5/28	6:30pm-7:30pm	All Ages	\$5

MISSION ARTS CENTER - 745 Treat Ave.; (415) 831-6801

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Active Art for Toddlers	47624	T	3/24-5/26	10am-11am	2-4	\$120
Active Art for Toddlers	47625	F	3/27-5/29	10am-11am	2-4	\$120
Active Art for Toddlers	47626	F	3/27-5/29	11am-12pm	2-4	\$120
Art Exploration	47627	W	3/25-5/27	4pm-5pm	7-9	\$108
Beginning Coding for Minecraft	47632	F	4/10-5/29	4:30pm-6pm	10-14	\$144
Beginning Improv for Adults	47957	W	4/1-5/20	6pm-7:30pm	18+	\$135
Community Gaming Space	47633	F	4/17-4/17	6:30pm-8:30pm	10+	\$15
Community Gaming Space	47634	F	5/1-5/1	6:30pm-8:30pm	10+	\$15
Community Gaming Space	47635	F	5/29-5/29	6:30pm-8:30pm	10+	\$15
Creative Art Discovery	47636	F	4/10-5/29	4pm-5pm	7-9	\$96
Creative Visual Art	47637	T	3/24-5/26	4:30pm-5:30pm	10-13	\$117
Imaginative Art	47733	Sa	4/11-5/30	11:30pm-12:45am	10-13	\$130
Exploration in Clay	47640	Sa	3/28-5/30	10am-1pm	18+	\$390
Exploration in Clay	47641	Sa	3/28-5/30	2pm-5pm	18+	\$390
Guitar II	47942	T	3/24-5/19	2pm-3pm	55+	Free
Guitar: Beginner	47943	T	3/24-5/19	3pm-4pm	55+	Free
Guitar: Beginner	47944	T	3/24-5/19	4pm-5pm	7-13	\$135
Hatha Yoga & Ashtanga Yoga Fusion	47419	W	3/18-5/6	9:30am-10:30am	18+	\$128
Drawing & Painting	47736	Sa	4/11-5/30	10am-11:15am	10-13	\$108
Playful Intuitive Art Exploration	47649	T	3/24-5/26	3pm-4pm	18+	\$140
Drawing & Painting with Tweens	47652	T	3/24-5/26	6pm-7pm	10-13	\$108
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	10:30am-11:30am	All Ages	\$5

MISSION CREEK PARK - 401 Berry St.

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Bayfront Biking	47614	Sa	3/21-3/21	10am-1pm	10+	\$21
Bayfront Biking	47615	Sa	4/25-4/25	10am-1pm	10+	\$21
Bayfront Biking	47616	Sa	5/16-5/16	10am-1pm	10+	\$21
Shred N' Butter	47441	Th	4/30-5/28	4pm-5pm	8-12	\$70
Zumba - Drop-in	Drop-in	Th	3/19-5/28	12pm-1pm	All Ages	Free

MISSION PLGD - 19th St & Linda St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Tennis - Intermediate Live Ball	47903	T	3/17-5/26	5:30pm-6:30pm	18+	\$198
Tennis - Intermediate Live Ball	47904	T	3/17-5/26	6:30pm-7:30pm	18+	\$198
TR Stream	47252	W	3/18-5/13	1pm-2pm	18+	Free
Zumba - Drop-in	Drop-in	M	3/16-5/18	6:30pm-7:30pm	All Ages	\$5
Zumba - Drop-in	Drop-in	W	3/18-5/27	6:30pm-7:30pm	All Ages	\$5
Zumba - Drop-in	Drop-in	F	3/20-5/29	6:30pm-7:30pm	All Ages	\$5

MISSION REC CENTER - 2450 Harrison St (415) 831-6820

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Archery - Open Range	47585	Th	3/19-3/19	4pm-6pm	8+	\$15
Archery - Open Range	47586	Th	3/19-3/19	6pm-8pm	8+	\$15
Archery - Open Range	47587	Th	3/26-3/26	4pm-6pm	8+	\$15
Archery - Open Range	47588	Th	3/26-3/26	6pm-8pm	8+	\$15
Archery - Open Range	47589	Th	4/2-4/2	4pm-6pm	8+	\$15
Archery - Open Range	47590	Th	4/2-4/2	6pm-8pm	8+	\$15
Archery - Open Range	47591	Th	4/9-4/9	4pm-6pm	8+	\$15
Archery - Open Range	47592	Th	4/9-4/9	6pm-8pm	8+	\$15
Archery - Open Range	47593	Th	4/16-4/16	4pm-6pm	8+	\$15
Archery - Open Range	47594	Th	4/16-4/16	6pm-8pm	8+	\$15
Archery - Open Range	47595	Th	4/23-4/23	4pm-6pm	8+	\$15
Archery - Open Range	47596	Th	4/23-4/23	6pm-8pm	8+	\$15
Archery - Open Range	47597	Th	4/30-4/30	4pm-6pm	8+	\$15
Archery - Open Range	47598	Th	4/30-4/30	6pm-8pm	8+	\$15
Archery - Open Range	47599	Th	5/7-5/7	4pm-6pm	8+	\$15
Archery - Open Range	47600	Th	5/7-5/7	6pm-8pm	8+	\$15
Archery - Open Range	47601	Th	5/14-5/14	4pm-6pm	8+	\$15
Archery - Open Range	47602	Th	5/14-5/14	6pm-8pm	8+	\$15
Archery - Open Range	47603	Th	5/21-5/21	4pm-6pm	8+	\$15
Archery - Open Range	47604	Th	5/21-5/21	6pm-8pm	8+	\$15
Archery - Open Range	47605	Th	5/28-5/28	4pm-6pm	8+	\$15
Archery - Open Range	47606	Th	5/28-5/28	6pm-8pm	8+	\$15
Drop-in: Basketball	Drop-in	W,F-Sa	3/18-5/27	9am-5pm	All Ages	Free
Drop-in: Basketball	Drop-in	T,Th	3/17-5/26	9am-4pm	All Ages	Free
Drop-in: Pickleball	Drop-in	T	3/17-5/26	11am-2pm	All Ages	Free
Drop-in: Racquetball/Squash	Drop-in	T-Sa	3/17-5/30	9am-9pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	T-Sa	3/17-5/30	9am-9pm	All Ages	Free
Drop-in: Women Only Weight Room	Drop-in	Th	3/19-5/28	6pm-8:45pm	18+	Free

