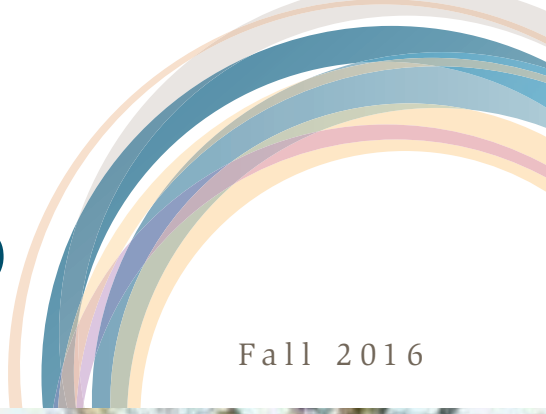


City of SAN MARCOS

RECREATION GUIDE



Fall 2016



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ENRICHMENT CLASSES

HOW TO REGISTER FOR ENRICHMENT CLASSES OR SPECIALTY CAMPS

- ONLINE** at www.san-marcos.net/register.
Online registration is available 24 hours a day for most programs.
- IN-PERSON:** Visit the Community Center, 3 Civic Center Drive, Monday through Friday from 8 am to 7 pm.



Processing fees are included in all advertised class prices. These non-refundable fees apply to online and in-office transactions.

ENRICHMENT CLASS CANCELLATION POLICY

Participants wishing to drop an enrichment class must contact Community Services at (760) 744-9000, ext. 3501.

Enrichment Classes

A full refund of class fees, less a \$5 cancellation fee, will be granted if the refund request is made before the first day of class. A prorated refund of class fees, less a \$5 cancellation fee, will be granted if the request is made before the second class meeting.

Students who transfer from one class to another will be charged a \$5 transfer fee. If a student transfers to a class taught by the same instructor as the original class, no transfer fee will be applied.

If enrichment classes are canceled by the City or instructor due to low enrollment or inclement weather, no fees will be assessed.

Students may join classes at any time unless otherwise noted. Non-residents are welcome in all classes and programs.

Please refer to ActiveNet for detailed class descriptions and additional materials needed for class.

- **Classes that do not meet minimum enrollment 24 hours before the first day of a session may be canceled. All classes are ongoing.**
- **Sorry... but sometimes excellent classes with super instructors are canceled if everyone waits until the last minute to register. Please register early to avoid disappointment.**

CLASS LOCATION KEY

SMCC	Community Center
CCP	Civic Center Park
CP	Connors Park
CSG	Corky Smith Gymnasium
HP	Hollandia Park
LPC	Las Posas Tennis Courts
WPC	Woodland Park Tennis Courts
MP	Mulberry Park
SERC	San Elijo Recreation Center
SEP	San Elijo Park
WGB	Walnut Grove Barn



Early Bird Prices

are available for most classes up to seven days before a session begins.



Do you want to try a class before committing to an entire session?

This option is now available for classes with this logo.



Trial classes are subject to the same requirements as regular classes (see individual class listings for details). Classes are sometimes canceled due to low enrollment – call no more than 24 hours in advance for availability. A liability release must be signed with the instructor before participating.

Early Childhood Parent & Child

Parents, grandparents or caregivers are required to participate in all parent/child classes.

Baby & Me Sign Language | 0 - 24 mos.

Communicate with your baby through American Sign Language. Learn basic vocabulary, signs for feelings, food groups, colors and more. *Parent/helper participation required.*

FREE TRIAL

Instructor: Nicole Sedano **Location:** SMCC

Early Bird Fee: \$43/4 weeks **Standard Fee:** \$48/4 weeks;
20% sibling discount.

Saturdays | 9:05 - 9:40 am

October 8 - 29; November 5 - December 10

No class 11/12, 11/26

Get Smart with Art | 2 - 5 yrs.

Age-appropriate art activities based on famous artists are designed to foster self-esteem and creativity and improve concentration and fine motor skills. *Parent/helper participation required.*

Instructor: Vivian Matchett **Location:** SMCC or SERC

Early Bird Fee: \$51/4 weeks **Standard Fee:** \$56/4 weeks

Wednesdays | 5:30 - 6:15 pm | SMCC

September 7 - 28; October 5 - 26; November 2 - 30

No class 11/23

Fridays | 10 - 10:45 am | SERC

September 9 - 30; October 7 - 28; November 4 - December 2

No class 11/25



Mommy & Me Ballet and Play | 12 - 36 mos.