Tot Futsal (indoor soccer)	47867	Th	4/9-5/28	1pm-2pm	3-4	\$88
Women's Weightlifting Class	47694	Th	3/19-5/7	6pm-7:30pm	18+	\$105

MOSCONE REC CENTER - 1800 Chestnut St. @ Buchanan St; (415) 292-2045

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Audio Production	47630	T	3/24-5/26	4:30pm-6:30pm	10-14	\$240
Basketball - Pee Wee	47836	Sa	4/11-5/16	2pm-3pm	3-5	\$66
Basketball - Pee Wee	47837	Sa	4/11-5/16	3pm-4pm	3-5	\$66
Drop-in: A Place to Play	Drop-in	W-Th	3/18-5/28	10am-12pm	1-3	Free
Drop-in: Basketball	Drop-in	T	3/17-5/26	5pm-7:30pm	18+	Free
Drop-in: Basketball	Drop-in	T,Th	3/17-5/28	3:30pm-5pm	6-17	Free
Drop-in: Basketball	Drop-in	F	3/20-5/29	12pm-1:30pm	6+	Free
Drop-in: Girls Basketball	Drop-in	F	3/20-5/29	5:30pm-7:30pm	11-17	Free
Drop-in: Pickleball	Drop-in	T,Th	3/17-5/28	1pm-3pm	18+	Free
Drop-in: Women's Basketball	Drop-in	Th	3/19-5/28	5pm-7:30pm	18+	Free
Fencing	47728	W	3/18-5/27	6:30pm-7:30pm	10-15	\$155
Girls Basketball Fundamentals	47660	F	4/10-5/15	4:30pm-5:30pm	11-14	\$60
Hatha Flow Yoga	47315	T	3/17-5/19	10:15am-11:15am	55+	Free
Hatha Flow Yoga	47316	F	3/20-5/22	10:15am-11:15am	55+	Free
Petite Bakers	47706	W	3/18-5/27	4pm-5pm	3-5	\$150
Rec and Parkour	47714	Sa	3/21-4/18	10:30am-11:30am	6-8	\$54
Rec and Parkour	47715	Sa	3/21-4/18	12pm-1pm	9-13	\$54
Rec and Parkour	47716	Sa	5/2-5/23	10:30am-11:30am	6-8	\$54
Rec and Parkour	47717	Sa	5/2-5/23	12pm-1pm	9-13	\$54
Rec and Parkour - Little Tumblerz	47747	Sa	3/21-4/18	9:30am-10am	4-5	\$54
Rec and Parkour - Little Tumblerz	47749	Sa	5/2-5/23	9:30am-10am	4-5	\$54
Sketching and Painting for Seniors	47333	W	3/18-5/20	1pm-3pm	55+	Free
Tennis - Vocabulary, Chess & Art Camp	47890	M-F	3/30-4/3	8:30am-5:30pm	8-12	\$339
Tennis - Women's Beginning	47914	W	3/18-5/27	6pm-7pm	18+	\$240
Tennis - Women's Intermediate	47913	T	3/17-5/26	6pm-7pm	18+	\$240
Tennis - Women's Intermediate	47915	Th	3/19-5/28	6pm-7pm	18+	\$240
Tot Futsal (indoor soccer)	47864	T	4/7-5/26	11:30am-12:30pm	3-4	\$88
Volleyball League - Girls	47665	W	3/18-5/13	4pm-5pm	10-12	\$120
Volleyball League - Girls	47666	W	3/18-5/13	5pm-6pm	12-14	\$120

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Improving Skills & Swimming Strokes	47855	Th	3/19-5/21	3:20pm-3:50pm	18+	\$136
Learning the Basics	47856	Th	3/19-5/21	3:20pm-3:50pm	18+	\$136
Swimming for Fitness	47857	Sa	3/21-5/16	4:30pm-5pm	18+	\$136
Competitive Stroke Clinic - Jr. Piranhas	47860	Sa	3/21-5/16	9am-10am	10-15	\$160
Competitive Stroke Clinic - Piranhas	47878	Sa	3/21-5/16	10:15am-11:15am	12-17	\$160
Preschool Swim	47858	Sa	3/21-5/16	10:30am-11am	3-5	\$96
Level 1	47423	W,F	3/18-4/17	3:45pm-4:15pm	6-17	\$80
Level 1	47424	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 1	47425	W,F	4/29-5/22	3:45pm-4:15pm	6-17	\$80
Level 2	47512	Sa	3/21-5/16	9:45am-10:15am	6-17	\$80
Level 2	47514	W,F	4/29-5/22	4:30pm-5pm	6-17	\$80

Level 3	47550	W,F	3/18-4/17	3:45pm-4:15pm	6-17	\$80
Level 3	47611	Sa	3/21-5/16	9am-9:30am	6-17	\$80
Level 3	47612	Sa	3/21-5/16	9:45am-10:15am	6-17	\$80

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Art Exploration	47629	F	4/10-5/29	4pm-5pm	7-9	\$96
Ballroom Dance	47753	T,Th	3/17-5/21	12:30pm-2pm	18+	Free
Basketball	47754	Sa	3/21-4/4	9am-10am	18+	\$36
Basketball	47755	Sa	4/18-5/2	11:30am-12:30pm	18+	\$36
Basketball	47756	Sa	5/16-5/30	10am-11am	18+	\$36
Bingo for Seniors	47757	W	3/18-5/27	10am-11:30am	55+	Free
Chinese Classical Dance	47758	Sa	3/21-5/30	12pm-2pm	18+	Free
Chinese Music Appreciation	47759	Sa	3/21-5/30	10am-12pm	18+	Free
Drop-in: A Place to Play	47760	Th	3/26-5/21	10am-11:30am	6m-3	Free
Drop-in: Basketball	47821	T-W,F	3/17-5/29	10am-4pm	16+	Free
Drop-in: Basketball	47822	Th	3/19-5/28	12pm-3:30pm	16+	Free
Drop-in: Volleyball	47761	F	3/20-5/29	4:30pm-8:30pm	16+	Free
Drop-in: Volleyball	Drop-in	Sa	3/21-5/30	2pm-4:30pm	16+	Free
Line Dancing	47763	T,Sa	3/17-5/30	10am-12pm	18+	Free
Line Dancing	47764	W	3/18-5/27	10am-12pm	18+	Free
Line Dancing	47765	Th	3/19-5/28	10am-12pm	18+	Free
Line Dancing	47766	F	3/20-5/29	10am-12pm	18+	Free
Sing Along	47767	Sa	3/21-5/30	2pm-4pm	18+	Free
Volleyball - Women's Adv. League	47725	Th	3/19-5/28	6:15pm-9pm	18+	\$165
Volleyball - Women's Int. League	47724	T	3/17-5/26	6:15pm-9pm	18+	\$165
Volleyball League - Girls	47667	Th	3/19-5/14	4:15pm-5:15pm	10-12	\$120
Volleyball League - Girls	47668	Th	3/19-5/14	5:30pm-6:30pm	12-14	\$120
Volleyball League - Girls	47669	Th	3/19-5/14	4:15pm-5:15pm	8-10	\$120
Yoga - Hatha Traditional	47383	W	3/18-5/6	12:30pm-1:30pm	18+	\$128
Yoga - Hatha Traditional	47384	Th	3/19-5/7	6:30pm-7:30pm	18+	\$128
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	9:15am-10:15am	All Ages	\$5
Zumba - Drop-in	Drop-in	W	3/18-5/27	6:30pm-7:30pm	All Ages	\$5

POTRERO HILL REC CENTER - 801 Arkansas St;(415) 695-5009

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Active Art for Toddlers	47656	W	3/25-5/27	10:30am-11:30am	2-4	\$120
Active Art for Toddlers	47657	F	3/27-5/29	10am-11am	2-4	\$120
Drop-in: A Place to Play	Drop-in	T	3/17-5/26	10am-12pm	9m-5	Free
Drop-in: A Place to Play	Drop-in	Th	3/19-5/28	10am-12pm	9m-5	Free
Drop-in: Basketball	Drop-in	T	3/17-5/26	10am-8pm	All Ages	Free
Drop-in: Basketball	Drop-in	W-Th	3/18-5/28	10am-5pm	All Ages	Free
Drop-in: Basketball	Drop-in	F	3/20-5/29	1pm-6pm	All Ages	Free
Drop-in: Basketball	Drop-in	Sa	3/21-5/30	9am-5pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	T-Th	3/17-5/28	10am-2pm	6+	Free
Drop-in: Table Tennis	Drop-in	Sa	3/21-5/30	10am-4pm	6+	Free
Drop-in: Volleyball	Drop-in	Th	3/19-5/28	5pm-7pm	13-18	Free
Drop-in: Womens Volleyball	Drop-in	W	3/18-5/27	5pm-7pm	All Ages	Free

Pilates/Yoga Fusion	47370	T	3/17-5/5	6:30pm-7:30pm	18+	\$128
Roly Polys - All Things Wheels	47979	F	3/27-5/29	10am-11:30am	1y 5m-5	\$81