This introduction to dance and movement is perfect for toddlers and pre-walkers. Children will improve coordination and socialization, learn ballet basics and play instruments. *Parent/helper participation required.*

FREE TRIAL

Instructor: Robin Satori **Location:** SMCC

Early Bird Fee: \$70/6 weeks **Standard Fee:** \$75/6 weeks;
20% sibling discount.

Thursdays | 10:15 - 11 am

September 15 - October 27; November 10 - December 22

No class 10/20, 11/24

Mom & Tot Gymnastics | 1.5 - 4 yrs.

Work at your own pace and interact with teachers and others in a safe, fun and explorative environment. Parents guide toddlers on, over and through the equipment-enriched gym. These skills enhance large motor movement and hand/eye, foot/eye development.

Instructor: Robbie Ash **Location:** SMCC

Early Bird Fee: \$85/7 weeks **Standard Fee:** \$90/7 weeks;
20% sibling discount.

Wednesdays | 1.5 - 2 yrs. | 10 - 10:40 am

Wednesdays | 3 - 4 yrs. | 10:45 - 11:25 am

September 7 - October 19; November 2 - December 21

No class 11/23

Preschool Prep by Kid City | 2 - 4 yrs.

This structured year-round program emphasizes early academics socialization and creativity. Classes focus on one letter, shape, number and color per week as well as calendar time and interactive activities. *Parent/helper participation required. Join up to the 3rd week of each session.*

Instructor: Darsey Smrt **Location:** SERC or SMCC

Early Bird Fee: \$155/7 weeks **Standard Fee:** \$160/7 weeks

Mondays | 10 - 11:30 am | SERC

September 12 - October 24; October 31 - December 19

No class 11/21

Tuesdays | 9:30 - 11 am | SMCC

September 13 - October 25; November 1 - December 20

No class 11/22



Sound System Kids Music Program **FREE TRIAL**

Instructor: Kristen Record **Location:** SERC or SMCC
Early Bird Fee: \$74/7 weeks **Standard Fee:** \$79/7 weeks;
20% sibling discount.

Family Music | 12 - 36 months

Children will learn and grow through song, dance and an introduction to simple instruments. Each class is action-packed and full of energy. Children may participate in this class for two years without repetition of curriculum. *Parent/helper participation required.*

Tuesdays | 10:15 - 10:45 am | SERC
September 6 - October 18; October 25 - December 13
No class 11/22

Wednesdays | 10:15 - 10:45 am | SMCC
September 7 - October 19; October 26 - December 14
No class 11/23

Music Makers | 4 - 6 yrs.

This curriculum includes singing, creative movement, playing instruments and guided listening. This developmentally sound approach to music literacy builds concentration, memory and self-expression. Students learn music notation and begin to read and write their own patterns. Children may participate in this class for one year without repetition of curriculum. Entire year encouraged for maximum benefit. *Parent/helper participation encouraged, but not required.*

Tuesdays | 1 - 1:45 pm | SERC
September 6 - October 18; October 25 - December 13
No class 11/22

Preschool Music | 3 - 5 yrs.

Activities focused on the four seasons include singing, listening, exploring musical instruments, creative movement and storytelling. Class nurtures the growing child's ability to use language and participate in dramatic play within a musical context. Children may participate in this class for one year without repetition of curriculum. *Parent/helper participation encouraged.*

Tuesdays | 9:15 - 10 am | SERC
September 6 - October 18; October 25 - December 13
No class 11/22
Wednesdays | 9:15 - 10 am | SMCC
September 7 - October 19; October 26 - December 14
No class 11/23

Sorry... but sometimes excellent classes with super instructors are canceled if everyone waits until the last minute to register. Please register early to avoid disappointment.

Dance

Adult Ballet | Adults **FREE TRIAL**

Improve strength, flexibility, coordination and balance. Practice basic barre exercises, stretches and center combinations while dancing to beautiful music. *Ballet shoes required.*

Instructor: Cindy Ahler **Location:** SMCC
Early Bird Fee: \$60/7 weeks **Standard Fee:** \$65/7 weeks

Mondays | 7 - 8 pm
September 12 - October 24; November 7 - December 19

Adult Dance Fusion | Adults **FREE TRIAL**

Emphasis is on a jazz/lyrical dance format fused with elements of modern and hip-hop dance. Class includes warm-up, stretching, abdominal workout and choreographed instruction. No experience needed. *Join up to the 3rd week of each session.*

Instructor: Diana Wright **Location:** SMCC
Early Bird Fee: \$61/6 weeks **Standard Fee:** \$66/6 weeks

Tuesdays | 6:40 - 7:40 pm
September 6 - October 11; November 1 - December 6



Ballet Folklórico **FREE TRIAL**

This class promotes the study, preservation and enjoyment of the traditional dance and music of the different states of the Republic of Mexico.

Instructor: Luis Ocegüera **Location:** SMCC
Early Bird Fee: \$30/4 weeks **Standard Fee:** \$35/4 weeks;
\$5 sibling discount.

Fridays
September 2 - 23; October 7 - 28; November 4 - December 2
No class 11/25

Youth | 5 - 13 yrs. | 5 - 6 pm
Teen | 13 - 17 yrs. | 6 - 7 pm
Adult | 17+ yrs. | 7 - 8:30 pm

Belly Dance Adults

Learn feminine dance moves to Middle Eastern music. Great for toning, flexibility and core muscle strength. Basic steps/choreography will be taught. *Join up to the 2nd week of each session.*

Instructor: Vicki Deriso **Location:** SMCC
Early Bird Fee: \$43/4 weeks **Standard Fee:** \$48/4 weeks

Thursdays | 7:35 - 8:30 pm
September 8 - 29; October 6 - 27; November 10 - December 8
No class 11/24

Champion Youth Programs

Instructor: Champion Youth Staff **Location:** SMCC
Cost: \$85/11 weeks or \$8 per class. Register at first class.
 Join up to the 4th week of session. \$8 registration fee due
 (included in "pay in full" price).

Cheerleading | 4 - 15 yrs.

Children learn arm motions, formations, voice projection, cheers, chants and dance movements. Students progress in skill level with continued enrollment.

Fridays | September 30 - December 23 No class 11/11, 11/25
4 - 8 yrs. | 4:30 - 5:10 pm
9 - 15 yrs. | 5:15 - 5:55 pm

Hip-Hop Dance | 6 - 15 yrs.

Children learn the fundamentals of hip-hop with an emphasis on coordination, rhythm and timing.

Tuesdays | September 27 - December 13 No class 11/22
6 - 8 yrs. | 5 - 5:40 pm
9 - 15 yrs. | 5:45 - 6:25 pm

Self-Defense Karate | 4 - 15 yrs.

Emphasis is on the development of verbal and physical skills required for self-defense. Students progress in rank and earn belts.

Thursdays | September 29 - December 15 No class 11/24
All New Students | 5 - 5:40 pm
Yellow Belts & Above | 5:45 - 6:25 pm



Classical Ballet **FREE TRIAL**

Classes are designed to introduce young children to the artistry of ballet. Games and visual analogies are used to teach balance, rhythm, coordination, etiquette, basic ballet steps and terminology. *A black leotard, pink full-footed tights, pink leather ballet slippers and a hair bun are required.*

Instructor: Allyson Barkdull **Location:** SMCC
Early Bird Fee: \$76/6 weeks **Standard Fee:** \$81/6 weeks;
 20% sibling discount.

Mondays

September 12 - October 17; October 24 - November 28
Level I | 3 - 4 yrs. | 3:15 - 4 pm
Level II | 5 - 9 yrs. | 4 - 4:45 pm

Charlene's Dance n' Theater Program

FREE TRIAL

Instructor: Charlene Donovan **Location:** SMCC

Preschool classes:

Early Bird Fee: \$76/8 weeks **Standard Fee:** \$81/8 weeks

Junior classes:

Early Bird Fee: \$93/8 weeks **Standard Fee:** \$98/8 weeks;
 20% sibling discount. Join up to the 3rd week of session.

Thursdays

October 6 - December 1 No class 11/24

Storybook Musical Theater & Dance

This class introduces children to the world of musical theater and dance through acting exercises, games, theater dance and basic singing. Children will learn a musical routine to be performed at the end of the session.