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Architects for the Tiny	47484	W	3/18-4/15	4pm-5:30pm	6-8	\$100/\$110
Architects for the Tiny	47503	W	4/29-5/27	4pm-5:30pm	9-12	\$130/\$140
Art and Animals	47485	T	4/7-5/12	10am-11am	2 1/2-5	\$145/\$155
Art and Animals	47486	T	4/7-5/12	11:15am-12:15pm	2 1/2-5	\$170/\$180
Beadwork and Jewelry Exploration	47542	W	3/25-5/6	4pm-5:30pm	8-10	\$165/\$175
Beginning/Intermediate Knitting	47487	W	3/18-4/15	12pm-2pm	15+	\$150/\$160
Beginning/Intermediate Knitting	47488	W	4/29-5/27	12pm-2pm	15+	\$150/\$160
Castles and Fortresses	47541	T-Th	3/31-4/2	10am-12pm	8-10	\$110/\$120
Ceramics - Randall Clay Club	47450	T	3/24-5/19	4pm-5:30pm	6-8	\$230/\$240
Ceramics - Randall Clay Club	47451	Th	3/19-5/21	4:30pm-6pm	12-14	\$230/\$240
Ceramics - Randall Clay Club	47452	W	3/18-5/20	4pm-5:30pm	9-11	\$230/\$240
Ceramics - Randall Clay Club	47453	Sa	3/28-5/23	10am-11:30am	9-11	\$215/\$225
Ceramics - Randall Clay Club	47454	Sa	3/28-5/23	11:30am-1pm	12-14	\$215/\$225
Ceramics: Anything Goes!	47455	F	3/27-5/22	5:30pm-8:30pm	15+	\$460/\$470
Ceramics: Anything Goes!	47456	Sa	3/28-5/23	2pm-5pm	15+	\$415/\$425
Ceramics: Anything Goes!	47457	T	3/17-5/19	6:30pm-9:30pm	15+	\$460/\$470
Ceramics: Let's Get Hand-Building	47458	T	3/24-5/19	11am-2pm	15+	\$460/\$470
Ceramics: Potter's Wheel	47459	W	3/18-5/20	6:30pm-9:30pm	15+	\$460/\$470
Ceramics: Potter's Wheel	47460	F	3/27-5/22	10am-1pm	15+	\$460/\$470
Ceramics: Potter's Wheel	47986	Th	3/19-5/21	6:30pm-9:30pm	15+	\$460/\$470
Colorful Printmaking	47461	T	4/7-5/12	4:30pm-6pm	8-10	\$155/\$165
Dynamic Duo Clay Explorers	47540	W	3/25-5/20	9:30am-10:30am	3-4	\$215/\$225
Mad Scientists Mashup!	47489	F	4/10-5/1	4pm-5:30pm	6-8	\$100/\$110
Mad Scientists Mashup!	47490	F	5/8-5/29	4pm-5:30pm	6-8	\$100/\$110
3D Printing	47462	F	3/27-5/22	4:30pm-6:30pm	8-9	\$310/\$320
3D Printing & Laser Cutting	47463	T	3/24-5/19	6:30pm-9:30pm	15+	\$460/\$470
Creative Mechatronics	47464	T	3/24-5/19	4:30pm-6pm	10-14	\$230/\$240
Electronic Inventor Lab with AI Coding	47465	Th	3/26-5/21	6:30pm-9:30pm	15+	\$460/\$470
New Technologies: Inventor Lab	47466	Th	3/26-5/21	4pm-6pm	8-9	\$310/\$320
Laser Cut Animals, Heroes, and More!	47987	Sa	3/28-4/11	10:30am-12:30pm	10-14	\$100/\$110
Laser Cut Animals, Heroes, and More!	47988	Sa	3/28-4/11	1:30pm-3:30pm	10-14	\$100/\$110
Laser Cut Animals, Heroes, and More!	47989	Sa	5/9-5/23	1:30pm-3:30pm	10-14	\$100/\$110
Laser Cut Animals, Heroes, and More!	47990	Sa	5/9-5/23	10:30am-12:30pm	10-14	\$100/\$110
Robotics Workshop	47491	F	4/10-5/29	4:30pm-6:30pm	9-12	\$270/\$280
Scrapyard Robotics	47467	W	3/25-5/20	4pm-6pm	8-9	\$310/\$320
Playing With Art	47492	W	4/8-4/29	10am-11am	2-3	\$95/\$105
Playing With Art	47493	Th	4/9-4/30	10am-11am	2-3	\$95/\$105
Playing With Art	47494	F	4/10-5/1	10am-11am	2-3	\$95/\$105
Playing With Art	47495	W	5/6-5/27	10am-11am	2-3	\$95/\$105
Playing With Art	47496	Th	5/7-5/28	10am-11am	2-3	\$95/\$105
Playing With Art	47497	F	5/8-5/29	10am-11am	2-3	\$95/\$105
Rocketmobiles Crash Course	47498	T	4/7-4/28	4pm-5:30pm	8-10	\$100/\$110
Rocketmobiles Crash Course	47513	T	5/5-5/26	4pm-5:30pm	8-10	\$100/\$110
Saturday Afternoon Drop-in Art	Drop-in	Sa	3/21-5/30	1pm-4pm	All Ages	\$10
Saturday Science Drop-in Workshop	Drop-in	Sa	3/21-5/30	10:30am-11:30am	All Ages	\$10

Stitch Club	47539	W	4/29-5/27	4pm-5:30pm	10-14	\$130/\$140
The Art of Floral Design	47501	Th	3/19-4/16	6:30pm-9pm	15+	\$310/\$320
The Art of Floral Design	47502	Th	4/30-5/28	6:30pm-9pm	15+	\$310/\$320
Woodworking for Kids	47468	T	3/24-5/12	4pm-5:30pm	6-8	\$205/\$215
Woodworking for Tots w/ Grownups	47469	Sa	3/21-4/11	10am-11am	3-5	\$100/\$110
Woodworking for Tots w/ Grownups	47470	Sa	3/21-4/11	11:15am-12:15pm	3-5	\$100/\$110
Woodworking for Tots w/ Grownups	47471	Sa	4/25-5/23	10am-11am	3-5	\$120/\$130
Woodworking for Tots w/ Grownups	47472	Sa	4/25-5/23	11:15am-12:15pm	3-5	\$120/\$130
Woodworking for Tweens	47473	W	3/25-5/13	4:30pm-6pm	9-11	\$205/\$215
Woodworking I: Shaker Bench	47474	W	3/25-5/27	6:30pm-9:30pm	15+	\$560/\$570
Woodworking I: Shaker Table	47475	T	3/24-5/26	6:30pm-9:30pm	15+	\$510/\$520
Woodworking: Portable Workbenches!	47476	Th	3/26-5/14	6:30pm-9:30pm	15+	\$510/\$520
Woodworking Safety Orientation	47477	T	3/17-3/17	6:30pm-9pm	15+	\$30/\$40
Woodworking Safety Orientation	47478	Th	3/19-3/19	6:30pm-9pm	15+	\$30/\$40
Woodworking: Community Design-Build!	47479	F	3/27-5/22	9:30am-12:30pm	15+	\$460/\$470
Woodworking: Open Shop	47480	T	3/24-5/19	9:30am-1:30pm	15+	\$615/\$625
Woodworking: Open Shop	47481	Sa	3/21-5/23	1pm-5pm	15+	\$615/\$625
Turning Spindles, Boxes, & Bowls!	47482	Th	3/26-5/14	1pm-4pm	15+	\$410/\$420