Preschool | 3 - 4 yrs. | 3:45 - 4:15 pm
Junior | 5 - 9 yrs. | 5:35 - 6:25 pm

Pop Stars Dance & Sing

Boys and girls learn to dance like their favorite pop stars in this fun dance and sing-along class. Hip-hop/jazz dance routines will be taught to today's pop hits.

Preschool | 2 - 4 yrs. | 4:15 - 4:45 pm
Junior | 5 - 9 yrs. | 4:45 - 5:30 pm

Clogging | Teens and Adults

Clog dancing is a percussive dance in which you beat out rhythms with your feet. Exercise your mind and body as you make new friends. *Children under 14 years may be accepted with instructor approval. Join up to the 3rd week of each session.*

Instructor: Mary Gasteiger
Location: WGB

Cost: \$45/6 weeks or \$10 drop-in



Wednesdays

September 7 - October 12; October 26 - December 7

No class 10/19, 11/23

New Beginner | 6 - 6:45 pm | September 7 - October 12
Advanced Beginner | 6 - 6:45 pm
Easy Intermediate | 6:45 - 7:30 pm
Intermediate | 7:30 - 8:15 pm
Advanced | 8:15 - 9 pm



Early Bird Prices are available for most classes up to seven days before a session begins.



Dance To EvOLvE **FREE TRIAL**

Instructor: Dance to EvOLvE Staff **Location:** SMCC

Early Bird Fee: \$104/7 weeks **Standard Fee:** \$109/7 weeks
Join anytime.

Star Shiners: Tap/Ballet | 4.5 - 6 yrs.

This gentle but structured class introduces curriculum goals through movement that encourages self-expression and the development of coordination and listening skills.

Tuesdays | 5 - 5:55 pm

September 6 - October 18; October 25 - December 13

No class 11/22

Tiny Movers: Tap/Ballet | 3 - 4.5 yrs.

This energetic and expressive class teaches basic dance and motor skills, musicality and rhythm.

Tuesdays | 4 - 4:55 pm

September 6 - October 18; October 25 - December 13

No class 11/22



Hula & Tahitian **FREE TRIAL**

Instructor: Frana "Auntie Kahanoa" Floresca **Location:** SMCC

Early Bird Fee: \$43/4 weeks **Standard Fee:** \$48/4 weeks;
One-time \$25 materials fee due to instructor.

September 19 - October 10; October 17 - November 7;

November 14 - December 5

Toddler/Preschool Hula & Tahitian | 2 - 4 yrs.

Children develop hand and foot coordination while learning beginning hula and Tahitian skills and how to use implements such as shells, sticks and drums. Children are also introduced to Maori poi dance to develop strength and coordination.

Mondays | 5:15 - 6 pm

Kinderdance Programs **FREE TRIAL**

Programs blend educational concepts with various forms of movement and dance.

Instructor: Trisha Brewer/Nicole Sedano **Location:** SMCC

Kindertots | 2 - 3 yrs.

Class is designed to develop the total child through motor skills, movement, creativity, physical development and body awareness while teaching numbers, colors, shapes and songs.

Early Bird Fee: \$53/5 weeks **Standard Fee:** \$58/5 weeks;
20% sibling discount.

Fridays | 9:30 - 10 am

September 2 - 30; October 7 - November 4;

November 11 - December 16 No class 11/25

Saturdays | 11:15 am - 12:15 pm

September 3 - October 1; October 8 - November 5;

November 12 - December 17 No class 11/26

Kinderdance | 3 - 5 yrs.

This development-based program for new and continuing dancers introduces the basics of ballet, tap and creative movement.

Early Bird Fee: \$64/5 weeks **Standard fee:** \$69/5 weeks;
20% sibling discount.

Fridays | 10:15 - 11:15 am

September 2 - 30; October 7 - November 4;

November 11 - December 16 No class 11/25

Saturdays | 10 - 11 am

September 3 - October 1; October 8 - November 5;

November 12 - December 17 No class 11/26

Line Dance: Beginner/Intermediate | Adults

Come on out and click your heels to country, pop and R&B music. Improve cardio fitness, muscle strength, flexibility and coordination.

Join up to the 2nd week of each session.

Instructor: Vicki Deriso **Location:** SMCC

Early Bird Fee: \$43/4 weeks **Standard Fee:** \$48/4 weeks

Thursdays | 6:35 - 7:30 pm

September 8 - 29; October 6 - 27; November 10 - December 8

No class 11/24

Elementary Hula & Tahitian | 5 - 12 yrs.

Children develop beginning hula and Tahitian skills, choreography and learn how to use various implements for stage performance.

Children are also introduced to Maori poi dance to develop strength and coordination.

Mondays | 6:15 - 7:15 pm

Hula & Tahitian | Teens & Adults

Students learn beginning and intermediate hula and Tahitian skills that provide cardio and strength training through precision footwork techniques, posturing and body movement. Students also learn choreography for stage performances.

Mondays | 7:30 - 8:30 pm

Fitness/Sports

Archery

Students learn the basic skills of the sport as well as range safety and equipment handling. Each class includes a drill and skill followed by fun, friendly competition. All equipment is included. *Join up to the 2nd week of session.*

Instructor: Tara Folz

Location: HP

Early Bird Fee:

\$108/7 weeks

Standard Fee: \$113/7 weeks



Youth Archery | 9 - 16 yrs.

Saturdays | 9 - 10 am

September 24 - November 12 No class 10/15

Teen Intermediate & Adult Beg./Int.

13 yrs. - Adult

Saturdays | 10 - 11 am

September 24 - November 12 No class 10/15

Gymnastics

High energy and tumbling highlight this class. Gymnastics progressions and events, including the trampoline, are introduced in a safe, positive and creative environment.

Instructor: Robbie Ash **Location:** SMCC

Early Bird Fee: \$85/7 weeks **Standard Fee:** \$90/7 weeks;
20% sibling discount.

Wednesdays

September 7 - October 19; November 2 - December 21

No class 11/23

Mini | 3 - 4 yrs. | 2:45 - 3:25 pm

Beginner | 5 - 10 yrs. | 3:30 - 4:10 pm

Advanced | 6 - 12 yrs. | 4:15 - 4:55 pm

Karate by Martial Arts International

5 - 13 yrs. or K - 8 grade

Join now! Introductory special is \$50 for 4 weeks of classes and includes a FREE uniform!

Students earn belts as they advance through the ranks. Students develop confidence, respect and discipline as they learn new skills and increase overall strength.

Director: Sensei Aaron LoBell **Location:** SMCC

Cost: \$50/Intro. month (2x/week); *includes free uniform.*

After Intro. month: \$69 - \$89/month depending on program;
20% sibling discount.

To register, call (760) 438-7477 or email info@TeamMAI.com

Mondays & Wednesdays | 4 - 4:45 pm



Kid City Sports

Classes focus on technique and skill in a fun and interactive setting. Positive encouragement and emphasis on good sportsmanship help to maximize knowledge and love for the game. *All equipment is provided. Please wear closed-toe shoes and bring a water bottle.*

Instructor: Kid City Instructors **Location:** SEP

Early Bird Fee: \$159/10 weeks

Standard Fee: \$169/10 weeks; \$20 sibling discount. *Join up to the 4th week of session.*

September 14 - November 16 (Wednesdays)

September 15 - November 17 (Thursdays)

September 17 - November 19 (Saturdays)

Multi-Sport

2 weeks each of soccer and football; 3 weeks each of t-ball and basketball

Wednesdays | 3 - 5 yrs. | 10:45 - 11:25 am

Saturdays | 3 - 6 yrs. | 10 - 10:40 am

2-Sport

5 weeks of soccer and 5 weeks of t-ball.

Thursdays | 3 - 5 yrs. | 10 - 10:40 am

Saturdays | 3 - 6 yrs. | 9 - 9:40 am

2-Sport Turbo

5 weeks of soccer and 5 weeks of t-ball.

Thursdays | 4 - 6 yrs. | 10:45 - 11:25 am

Soccer

10 weeks of soccer. Enhanced fundamentals and drills will be implemented.

Saturdays | 4 - 6 yrs. | 8:15 - 8:55 am

Pee Wee & Me Sports *(parent participation required)*

2 weeks each of soccer and football; 3 weeks each of t-ball and basketball.