RICHMOND REC CENTER - 18th Avenue; (415) 666-7020

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Adult Workout	47302	Sa	3/21-5/23	11:30am-12:30pm	55+	Free
Archery - Indoor Target League	47556	W	3/18-4/15	5:45pm-7:45pm	8-17	\$128
Archery - Indoor Target League	47557	W	3/18-4/15	5:45pm-7:45pm	18+	\$128
Archery - Indoor Target League	47558	W	4/22-5/13	5:45pm-7:45pm	8-17	\$128
Archery - Indoor Target League	47559	W	4/22-5/13	5:45pm-7:45pm	18+	\$128
Argentine Tango - Beginning	47304	W	3/18-5/20	11am-1pm	55+	Free
Baby Boomer Sing a Long	47306	Th	3/19-5/21	10:15am-11:45am	55+	Free
Chinese Cultural Dance - Beg/Int	47310	T	3/17-5/19	2pm-4pm	55+	Free
Chinese Cultural Dance-Intermediate	47985	Sa	3/21-5/23	1pm-3:30pm	55+	Free
Drop-in: Adult Volleyball - Advanced	Drop-in	Th	3/19-5/28	6:15pm-9pm	18+	Free
Drop-in: Ballroom Dance	Drop-in	W,F	3/18-5/29	12:30pm-2:30pm	18+	Free
Drop-in: Basketball	Drop-in	T	3/17-5/26	12pm-4pm	All Ages	Free
Drop-in: Basketball	Drop-in	T	3/17-5/26	6pm-8:45pm	All Ages	Free
Drop-in: Basketball	Drop-in	W	3/18-5/27	2:45pm-5:15pm	All Ages	Free
Drop-in: Basketball	Drop-in	Th	3/19-5/28	1:30pm-3:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	F	3/20-5/29	2:30pm-4:30pm	All Ages	Free
Drop-in: Basketball	Drop-in	F	3/20-5/29	7:30pm-8:45pm	All Ages	Free
Drop-in: Basketball	Drop-in	Sa	3/21-5/30	2pm-4:45pm	All Ages	Free
Drop-in: Pickleball	Drop-in	Th	3/19-5/28	10:30am-1:30pm	All Ages	Free
Drop-in: Pickleball	Drop-in	Sa	3/21-5/30	9:15am-1:30pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	T	3/17-5/26	10:30am-1:30pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	W	3/18-5/27	1:30pm-8:45pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Th	3/19-5/28	2pm-6pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	F	3/20-5/29	2pm-8:45pm	All Ages	Free
Drop-in: Table Tennis	Drop-in	Sa	3/21-5/30	3:30pm-5:15pm	All Ages	Free
Forever Fit	47365	T	3/17-5/5	6pm-7pm	18+	\$128
Guitar: Beginner	47946	T	3/24-5/19	6:30pm-7:30pm	18+	\$135
Guitar: Beginner/Intermediate	47947	T	3/24-5/19	7:45pm-8:45pm	18+	\$135
Improvisation Activities	47317	Th	3/26-5/14	10:15am-12pm	55+	Free

Shred N' Butter	47442	F	3/20-4/24	5pm-6pm	8-12	\$70
Shred N' Butter	47443	F	5/1-5/29	5pm-6pm	8-12	\$70
Shred N' Butter for Adults	47444	F	3/20-4/24	6:15pm-7:15pm	18+	\$70
Shred N' Butter for Adults	47483	F	5/1-5/29	6:15pm-7:15pm	18+	\$70
Tai Chi	47377	Sa	3/21-5/9	10am-11am	18+	Free
Tap: Beginning	47337	F	3/20-5/22	10:30am-12pm	55+	Free
Tap: Intermediate	47338	F	3/20-5/22	12pm-1:30pm	55+	Free
Volleyball League - Girls	47670	Th	3/19-5/14	4:15pm-5:15pm	10-12	\$120
Volleyball League - Girls	47671	Th	3/19-5/14	5:30pm-6:15pm	12-14	\$120
Volleyball League - Girls	47672	Th	3/19-5/14	4:15pm-5:15pm	8-10	\$120
Yoga - Hatha Traditional	47385	Th	3/19-5/7	6:30pm-7:30pm	18+	\$128
Zumba - Drop-in	Drop-in	F	3/20-5/29	10:30am-11:30am	All Ages	\$5
Zumba - Drop-in	Drop-in	T	3/17-5/26	10:30am-11:30am	All Ages	\$5

ROCHAMBEAU PLGD - 250 25th Ave @ Lake St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Girl's Beginning Tennis	47916	T	3/17-5/26	4pm-5pm	9-10	\$231
Girl's Beginning Tennis	47917	Th	3/19-5/28	4pm-5pm	9-10	\$231
Shred N' Butter - Spring Break Camp	47439	M-Th	3/30-4/2	9am-4pm	8-12	\$254

ROSSI SWIMMING POOL - Arguello & Anza St; (628) 652-7230

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Learning the Basics	47882	S	3/22-5/17	10:30am-11am	18+	\$136
Learning the Basics	47883	M	3/16-5/18	10:30am-11am	18+	\$136
Parent and Tot Swim	47879	S	3/22-5/17	10:30am-11am	6m-2	\$96
Parent and Tot Swim	47881	M	3/16-5/18	10am-10:30am	6m-2	\$96
Level 1	47426	S	3/22-5/17	9am-9:30am	6-17	\$70
Level 1	47427	S	3/22-5/17	9:45am-10:15am	6-17	\$70
Level 2	47534	S	3/22-5/17	9:45am-10:15am	6-17	\$80
Level 3	47551	S	3/22-5/17	9am-9:30am	6-17	\$80

SAN FRANCISCO RECREATION & PARKS - *see course description for locations*

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Day On The Bay	48004	Sa	3/28-3/28	9am-12:00pm	9-12	Free
Day On The Bay	48005	Sa	3/28-3/28	1:00pm-4:00pm	9-12	Free
Day On The Bay	48006	S	3/29-3/29	9am-12:00pm	9-12	Free
Day On The Bay	48007	S	3/29-3/29	1:00pm-4:00pm	9-12	Free
Intro to Disc Golf	47617	W	3/18-4/8	4pm-5:30pm	13-16	\$60
Intro to Disc Golf	47618	W	4/22-5/6	4pm-5:30pm	13-16	\$60
Zoom: Physical Conditioning	47341	M	3/16-5/18	10:30am-11:30am	55+	Free
Zumba - Drop-in	Drop-in	M	3/16-5/18	5pm-6pm	All Ages	Free
Wave Riders	48000	Sa	5/9-5/9	10am-12:00pm	18+	\$70
Wave Riders	48001	Sa	5/9-5/9	12:00pm-2:00pm	18+	\$70
Wave Riders	48002	Sa	4/11-4/11	12:00pm-2:00pm	10-14	\$70
Wave Riders	48003	Sa	4/11-4/11	10am-12:00pm	10-14	\$70