Wednesdays | 24 - 36 mos. | 10 - 10:40 am

Saturdays | 24 - 36 mos. | 10:45 - 11:25 am



Kidz Love Soccer **FREE TRIAL**

Instructor: Kidz Love Soccer Coaches

Early Bird Fee: \$84/6 weeks **Standard Fee:** \$89/6 weeks

All kids will receive a Kidz Love Soccer jersey. Join up to the 3rd week of session.

September 16 - October 21 | Mulberry Park

November 4 - December 16 | Bradley Park No class 11/25

Mommy/Daddy & Me Soccer | 2 - 3.5 yrs.

Your child will develop motor and social skills while participating in the world's most popular sport. Parents are part of the action in this program.

Fridays | 5:45 - 6:15 pm

Tot/Pre Soccer | 3.5 - 5 yrs.

Children will have fun and learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing environment.

Fridays | 5 - 5:35 pm

Soccer 1: Techniques & Teamwork | 5 - 6 yrs.

Players will learn dribbling, passing, receiving, shooting and age-specific defense. Small scrimmages will be gradually introduced.

Fridays | 4:15 - 5 pm



Sorry... but sometimes excellent classes with super instructors are canceled if everyone waits until the last minute to register. Please register early to avoid disappointment.



Pound.Rockout.Workout | Teens & Adults

Pound is a rock-out/workout using lightly weighted drumsticks called Ripstix (provided) to achieve a full body workout which combines cardio, strength training and Pilates.

Instructor: Cynthia Demorest **Location:** SMCC

Early Bird Fee: \$45/7 weeks **Standard Fee:** \$50/7 weeks; 20% family discount.

Wednesdays | 6 - 6:45 pm

September 7 - October 19; October 26 - December 14

No class 11/23

Qigong: 5 Animal Form | Adults

Historically this Qigong set is one of the most important exercises practiced with five major forms which relate to/aid the five systems of the body. Join up to the 4th week of each session.

Instructor: Mary Severhill **Location:** SMCC

Early Bird Fee: \$52/7 weeks **Standard Fee:** \$57/7 weeks

Thursdays | 10 - 11 am

September 8 - October 20; November 3 - December 22

No class 11/24

Tae Kwon Do | 5 - 13 yrs.

Develop physical and mental discipline in this community-based, martial arts program. Students of all ages are welcome to train together to learn basic techniques in Tae Kwon Do, Hopkido, Yudo and self-defense.

Instructor: Mike King, 4th Degree Black Belt **Location:** SMCC

Early Bird Fee: \$45/month **Standard Fee:** \$50/month (2x/week); 20% sibling discount. A white martial arts uniform is required and may be purchased from instructor for \$20.

New Students

Tuesdays & Thursdays | 4 - 5 pm

September 1 - 29; October 4 - 27; November 1 - 29;

December 1 - 22 No class 11/24

Yellow Belts & Above

Tuesdays & Thursdays | 5 - 6 pm

September 1 - 29; October 4 - 27; November 1 - 29;

December 1 - 22 No class 11/24



Early Bird Prices are available for most classes up to seven days before a session begins.

Tai Chi Chuan | Adults

This is a traditional 64-move Guang Ping Yang Tai Chi Chuan. The class includes warm-ups with rotations, stretches and balance exercises in preparation for this active set of moves. *Join up to the 2nd week of each session.*

Instructor: Jo Presbury-Smith **Location:** SMCC
Early Bird Fee: \$45/7 weeks **Standard Fee:** \$50/7 weeks

Wednesdays | 11 am - 1 pm
September 7 - October 19; November 2 - December 21
 No class 11/23

Tai Chi: Moving for Better Balance | Adults **FREE TRIAL**

This eight-movement form of Tai Chi is an evidence-based training program focused on improving balance, strength and flexibility. *Join up to the 4th week of each session.*

Instructor: Mary Severhill **Location:** SMCC
Early Bird Fee: \$52/7 weeks **Standard Fee:** \$57/7 weeks

Tuesdays | 10 - 11 am
September 6 - October 18; November 1 - December 20
 No class 11/22



Instructors Needed

San Marcos Community Services is currently seeking contractual instructors. If you have a special talent or skill that you would like to share, go to www.san-marcos.net/classes for more information and an application.