SHARON ART STUDIO - 300 Bowling Green Dr; (628) 652-7217

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Abstract Printmaking	47773	F	5/1-5/15	3pm-6pm	18+	\$165/\$190
Acrylic Painting	47772	T	3/24-5/19	2pm-5pm	18+	\$288/\$313
Advanced Glass	47774	F	3/27-5/22	10am-1pm	18+	\$324/\$349
Beginner Bezel Settings w/ Cabochons	47775	M	3/23-5/18	6:30pm-9pm	18+	\$360/\$385
Beginner Jewelry	47809	W	3/25-5/20	6:30pm-9:30pm	18+	\$396/\$421
Beginner Jewelry	47810	T	3/24-5/19	10am-1pm	18+	\$330/\$355
Beginner Jewelry & Independent Study	47876	T	3/24-5/19	6:30pm-9pm	18+	\$330/\$355
Beginning Watercolor	47776	T	3/24-5/19	11am-1pm	18+	\$312/\$337
Casting in Silver	47777	Th	4/16-5/14	2pm-5pm	18+	\$315/\$340
Ceramics - Sharon Art Studio	47778	T	3/24-5/19	10am-1pm	18+	\$312/\$337
Ceramics - Sharon Art Studio	47779	T	3/24-5/19	6:30pm-9:30pm	18+	\$312/\$337
Ceramics - Sharon Art Studio	47780	W	3/25-5/20	10am-1pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	47781	Th	3/26-5/21	10am-1pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	47782	Th	3/26-5/21	6:30pm-9:30pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	47783	F	3/27-5/22	10am-1pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	47784	F	3/27-5/22	6:30pm-9:30pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	47785	W	3/25-5/20	6:30pm-9:30pm	18+	\$351/\$376
Ceramics - Sharon Art Studio	47786	M	3/23-5/18	10am-1pm	18+	\$312/\$337
Ceramics - Sharon Art Studio	47787	M	3/23-5/18	6:30pm-9:30pm	18+	\$312/\$337
Ceramics Open Studio	47788	M	3/23-5/18	1:30pm-3:30pm	18+	\$136/\$161
Ceramics Open Studio	47789	T	3/24-5/19	1:30pm-3:30pm	18+	\$136/\$161
Ceramics Open Studio	47790	W	3/25-5/20	1:30pm-3:30pm	18+	\$153/\$178
Ceramics Open Studio	47791	Th	3/26-5/21	1:30pm-3:30pm	18+	\$153/\$178
Ceramics Open Studio	47792	F	3/27-5/22	1:30pm-3:30pm	18+	\$153/\$178
Ceramics Workshop: Organic Vases	47877	F	4/10-5/15	4pm-6pm	18+	\$156/\$181
Ceramics: Beginner Pottery Wheel	47793	Sa	3/28-5/23	1:30pm-4:30pm	18+	\$336/\$361
Ceramics: Tween/Teen Ceramics	47794	Sa	4/4-5/23	10am-12:30pm	11-17	\$260/\$285
Ceramics: Tween/Teen Ceramics	47795	Th	4/16-5/21	4:30pm-6pm	11-17	\$126/\$151
Ceramics: Tween/Teen Ceramics	47796	M	4/6-5/18	4:30pm-6pm	11-17	\$126/\$151
Ceramics: Tween/Teen Ceramics	47797	W	4/8-5/20	4pm-6pm	11-17	\$196/\$221
Ceramics: Tween/Teen Ceramics	47798	T	4/7-5/19	4:30pm-6pm	11-17	\$126/\$151
Drawing at the de Young Museum	47921	F	4/3-5/22	11am-2pm	18+	\$312/\$337
Drawing from your Imagination	47922	M	5/11-5/18	11am-2pm	18+	\$102/\$127
Drawing Practice with Meditation	47923	Sa	3/28-5/16	2pm-5pm	18+	\$297/\$322
Drawing Studio ~ The Basics	47799	T	3/31-5/5	6:30pm-8:30pm	18+	\$198/\$223
Drawing with Color	47924	F	4/10-5/8	7pm-9:30pm	18+	\$162/\$187
Drawing with Soft Pastels: Portrait & Figure	47925	Th	4/2-5/21	2pm-5pm	18+	\$300/\$325
Drawing Workshop: Nature-Inspired	47929	Sa	5/16-5/16	10am-1pm	18+	\$65/\$90
Dynamic Portrait Drawing	47800	F	3/27-5/15	11am-2pm	18+	\$312/\$337
Glass	47801	M	3/23-5/18	2pm-5pm	18+	\$288/\$313
Glass	47802	T	3/24-5/19	7pm-10pm	18+	\$288/\$313
Glass	47803	Th	3/26-5/21	7pm-10pm	18+	\$324/\$349
Glass	47804	F	3/27-5/22	2pm-5pm	18+	\$324/\$349
Glass	47805	Sa	3/28-5/23	2pm-5pm	18+	\$324/\$349
Glass	47806	Sa	3/28-5/23	10am-1pm	18+	\$324/\$349
Glass	47807	W	3/25-5/20	5pm-8pm	18+	\$324/\$349
Intermediate Metal Arts	47931	Th	4/2-5/21	10am-1pm	18+	\$372/\$397
Intuitive Abstract Art: Fun with Nature	47933	M	3/23-4/27	1:30pm-3:30pm	18+	\$250/\$275