Tennis

Instructor: Tole Marinkovic **Location:** Las Posas Tennis Courts
Tennis racquet required. Join anytime.

Tuesdays
September 13 - October 18; November 1 - December 6

Junior Tennis: Beginner | 6 - 12 yrs.

Students will learn the basics of tennis including stroke technique and game fundamentals.

Early Bird Fee: \$76/6 classes **Standard Fee:** \$81/6 classes

5 - 6 pm

Junior Tennis: Intermediate | 10 - 15 yrs.

This class goes beyond the basics and focuses on strategy, footwork and point play.

Early Bird Fee: \$76/6 classes **Standard Fee:** \$81/6 classes

4 - 5 pm

Adult Tennis: Beginner | 16+ yrs.

Students will learn the basics of tennis including stroke techniques and game fundamentals.

Early Bird Fee: \$76/6 classes **Standard Fee:** \$81/6 classes

6 - 7 pm

Adult Tennis: Intermediate | 16+ yrs.

This class goes beyond the basics and focuses on strategy, footwork and point play.

Early Bird Fee: \$89/6 classes **Standard Fee:** \$94/6 classes

7 - 8:30 pm



Yoga **FREE TRIAL**

Bring a yoga mat and wear loose clothing. Join anytime.

Kundalini Yoga | Adults

This Kundalini-style yoga class for all levels incorporates movement, mantra and meditation to help increase flexibility and build strength.

Instructor: Aerial Anger **Location:** SMCC

Early Bird Fee: \$38/4 weeks **Standard Fee:** \$43/4 weeks

Saturdays | 9 - 10:30 am

September 3 - 24; October 1 - 29; November 5 - December 3

No class 10/22, 11/26

Pre/Postnatal Yoga

Emphasis is on mindfulness, breathing and body awareness for moms at any stage of pregnancy and postpartum. Partners and birth providers are welcomed.

Instructor: Lisa Bandong **Location:** SMCC

Early Bird Fee: \$53/5 weeks **Standard Fee:** \$58/5 weeks;

20% discount for partners/birth providers.

Punch card: \$64/5 classes (*expires 12/22/16*)

Tuesdays | 6:30 - 7:45 pm

September 6 - October 4; October 11 - November 8;

November 15 - December 20 *No class 11/22*

Thursdays | 6:30 - 7:45 pm

September 8 - October 6; October 13 - November 10;

November 17 - December 22 *No class 11/24*

Tuesdays & Thursdays | 6:30 - 7:45 pm

Early Bird Fee: \$90/10 classes **Standard Fee:** \$95/10 classes

Slow Flow Yoga | Adults

Find proper alignment and deepen your practice by moving at a slower pace and learning to breathe with each pose. Build strength and flexibility while relieving stress. For all levels.

Instructor: Melanie Chu **Location:** SMCC

Early Bird Fee: \$52/7 classes **Standard Fee:** \$57/7 classes

Mondays & Thursdays | 8:30 - 9:30 am

September 8 - 29; October 3 - 24; November 3 - 28;

December 1 - 22 *No class 11/24*



Youth Yoga | 8 - 17 yrs.

Students develop body awareness and flexibility as they learn yoga basics including how to properly breathe, focus, pose and relax.

Instructor: Robin Satori **Location:** SMCC

Early Bird Fee: \$70/6 classes **Standard Fee:** \$75/6 classes;
20% sibling discount.

Wednesdays | 5 - 5:50 pm

September 14 - October 26; November 2 - December 14

No class 10/19, 11/23

Zumba | Adults **FREE TRIAL**

Perfect for everybody and every body. This Zumba class is a total body workout, combining cardio, muscle conditioning, balance and flexibility. Packed with energy and great fun.

Instructor: Patricia Boissy **Location:** SMCC

Standard Fee: \$34/month (2x/week: Sep. - Nov.);

\$17/month (2x/week: Dec.)

Mondays & Wednesdays | 6 - 6:55 pm

September 7 - 28; October 3 - 31; November 2 - 30

No class 11/23

Mondays & Wednesdays | 6 - 6:55 pm

December 5 - 14

Specialty

Art Outside the Lines | 7 - 12 yrs. **FREE TRIAL**

Children are instructed in classic drawing, painting, fiber arts and sculpture. Individualized instruction focuses on different styles, levels and creative expression.

Instructor: Robin Satori **Location:** SMCC

Early Bird Fee: \$70/6 weeks **Standard Fee:** \$75/6 weeks;
20% sibling discount.

Mondays | 5 - 5:50 pm

September 19 - October 31; November 14 - December 19

No class 10/17



Holiday Vocal Performance Ensemble | 7 - 12 yrs. **FREE TRIAL**

Children develop their sight reading, ear training and vocal skills in this group singing ensemble which emphasizes music literacy according to Kodaly music education philosophies. Holiday songs learned will be performed at our fall concert and local community events. *Join up to the 3rd week of the session.*

Instructor: Kristen Record **Location:** SERC

Early Bird Fee: \$158/13 weeks **Standard Fee:** \$163/13 weeks;
20% sibling discount. *Additional costume fee of \$40 will be collected the first few weeks of class.*

Tuesdays | 4 - 5 pm

September 6 - December 6

No class 11/22



Painting Like the Masters | 6 - 10 yrs. **FREE TRIAL**

Students will participate in projects that will explore artistic styles such as impressionism, expressionism, abstract, fauvism and classicism while learning about the artists who made these styles famous.

Instructor: Vivian Matchett **Location:** SMCC

Early Bird Fee: \$51/4 weeks **Standard Fee:** \$56/4 weeks

Tuesdays | 5:30 - 6:30 pm

September 6 - 27; October 4 - 25; November 1 - 29

No class 11/22

Reading Ready by Kid City 3.5 - 5 yrs.

This program is for children who have mastered letter recognition and sounds. Class will focus on sight word recognition and the blending of letter sounds through activities and games. *Join up to the 3rd week of each session.*

Instructor: Darsey Smrt

Location: SERC or SMCC

Early Bird Fee: \$111/7 weeks

Standard Fee: \$116/7 weeks

Mondays | 12:15 - 1 pm | SERC

September 12 - October 24; October 31 - December 19

No class 11/21

Tuesdays | 11:15 am - 12 pm | SMCC

September 13 - October 25; November 1 - December 20

No class 11/22





Richmar Park Grand Opening scheduled for October 13

Thursday, October 13 at 5:30 pm | Richmar Park, 110 Richmar Avenue

The grand opening of Richmar Park is scheduled for Thursday, October 13 at 5:30 pm. The free event will feature a dedication ribbon-cutting, lawn games and a movie-in-the-park presented on a giant inflatable screen. Food and beverage options may be provided for a nominal charge. Guests are encouraged to carpool and bring chairs or blankets for lawn seating.

Taking just six months to complete, Richmar Park is a 1.8-acre park that features a children’s play area, picnic and social spaces, walking paths, a performance area and a central shade structure. The park is located along Richmar Avenue, parallel to Mission Boulevard and east of San Marcos Middle School.

To learn more, visit www.san-marcos.net/richmarpark.



Off-leash parks give dogs a place to play

Dogs required to be on-leash elsewhere

San Marcos is home to four dog parks located at:

- **San Elijo Park**, 1105 Elfin Forest Road
- **Hollandia Park**, 12 Mission Hills Court
- **Montiel Park**, 2290 Montiel Road
- **Sunset Park**, 909 Puesta del Sol

These parks provide a safe place for four-legged family members to run and play; however, dogs may only be off-leash in these designated areas. Leashes must be used when walking dogs on trails or in parks.

“Safety is our main concern,” explained Community Services Director Buck Martin. “Dogs that run free in parks and on trails may encounter rattlesnakes, opossum, mountain lions or poison oak.”

Keeping your dog on-leash in parks and on trails also prevents disturbance of wildlife in habitat areas and limits personal liability.

Perhaps most importantly, it is the law and dog owners may be cited for not complying.

To learn more about San Marcos parks, visit www.san-marcos.net/parks.

Discover San Marcos parks and trails

Hours are from sunrise to sunset

Boasting more than 105 city-maintained trails and 35 parks, the City of San Marcos invites you to enjoy the many miles of trail, open space and parkland from sunrise to sunset.

For a complete list of San Marcos parks and trails, visit www.san-marcos.net.