Jewelry & Metal Arts for Teens	47808	W	4/1-5/20	4:30pm-6pm	11-17	\$264/\$289
Jewelry Intensive - Bar Clasp	47874	Sa	5/16-5/16	10am-2pm	18+	\$148/\$173
Jewelry Open Studio	47811	Sa	4/4-5/23	3pm-5pm	18+	\$196/\$215
Jewelry Workshop - Pearl Knotting	47812	F	4/24-4/24	6:30pm-9:30pm	18+	\$80/\$105
Jewelry Workshop: Sun Catchers	47870	Th	5/7-5/21	11am-2pm	18+	\$198/\$223
Jewelry Workshop: Creating Script w/ Metal	47871	Sa	3/28-4/11	11am-2pm	18+	\$207/\$232
Jewelry Workshop: Jewelry Design	47872	T	4/7-4/28	2pm-5pm	18+	\$180/\$205
Jewelry Workshop: Polymer Clay Jewelry	47873	M	4/27-4/27	6:30pm-9pm	18+	\$70/\$95
Life Drawing	47813	W	4/15-5/20	3pm-5:30pm	18+	\$247/\$272
Life Drawing	47814	W	4/15-5/20	6:30pm-9pm	18+	\$247/\$272
Life Drawing: The Long Pose	47815	Th	4/2-5/21	10am-1pm	18+	\$300/\$325
Abstract and Figure-Hybrid Art	47816	W	3/25-4/15	10am-1pm	18+	\$234/\$259
Oil Painting Workshop: Trees of SF	47934	Sa	4/4-4/11	10am-1pm	18+	\$174/\$199
Sketchbooking : Planting Seeds	47936	M	4/27-5/18	6:30pm-9pm	18+	\$190/\$215
Stained Glass Jewelry Workshop	47817	Th	4/23-4/23	11am-3pm	18+	\$180/\$205
Watercolor Line & Wash Techniques	47818	F	3/27-4/17	3pm-6pm	18+	\$180/\$205
Watercolor: Plants & Animals	47875	Th	4/2-5/21	6:30pm-9:30pm	18+	\$312/\$337

SOUTH SUNSET PLGD - 2601 40th Ave @ Vicente St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Pedal The Park	47571	Sa	5/2-5/2	10am-1pm	10+	\$21
Pedal The Park - Adult	47572	Sa	4/18-4/18	10am-2pm	18+	\$29
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	10:30am-11:30am	All Ages	Free

ST. MARY'S REC CENTER - 95 Justin Dr; (415) 695-5006

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
All Ages Martial Arts Sampler - Adv	47695	W	3/18-5/27	7pm-8pm	9+	\$120
All Ages Martial Arts Sampler - Adv	47696	Sa	3/21-5/30	11am-12pm	9+	\$120
All Ages Martial Arts Sampler - Beg	47697	W	3/18-5/27	6pm-7pm	9+	\$120
All Ages Martial Arts Sampler - Beg	47698	Sa	3/21-5/30	9:30am-10:30am	9+	\$120
Basketball - Pee Wee	47832	Sa	4/11-5/16	10am-11am	3-5	\$66
Basketball - Pee Wee	47833	Sa	4/11-5/16	11am-12pm	3-5	\$66
Basketball Fundamentals	47839	T,Th	4/14-5/21	5pm-6pm	9-11	\$120
Basketball Fundamentals - Advanced	47841	T,Th	4/14-5/21	6pm-7pm	9-11	\$120
Girls Play Sports - Adv. Volleyball Clinic	47680	W	3/18-5/13	4:30pm-6pm	12-15	\$105
Jujitsu	47699	T	3/17-5/26	6:30pm-7:30pm	8+	\$120
Volleyball League - Advanced	47731	W	3/18-5/27	6pm-9pm	18+	\$231
Volleyball League - Intermediate	47732	Th	3/19-5/28	6pm-9pm	18+	\$231
Wrestling - Camp Grapple - Junior	47726	Sa	3/21-5/30	1pm-2pm	7+	\$143
YEP! Workshop Series	47969	W	4/8-4/8	4pm-6pm	13-17	Free

SUNSET DUNES - Sunset Dunes at Sloat Blvd

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Shred N' Butter	47440	Th	3/19-4/23	4pm-5pm	8-12	\$70

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Basketball Fundamentals	47838	T,Th	4/16-5/21	4:30pm-5:30pm	9-11	\$110
Basketball Fundamentals - Advanced	47840	T,Th	4/14-5/21	5:30pm-6:30pm	9-11	\$120
Chinese Folk Dancing	47311	Sa	3/21-5/23	10:30am-12pm	55+	Free
Drop-in: Ballroom Dance	Drop-in	T,Th	3/17-5/21	1:30pm-3:30pm	55+	Free
Guitar: Beginner	47945	Th	3/26-5/21	4:30pm-5:30pm	18+	\$135
Guitar: Beginner/Intermediate	47948	Th	3/26-5/21	6pm-7pm	18+	\$135
Guitar: Intermediate	47963	Th	3/26-5/21	7:30pm-8:30pm	18+	\$135
Line Dancing	47320	W,Sa	3/18-5/23	1pm-3pm	55+	Free
Rec and Parkour - All Girls	47718	F	3/20-4/17	4pm-5pm	6-8	\$54
Rec and Parkour - All Girls	47719	F	3/20-4/17	5:30pm-6:30pm	9-13	\$54
Rec and Parkour - All Girls	47720	F	5/1-5/22	4pm-5pm	6-8	\$54
Rec and Parkour - All Girls	47721	F	5/1-5/22	5:30pm-6:30pm	9-13	\$54
Sketching and Painting for Seniors	47334	F	3/20-5/22	1pm-3pm	55+	Free
Tai Chi	47376	F	3/20-5/8	10:15am-11:15am	18+	Free
Tennis - High Performance (Juniors)	47895	Sa	3/21-5/30	1:30pm-2:30pm	13-17	\$210
Tennis - Intermediate Doubles Clinic	47892	W	3/18-5/27	1:30pm-2:30pm	18+	\$198
Tennis - Intermediate Live Ball	47898	F	3/20-5/29	12pm-1pm	18+	\$198
Tennis - Jr. Tennis Team Advanced	47894	Sa	3/21-5/30	12pm-1pm	12-16	\$210
Tennis - Jr. Tennis Team Advanced	47896	S	3/15-5/24	12pm-1pm	12-16	\$231
Tennis - Jr. Tennis Team Intermediate	47891	F	3/20-5/29	4pm-5pm	11-15	\$231
Tennis - Jr. Tennis Team Intermediate	47897	S	3/15-5/24	1:30pm-2:30pm	11-15	\$231
Tot Futsal (indoor soccer)	47863	T	4/7-5/26	10am-11am	3-4	\$88
Volleyball - Women's Adv. League	47730	T	3/17-5/26	6:30pm-9pm	18+	\$165
Yoga - Hatha Traditional	47380	W	3/18-5/6	6:30pm-7:30pm	18+	\$128
Yoga - Hatha Traditional	47386	Sa	3/21-5/9	9:15am-10:15am	18+	\$128
Yoga: Chair Yoga	47340	T	3/17-5/19	1pm-2pm	55+	Free
Zumba - Drop-in	Drop-in	T	3/17-5/26	6:30pm-7:30pm	All Ages	\$5

TENDERLOIN REC CENTER - 570 Ellis St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
YEP! Workshop Series	47970	W	4/15-4/15	4pm-6pm	13-17	Free

UNITED NATIONS PLAZA - 355 McAllister St

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Drop-in: Shred N' Butter/Mobile Rec	Drop-in	T	3/17-5/26	4pm-7pm	8-17	Free

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

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Basketball - Pee Wee	47834	W	4/15-5/20	9:30am-10:30am	3-5	\$66
Basketball - Pee Wee	47835	W	4/15-5/20	10:30am-11:30am	3-5	\$66
Coed Boxing for Adults	47824	W	3/18-5/20	6:30pm-8pm	18+	\$150
Drop-in: A Place to Play	Drop-in	T-Sa	3/17-5/29	11am-2pm	6m-3	Free
Drop-in: Basketball	Drop-in	W	3/18-5/20	2pm-5pm	6-17	Free

Drop-in: Basketball	Drop-in	T,Th	3/17-5/21	6:30pm-8:45pm	18+	Free
Drop-in: Basketball Youth	Drop-in	T,Th	3/17-5/21	2pm-5pm	6-17	Free
Drop-in: Girls - Teen Volleyball	Drop-in	F	3/20-5/15	6:30pm-7:45pm	11-17	Free
Drop-in: Pickleball	Drop-in	T,Th	3/17-5/21	9am-1:30pm	18+	Free
Drop-in: Ping Pong	Drop-in	T-F	3/17-5/21	9am-7pm	6+	Free
Feldenkrais	47367	W	3/18-4/22	12pm-1pm	18+	\$66
Karate Kidz	47701	W	3/18-5/27	5pm-6pm	9-12	\$140
Karate Kidz- Little Kickers	47704	W	3/18-5/27	4pm-5pm	6-8	\$140
Petite Bakers	47707	Th	3/19-5/28	4pm-5pm	3-5	\$150
Pilates - All Levels	47367	T	3/17-4/21	12pm-1pm	18+	\$96
Pilates - All Levels	47368	Th	3/19-4/23	12pm-1pm	18+	\$96
Strength and Flexibility	47371	T	3/17-5/5	1:30pm-2:30pm	18+	\$128
Strength and Flexibility	47372	Th	3/19-5/7	1:30pm-2:30pm	18+	\$128
Tennis - Beginning	47899	T	3/17-5/26	6pm-7pm	8-10	\$231
Tennis - Beginning	47901	F	3/20-5/29	6pm-7pm	8-10	\$231
Tennis - Beginning / Intermediate	47900	T	3/17-5/26	7pm-8pm	18+	\$231
Tennis - Beginning / Intermediate	47902	F	3/20-5/29	7pm-8pm	18+	\$231
Tot Futsal (indoor soccer)	47869	F	4/10-5/29	10am-11am	3-4	\$77
Volleyball League - Advanced	47743	W	3/18-5/27	6pm-9pm	18+	\$231
Volleyball League - Girls	47673	F	3/20-5/15	4:15pm-5:15pm	10-12	\$120
Volleyball League - Girls	47674	F	3/20-5/15	5:30pm-6:30pm	10-12	\$120
Volleyball League - Girls	47675	F	3/20-5/15	5:30pm-6:30pm	12-14	\$120
Volleyball League - Girls	47676	F	3/20-5/15	4:15pm-5:15pm	8-10	\$120
Women's Boxing Fundamentals	47825	F	3/20-5/29	6:30pm-8:30pm	18+	\$165
Women's Self-Defense	47723	W	3/18-5/27	6:30pm-7:30pm	18+	\$126
Wrestling - Camp Grapple - Junior	47727	Sa	3/21-5/30	3pm-4pm	7+	\$143
Yoga - Vinyasa	47387	T	3/17-5/5	6:30pm-7:30pm	18+	\$128
Yoga - Vinyasa	47388	Th	3/19-5/7	6:30pm-7:30pm	18+	\$128
Zumba - Drop-in	Drop-in	Sa	3/21-5/30	9:30am-10:30am	All Ages	\$5
Zumba - Drop-in	Drop-in	T,F	3/17-5/29	9am-10am	All Ages	\$5

VISITACION VALLEY PLGD - 1029 Visitacion Ave

ACTIVITY	COURSE#	DAYS	DATES	TIMES	AGES	FEES
Youth Soccer	47889	W	4/8-5/27	4pm-5pm	6-9	\$90

Happy Birthday César Chávez



Fri March 27

12 - 1:30pm

Glen Park Rec Center

70 Elk Street San Francisco

Join us for a community birthday
party in recognition of a great man!
Everyone has a Cesar Chavez Story.

You can share it on this day.

Questions? Contact nicky@sfcommunityliving.org



Presented by the Community Living
Campaign and the San Francisco Recreation
and Park Department.

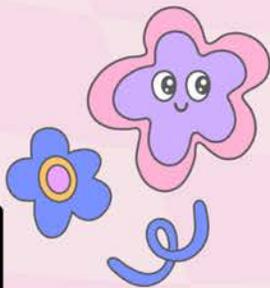


Save the Date

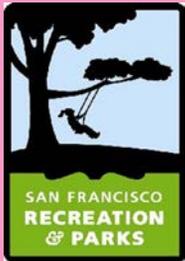
**SPRING
FLING**

APRIL 4, 2026 | 10AM - 2PM

Crocker Amazon Playground
799 Moscow St, San Francisco, CA 94112



ENTERTAINMENT • FOOD • GAMES • CARNIVAL RIDES & MORE!



www.sfrecpark.org